

Tuesday News



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



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuesday News – April 26, 2022

CONTENTS

FEATURES

- 4-H Summer Teen Conference Planning Opportunity **>SIGNUP DEADLINE IS FRIDAY, APRIL 29TH!<**
- YQCA (Youth For the Quality Care of Animals) Training Opportunities Scheduled at the Spring Youth Fair in Chehalis, WA! **>NEW!<**
- State 4-H Ambassadors Present the 4-H Youth of the Month for April! **>NEW!<**
- Pierce County Animal Talk Tuesdays Return – On a Thursday! Save the Date!! **>NEW!<**
- WSU CAHNRS Corner for April 26th – Food Science Program With Meghan and Minto **>NEW!<**
- Reining for Seniors New This Year at 4-H State Fair
- Upcoming Strengthening Families Facilitator Training: May 31st, June 1 and June 2nd in Cowlitz County
- An Invitation: 4-H Dairy Conference 2022
- State 4-H Ambassadors Seek YOUR Virtual Monthly Teen Activity Ideas!
- 4-H Ambassadors Seek Nominations to Recognize 4-H Youth of the Month!
- From National 4-H Council...
 - Teen POV on Climate Change
 - Joann

- 4-H at Home
 - Gardening Fun 101
 - Internet Basics
 - Heartland Bees
 - The Nurturing Power of Nature
 - Allergen-Free Baking >NEW!<
- EQUINE UPDATE NOW AVAILABLE!
- Hands-On Fun! Introduction to Horse Bowl & Hippology
- Register Now For The Great White Tail Run - Wahkiakum County 4-H Fundraiser!
- Register for “Facilitate the Awesome!” Sessions Scheduled for April!
- 4-H Shooting Sports News
- Practice Horse Judging Contest Now Available!

COVID-19 RESOURCES

- **4-H COVID-19 HEALTH AND SAFETY PROTOCOLS - UPDATED MARCH 12, 2022**
- A Reminder: COVID-19 Resources Available from WSU Extension
- WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19

Features

4-H Summer Teen Conference Planning Opportunity

SIGNUP DEADLINE IS FRIDAY, APRIL 29TH!

The University of Idaho 4-H State Teen Association Convention (STAC) planning team has invited us to attend their 4-H STAC this summer (June 20-23 in Moscow, ID) so we can learn how to plan and hold a **Washington 4-H Teen Conference in 2023 in Pullman, WA**. There are reserved spots for 10-15 teens (ideally freshman and sophomores) and 3-4 adults to attend and learn as a team from the Idaho team how they planned and pulled off their conference.

This is an invitation by application. The Adolescent Leadership Committee will review applications and select outstanding 4-H teen leaders from across the state who are willing to commit to attending this year's conference in Idaho. That team will then plan and help organize our conference in Pullman for 2023. The planning team can expect several zoom meetings over the next year and one or two face to face meetings, in preparation of the 2023 conference. **Make no mistake, this is a leadership opportunity *and obligation*.**

If you are interested, and/or you know of any freshman or sophomores who are strong leaders and ready to apply themselves, please fill out this application by April 29, 2022.

https://wsu.co1.qualtrics.com/jfe/form/SV_0DpfbMNgYjiFeaa

We want to send a diverse group, so please share this with 4-Hers who would contribute positively and creatively to the WSU 4-H Teen Conference planning team. The WSU State 4-H Office will cover the registration of both the adults and the youth.

Michael Wallace

YQCA (Youth For the Quality Care of Animals) Training Opportunities Scheduled at the Spring Youth Fair in Chehalis, WA!

This Quality Assurance training is mandatory in some counties for showing or for market sale participation, check with your show/sale committee. Two sessions are scheduled:

“AM Spring Youth Fair YQCA,” 11:30 AM-1 PM, Sunday, May 1st, morning session of YQCA at the Spring Youth Fair, Chehalis, WA.

or

“PM Spring Youth Fair YQCA,” 2-3:30 PM, Sunday, May 1st, afternoon session of YQCA at the Spring Youth Fair, Chehalis, WA.

Both will be at the Historical Building on the Southwest Washington Fairgrounds, 2555 N National Ave, Chehalis, WA 98532. Due to the size of the building space is limited! If YQCA participants are not a part of the Spring Youth Fair, they will need to pay the entry fee into the fair at the gate.

To register: go to [YQCA \(yqcaprogram.org\)](http://yqcaprogram.org) and register a new account because this is a brand new YQCA site. Under “MORE INFO” select Youth and Parents to find easy-to-follow guidance. After you register your family (parent) then you can add the youth (one at a time) who will be participating in the program. Once this is done you can go to the home page and select the online (\$12) or in-person (\$3) training the youth will participate in such as “AM Spring Youth Fair YQCA”.

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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for April, Catherine Hartrim-Lowe of Clark County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!



4-H YOUTH OF THE MONTH



Washington State 4-H

Catherine Hartrim-Lowe

*Senior
Clark County*

PROJECTS:

**Dairy Goat
Llama/Alpaca
Gardening**

Catherine Hartrim-Lowe

Favorite Part About 4-H: Catherine loves the 4-H community and enjoys all the leadership opportunities provided to her through 4-H.

Biggest 4-H Achievement: Catherine was the State Champion in Dairy Goat Showmanship as an Intermediate. (She has the Belt Buckle to prove it)

What Instruments Does She Play: Mainly cello, but she also sings and plays piano.

Biggest Impact 4-H Has Had on Her Life: 4-H has allowed Catherine to look outside herself and allowed her to socialize more than she normally would as a homeschool student.

Pierce County Animal Talk Tuesdays Return – On a Thursday! Save the Date!!

Animal Talk Tuesdays are back! This series will feature 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.

The first Animal Talk Tuesday is scheduled for THURSDAY, MAY 26 at 6:00 PM, Featuring Dr. Nancy Irlbeck. More information will follow in next week's News – Save the Date!!

WSU CAHNRS Corner for April 26th *Food Science Program With Meghan and Minto*

Elizabeth Perez, Director, Recruitment and Retention, CAHNRS



Hello, 4-H community!

Earlier this year, students and faculty from WSU's College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) filmed a series of short videos that highlight different degree programs and student experiences. Check out this short video from CAHNRS Ambassador Meghan and her faculty mentor Minto. They give viewers a glimpse into life as a Food Science major at Washington State University. Enjoy, and Go Cougs!

<https://youtu.be/YThGjKPJJOI>

Reining for Seniors New This Year at 4-H State Fair

*New this year will be reining for seniors at the 4-H State Fair. There has been an "ad hoc" committee of staff and volunteers who know reining very well. As a result of our meetings—this what will be the reining pattern at the 2022 4-H State Fair along with the scoresheet. **The ad hoc committee is also planning a "Reining 101" zoom education for leaders; parents; staff and youth to get an***

introduction to reining on May 12th at 6:30. This “Reining 101” will discuss the pattern and hoping to have a video of the pattern being ridden by experienced reiners and answer any questions that counties may have.

The ad hoc committee’s next task over the summer is to review other state 4-H reining curriculum for availability next fall. If your county is looking at implementing reining at your county qualifying show/fair—please let me know so that we can be of assistance. Because reining is a higher-level skill—the State Fair board is requiring qualification at the county fair or qualifying event.

The registration link is : <https://forms.gle/oUnAfPz1s1BAsKnQA>

A big thank you goes to the ad hoc committee of Kelli Whidden, 4-H Program Coordinator-Clark County; Dan McCarty, 4-H Livestock-Clallam County; Sue Duffy, 4-H volunteer Benton-Franklin County; Connie Medeiros, 4-H volunteer Pierce County and State Fair board; Kim Lansing, 4-H Volunteer Yakima County and Show Manager of the Washington Junior Horse Show; and Laura Shackley, 4-H Volunteer-Thurston County.

Submitted by Jennifer Leach, WSU 4-H Equine Specialist and 4-H Staff/Faculty Liaison to State Fair Board. Contact information via email is jleach@wsu.edu

Upcoming Strengthening Families Facilitator Training: May 31st, June 1 and June 2nd in Cowlitz County

There will be a **free** Strengthening Families facilitator training in Cowlitz County on May 31st, June 1st, and June 2nd from 8:30 am to 4:30 pm.

The training will be held at the Cowlitz County Training Center, 1942 1st Ave, Longview (located next to the Cowlitz County Hall of Justice)

Participants must attend all three days of training to become a certified as a Strengthening Families, 10-14 facilitator.

The training is a partnership between DBHR (Division of Behavior Health and Recovery) and the WSU Extension parenting team.

Please spread the word to your community partners and/or coalitions and/or interested parenting clientele.

Registration Deadline is May 23rd, 2022

For detailed information, please refer to the Athena Forum training calendar and for registration...please use the registration link below.

Registration Link:

https://wsu.co1.qualtrics.com/jfe/form/SV_0fj0a5DG6o2QIZc

For questions about the training—please feel free to contact me at the address below.

*Jennifer Leach, Associate Professor
WSU Extension 4-H Youth and Family Development Cowlitz County
Certified SFP Trainer, WSU Extension Parenting Team
Email: jleach@wsu.edu
Office phone: 360.577.3014 Ext. 4
Cell Phone: 360.430.0607*

An Invitation: 4-H Dairy Conference 2022

The goal of the National 4-H Dairy Conference is to help youth develop leadership and group participation skills, learn more about the dairy industry, and develop additional competence in special-interest areas of the dairy industry. It is held in Madison, Wisconsin during the first week of October in conjunction with World Dairy Expo. Youth will have the opportunity to:

- Attend workshops on Dairy Promotion and Dairy Careers
- Visit World Dairy Expo, Hoard's Dairyman, Nasco International, University of Wisconsin and Crave Brothers Dairy Farm
- Meet with other individuals from all over the United States and Canada
- Learn and have fun

If you are interested in applying:

Applications are due May 5th and can be found at:

<https://s3.wp.wsu.edu/uploads/sites/2050/2016/02/DC-Application.pdf>

Eligibility:

- Applicants must be 15, but not more than 18 years old as of January 1st of the year in which they are applying to attend.
- Applicants must be 4-H members and have been enrolled in a Dairy project for at least 3 years.
- Applicants must not have previously attended the National Dairy Conference.

Contact Gary Fredricks with any questions at garyf@wsu.edu

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>



4-H Ambassadors Seek Nominations to Recognize 4-H Youth of the Month!



The Washington State 4-H Ambassadors continue to highlight a 4-H Youth of the Month from our 39 Washington State counties and 1 tribal program. The purpose of this feature is to give these 4-H members recognition for their hard work throughout the year.

We are looking for your nominations of 4-H members who you believe have gone above and beyond in their clubs, counties, and communities. It would be great to include some counties and the tribal program that have not yet nominated a 4-H member! Please nominate members using the form found at this link:

<https://forms.gle/1EN2uru7o1ai8SXc6>

The Washington State 4-H Ambassador Team

From National 4-H Council....

TEEN POV ON CLIMATE CHANGE

**Only half of teens (54%)
feel that their communities
are taking an active part in
preserving the environment.**



As Earth Day approaches, we encourage you to take a moment to learn how teens feel about climate change in our latest survey results, done in partnership with Harris Poll. Gen Z has lots of concerns about their future and climate change, including making decisions about careers they'll pursue and where they'll live. Explore the full report for insights into helping your clubs and teens create positive change now.

[LEARN MORE](#)



[JOANN](#)



Need to stock up on club or home crafting supplies? Head to JOANN and you'll see the fantastic new ways to support 4-H'ers at checkout. Start your spring projects before the campaign ends on April 30.

[LEARN MORE](#)



**4-H at
HOME**



GARDENING FUN 101



Learn more about basic gardening and get your hands dirty with this series of six fun gardening projects for kids in grades 3-8.

Brought to you by Prairie View A&M University, Cooperative Extension Program, and Texas A&M AgriLife Extension Service.

GET STARTED



THE NURTURING POWER OF NATURE



Nature is made up of an almost infinite number of small things that work together every day to make a humongous impact. In this series of activities perfect for Earth Day, kids will get an up-close look at a few of the creatures and natural processes that keep the world going .

Brought to you by Colorado State University Extension.

GET STARTED



ALLERGEN-FREE BAKING



Kristin Osika, 4-H Youth-in-Action Winner and speaker at last week's National 4-H Summit on Healthy Living is sharing a few of her favorite allergen-free recipes. These tasty creations leave out the gluten but deliver on flavor!

GET STARTED



EQUINE UPDATE NOW AVAILABLE!



For information on the following contests and opportunities, registration links, and other related information and resources, download the information document [HERE](#).

- **2022 State Hippology Contest Registration**

The 2022 State Hippology Contest will be held IN PERSON on June 11, 2022 at Evergreen State Fairgrounds, 14405 179th Ave SE, Monroe, WA 98272. Details, including maps, will be emailed to coaches upon receipt of registration.

Registration Link [HERE](#).

- **Introduction to Hippology and Horse Bowl – New Opportunity This Year!**

An introduction to hippology and horse bowl contests will run simultaneously with the state contest for 4-H members who want to learn about the contests in a non-competitive, fun and encouraging environment!

Questions? Please contact Kim Baker at kim.baker@wsu.edu or 425-520-3908.

HANDS-ON FUN! INTRODUCTION TO **HORSE BOWL & HIPPOLOGY**

June 11, 2022 | 9 am - 2 pm



EVERGREEN STATE FAIRGROUNDS - MONROE

- FOR ALL 4-H MEMBERS AND ADULTS WHO WANT TO LEARN ABOUT THE CONTESTS IN A NON-COMPETITIVE AND FUN ENVIRONMENT
- PRACTICAL HELP TO GET CONTESTS GOING IN YOUR COUNTY!
- \$5 PER PARTICIPANT - PAID AT CHECK IN
- REGISTRATION REQUIRED BY MAY 6, 2022

Learn more | REGISTER:

or email: kim.baker@wsu.edu



Register Now For The Great White Tail Run – Wahkiakum County 4-H Fundraiser!



The 38th Annual Great White Tail Run sponsored by Wahkiakum 4-H is on Saturday, May 14th, 2022. Registration begins at 8:30am at the Skamokawa Vista Park Office, Run starts at 10:00 am. We have several walk/runs available: 10K, 5K, 2 mile through Julia Butler Hansen National Refuge in Skamokawa, Washington. Participants can register online or via mail with the brochure, and t-shirts are available for purchase too!

In order to guarantee a t-shirt purchase, you must register by May 2nd. Please contact our run coordinator Carol Ervest with questions, 360-465-2275 or email Lisa Frink, lfrink@wsu.edu

We look forward to seeing you soon! #gwtr2022

For online registration, brochures, and information: <https://extension.wsu.edu/wahkiakum/youth/4-h/formsandresources/4-h-great-white-tail-run/>

Here is the link to the run website for online registrations and information: <https://runsignup.com/Race/WA/Cathlamet/GreatWhiteTailRun>

4-H Shooting Sports News
Updated With New Training Opportunities
SAVE THE DATE!

Open to Senior 4-H Members
Save the date. Registration opens March 1.
Archery, Rifle, Pistol - \$75 | Shotgun - \$100
Camping (weekend) - \$40

MAY 20-22, 2022
Upper Nisqually Sportsman Club
39919 129th Ave E, Eatonville, WA 98328
Coaches - we can really use your help!
Contact Ashley: a.hernandez-hall@wsu.edu



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.

Practice Horse Judging Contest Now Available!

The banner features a black box on the left with the 'EIH' logo and 'EXTENSIONHORSES.ORG' in white. To the right, the title 'Practice Horse Judging' is written in large, bold, orange letters, with the subtitle '6 online classes, questions, officials and critiques' in smaller white text below it. A blue box on the left lists six class categories: 'Aged Geldings', 'Performance Mares', 'Hunter Under Saddle', 'Trail', 'Western Horsemanship', and 'Ranch Riding'. Below this list, the price '\$20/person, available starting January 15' is displayed. On the right side of the banner is a photograph of a woman with long blonde hair, wearing a white shirt and blue jeans, leading a brown horse through a stable aisle. The horse is seen from the rear, and the woman is holding its lead rope.

EIH
EXTENSIONHORSES.ORG

Practice Horse Judging

6 online classes, questions, officials and critiques

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>

COVID-19 RESOURCES

4-H COVID-19 HEALTH AND SAFETY PROTOCOLS UPDATED MARCH 12, 2022

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/>

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
