Tuesday News – May 3, 2022

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Features

Pierce County Animal Talk Tuesdays Return – On a Thursday! Join Us on May 26th!

Dr Irlbeck worked at the Denver Zoo as the Consulting Nutritionist for 23 years. In December of 2016 she retired from Colorado State and moved west to WSU where she is now happily back in the classroom teaching animal nutrition. At home she raise a “few” rare wool breed sheep and a goats which they use to teach students husbandry and animal management skills.

Dr. Nancy Irlbeck

Register at https://tinyurl.com/ATThursday3
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.

You are invited to a Zoom meeting.
When: May 15, 2022 02:00 PM Pacific Time (US and Canada)

Register in advance for this meeting: https://wsu.zoom.us/meeting/register/tJ0odu-upz4rGd3dTsdKnfgEHtUjDA4kx2a

After registering, you will receive a confirmation email containing information about joining the meeting.
Colville Reservation 4-H Project Contributes to Rangeland Rehabilitation

Celebrating Earth Day and caring for the Earth should be more than just one day of the year. Colville Reservation youth are demonstrating this by contributing to the rehabilitation of the rangelands on the Colville Indian Reservation.

WSU Colville Reservation Extension 4-H program is partnering and collaborating with Colville Tribal and Bureau of Indian Affairs (BIA) Natural Resource programs to teach youth how to make seed bombs to attract pollinators. The youth also get to learn about wildland fire and the damage that it causes to the lands. The objective of this project is to promote environmental stewardship and awareness in youth by encouraging them to take an active role in helping the environment.

“We have developed the Seed Bomb project as a form of citizen science, to help rehabilitate and rejuvenate the burned rangelands” stated Linda McLean, Director/FRTEP 4-H Extension Educator for WSU Colville Reservation Extension 4-H Program. McLean went on to say, “In the summer of 2021, the Colville Reservation was ravaged by wildfire. This project allows for reservation youth to learn about the damage that wildfire can create and how they can help heal the Earth.”

Creating and distributing seed bombs will allow plants to grow and attract pollinators to the area. In addition to gaining education, the youth are directly contributing to the healing or the burned lands by dispersing their seed bombs on the burned areas. These seed bombs will lay in wait for natural rainwater to melt away the clay, water the soil, sprout the seeds, and then grow beautiful native plants. These plants will attract pollinators to the area, but they will also help with restoring the environment.
To date, we have worked with four schools and two Boys & Girls Clubs, for a total of 528 students. During the presentation, on average, each student makes five seed bombs. We have one more school and one more afterschool program scheduled. We will also be providing this activity during two community events.

The seed bombs are made with three ingredients: air dry clay; potting soil; and a native seed mix specially blended for the Colville Reservation. The seed mix is comprised of native plants that naturally grow on the reservation and will attract pollinators. This will benefit the wild plants as well as the local agriculture crops by attracting pollinators to the area. The plan is, once the seed bombs are dry, we will take the students on a field trip out to a burn area, and they will distribute the seed bombs. The goal is to have the seed bombs grow plants to help regenerate and revitalize the Colville Reservation rangelands.

While we used a specialty seed mix, you could easily create the seed bombs using a wildflower mixture or even a vegetable seed mixture for edible plants or grass seed mixture for erosion control areas.
If you would like to create Seed Bombs, please visit this link https://youtu.be/rcF5V9FhNhY and view the short video. It contains easy-to-follow instructions on how to make seed bombs. This Seed Bomb project is a good companion project for the 4-H At Home Pollinators issue. To access this issue and some fun activities about pollinators, please visit https://4-h.org/about/4-h-at-home/pollinators/. You will find information and activities to enhance knowledge about pollinators. The activities include simple craft projects that can be made with easy-to-find items.

State 4-H Ambassadors Host Virtual Teen Hour on May 13th!

VIRTUAL TEEN HOUR
FRIDAY, MAY 13TH, 7:00PM

Come connect with teens from all over the state! Together we will:
• play a laugh-out-loud icebreaker
• get crafty with newspaper boxes
• brainstorm ingenious names for our group

We can't wait to hang out with you!

LINK: https://zoom.us
Meeting ID: 81147734029

Craft Supplies to Bring!
• Newspaper
• Scissors
• Glue
• Paintbrush for applying glue
• Chip Clips (optional, but helpful)

LINK: https://zoom.us
Meeting ID: 81147734029
Washington State 4-H Ambassadors encourage teens to submit their 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)

**Announcing the 2022 Horse Bowl Results!**

Congratulations to the 27 youth from Thurston, Skagit and Snohomish counties who participated in the 2022 Washington State 4-H Horse Bowl Contest on April 30. It is always a challenge to do a virtual contest; however, all participants, coaches and officials did a magnificent job!

Thank you to all the officials for their contributions with special appreciation to our Tech Support of R-A Mazzola and Erika Kapur, who really made it possible. Ann Vondereau was the Senior Moderator, Kim Baker was the Intermediate Moderator, Katie Huston was the timer and Molly Verschuyl was the ZOOM/Breakout room master! And a big thank you to Pat Pehling, who is our State 4-H Horse Bowl Coordinator. All of the contest officials volunteered their time to this contest.

**RESULTS**

**SENIORS**

Champion Team – Snohomish (Qualified for National 4-H Contest in Kentucky in November)
Reserve Champion Team – Thurston
Third Place Team – Skagit

Top Ten Individuals
1st with Gold Medal – Katie Pestinger (Thurston)
2nd with Silver Medal – Charlotte Pestinger (Thurston)
3rd with Bronze Medal – Avery Hand (Snohomish)
4th – Elaina Kunz (Snohomish)
5th – Molly Greiner (Skagit)
6th – Stella Harris (Thurston)
7th – Baeya Kardokus (Thurston)
8th – Makenna Fransson (Skagit)
9th – Elise Petermann (Snohomish)
INTERMEDIATES

Champion Team – Snohomish
Reserve Champion Team – Thurston
3rd Place – Skagit

Top Ten Individuals:
1st with Gold Medal – Zoe Verschuyl (Snohomish)
2nd with Silver Medal – Alice Cottrell-Steen (Snohomish)
3rd with Bronze Medal – Dakota Gruchalla (Snohomish)
4th – Katelyn Cockrum (Snohomish)
5th – Leah Andreassen (Thurston)
6th – Kaidence Yancy (Thurston)
7th – Cloey Yancy (Thurston) and Courtney Lightner (Skagit)
9th – Cassidy Pruiett (Skagit)
10th – Kelsey Woodcock (Skagit)

Of course, the County Coaches deserve recognition for their commitment to serving the youth in their counties to prepare them for and support them in the Contest:
Skagit – Sharrie Nelson and Hannah Brown
Snohomish – RA Mazzola and Hannah Kruchek (Sr.), Erika Kapur and Jaeden Kapur (Int.)
Thurston – Molly Pestinger

And finally, to the youth that participated in this contest….their level of knowledge related to equine science is over the top!! They were prepared and have the zoom platform nailed down. They were very respectful to the officials and the judge.

For more information about how to organize a county horse bowl contest…please feel free to reach out to Pat Pehling State horse bowl coordinator. We would like to see more counties participate in this high-level science event.

Submitted by Jennifer Leach, WSU 4-H Equine Specialist and Pat Pehling, State 4-H Horse Bowl Coordinator
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!

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.

WSU CAHNRS Corner

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/YThGjKPJJ0I

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_0fj0a5DG6o2QlZc

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

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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:  

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

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.
  REGISTRATION DUE BY THIS FRIDAY, MAY 6TH!

• 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!

  Registration Link HERE.
  REGISTRATION DUE BY THIS FRIDAY, MAY 6TH!

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

DREADFUL DROUGHT

In this role-playing activity, help the residents of Cloverville as they navigate the effects of a drought. Due to increasing global temperatures, the impacts of drought are becoming more widespread and severe. Kids will explore ways to adapt to dry conditions and use problem-solving skills to help the farm and community find ways to conserve water.

Brought to you by the Utah State University Extension STEM and Agriscience Initiatives

GET STARTED
Stop by your local Tractor Supply store and help us create #Opportunity4All kids by purchasing a paper clover for 4-H. 100% of funds raised go directly to 4-H youth!

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

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!

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](https://catalog.extension.org/product?catalog=HorseJudgingContest)

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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/](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

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**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/)

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**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)