

Tuesday News



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



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuesday News – August 2, 2022

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Features

4-H Volunteer News!

New Volunteer Hours Reporting Program!

Beginning July 1, we have been rolling out the implementation of our new volunteer hours reporting program. Each enrolled volunteer should have received an email inviting you to claim your account on GivePulse from your county office. Please claim those accounts as soon as possible. All resources you need to learn how to report your hours are located on the State 4-H Webpage:

<https://extension.wsu.edu/4h/for-volunteers/volunteer-hours-report/>



Volunteer Education Study

Each enrolled volunteer received an email on Monday asking them to complete a Volunteer Education survey. This is your chance to let the state office know what you think is appropriate for volunteer education. Of course, all volunteers will still need to take the basic modules and Put the Child First; beyond that, however, we are asking for your input. AND, you get the chance to enter your name in a drawing for a \$50 give certificate to the National 4-H Store. We will give away 6 gift certificates. The survey will close on Friday, September 23. We are looking forward to your responses!

WSU Extension Helps Implement New 988 Suicide Prevention Hotline

By Scott Weybright, College of Agricultural, Human, and Natural Resource Sciences (Originally published in WSU Insider)



As of July 16, anyone in the United States can call or text the number 9-8-8, 24 hours a day, seven days a week, if they or someone they know shows signs of crisis, especially suicide.

The number works much like 911, with calls routed based on where someone is calling from. For states that don't have local services established, calls automatically reroute to the National Suicide Prevention Lifeline.

"This stems from the need to be available for mental health emergencies," said Don McMoran, a Washington State University Agriculture and Natural Resources Extension educator and member of Washington's taskforce for implementing 988. "Everyone knows you call 911 in an emergency. Mental health has a lot of numbers available, so 988 should be easier to remember when time is vital." McMoran leads the [Farm and Ranch Stress Assistance Network](#), which covers [13 western states and four U.S. territories](#), thanks to a \$7 million U.S. Department of Agriculture grant.

WSU Extension has several active programs working to reduce and eliminate suicide in the state.

“Suicide is the second-leading cause of death for teens in Washington,” said Ashley Hall, a 4-H assistant professor based in Snohomish County. “I’m hoping 988 is as simple and effective as 911 and helps reduce the stigma around mental health.”

Hall is involved in a program, led by her colleague Stephanie Roeter Smith, that implements research-based suicide prevention strategies for youths. The program provides trainings for parents and volunteers so they can recognize signs and symptoms in young people.

Hall and Smith also work closely with teens to provide leadership opportunities and training. Those opportunities have led to a program called “4-H Teens Helping Teens,” which started earlier this year with teens in three different Washington counties talking about mental health and suicide prevention [via social media](#).

“It’s very rewarding to volunteer for such an important cause,” said Abby Ruddell, a 16-year-old member of the “4-H Teens Helping Teens” program. “The teen suicide awareness and prevention project is making resources readily available, and in ways that make it less scary to talk about. Our goal is to get the conversations started, have people seek help, change the way we talk about suicide, and ultimately, to prevent it.”



Teens Helping Teens booth at this past spring’s Washington Apple Blossom Festival in Wenatchee.

Another way Hall and Roeter Smith’s program is helping is by having people attend community events and passing out info and safety measures.

“Firearm death, including suicide and other gun deaths, has overtaken auto accidents for youth as the leading cause of death,” Hall said. “And attempts of suicide with firearms are more likely to be lethal than other methods.”

Along those lines, Hall and Roeter Smith teamed up with McMoran to give away gun safes to anyone who asks for one. Hall, who leads the 4-H Shooting Sports program in Washington, said locking up firearms slows down people contemplating suicide and buys invaluable seconds or minutes.

“The mental pause that happens when you have to go to a safe and open it often gives people enough time to get into a better mental space,” McMoran said. Overall, he said more than 250 safes have been distributed around the state at no cost. Recipients are asked to complete a short, anonymous survey, but nothing more. McMoran hopes to purchase 100 more safes to give away.

McMoran’s program is aimed at helping prevent suicide in agricultural and rural communities around Washington and the other states in his larger USDA-funded program. One of the people working with him is Alyssa Wade, a WSU Extension Farm Stress and Suicide Prevention coordinator.

“I go to functions with cattlemen, loggers, farmers, and farm workers. As soon as mental health and stressors come up, things get quiet,” Wade said. “They’re paying attention; there’s such a stigma about mental health. But I can see how stressed they are.”

At a recent wheat growers meeting, she said she talked with a farmer for half an hour about the financial stress he faced and his cousin’s death by suicide. She gave him informational resources and magnets with the suicide hotline number as well as her business card, adding she was available to talk anytime.

“Being able to admit he was struggling seemed like a huge relief for him,” Wade said. “He really needed to talk to someone. And I felt like I may have saved a life that day.”

Financial stress is one of the biggest factors in agriculture workers’ mental health. To directly address that topic, WSU Extension Economist Shannon Neiberger joined McMoran’s program to help.

“There can be incredible stress created by poor profitability and profit risks,” Neiberger said.

He and Extension Specialist Jon Driver are doing workshops to talk directly with farmers about record keeping, insurance programs, and management philosophies, then offering one-on-one financial management counseling for those who want more information.

Their goal is to conduct workshops across Washington. So far, they have talked with hay growers, cattle ranchers, and eastern Washington farmers and beginning farmers, with the hope of meeting with orchard growers in central Washington this fall and covering western Washington after that.

“It’s exciting to be able to provide this service,” Neiberger said. “Reducing growers’ fears and increasing their efficiency and providing cost of production tools can help address the needs of people at high risk for suicide attempts.”

Rabbit Virus and Avian Influenza Updates From the State Veterinarian – WSDA

Pam Watson, M.Ed. – 4-H Faculty, WSU Lewis County Extension

Rabbit Hemorrhagic Disease

The Washington State Department of Agriculture has provided an update on RHDV2. They have had two detections of the virus this year, both in single premises homes where all the rabbits perished (one in King County and one in Thurston County). The King County whole genomic sequencing indicated that it was the SW strain. The Thurston county case WGS results are pending. Individual infected sites are quarantined for 60 days. There are no detections in wild or feral domestic populations at this time in Washington State.

RHDV2 is now considered a stable endemic disease in the Western United States and there is a domestic vaccine now available for conditional use. More information on the virus, biosecurity recommendations, and the vaccine is available at:

<https://agr.wa.gov/departments/animals-livestock-and-pets/animal-health/animal-diseases/rabbit-disease>

Amber J Itle, VMD MS, Washington State Veterinarian, recommends all exhibitors vaccinate their rabbits.

New WSDA Self-reporting Health Status Survey for Your Flock

The WSDA (Washington State Department of Agriculture) has a new way for people in surveillance zones to self-report the health status of their flocks. Current active zones are in Jefferson and Snohomish Counties! If you search on their map and you are located in an active surveillance zone, you’ll have the opportunity to report on the health of your birds and request a consultation with a state vet on steps you can take to improve biosecurity in your flock. The searchable map can be found here:

[Washington State Avian Influenza Outbreak Map \(arcgis.com\)](#)

Self-reporting can help the WSDA and the poultry industry in WA State get back to normal earlier than 30 days in the affected zones. There are just a couple of questions for you to answer on the e-form and it should take you 5 minutes or less to fill out the survey. Thank you for participating and supporting our avian health efforts in Washington State.

Poultry and Fairs!

Here are The WSDA is providing some new links and information specifically focused on fairs and education. They have also created some signage to support biosecurity and reporting efforts. For more information, click [Fairs | Washington State Department of Agriculture](#).

Contributions Needed to support State 4-H Horse Medals for State Fair Awards

Jennifer Leach, 4-H Faculty and State Equine Specialist



Contributions toward providing Champion, Reserve Champion and 3rd Place Medals for all Classes at the 2022 Washington State 4-H Equine Exhibit are needed! The cost of the 160 Medals needed are estimated at \$1,400. There was a small amount left over from donations for 2021 medals, but that residual will not cover this year's awards.

County programs have been the most consistent contributors, but business and individual donations are also very much appreciated. All Contributors will be recognized on posters in the Barns at Fair.

Contributions will first purchase Champion Gold Medals, then Reserve Champion Silver Medals and finally Bronze Medals, depending on the amount of donations received prior to State Fair.

Please make checks payable to Snohomish County 4-H Horse Program (who have operated as our treasurer since the 80s!) and mail ASAP to:

Snohomish County Horse Program
c/o Pat Pehling
7310 83rd AVE SE
Snohomish WA 98290-5849

Thank you so much for your support!



4-H International Exchange Program Update

The Inbound Labo Japanese delegates arrived Saturday morning, July 23rd. They had an overnight orientation and departed to their host families' homes after a short cultural presentation on Sunday. The delegates will stay with their hosts until August 15th, experiencing American life and working on their English skills.

This year we have delegates in Whitman, Walla Walla, Thurston, Spokane, Pierce, Grant and Clallam counties. A big thank you to all who helped spread the word about this learning opportunity, those who assisted in the screening process and especially those who opened their hearts and homes to welcome a Japanese delegate.



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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for July, Aubree Triplett of Pacific County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!



4-H YOUTH OF THE MONTH



Aubree Triplett

*Senior
Pacific County*

PROJECTS:

**Beef Cattle,
Swine, and
Sheep**

Washington State 4-H



Aubree Triplett

Hobbies: She is involved with FFA, speaking competitions, Washington State Junior Hereford Association, and Running Start.

Favorite 4-H Memory: Show days/auction days at fair each year with the community are her favorite as everyone comes together and helps each other.

When Did You Join 4-H? Aubree started when she was 5 years old! She is part of a multi-generational 4-H family that started with her grandparents.

Biggest 4-H Achievement: She has won awards at state for cattle showmanship, helped younger 4-Hers, and seen the real impact of her work.

Biggest Impact 4-H Has Had on Her Life: She believes that learning the importance of leadership, responsibility, and persistence has had the largest impact.

Future Career: She hopes to take on a managerial position within an agricultural company.

Washington State Veterinarian Releases Letter Addressing Avian Influenza and Fairs Recommendations



STATE OF WASHINGTON

DEPARTMENT OF AGRICULTURE

The WSDA strongly recommends temporarily suspending poultry shows, exhibitions, or swap meets until **30 days after the last detection of HPAI** in the state. Commingling birds from many farms is extremely high-risk for disease transmission and has potential to create a superspreader event.

Read and download the complete letter [HERE](#)

AVIAN INFLUENZA UPDATES

Articles and Links

All About Avian Influenza

If you have poultry or know someone who does, please read through this material and use the links as needed. Currently, the surveillance areas are for 10 kilometers/about 6.2 miles and for 30 days from the point of origin, current information at <https://agr.wa.gov/departments/animals-livestock-and-pets/avian-health/avian-influenza/bird-flu-2022>, you can see when and where there are confirmed cases around the state. This first one is the updated WSDA website it has the daily update and a brand-new interactive quarantine area map. There is also a new map showing all of the positive locations in the U.S. As of May 17th, at 10 AM there are eight confirmed positive backyard flocks (small flocks), in eight different counties in the State of WA.

Fairs will make their own decisions but remember it is still early for most fairs to make a call on hosting poultry shows at county/community fairs and the surveillance is for 30 days. At this time, this is not a quarantine other than for the properties that have been depopulated.

Currently, migrations of wild waterfowl are the major mode/vector/fomite that is spreading Avian Influenza. However, attention to bio-security practices should be enhanced so that we (people) and our modes of transportation as well as other animals do not become fomites. There is MUCH more information below and many links to help answer your questions and a link to watch a recorded broadcast via YouTube with our WA State Veterinarian Dr. Amber Itle from 5/12/22.

Pam Watson, WSU Lewis County Extension 4-H and Poultry

Avian Influenza in Washington State – What all bird owners should know and think about ...

Avian Influenza is in Washington State and since birds use a flyway and don't stick to the freeways it should be considered everywhere.

Be extra careful during wild bird migration seasons (spring and fall) particularly wild waterfowl, to protect your flock from infectious diseases. Where possible keep birds inside or undercover and check coops, pens, and poultry houses regularly for areas that allow wild birds to perch, nest, or interact with domesticated fowl. Learn more about biosecurity at: bit.ly/DefendtheFlock-Resources (available in several languages).

Please report any unusual or high rates of illness or death in your flocks: WSDA Sick Bird Hotline at 1-800-606-3056.

For food safety questions, call WSDA Food Safety Program at 1-360-902-1876
Contact the Washington Department of Fish and Wildlife to report sick or dead wild birds [Report Wildlife Observations \(arcgis.com\)](http://arcgis.com)



AVIAN INFLUENZA – HOW POULTRY OWNERS CAN PROTECT THEIR FLOCK

Below is a recording of a 2021 WSDA webinar on highly pathogenic avian influenza (HPAI) and steps poultry owners can take to protect their birds from this disease. In this webinar you will learn:

- What HPAI is and signs to look for in your flock
- How the global conditions are similar to the 2014/2015 outbreak of HPAI that reached Washington
- What effective biosecurity means and practical steps you can take to protect your flock
- Where to find additional resources about biosecurity
- When and how to report bird health issues, including suspected avian influenza

You can [watch the avian influenza webinar on YouTube](#).

Pam Watson, M.Ed.
WSU Lewis County Extension
4-H Youth Development Agent, WSU Faculty

May 13, 2022 | Contact: [State](#) Veterinarian (360) 902-1878

Quick Links to HPAI Information in Washington Dr. Amber Itle, Washington State Veterinarian

Good morning! With an all-hands-on-deck response effort at WSDA to contain HPAI, I'm having trouble getting these emails out to you all in a timely way. Please regularly check these resources for up-to-date information. You can join our WSDA bird flu Facebook group, watch pre-recorded YouTube videos, monitor our bird flu website and check our WSDA new release website for information about detections in new counties, as well as any guidance about shows and fairs. Please distribute widely. Don't hesitate to reach out if you have questions or concerns. Responses may be delayed, but we will get back to you as soon as we can.

[Washington Bird Flu Updates 2022 | Facebook](#)

[WA State Veterinarian Bird Flu Q and A](#)

[WSDA News Releases-](#)

[2022 Washington Bird Flu Detections](#)

[2022 Confirmations of Highly Pathogenic Avian Influenza in Commercial and Backyard Flocks](#)

[2022 Detections of Highly Pathogenic Avian Influenza in Wild Birds](#)

State Equine Presentations Date Has Been Set; Event Will Be Virtual

The Washington State 4-H Equine presentations, as part of the Washington State 4-H Fair, will once again be a "virtual" contest. It will be held on Sunday, September 11th within the time frame of 10 am to 5 pm. Please connect with your county 4-H staff person with regard to the registration form for this contest for State Fair. **The registration form is WS4HF/1.06 and your county 4-H staff person is aware of the usual state fair registration process for state fair events and activities. Your county 4-H staff person must complete the WS4HF/1.06 to verify eligibility for this state contest.**

Contest rules are in process, and will be posted soon on the State 4-H Webpage's Horse page: <https://extension.wsu.edu/4h/projects/animal-science/companion-performance/horse/>. Please keep in mind - the Equine presentations are part of the National Eastern 4-H Horse Roundup and are not the usual public presentations. The rules have strict time limits and must be focused on the equine industry. So please be familiar with the rules that that will be posted to the state website.

For contest information, education or helpful hints, registration details and eligibility contact Jennifer Leach, 4-H Equine Specialist and State Equine presentation coordinator at jleach@wsu.edu.

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
