

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Tuesday News – November 22, 2022

### CONTENTS

#### FEATURES

- Vaccination Mandate Lifted For All 4-H Volunteers
- State 4-H Ambassadors Present the 4-H Youth of the Month for November! **>NEW!<**
- 4-H Fundraising and Service Opportunity Update
  - CAHNRS Campaign Highlights 4-H On Giving Tuesday, November 29<sup>th</sup>! **>NEW!<**
  - 4-H Scholarship Committee Vacancies Filled –Thank You! **>NEW!<**
- Washington State Teams Participate at 2022 Eastern National 4-H Horse Roundup in Louisville
- Save the Date! – 2023 Washington State Junior Horse Show
- Save the Date! 2023 Prairie Hatchers Annual Poultry Show!
- From National 4-H Council...
- Explore 4-H with WSU Extension Turkey Leftovers!
- 4-H Livestock News
  - Save the Date! 2023 4-H Livestock Judging Contest
- 2023 Cougar Invitational Meat Judging Contest Open to 4-H and FFA Members in Washington State
- Meat Judging Team Holiday Prime Rib – Steak Fundraiser
- PLAN NOW For Outbound International Exchange Opportunities Next Summer!

- Save the Date – KYG 2023! Update: New Location!
  - Youth Livestock and Poultry Biosecurity Learning Modules Updated
- 

## Features

---

### Vaccination Mandate Lifted For All 4-H Volunteers

In coordination with Washington State University, CAHNRS Extension and the State of Washington, Washington State 4-H will no longer require 4-H volunteers to receive either a COVID-19 vaccination or an approved Religious or Medical Exemption as of October 31, 2022.

The memorandum from WSU Extension Associate Dean and Director Vicki McCracken to all Extension faculty, staff and volunteers can be viewed [HERE](#).

#### What does this mean for WSU 4-H Extension volunteers (Leaders)?

- Volunteers who chose to take a leave of absence during the 2021-22 4-H Year may return to active status in 2023.
- New volunteers who apply to become WSU Extension 4-H Volunteers during the 2022-23 4-H year are not required to be vaccinated against COVID-19.

Washington 4-H sincerely thanks the volunteers who have helped navigate the program through uncharted territory over the past couple of years and look forward to an exciting new 4-H year, full of increased opportunities for youths and volunteers.

You can view Governor Inslee's announcement here:

<https://www.governor.wa.gov/news-media/inslee-announces-end-remaining-covid-19-emergency-orders-and-state-emergency-october-31>

View Center for Disease Control recommendations here:

<https://www.cdc.gov/>

View Washington State Department of Health recommendation here:

<https://doh.wa.gov/>

Go Cougs!

Mark Heitstuman

WSU Interim State 4-H Program Director

---

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

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



## 4-H YOUTH OF THE MONTH



Washington State 4-H

Kaydence  
Hayes

Senior  
Skagit County

### PROJECTS:

Rabbits,  
Photography,  
and Art

## Kaydence Hayes



**Favorite Part About 4-H:** Kaydence loves helping the younger 4-Hers in her club with their rabbits.

**What Has 4-H Taught You:** 4-H has taught her not to hide behind people. Kaydence struggles with social anxiety, and through 4-H she has learned to come out of her shell and be more comfortable during presentations.

**Favorite Ice Cream:** Kaydence loves mint chocolate chip.

**Other Leadership Responsibilities:** Kaydence also serves as her club's junior leader for the rabbit project.

**Favorite 4-H Experience:** This year's county fair has been her favorite experience so far as she did well despite the competition and it being her first year as a 4-H senior.

**Next Project:** Kaydence hopes to continue with the rabbit project, and branch into art and photography.

If you have any questions about the State Ambassadors, or are interested in joining, please email [wa4hsa@gmail.com](mailto:wa4hsa@gmail.com). We hope to hear from you!"

## 4-H Fundraising and Service Opportunity Update

Denise Echelbarger

**CAHNRS CAMPAIGN HIGHLIGHTS 4-H ON GIVING TUESDAY,  
NOVEMBER 29TH!**

GIVINGTUESDAY

NOVEMBER 29, 2022

Save the date! Giving Tuesday is a global day of giving back. On the Tuesday following Thanksgiving, November 29, you will have the chance to join people around the world and support a cause close to your heart.

You can make a difference during the 24-hour giving campaign by making a donation to the WSU Extension 4-H Youth Development Program. Until then, check out the website ([extension.wsu.edu/4h/give-to-4-h](https://extension.wsu.edu/4h/give-to-4-h)) or follow WSU CAHNRS and WSU 4-H on social media.

Mark your calendars, spread the word, and we hope you will join us on November 29TH!



#### 4-H Scholarship Committee Vacancies Filled – Thank You!

*Thank you so much to all who promptly replied to the call for volunteers for the 4-H Scholarship Committee. We have filled the vacancies at this time, and we look forward to sharing the 2023 scholarship application in the new year!*



#### We Can Do More with Your Support!

##### Washington 4-H Know Your Government Conference

Know Your Government (KYG) is a civic education program with a four-year rotating topic: The Legislative System, The Judicial System, Elections and Party Platforms, and Politics and the Media. In 2023 we will explore the topic of Politics and the Media. KYG is much more than learning about how the Legislative process works. KYG and 4-H are about learning the life skills our delegates will need to be responsible citizens and productive adults.

Please consider supporting the 4-H Know Your Government conference online at <https://bit.ly/3SbTANG>



## Washington 4-H State Teen Association Convention

The Teen Convention is an opportunity for youth to experience college life, explore career opportunities and prepare for a lifetime of success with other Washington teens. 4-H youth will participate in a wide variety of activities, including:

- Educational workshops
- Community and campus tours
- Service-learning projects
- State Teen Association elections
- Networking with peers from across the st

Please consider supporting the 4-H State Teen Association Convention online at <https://bit.ly/3cKWbOf>



## Washington 4-H State Livestock Judging Contest

Items that are paramount to this annual event include:

- Statewide access for more participation in this educational event.
- A higher number of quality livestock for judging options.
- Recognition of team members and volunteer coaches that give back to youth interested in the livestock community.
- Support for the top 3 teams offered a chance to represent Washington 4-H at a nationally sanctioned contest.

Please consider supporting the 4-H State Livestock Judging online at <http://bitly.ws/spxe>



## What is the Washington State 4-H Foundation?

The Washington State 4-H Foundation's mission is to engage in activities that promote fundraising from private sources to support, enhance and expand the 4-H program for young people throughout the State of Washington. The Washington State 4-H Foundation Board of Trustees has a close working relationship with the



Development Office of the College of Agricultural, Human, and Natural Resource Sciences (CAHNRS). The main liaison is with the 4-H Development Coordinator.

If you are interested in volunteering on the Washington State 4-H Foundation Board, please contact Denise Echelbarger at [denise@wsu.edu](mailto:denise@wsu.edu) or 509-358-7915.



**Denise Echelbarger**

DEVELOPMENT COORDINATOR | GO COUGS!

[WSU Extension 4-H Youth Development Program](#)

P.O. BOX 646228, Pullman, WA 99164-6228

c: 509-290-1505 | o:509-358-7915 | [denise@wsu.edu](mailto:denise@wsu.edu)

---

## Washington State Teams Participate at 2022 Eastern National 4-H Horse Roundup in Louisville

Kim Baker



**Eastern National  
4-H Horse Roundup**  
LOUISVILLE, KENTUCKY

Seventeen Washington State 4-H senior members from six counties attended the 2022 Eastern National 4-H Horse Roundup November 5th in Louisville, Kentucky. Following the event, most members remained in Kentucky to tour the beautiful Commonwealth, including educational stops at the Kentucky Horse Park, Maclay Hunter Horsemanship Finals, US Dressage Finals in Lexington, thoroughbred stud farms, Churchill Downs and Keeneland Thoroughbred Farm, the Kentucky Derby Museum, the Kentucky Equine Sports Medicine and Rehabilitation Center (KESMARC), the University of Kentucky Gluck Equine Research Center, the Hagyard Equine Medical Institute, Lincoln's Birthplace, Mammoth Caves, and many more.

Results are listed below. Huge congratulations to our 4-H members and their amazing accomplishments at the national contest!

**Hippology** (Thurston County- Baeya Kardokus, Charlotte Pestinger, Stella Harris, Solana Spector with Coach Molly Pestinger)

Seventh High Team – Written Phase

High Individuals – Judging Phase

Fourth – Stella Harris

Sixth – Baeya Kardokus

Second High Team – Judging Phase

Ninth High Individual – Station Phase– Baeya Kardokus

Fifth High Team – Station Phase

Sixth High Team – Problem Solving

Eighth High Individual – Overall – Baeya Kardokus

Fifth High Team – Overall

### **Communications Team**

#### **Public Speaking**

Sixth – Sebastian Palmer – Snohomish County

#### **Individual Presentation**

Third - Ruby Coulson – Clallam County

#### **Team Presentation**

Fourth – Madison Erickson and Vivian Rice – Snohomish County

Third High Team Overall

**Horse Bowl** (Snohomish County-Avery Hand, Dylan Qureshi, Elaina Kunz, Elise Petermann, Makena Porter, Coaches are Hannah Kruchek and R-A Mazzola)  
No Placing

**Horse Judging** – Paige Ortega (Pierce), Emily Ryder (Kittitas), Ry Mitchell (Snohomish), Katie Johnson (Snohomish) with coach Pat Pehling.

Eighth High Individual – Performance Classes – Emily Ryder

Eighth High Team – Performance Classes

Tenth High Team – Oral Reasons

Seventh High Individual – Overall– Emily Ryder

Tenth High Team – Overall

Congratulations to all teams and coaches!! A special Thank You to Coaches Molly Pestinger, R-A Mazzola, Hannah Kruchek and Pat Pehling for all their dedication to assist these youth in their pursuit of 4-H excellence!

We have an outstanding Washington delegation, led by the efforts of all the volunteer coaches, as well as support from families – including funding.

A huge Thank You to Kim Baker, 4-H Program Coordinator and National Trip Coordinator, and R-A Mazzola, Snohomish County volunteer extraordinaire, for organizing the amazing tours and keeping everyone so well organized!

---

## **Save the Date! – 2023 Washington State Junior Horse Show**



The Washington State Junior Horse Show will be held June 22-25, 2023. The WSJHS Clinic will be held on June 22. The WSJHS 4-H Horse Show is June 23, 24, & 25. There is also an Open WSJHS Show on June 24 & 25.

More information to follow!

---

## **Save the Date! 2023 Prairie Hatchers Annual Poultry Show!**



Save the Date, March 25, 2023, for the Prairie Hatchers 4-H Club's 23rd Annual YOUTH SHOW, taking place at the Clark County Fairgrounds in Ridgefield, Washington. Things to look forward to include Showmanship, confirmation/type, BIG Raffle, and Show quality poultry/chick auction!



Donations are always appreciated. If you would like to donate **show quality birds** or any raffle items please e-mail us! Your donations help us run next year's show. Help us keep it going!

If you would like more information or get on the list to receive our premium book in January please e-mail: [prairiehatchers4hclub@gmail.com](mailto:prairiehatchers4hclub@gmail.com)

---

## ***From National 4-H Council...***

...a message from National 4-H for high school aged youth members –

Dear 4-H families & volunteers –

National teen youth convenings are integral to 4-H's positive youth development (PYD) experience. National 4-H Council was proud to welcome over 1,400 teens and adults in-person this spring and summer for the National 4-H Agri Science and Healthy Living Summits as well as Citizenship Washington Focus (CWF) and The True Leaders in Equity Institute (TLEI).

As we continue to evolve these experiences to better meet the needs of your 4-H'ers and support your teen retention and growth goals, we wanted to share some important updates:

- Both CWF and The True Leaders in Equity Institute will return to the Hyatt Regency Bethesda through the summer of 2025.
- We're excited to introduce **Ignite by 4-H!** This new event combines our Agri Science, STEM, and healthy living summits into one experience that will be a catalyst for teens to explore 4-H. Dynamic speakers, industry experts, and hands-on experiences in career development and community change will empower teens to spark their passion, explore the issues they care about and create connections for success, today and tomorrow. Adult chaperones will also be able to take advantage of professional development aligned with the 4-H Thriving Model of Positive Youth Development.
- **Workshop proposals for Ignite by 4-H are now being accepted. The Call for Proposals can be viewed by clicking [HERE](#)** If your workshop is selected, you will receive two complimentary registrations to the 2023 event (dates below). **[Submit your proposal online here](#)**. **Deadline to submit is November 28. Workshop proposal attached.**
- Registration for Ignite by 4-H and CWF 2023 will open in mid-November. Registration for The True Leaders in Equity Institute will open in January 2023.

**Save the Date:**  
**Ignite by 4-H**

*Dates:* March 9 – 12, 2023 & February 7 – 10, 2024  
*Location:* Renaissance Hotel, Washington, DC  
*2023 Registration Rates:* \$950 per person (youth or adult)



---

## Explore 4-H with WSU Extension Turkey Leftovers!



Sunday, November 27th, 2:00 – 3:30 PM,

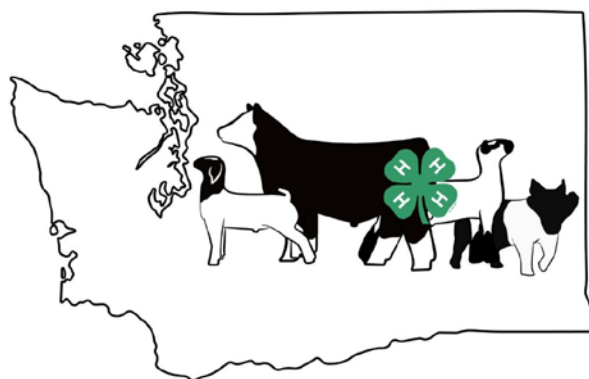
Register in advance for this meeting to receive instructions and ingredient lists.

<https://wsu.zoom.us/meeting/register/tJcpc--urj8sH9zImHAay8hl-7qiJZqAlb8k>

---

# 4-H Livestock News

Paul Kuber



This year the State Livestock Judging Contest was held June 25th at the Grant County Fairgrounds. The contest was the first Livestock Judging event not tied to the Washington State Fair. It was positioned earlier in the year to facilitate selection of teams that would represent Washington 4-H at the BIG-3 national contests. As a result of this shift, Washington 4-H will be represented at the North American Livestock Exposition (NAILE) in Louisville, KY, the American Royal in Kansas City, MO, and at the National Western Stock Show in Denver, CO in the same year – possibly the first time this has happened.

Teams that were selected to represent Washington from the senior 4-H division were the top three in that contest. The high team, Ritzville-Adams County had the first choice and elected to go to the National Western Stock Show; they will be competing in mid-January 2023. The reserve team from Asotin County elected to go to the American Royal, which is occurring in Kansas City this Sunday, October 16th. Lastly, our third-place team from Grant County will be competing November 15th at the National 4-H Contest, held in conjunction with the North American International Livestock Exposition in Louisville, KY. We wish our teams the best of luck as the National contests will be underway very soon. We look forward to hearing of their successes and experiences on the road!

Here are the teams that will represent Washington 4-H:




The contest would not have been possible without the following sponsors:

Cash Sponsors – Nutrien Ag Solutions, Country Store, Washington Cattle Feeders Association, Washington Cattlemen’s Association, Washington Pork Producers Association, and Harry Burcalow and Washington State 4-H Excellence Fund;

In-Kind and Goods Sponsors – Northwest Farm Credit Services, WSU – College of Agriculture, Human and Natural Resources Sciences (CAHNRS), and WSU Extension;

Livestock Supplied By – JR Ranch, Scott Wilson, Pure Country Pork Farms, Lori Bennett and 7W Livestock.

We thank all of our 2022 sponsors and are in the process of gearing up for 2023. If you know anyone that has interest in sponsoring Washington 4-H Livestock Judging, please share the following link. These funds will be used for the 2023 contest, as well as helping with travel for the teams selected to represent Washington State. Share this link <http://bitly.ws/spxe> or the attached PDF with information about supporting Washington 4-H Livestock activities. No gift or support is too small, and all contributions will be committed to supporting the next generation of livestock enthusiasts.



**WSU EXTENSION IS ELEVATING THE EXPOSURE OF WASHINGTON 4-H LIVESTOCK JUDGING TEAMS ON THE NATIONAL STAGE**

Items that are paramount to this annual event include:



- Statewide access for more participation in this educational event.
- A higher number of quality livestock for a better participant experience.
- Recognition of team members and volunteer coaches that give back to youth interested in the livestock community.
- Support for the top 3 teams offered a chance to represent Washington 4-H at a nationally sanctioned contest.

Areas that need sponsorship to facilitate the sustainability of this event, include but are not limited to:

- Travel for officials, volunteers, and livestock producers.
- Awards to recognize the youth participants and volunteer coaches.
- Travel for teams participating in the national learner engaged activities.

**Please consider supporting 4-H state livestock judging online at <http://bitly.ws/spxe> or scan the QR code.**



For more information on supporting WSU Extension 4-H Programs please contact Denise Echelbarger at [denise@wsu.edu](mailto:denise@wsu.edu) or 509-358-7915. [extension.wsu.edu/4h](http://extension.wsu.edu/4h)



# Save the Date! – 2023 4-H Livestock Judging Contest

Make plans to attend the 2023 Washington 4-H State Livestock Judging Contest, scheduled for Saturday, June 24, 2023 from 8:00 am to 5:00 pm at the Ardell Pavilion on the Grant County Fairgrounds in Moses Lake, Washington.

More details coming soon!



Paul S. Kuber, Ph.D.  
Associate Professor  
State 4-H Agri-Science Specialist  
Northeast Region Livestock and Forage Specialist  
Washington State University Extension  
222 N. Havana St. Spokane, WA 99202  
W: 509-477-2185 C: 614-302-1600 [pskuber@wsu.edu](mailto:pskuber@wsu.edu)

---

## 2023 Cougar Invitational Meat Judging Contest Open to 4-H and FFA Members in Washington State



Paul Kuber

In an effort to create more food animal science opportunities in Washington state for youth (4-H and/or FFA) I have great news to share about the First Annual Cougar Invitational Meats Judging Contest, to be held March 18, 2023. This event will begin with a learner engaged clinic the day prior to the competition on WSU campus in Pullman (see attached) to be held March 17th. Registration and contest details will be released in early January and will be shared at that

time. For information or to inquire about sponsorship opportunities, contact Dr. Blake Foraker, [blake.foraker@wsu.edu](mailto:blake.foraker@wsu.edu) or (509) 335-4112. Dr. Foraker is also preparing Washington State University Animal Science students to compete in collegiate meats judging on the national stage in 2023.

Learn more about the Cougar Invitational [HERE](#).

## Holiday Prime Rib – Steak Fundraiser

A way that you can support the WSU team is through purchase of a Holiday Prime Rib or Steaks (see flyer [HERE](#)). The meat judging and meat animal evaluation teams are selling prime ribs during the holiday season. Proceeds from the sales will be used to offset costs incurred by the team to travel to and compete at the National Western, Fort Worth Stock Show, Houston Livestock Show and Rodeo, and National Meat Animal Evaluation Contest at Canyon, Texas.

---

## PLAN NOW For Outbound International Exchange Opportunities Next Summer!



Carolyn Russo

Washington State 4-H aged youth have the opportunity to participate in the 4-H International Outbound exchanges taking place next summer to the countries of Costa Rica, South Korea and Japan.

Youth stay with host families to experience culture in ways that tourists are not able to. There are four programs being offered this summer in three countries. The traditional three-to-four-week cultural immersion experience will be offered in Costa Rica, South Korea and Japan. The fourth program is a unique opportunity to attend a Japanese language school in Tokyo. Youth will stay with a host family during the school for about a month and then change host families in another location for an additional 3-4 weeks.

Interested youth are invited to apply (online application can be found at <https://smr.to/p84038> by **December 15, 2022**. An interview is also part of



the selection process. For more information please contact Carolyn Russo, [carolyn.russo@wsu.edu](mailto:carolyn.russo@wsu.edu) or (509) 754-2011 x4309.

A downloadable Flyer for opportunities in Japan can be found by clicking [HERE](#)

A downloadable Flyer for opportunities in Korea can be found by clicking [HERE](#)

A downloadable Flyer for opportunities in Costa Rica can be found by clicking [HERE](#).



---

## Save the Date – KYG 2023! Update: New Location!

 <p><b>SAVE THE DATE</b></p> <p><b>FEB 18, 19, 20</b></p>	<p><b>THEME: THINK BEFORE YOU ...</b></p> <p><b>WHERE: WENATCHEE CONVENTION CENTER</b></p> <p><b>WHEN: FEB 18 - 20 2023</b></p> <p><b>SATURDAY AFTERNOON TO MONDAY AFTERNOON</b></p>
<p><b>KNOW YOUR GOVERNMENT 2023</b></p>  <p>WASHINGTON STATE UNIVERSITY EXTENSION</p>	<p><b>GOALS:</b> MEET OTHER YOUTH BUILD RELATIONSHIPS SHARE PROJECTS</p> <p><b>PRE CONFERENCE MEETINGS STARTING WINTER 2022</b></p> <p><b>FOR MORE INFORMATION: DOROTHY.ELSNER@WSU.EDU</b></p>

---

# Youth Livestock and Poultry Biosecurity Learning Modules Updated

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

By JOANNA CUMMINGS

Livestock and poultry are susceptible to infectious diseases and many of these diseases are zoonotic, meaning they can be transmitted to people. A few more well-known zoonotic diseases include ringworm, rabies, and soremouth. The most effective strategy for protecting farm animal health is to prevent or reduce the chances of introducing a disease into a herd or flock.

An online learning experience about livestock biosecurity was developed during a five-year livestock biosecurity grant project, directed by Animal and Veterinary Sciences Research Associate Professor Julie Smith. The result was the **Healthy Farms Healthy Agriculture (HFHA) Biosecurity Learning Module Series**. The learning modules are appropriate for students in grades 6 to 12, FFA and 4-H participants, college students studying animal science, and other agriculturally related youth groups.

The link for the learning modules, teaching guide, certificates of completion and more is <https://learn.healthyagriculture.org>.

The goal of the series is to create a new generation of biosecurity advocates. The first four modules help youth in agriculture discover biosecurity, the preventative measures that protect farm animals from the spread of infectious diseases. The last two prepare youth to communicate what they have learned with others. Topics for the six modules—plus a hands-on activity—include:

1. What is animal biosecurity – an introduction to biosecurity concepts.
2. Routes of infection and means of disease transmission.
3. Finding sources of disease transmission – students become biosecurity inspectors.
4. Farm biosecurity management plan – students learn how to develop a biosecurity plan.
5. Public speaking for biosecurity advocates I – students create a persuasive public presentation.
6. Public speaking for biosecurity advocates II – students learn how to deliver a persuasive speech.
7. A “SCRUB Kit” was also developed during the project, with hands on activities that complement the learning modules.

Updated learning modules were released in 2022, incorporating interactive elements and accessibility improvements.

Discovery learning is key to the design of the learning modules' interactive curriculum. Students are presented with questions or tasks to complete to which they might not know the answers. They are also given supplemental information that introduces biosecurity concepts and helps the students make logical decisions. A printable guide is available for instructors with additional ideas and activities, career suggestions, and sets of homework and quiz bank questions. There are three paths available for interacting with the biosecurity learning modules:

1. A self-guided experience for students where the modules are hosted at Wisc-Online through Wisconsin's Technical Colleges system.
2. Learn as part of a course – this option is for learners who are assigned one or more modules to complete on their own as a course requirement.
3. Learn with a leader – club and group leaders guiding learners through any of the modules.

**HFHA**

**HealthyFarms**  
**HealthyAgriculture**

---