

Tuesday News



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



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuesday News – December 6, 2022

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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

Washington 4-H Tech Changemakers Mini-Information Session on Adapting to the World of Virtual Work Scheduled for December 10th!

WA 4-H Tech Changemaker teens are exploring the impact of the digital divide in their communities. As they are learning high value digital skills they are committed to providing adults (and older teens) with the tools to find new prospects for learning and employment through expanded access to digital opportunities and skill development. Join a virtual session broadcast from Republic, WA, on Saturday 12/10 at 2:00 pm by the Ferry-Spokane Teen Tech Changemakers (TCM) about **online work**. The 10-12 minute information session will be followed by a Q&A with the TCM teens and their 4-H faculty and staff support team. **Please register at [Meeting Registration – Zoom](https://wsu.zoom.us/j/98654321098)** and see the flyer included below.

Want to learn more about the Washington Tech Changemaker program, or perhaps join in? Go to our state website at <https://extension.wsu.edu/4h/4-h-tech-changemakers/>

ATTEND IN PERSON OR VIRTUALLY

Event Registration: RSVP in advance

<https://wsu.zoom.us/j/98654321098>

WHEN?

SATURDAY!

December 10, 2022 at
2:00pm

WHO?

Anyone looking for
remote or online work!
Also for job seekers wanting to use
online environment successfully

WHAT?

Online Job Fair and
Workshop About
Online Work

WHERE?

Register Online or Ferry
County Sunrise Business
Resource Center,
147 N Clark Ave, Republic, WA 99166

ADAPT!

The world of work is
rapidly evolving with more
opportunities including the
ability to work remotely or
from home.

The way we apply for and seek employment
is rapidly changing. Come learn about your
options in this virtual job fair and workshop.



Event Registration: RSVP in advance

<https://wsu.zoom.us/j/98654321098>



You're Invited to a FREE Zoom Workshop!

OATMEAL

Need a last-minute gift?
Bring your old fashioned

OATS

and join Toni as she shows you
how to make gift jars of oatmeal
muffins, overnight oats or
instant oats.

Learn the secret that top chefs
use for outstanding oatmeal
flavor!



Saturday, December 17, 2022
@2:00PM PST
via Zoom

Explore 4-H with
WSU Extension!



You will need assorted craft supplies, jars with tight fitting lids, old fashion oats, spices and dried fruit. A full list of supplies will be emailed to registered participants.

Zoom link for registration: – Register in advance for this meeting:

<https://wsu.zoom.us/meeting/register/tJMscuyurjljEtw4BbWrSXZcu6ckNgUmNtL8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Calling All Creative Kids!

2023 SoilCon
Student Art Contest

**Draw a picture, make a sculpture, or use
paint to show us why you love soil!**



Here are a few ideas:

Draw a soil profile

Sculpt why soil is important to have food

Use soil based paint (more info at
theartofsoil.com/diy-soil-pigments)

Design a comic book about a soil superhero

Write a poem about why wetlands are
important

SoilCon, a virtual soil conference, invites all children attending a school in the Pacific Northwest (up to 5th grade) to spark excitement with conference attendees by sharing their art. We want to see why the next generation is passionate about conserving our soil.

Deadline for submission is January
15th, 2023.

Voting will be open to conference
attendees

Winning entries will be featured on
the Washington Soil Health Initiative's
website.

**For guidelines, information and where
to submit your entries visit:
soilhealth.wsu.edu/soilcon**



WASHINGTON STATE UNIVERSITY
Center for Sustaining Agriculture
and Natural Resources



Clickable Link: <https://soilhealth.wsu.edu/soilcon/>

New 4-H Equine Science and Horsemanship Series Begins December 22nd!

We are excited to launch the 2022-2023 WA State 4-H Equine Science and Horsemanship Series!! Hosted virtually on the 4th Thursday of the month, December 2022 – December 2023 (*5th Thursday in November 2023, due to Thanksgiving) from 6:30 – 7:30 pm.

All are invited to attend to learn more about horses! Sessions will incorporate hands-on opportunities and fun learning games! **Use this link to sign up and receive the zoom link:** <https://bit.ly/WA4-HEquineScience>

Registered participants will be emailed a suggested supply list prior to each session for the hands-on component.

NOTE: Instructors are needed for some of our upcoming sessions. If you have interest in teaching, please contact kim.baker@wsu.edu | 425-520-3908.

We are interested in hearing from staff, equine professionals, and alumni of the horse program that would like to share their area of expertise with an audience of youth.

Interested parties should be prepared to share an overview of their topic and how they envision incorporating a hands-on component in a virtual format. More details about the review process are available upon request.

Thank you!



WSU EXTENSION | WA STATE 4-H

EQUINE SCIENCE & HORSEMANSHIP SERIES

FUN VIRTUAL
EQUINE LEARNING
FOR EVERYONE!

4th THURSDAYS*
DEC 2022 - DEC 2023
6:30-7:30 PM
*NOV 30, 2023 (5TH THURSDAY
DUE TO THANKSGIVING)

REGISTER HERE:
[HTTPS://BIT.LY/WA4-HEQUINESCIENCE](https://bit.ly/WA4-HEquineScience)

 4-H 
WASHINGTON STATE UNIVERSITY
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Save the Dates! Youth Livestock Field Days Coming Next Spring!

It may be cold and dark right now, but Spring is just around the corner! Save the dates for Youth Livestock Field Days, presented jointly by Washington State University Extension and University of Idaho Extension, scheduled in March 2023. More details and a registration link coming soon!

Don't miss out on all the fun, mark your calendars now !



YOUTH LIVESTOCK FIELD DAYS



March 11, 2023
8:30 AM - 3:00 PM PST
Asotin Co. Fairgrounds

For questions, please contact:
UI Benewah County Extension: 208-245-2422
UI Nez Perce County Extension: 208-799-3096
WSU Asotin County Extension: 509-243-2009
WSU Whitman County Extension: 509-397-6290



March 25, 2023
8:30 AM - 3:00 PM PST
UI Livestock Pavilion

Brought to you by:



4-H

WASHINGTON STATE UNIVERSITY
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Registration and details available
January 10, 2023!

The University of Idaho and Washington State University do not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending this program that requires auxiliary aids or services should contact UI Extension, Nez Perce County at 1239 Idaho Street, Lewiston, ID 83501 | 208-799-3096 | nezperce@uidaho.edu at least two weeks prior to the event.

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. We hope to hear from you!"

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

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

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