

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Tuesday News – December 13, 2022

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## Features

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### 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

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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for December, Freddie Soliday of Pierce County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!



### 4-H YOUTH OF THE MONTH



Washington State 4-H

**Freddie Soliday**

*Senior  
Pierce County*

#### **PROJECTS:**

**Dogs**

### **Freddie Soliday**



**Favorite Part About 4-H:** Freddie enjoys meeting new people, especially because she has been able to make connections and relationships that will help her in her future.

**Favorite Hobbies:** Dancing, acting, reading, and listening to music are Freddie's top four hobbies.

**Favorite 4-H Memories:** Freddie likes to remember her first year showing at the State Fair. As they were finishing up their agility course, Ember, Freddie's dog, jumped onto the judge's table and made friends with the judges.

**Biggest 4-H Achievement:** Last year at State Fair, Freddie competed in the Dog Bowl State Championship. Her team won and made history, as it was the first trophy for Pierce County.

**Favorite Food:** Freddie loves Sesame Chicken Teriyaki.

**Future Career:** Freddie wants to be a small animal vet focusing on emergency vet medicine.

**Time in 4-H Dog Project:** Freddie has been showing her labradoodle Ember in 4-H for five years, and is excited to also show her second labradoodle, Lumi, this year.

**Favorite Service Project:** Her club organized a bake sale and donated the leftover to a local fire station.

**Wish I could Go:** She hopes to travel to Greece to learn mythology.

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!"

## Thank You For Your Support!

Thank  
you

Thank you for supporting WSU Extension 4-H, and our continued commitment to being a positive youth development organization. 4-H is so grateful for the county

officials involved in WSU Extension, the diligent statewide staff, dedicated volunteers, responsive parents, and very generous donors.

4-H'ers learn numerous valuable life skills and lessons, including: the value of time management skills to meet their goals and responsibilities; the importance of managing their own financial resources and making business decisions; the value of leadership and teamwork; and good sportsmanship and competition all while forming lasting relationships. These skills are accomplished and improved upon by learning opportunities in health, science, agriculture, and civic engagement. Because of you, WSU Extension 4-H can better offer the chance for youth and adults to learn, grow, and work together as catalysts for positive change.

Thank you for your generosity and your confidence in our work. If you have interest in learning more about supporting WSU Extension 4-H please visit <https://extension.wsu.edu/4h/give-to-4-h/>.

**DENISE ECHELBARGER, MBA**

DEVELOPMENT COORDINATOR | GO COUGS!

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

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## Know Your Government Update



record  
speak  
act  
post  
**decide**  
text  
share  
trash

Since the arrival of the internet, and the emergence of social media and smart phones, our culture lives in a state of media-saturation, some might argue over-saturation. Political parties and politicians have not missed the opportunity to utilize all forms of media as they identify issues platforms to run their elections

on and engage in debate with competing parties. The further growth and commercialization of cable news networks has created vast opportunities for Opinion Editorial to center itself as a form of news-reporting.

This year, Know Your Government delegates will learn about media bias, how to identify the difference between facts and opinions, and how to create a space for dialogue on issues that have multiple perspectives.

Delegate Teams will practice deconstructing media messages and news programs to identify whether the reports they are hearing contain bias, or fairness and balance. They will practice fact checking through listening to multiple sources of a same news report. Finally, they will create a balanced multi-media news report of their own to share.

**Through this live and engaging process delegates will learn:**

- Learn that there are multiple forms of news media, that have different strengths and weaknesses
  - Practice fact-checking and looking for the sources of news stories
  - Look for balance and fairness when reviewing media messages
  - Learn how to recognize biased and one-sided messages, as well as becoming aware of their own biases
  - Utilizing a free media is a constitutional promise of democracy AND a responsibility of citizenship

**The KYG Page on the WSU 4-H website is updated; all information sent to county delegation coordinators in separate emails is condensed there. Registration opens January 1 and closes Jan 16, please encourage registrations be done by Jan 6; that gets it done as the students get back into school routine.**

**Link to the Planning and curriculum packet for adults who are interested in leading a group of youth delegates: [Planning and Curriculum Packet](#) (pdf)**

**“Think Before You...”**

*Know Your Government Conference*

**February 18 – 20, 2023**

*Saturday Afternoon – Monday Afternoon*

**Wenatchee Convention Center**

121 N Wenatchee Ave, Wenatchee, WA 98801

Register between January 1 – 16, 2023

***The KYG Conference is for teens 14-18 years old***

Participants must attend pre-conference meetings which will take place this December/January. Contact: Dorothy Elsner [dorothy.elsner@wsu.edu](mailto:dorothy.elsner@wsu.edu)

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# WDFW Issues Statement On Avian Influenza Outbreak Among Waterfowl Around Skagit Bay

Media contact: [communications@dfw.wa.gov](mailto:communications@dfw.wa.gov)

Washington Department of Fish and Wildlife (WDFW) biologists recently responded to reports of sick or dead waterfowl in western Skagit County on and around Skagit Bay, as well as in northwestern Snohomish County and on Camano Island and Port Susan in Island County.

WDFW has retrieved more than 700 deceased birds of several species—primarily juvenile snow geese—from this area. Samples have been taken from these birds for testing for [avian influenza](#) (also known as bird flu), with H5N1 strain Highly Pathogenic Avian Influenza (HPAI) suspected.

**WDFW continues to ask members of the public who find sick or dead birds to [report them immediately using this online form](#) and not touch them.** As resources are available, biologists may respond to remove bird carcasses and, if in an area or species where avian influenza has not been confirmed, test for the virus. Due to the magnitude of this outbreak, WDFW staff will not be able to respond to all reported cases.

Infected birds may appear lethargic, unable to fly, and exhibit wheezing, vomiting, or have diarrhea or secretions from their mouth or nostrils. More detailed information about avian influenza is available [on this WDFW webpage](#) and in [this blog post](#).

**Avoid all contact with sick and dead birds. DO NOT attempt to move sick birds to a veterinarian or rehabilitation center, or to your home, as this can spread the disease.** If a dead bird must be moved, it is best to wear disposable gloves while handling it and to double bag and dispose of the carcass in the garbage where pets and scavengers can't reach it.

**Reports of suspected avian influenza in domestic flocks should be sent to the Washington State Department of Agriculture.** Call 1-800-606-3056 or [visit their webpage](#) for more information about how to protect poultry and other domestic birds.

From fall through spring, western Skagit County, Island County, and northwestern Snohomish County are major feeding and roosting areas for snow geese and other migratory waterfowl. The recent avian influenza hotspot around Skagit Bay follows a similar [outbreak in November around Wiser Lake in Whatcom County](#). More than 450 dead birds have been removed from that area.

HPAI is very contagious among birds but the risk to people is low. This current strain of bird flu does not appear to easily infect humans. As a precautionary measure, people with known extended contact with infected birds should contact their local health department if they develop flu-like symptoms.

**For hunters, waterfowl and other birds that appear healthy or are actively flying likely present minimal risk but should be cooked thoroughly before consumption.** Dead geese and ducks found in western Skagit and Whatcom counties and northwestern Snohomish County are likely the result of avian influenza. Goose hunting has been closed in this area (Goose Management Area 1) since Nov. 27 and will reopen Dec. 10 through Jan. 29.

Dogs and other animals can become sick with avian influenza, and care should be taken to avoid contact between pets and either sick birds or carcasses of diseased birds. Wherever possible, maintain control of and discourage your dog from touching birds that were not shot immediately beforehand.

To reduce the risk of disease transmission, hunters are asked to **not** clean and dispose of bird carcasses in the field, but to do so at home and to double bag and dispose of bird carcasses in the garbage.

**Additional safety tips include:**

- Wear disposable gloves when cleaning harvested birds or cleaning bird feeders.
- Do not dispose of processed carcasses in the field where they could be eaten by raptors. Bag them and place in the garbage, bury, or incinerate them.
- Take special precautions to ensure that all equipment (boots, clothes, vehicles, firearms) are cleaned and disinfected to prevent the spread of diseases.
- Do not harvest or handle wild birds that are obviously sick or found dead.
- Do not eat, drink, or smoke while cleaning game.
- Wash hands with soap and water or alcohol wipes immediately after handling game or cleaning bird feeders.
- Wash tools and work surfaces used to clean game birds with soap and water, then disinfect with a 10 percent solution of chlorine bleach.
- Separate raw meat, and anything it touches, from cooked or ready-to-eat foods to avoid contamination.
- Cook game birds thoroughly. Meat should reach an internal temperature of 155 to 165 degrees Fahrenheit to kill disease organisms and parasites.

For additional information on avian influenza please visit: [wdfw.wa.gov/species-habitats/diseases/bird-flu](http://wdfw.wa.gov/species-habitats/diseases/bird-flu)

Individuals who need to receive this information in an alternative format, language, or who need reasonable accommodations to participate in WDFW-sponsored public meetings or other activities may contact the Title VI/ADA Compliance Coordinator by phone at 360-902-2349, TTY (711), or email ([Title6@dfw.wa.gov](mailto:Title6@dfw.wa.gov)).

For more information, see  
<https://wdfw.wa.gov/accessibility/requests-accommodation>.

Submitted by:

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

Dan McCarty, LIVESTOCK SPECIALIST, 4-H and Regional Small Farms  
WSU Extension – Clallam County

## Explore 4-H With Oatmeal Gift Jars for the Holidays!



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!



Need a last-minute gift? Bring your old fashion oats and join Toni Gwin on Saturday, December 17th as she shows us how to make gift jars of oatmeal



**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](mailto: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!



# 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:



WASHINGTON STATE UNIVERSITY  
EXTENSION

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.

## 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!

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## 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!

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## 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)

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## 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.  
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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)

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## 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.

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## 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](#).



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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**

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