

Tuesday News



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



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuesday News – April 11, 2023

CONTENTS

FEATURES

- “Cougs Give” Fundraiser on April 12th To Highlight Washington State 4-H!
- Washington State 4-H Teen Conference Registration is Now Open! **>NEW!<**
- State 4-H Ambassadors Present the 4-H Youth of the Month for April! **>NEW!<**
- Fashion Industry Conference Coming to Central Washington University April 22 **>NEW!<**
- Spokane County Extension Hosts Spring Three-Day 4-H Horse Clinic May 12 – 14 **>NEW!<**
- Registration is Open for the Annual Wahkiakum 4-H Great White Tail Run **>NEW!<**
- Franklin County 4-H to Host Dressage Clinic in June **>NEW!<**
- Introducing: Find What Moves You!
- Lincoln County Spring Showcase Coming April 15th!
- Fourth Statewide 4-H Photography Club Meeting Set For April 16th!
- Upcoming 4-H Horse Events to be Hosted By Yakima County Extension 4-H
- Announcement of Dressage Tests for the 2023 4-H State Fair
- Reining Pattern for 2023 4-H State Fair Now Available
- Food Preservation Requirement Completion – Guidelines for 4-H Food Preservation Leadership
- Ask Dr. Universe: Are Unicorns Real? **>NEW!<**
- Ask Dr. Universe: Do Ants Hibernate in the Winter?

- Skagit County Youth Wins Big at Goat 4-H
- Q and A Sessions for the Washington 4-H Horse Program Continue
- State 4-H Ambassadors Present the 4-H Youth of the Month for March!
- Pierce County Leaders Council Presents April Fun'Raiser
- March 26th 4-H Market Poultry Zoom Recording Now Available!
- Explore 4-H with WSU Extension Recording – Basic 4-H Cat Project
- RECORDING! Backyard Flock-Poultry Housing, Part 2, Chicks 8-28 Weeks
- RECORDING! Backyard Flock-Poultry Housing, Part 1, Chicks 0-8 Weeks
- Opportunities In Virtual Horse Judging
- News for Washington State 4-H Equine
- Remember to Sign Up for 4-H Equine Science and Horsemanship Series Thursdays!!

Features

“Cougs Give” Fundraiser on April 12th To Highlight Washington State 4-H!

Denise Echelbarger



On April 12, 2023, please join the WSU Cougar Family celebrating our achievements, learning about what's next in research and growth, honoring our generous donors, and exploring what we can imagine and accomplish when we ask the question, **“What if...?”**

WSU CAHNRS will be highlighting specialized funding priorities for #CougsGive 2023. **How exciting is it that the WSU Washington State 4-H Excellence Fund has been chosen to be highlighted?** Please help WSU spread the word by signing up as a #CougsGive Ambassador and sharing your own stories, and then join us in supporting WSU's future by making a gift on April 12.

Save the date to support the Washington State's 4-H Youth Development Program for #CougsGive 2023 on April 12. Your support empowers Washington State University to serve its land-grant mission to the state and provide life-changing programming for all 4-H members.

Go Cougs!

NEW! 4-H CHALLENGE!!

Challenge:

4-H members are:

4X more likely to give back to their communities

2X more likely to make healthier choices

2X more likely to participate in STEM activities

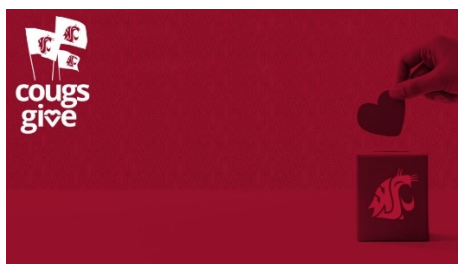
Support 4-H members on April 12, 2023, by being one of the first four donors to unlock Mary Kohli's 4-H #CougsGive challenge gift!

<https://cougsgive.wsu.edu/cahnrs>

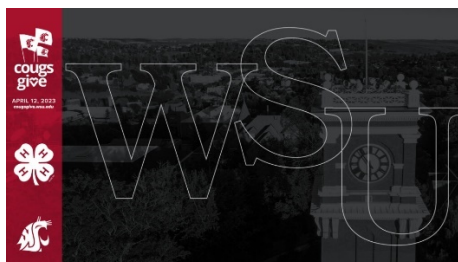
Join the #CougsGive 2023 "behind the scenes" excitement by signing up to be an ambassador and downloading these 4-H #CougsGive Zoom backgrounds for your meetings.



[cougsgive - WSU/4-H Crimson](#)



[cougsgive - WSU Crimson](#)



[cougsgive - WSU/4-H Granite](#)



cougsgive – WSU Granite

And please join us in being a dedicated 4-H community on April 12, 2023, by:

1. *Creating a match or challenge to inspire others to give*
2. *Making a gift to the fund of your choice*
at <https://cougsgive.wsu.edu/cahnrs> on April 12th, 2023.
3. *Signing up to be an Ambassador this year at <https://cougsgive.wsu.edu>.*



What is #CougsGive?

CougsGive is Washington State University's annual day of giving. This event uses social media, gift matches and challenges, and ambassador sharing to generate excitement and support for system-wide initiatives. At its core, #CougsGive is a day to celebrate the impact of philanthropy, unite donors around that message, and generate support for WSU.

How You Can Help:

1. Provide a **match or challenge** to encourage others to give
2. Sign up to be a **Cougar Ambassador**
3. Give a gift on April 12 during #CougsGive at cougsgive.wsu.edu/cahnrs

Be a Match or Challenge Donor

The impact of challenge gifts during #CougsGive can't be overstated. These gifts inspire competition, drive engagements, encourage repeat site visits, and provide a focused source of advocacy from Cougar Ambassadors. The numbers bear this out year-over-year:

- On average, a #CougsGive area that adds its first challenge gift sees a 135% increase in total gifts and a 234% increase in total dollars.

Structure your Match or Challenge

- **Challenge Gifts:** Milestone-based gifts that activate in full when a specified donor count or dollar amount has been attained.
- **Matching Gifts:** Unlock additional dollar-for-dollar funds on per-donor or per-dollar basis.

Special match/challenge ideas: _____

Anonymous: ☐ Yes ☐ No

If no, name(s): _____

What fund do you want to challenge or match?

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> All of them | <input type="checkbox"/> CAHNRS Community Scholarship Fund |
| | <input type="checkbox"/> WSU Master Gardener Endowed Chair Fund |
| | <input type="checkbox"/> Laurel Hansen Entomology Fund |
| | <input type="checkbox"/> V&E Student Support Fund |
| | <input type="checkbox"/> 4-H Excellence Fund |

Contact CAHNRS Alumni & Development to participate.

CAHNRS Priorities for #CougsGive

What if we were more resilient? More able to face the unexpected, adapt for the future, and build stronger, healthier communities?

With your help, the College of Agricultural, Human, and Natural Resource Sciences is fostering a more resilient Washington.

Turn "what if" into reality and support the future you want to see by giving a gift today during #CougsGive.

Support CAHNRS now!

<https://cougsgive.wsu.edu/cahnrs>

Student Support

The newly established CAHNRS Community Scholarship Fund creates scholarships that assist students with financial need, a strong work ethic, and potential for success, helping them stay in school despite unforeseen expenses and hurdles.

Support student success today!

Health and Sustainability

The WSU Master Gardener Endowed Chair Fund aids volunteer-driven, science-based training to empower Washingtonians to grow healthy, sustainable gardens for food, health, and community. The Chair will engage with CAHNRS departments and leadership to ensure that the 4,000 master gardener volunteers across the state are equipped with the best horticultural science. These volunteers serve in local communities helping to protect natural resources, grow groceries, and explore the health benefits that gardening, and the outdoors, brings to body and soul.

Support Master Gardeners today!

Service and Outreach

The 4-H Excellence Fund supports programs that inspire and support teens to become achievers and leaders in today's world. Through 4-H, teens explore STEM, agriculture, civic involvement, healthy living, and learn how to make thoughtful decisions and be productive members of their communities long before they are preparing college applications to become CAHNRS Cougs.

Support 4-H youth today!



WASHINGTON STATE UNIVERSITY
College of Agricultural, Human,
and Natural Resource Sciences



April 12, 2023

WHAT IS #COUGSGIVE?

#CougsGive is a one-day fundraising event dedicated to expanding, sharing, and celebrating the impact of donor support at Washington State University. Generous donors are the foundation of student success, and on April 12, 2023, the Cougar family will come together and give to the scholarships, programs, and experiences that set WSU apart.

JOIN US THIS YEAR AS A COUGAR AMBASSADOR!

Becoming an ambassador is easy. Visit cougsgive.wsu.edu, create a Cougar Ambassador account using either your email or Facebook login, and then you'll receive email verification to activate your Cougar Ambassador account. That's it!

Check out your dashboard. Once you have verified your email, visit your personal Cougar Ambassador dashboard through cougsgive.wsu.edu. You'll be able to easily share to social media and email, as well as create a custom giving link for sharing with your fellow Cougs. Through this dashboard, you can see how many people have clicked on your posts, AND see how many gifts you have inspired through your sharing!

WHAT IMPACT WILL YOU MAKE?

Share your story. Post on your social media accounts, send emails, text your closest Cougs! Share what makes WSU special, what it means to be in the Cougar family, why you give, and why others should give, too! Include your giving link in your posts so others can give with just one click.

Challenge your fellow Cougs to increase the impact. Recruit your family, friends, acquaintances, and fellow Cougs to register as Cougar Ambassadors at cougsgive.wsu.edu! Join the celebration and create a lasting impact for current and future Cougs through philanthropic support.

Every gift makes a difference during #CougsGive. Show your Cougar pride and give to your areas of passion at cougsgive.wsu.edu on April 12, 2023.



WASHINGTON STATE
UNIVERSITY



Washington State 4-H Teen Conference Registration is Now Open!



Washington State 4-H Teen Conference 2023 is open for registration!

Registration for 4-H members will take place in 4-H

Online <https://v2.4honline.com/#/user/sign-in> in events. Registration cost is \$295.

We have some amazing workshops lined up and we expect many of them to fill up. So, you'll want to register as soon as possible so that you get your first choice in workshops. On April 24, we will open registration up to those not enrolled in 4-H and to other WSU youth programs. At that time, a paper/fillable registration form will be made available. Please see the WA State 4-H website for details, including workshop descriptions, for this conference.

The Teen Conference page is [HERE](#).

Kelly Stewart
WSU Extension 4-H Program Coordinator

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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for April, **Berklie Sheppards of Asotin County!** The Ambassadors are proud to highlight 4-H youth monthly throughout the year!

 <p>4-H YOUTH OF THE MONTH</p> <p>Berklie Sheppards</p> <p><i>Senior Asotin County</i></p> <p>PROJECTS:</p> <p>Rabbits, Dog, Junior Leader</p> <p>Washington State 4-H</p>	<p>Berklie Sheppards</p> <p><u>Favorite Part About 4-H:</u> Everything...Berklie is so thankful for how 4-H has taught her people skills, knowledge about different types of animals, and responsibility. Fair is her favorite time of year, mostly because it's when she feels closest to her 4-H and FFA community.</p> <p><u>Years in 4-H:</u> She has been in 4-H since first grade—9 years!</p> <p><u>Past Projects:</u> Berklie has done it all, from showing pigs, goats, steer, cats, and horses to sewing and cooking.</p> <p><u>Favorite Hobbies:</u> Outside of 4-H, she loves art, reading, and calligraphy, and is obsessed with cooking.</p> <p><u>Favorite Book:</u> The Twilight Saga series</p> <p><u>Favorite 4-H Memories:</u> Berklie fondly remembers helping out at 4-H summer camps starting when she was in third grade.</p> <p><u>Favorite Food:</u> Pumpkin pie</p> <p><u>Future Career:</u> Berklie is considering a career in the field of engineering.</p> <p><u>Project You'd Like to Do:</u> She would like to pursue a project involving breeding and genetics.</p> <p><u>Favorite Vacation:</u> Cody, Wyoming</p> <p><u>Biggest 4-H Achievement:</u> Berklie earned the Small Animal Round Robin Champion last year, making her third time competing in Round Robin very memorable.</p> <p><u>Favorite Ice Cream:</u> Jamoca almond fudge</p> <p><u>Wish I could Go:</u> New Zealand, Italy, Hawaii—basically the whole world.</p>
--	---

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!

Fashion Industry Conference Coming to Central Washington University April 22

APRIL 22, 2023
CENTRAL WASHINGTON UNIVERSITY | ELLENSBURG, WA

FASHION INDUSTRY CONFERENCE

OPENING MINDS OF FUTURE FASHION PROFESSIONALS

The Fashion Industry Conference will be coming to CWU in April. This conference is normally held in Seattle, but they have decided to bring it to CWU this year for a more central location. The date of the conference is April 22nd.

They are excited about the opportunity to invite 4-H kids to the conference and to potentially participate or show off their work.

https://fashionconference.wixsite.com/seattle?fbclid=IwAR3QgD-QcWx_LaB7Iv9Mm4SI8It7bKLCuzHXSM0dFJyZAxQ08qWmVSnWRhl

The deadline for ticket purchase is April 18!

If you have any youth interested in participating, they only need to have a passion for the Fashion Industry, they do not need to be enrolled in sewing or other specific projects. Also, if you have any adults that would be interested in presenting at the conference they would love to have someone who could present something specifically for the youth. If you know of anyone please contact Amy (information below) for details.

Amy Alder
4-H Youth Development Program Manager
WSU Extension – Kittitas County
(509) 962-7565 – Office
(509) 388-2588 – Cell

Spokane County Extension Hosts Spring Three-Day 4-H Horse Clinic May 12 – 14

Spokane County Extension invites you to a 4-H Horse Clinic!

Saddle up and get ready for the show season with top notch clinicians. All 4-H youth welcomed. Our large and diverse clinic plans to cover a variety of disciplines: performance, western games, jumping, dressage, and greenhorse.

Our clinic is ideal for both advanced and beginner riders, small size class and affordable rates. We hope to see you in May.

3-day: 4-H Horse Clinic

May 12-14th
Spokane County Fair Grounds

Flyer: <https://s3.wp.wsu.edu/.../03/Spring-clinic-flyer-2023.pdf>

Sign up here:



4-H Horse Spring Clinic

May 12-14th 2023

Spokane County Fair Grounds



The 4-H Spring Clinic is a perfect opportunity to learn, gain new skills and get ready for the show season with top notch clinicians. For an affordable price. Neighboring 4-H counties welcome. <https://extension.wsu.edu/spokane/4h/>

• Western Games • Performance • Jumping • Dressage • Green Horse •

Kelsey Masterson



Bucky Robinson



Becky Parrish



Sharon Fouts



Aubrey Roth



Brianna Randall



Julie Carriker



Bailey Baurer



Ellen Hoyer



Registration is Open for the Annual Wahkiakum 4-H Great White Tail Run!

The 39th Annual Wahkiakum 4-H Great White Tail Run is on Saturday, May 20, 2023. Registration begins at 8:30 am at the Skamokawa Vista Park Office, Run starts at 10 am. We have several walk/runs available: 10K, 5K, 2 mile through Julia Butler Hansen National Refuge in Skamokawa, Washington. Participants can register online or via mail with the brochure and t-shirts are available for purchase too!

In order to guarantee a t-shirt purchase, you must register by May 5th.

Please contact our run coordinator Carol Ervest with questions, 360-465-2275 or email Lisa Frink, Wahkiakum 4-H Program Coordinator, lfrink@wsu.edu

We look forward to seeing you soon! #gwtr2023



DATE: Saturday, May 20th, 2023

TIME: Registration begins at 8:30 am; Run at 10 am

COURSE: 10K, 5K, 2-mile run/walk through Julia Butler Hansen National Refuge in Skamokawa, Washington

AWARDS: Recognition given for overall male and female winners in each event, ribbons for top three finishers in each age division.

OFFICIAL DOG RULES: Socialized dogs only. Dogs should be at least 6 months old with current vaccinations. Dogs must be on leash at all times and stay on designated course. Female dogs in season are not permitted.

REGISTRATION INFORMATION AND LINKS:

Mail in Registration: [2023 4-H GWTR Brochure](#)

Online: <https://runsignup.com/Race/WA/Skamokawa/GreatWhiteTailRun>

Must register by 5/5/23 to guarantee a shirt.

For further information, call:

360-465-2275 or 360-795-3278

The Julia Butler Hansen National Wildlife Refuge, in addition to protecting endangered deer, is also a wintering area for waterfowl on the Pacific flyway. Skamokawa Vista Park has showers, playgrounds, yurts, overnight campsites & RV accommodations. For reservations at this park, call 360-795-8605.

Franklin County 4-H to Host Dressage Clinic in June

Please mark your calendars for a dressage clinic with Abby Welch on June 18th in Franklin County.

The clinic is open to 4-H horse members and is a great way to receive practice and guidance in preparation for the Washington State Junior Horse show.

For more information, contact Sue Duffy, 4-H Horse Superintendent for Benton/Franklin County. Sue's email address is smarieduffy@gmail.com.

Read Abby Welch's Bio [HERE](#)

2023 Dressage Show Entry Form is [HERE](#)

Entry Form for Dressage Clinic with Abby is [HERE](#)

Submitted by Jennifer Leach, State 4-H horse contact.

Introducing: Find What Moves You!

Find What Moves You (FWMY) was developed by researchers at Washington State University to support **mental, physical and social well-being in middle school girls**. *FWMY* is a movement-based activity program for youth **11-14-years old** who identify with a girls community intended to help them appreciate, explore, and embody their truest selves. We welcome cisgender, transgender, and non-binary youth of all races, ethnicities, abilities, and body sizes. In *FWMY*, participants will move (e.g., dance, yoga, kickboxing and more!), connect with peers and mentors, and reflect on their own unique experiences. They will learn skills like **mindfulness, self-compassion, and body appreciation** that help them navigate the challenges in their lives and feel good being themselves.

The program is FREE and meets twice a week for 4 weeks online through Zoom on Tuesday and Thursdays from 4:15-5:00pm starting April 11th. Learn more and register at our [website](http://findwhatmovesyou.org) (findwhatmovesyou.org).

FIND WHAT MOVES YOU

Appreciate, explore, and embody your authentic self!

Activities

- Movement: **Yoga, dance, kick-boxing, and more!**
- Social connection
- Self-reflection



Registration

Register on our website or scan below!

[Findwhatmovesyou.org](https://findwhatmovesyou.org)



Registration - English




Registration - Spanish

Details

- For girls 11-14 years
- **Free** 4-week program
- April 11th- May 4th
- T/TH 4:15-5:00pm (PDT) on **Zoom**
- Inclusive of cisgender, transgender, and nonbinary youth.

Email: fwmy.program@wsu.edu

Website: [Findwhatmovesyou.org](https://findwhatmovesyou.org) 

Washington State University: Psychology of Physical Activity Lab

Lincoln County Spring Showcase Coming April 15th!

Attention 4-H Livestock Exhibitors!!

WSU Lincoln County Extension is sponsoring a new **Lincoln County Spring Showcase (LCSS)** Livestock Jackpot Show to be held **April 15th** at the Fairgrounds in Davenport.


This event is managed and conducted by the Washington State University, Lincoln County Extension, 4-H staff and volunteers. Our main purpose is to connect the past with the present!

For many years Lincoln County conducted a "pre-show" for 4-H and FFA members who planned on exhibiting their livestock at the Spokane Junior Livestock Show held in May. This early spring show will provide an opportunity for kids to gain a


valuable “learn by doing” experience and better prepare for upcoming regional jackpot shows, county fairs or a future market livestock show.

LCSS will focus on providing kids with a fun, educational, competitive and positive experience as it relates to showing livestock. We also promise to provide enthusiastic and competent judges that can evaluate and sort livestock all while using a genuine and personal approach.

For more on LCSS, including the schedule, entry fees, eligibility and deadlines, rules and information, and on-line and mail-in entry forms, go to: <https://extension.wsu.edu/lincoln-adams/4h/lincoln-county-spring-show/>







WASHINGTON STATE UNIVERSITY
LINCOLN COUNTY EXTENSION



SCAN ME

SATURDAY, APRIL 15 TH

2023 Lincoln County Spring Showcase



● Online entries open March 1st ● The last day to submit online entries - April 10th

8:00 — 9 AM — Registration, Weigh-In, Vet Check, and Classification

9:00 AM — Judging of Swine Classes followed by Lambs and Meat Goats

- o Prospect Light weight Division
- o Prospect/Progress Medium weight Division
- o Progress Heavy weight Division
- o Supreme Grand and Reserve Grand Champion Selection

11:00 AM — 4-H Swine, Sheep, and Meat Goat Showmanship

- o 4-H Junior, Intermediate, Senior Age Divisions followed by FFA Fr/So and Jr/Sr Age Divisions
- o Champion and Reserve Champion Showman selected for each Age Division
- o Select Grand Champion and Reserve Champion Showman for the 4-H Division and FFA Division of each specie.

1 PM — Lunch Break

1:30 PM — Judging of Steers


- o Prospect Light weight Division
- o Progress Heavy weight Division
- o Supreme Grand and Reserve Grand Champion Selection

2:30 PM — Beef Showmanship

- o 4-H Junior, Intermediate, Senior Age Divisions followed by FFA Fr/So and Jr/Sr Age Divisions
- o Champion and Reserve Champion Showman selected for each Age Division
- o Select Grand Champion and Reserve Champion Showman for the 4-H Division and FFA Division

● Registration \$10 before April 15th - \$15 day of show

● Late fees will be applied day of show - April 15th



**Lincoln County Fairgrounds
Davenport, WA**

Contact information Lincoln County Extension 509-725-4171

Fourth Statewide 4-H Photography Club Meeting Set For April 16th!

APRIL MEETING FOR STATEWIDE 4-H PHOTO CLUB



*4th meeting, April
16th at 2 PM,
pre-registration
now open!*



Our fourth Statewide 4-H Photo Club meeting theme will be Action, Stop Action, and Trick Photography! The meeting will be held on Sunday, April 16th at 2 PM and will last about 90 minutes.

Pre-register now at <http://bit.ly/3IP2wgC>

Join us live or view the recordings to learn about our upcoming virtual photo contest. We will put the details out in writing with our May meeting notice.

Our Third meeting, “Tell the 4-H Story,” was held on March 12th. The link for that recording is <https://bit.ly/3Te3HT5>.

What did we cover? We covered the 4-H Story (4-H Record Books), News articles, Journalism, Storyboards, and Theme boards. We had our second critique/photo challenge on- Animal Photography. Remember that the educational portion from the prior meeting is the photo challenge assignment for the next meeting.

If you would like to submit any photos for our critique at the 4th meeting please e-mail them to Pam Watson at pwatson@wsu.edu as attachments by Friday, April 14th, make sure you put in the subject line of the e-mail "4-H Photo Club." Each person may send up to three photos, keep in mind we may not get through them all. For now, keep working on the photo challenge assignment- "Tell the 4-H Story!"

Our meetings are open to anyone interested in learning more about the 4-H photography project or photography in general.

We are trying a new system for capturing data on our post-workshop survey. Please use the link in the video or chat box to take the survey when you finish watching the recording.

Come learn something new with us!

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

Upcoming 4-H Horse Events to be Hosted By Yakima County Extension 4-H

Hay!!! Do you love horses? Upcoming Yakima County horse events at <https://extension.wsu.edu/.../4-h-events/4-h-horse-events/>



INFORMATION
HERE

<https://extension.wsu.edu/yakima/4-h/4-h-events/4-h-horse-events/>

Upcoming 4-H Horse Events

- April 8, Trail Clinic with Heidi Masengale
- April 22, Equi-Fair Schooling Show
- June 3, Sagebrush Riders Annual 4-H Horse Show
- June 23-25, WSJHS 4-H Horse Show
- June 24-25, WSJHS State Classic Open Horse Show

Announcement of Dressage Tests for the 2023 4-H State Fair

The dressage tests for English dressage at the 2023 4-H State Fair will be Test 3 for both Training Level 1 and First Level.

Western Dressage has come back for the 2023 4-H State Fair and Test 3 for both Basic Level and Level 1.

4-H horse members will only be able to ride either English Dressage or Western Dressage, but not both, due to time constraints related to arena time.

These tests are available on the respective governing organizations—United States Dressage Federation (USDF) for English (<https://www.usdf.org/>) and the Western Dressage Association of America for Western dressage (<https://www.westerndressageassociation.org>)

The Western Dressage Association of America is the governing body for the Washington State 4-H Horse program. The information in the 2015 PNW 4-H Horse Contest guide on page 20 is outdated. In Washington, we do not use the North American Western (NAW) dressage tests.

Submitted by Jennifer Leach, WSU Extension 4-H State Fair Board Staff Liaison. E-mail Jennifer at LeachJ@co.cowlitz.wa.us.

Reining Pattern for 2023 4-H State Fair Now Available

The 4-H State Fair reining pattern is now posted on the horse page on the WSU 4-H webpage located at <https://extension.wsu.edu/4h/projects/animal-science/companion-performance/horse/>

Reining will once again be offered at State Fair for Seniors only. The reining pattern is the same as last year to encourage participation since this is only the second year of 4-H reining. And also includes the scoresheet as an educational and judging tool.

There will be additional reining patterns for county level use that are reflective of basic reining and/or introductory reining. More to come next week.

For those who do reining—it is a series of circles, stop, back, figure 8, flying changes, roll backs, and/or spins. And based on skill level and/or complexity of the series of movements.

Submitted by Jennifer Leach, Chair of the “Ad Hoc Reining Committee” and 4-H State Fair board 4-H Staff Liaison. E-mail Jennifer at LeachJ@co.cowlitz.wa.us.

Food Preservation Requirement Completion – Guidelines for 4-H Food Preservation Leadership

Jana Ferris

After further review, the following will be accepted as meeting the requirement of having completed food preservation training to leader 4-H Food Preservation Projects:

4-H Food Preservation, <https://extension.wsu.edu/4h/for-volunteers/volunteer-training/>

Master Food Preserver (MFP) – active participation in the program
Consumer Food Safety (CFS) – currently serving as a CFS advisor for WSU

To demonstrate serving as an active MFP or CFS, the supervising faculty, staff, or county director sends an email affirming your participation to the Extension Volunteer Development Specialist (ferrisj@wsu.edu).

Also, we will be reviewing the requirement in the next few months and determine what, if any, future training might be required. Stay tuned for further information.



Graphic – WSU Kitsap County Extension 4-H

Ask Dr. Universe: Are Unicorns Real?



What was Earth like four and a half billion years ago? Was there life? Listen to the most recent [Ask Dr. Universe podcast episode](#) about our amazing planet, featuring NASA scientist Sanjoy Som.

**Dr. Universe: Are unicorns real?
Emma, 8, Minnesota**

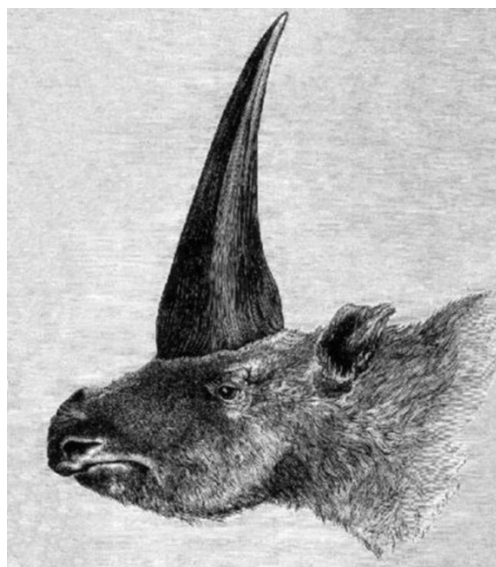
Dear Emma,

My favorite animated GIFs are the ones with [cats riding unicorns](#). I'm delighted to tell you about a real unicorn that lived a long time ago: the [Siberian unicorn](#).

The Siberian unicorn was bulky and furry. It had a big hump on its back. Its horn was three feet long. That's as big as a human preschooler!

This real-life unicorn was a kind of rhino from [Eurasia](#). But it was bigger than modern rhinos and probably galloped like a horse.

Scientists have known about Siberian unicorns since 1808. For a long time, they thought the unicorns went extinct 200,000 years ago. Recently, that changed. Now they think the unicorns went extinct closer to 39,000 years ago.



*An artist's idea of what the Siberian unicorn looks like, 1878,
Rashevsky, under supervision of A.F. Brant*

To understand how scientists worked that out, I talked with my friend **Kimberly Sheets**. She's an anthropology graduate student at Washington State University. She uses radioisotope dating in her research.

A radioactive isotope is an element with extra energy. That makes it unstable. Over time, it breaks down into something else.

Scientists analyzed the Siberian unicorn fossils with **carbon dating**. This uses a radioactive isotope of carbon called carbon-14.

"Over 5,730 years, carbon-14 decays into nitrogen-14," Sheets said. "By measuring how much carbon-14 is in a fossil, you can tell when it stopped absorbing carbon from the environment."

All living things are made of carbon. Plants pull carbon out of the air. Then they store it in their leaves, stems and roots. Animals get carbon by chowing down on those plants. While they're alive, plants and animals take in carbon all the time. When plants and animals die, they stop taking in carbon. Their bodies break down into the soil. Microbes help release carbon back into the air.

Rarely, some plants or animals turn into **fossils**. They're buried in the earth. Eventually their bodies absorb minerals from the earth. They turn to stone. Their carbon is trapped in the fossil.

Most carbon is carbon-12. It's stable. The amount of carbon-12 in a fossil will never change. It just sits there. But carbon-14 begins to break down as soon as the plant or animal dies. It breaks down at a regular rate.

That rate is called a half-life. The half-life of carbon-14 is 5,730 years. After that amount of time, half the carbon-14 will be gone.

Scientists measured the amount of carbon-12 and carbon-14 in the Siberian unicorn fossils. Then they compared those numbers to calculate the fossil's age. Carbon dating only works for fossils less than 60,000 years old. For older fossils, scientists measure other elements that break down more slowly.

If Siberian unicorns went extinct around 39,000 years ago, they lived at the same time and place as humans. I'm pleased to tell you that cats lived then, too.

I can't promise that those humans or cats rode Siberian unicorns. In fact, scientists think they were super-fast and rare, so it seems unlikely. But, based on math alone, unicorn-riding cats aren't impossible.

Sincerely,
Dr. Universe

Dr. Universe: Do ants hibernate in the winter? Garrett, 10, Illinois

Dear Garrett,

When most people think about hibernation, they picture **bears** snoozing away the cold winter in their dens. You're right that other animals do that, too.

I talked about your question with my friend **Laurel Hansen**. She's an entomology professor at Washington State University. Her specialty is **carpenter ants**.

"We think most ants in our temperate climate will have diapausing larvae and what I would call overwintering adults," Hansen said.

Diapausing and overwintering are like hibernating but not quite the same. There are a few things to know about ants to understand what these terms mean.

First, ants are social insects. An **ant colony** works together so closely that scientists think of them as a single unit—called a superorganism.

Second, ants undergo **complete metamorphosis**. That means they go through four life stages: egg, larva, pupa and adult.



Artwork/photo courtesy Texas Parks and Wildlife Department © 2023

After they hatch from eggs, juvenile ants are called larvae—or larva for just one. They look like small, white worms. Worker ants feed the larvae in the nest. The larvae spend their time eating and growing. As they get bigger, they **molt**. They shed their old body covering—called an **exoskeleton**—and secrete a new one.

These ants are called pupae when they are in the process of changing into adults. Some ant pupae do this inside a cocoon. Others just curl up. They slowly get darker as they change into adults.

Scientists recently learned that ant pupae do something amazing. They leak a **nutritious liquid**. It's good for the whole colony—especially the youngest

larvae. Workers will even hold up larvae so they can drink this “ant milk” from the pupae.

Ant colonies last for many years. They need strategies to survive cold winters without food. What they do depends on the ant’s life stage.

Larvae **diapause** through winter. That means they stop developing. They don’t eat or move. It’s like they pressed pause until winter ends. Once spring arrives, they become pupae.

Adults do something **more like hibernation**. Just like bears, ants build their fat stores before winter. That’s the fuel they’ll use to stay alive. They save energy by slowing their body systems way down. They also make a chemical that works like antifreeze. It keeps the insides of their bodies juicy and free of ice crystals.

“For adults, it’s not a true diapause, and it’s not a true hibernation,” Hansen said. “If you crack open a nest in the winter, the ants will be moving. But they’re slower, and their respiration is about half of what it will be in the summer.”

You might notice ants in your home in spring, especially in the kitchen and bathroom. Those ants are leaving their nests after a long winter’s rest. They’re probably looking for water. They’ll take it back to the nest to make it humid and cozy for their colony.

Just like budding trees and blooming flowers, seeing ants out and about is a sign that spring is around the corner.

Sincerely,
Dr. Universe



[Get more questions and answers here!](#)



Know a kid with a science question?
Help them submit it for a chance to be featured in a future Q&A.

[Submit a question!](#)

Skagit County Youth Wins Big at Goat 4-H

By [Marla Bronstein](#), Skagit Talk



*Dylan loves the animals on his family farm, especially the goats.
Photo credit: Lesley Keefer at Focus Photography*

Dylan James Gillig – a current high school senior – and his younger siblings Jonah, Jonas, and Victoria currently live on a farm with their parents in Sedro-Woolley. The farm is large enough to manage crops, cows, goats, chickens, ducks and lambs. Farm life affords advantages, including the ability to easily do animal 4-H.



*Dylan performs his herdsman duties with his coach by his side at a fair.
Photo courtesy: Kristen Fairbank*

Dylan is a charter member of the Sties and Stalls 4-H Club, started in 2018 by his aunt, Heather Fairbank. Heather lives in Snohomish County, but comes up to Skagit for weekly meetings. There are about a dozen kids under the age of 18 in

her group, including Dylan and his siblings. Dylan joined with his baby goat, Wiggles, first training the kid to walk on a lead.

“I like goats and cows,” says Dylan.

At the time, Dylan was an eighth grader, but not your average student. “When we started in 2018, the first goal was for Dylan to hang on to the leash,” says Heather. That’s because Dylan was born with ventricular septal defect, meaning part of his heart was not intact. This was only one of the many physical manifestations of his being born with Down syndrome. He is also legally blind, and while he can see with his glasses, printing has to be very large. He can’t see depth. When walking in new places or going up and down stairs, oftentimes he’s holding on to somebody’s arm. This can make walking an energetic goat kid difficult. But Dylan wasn’t about to give up.

By summer of 2022, Dylan was able to master a maneuver called stacking the feet, to properly present Wiggles to the judges while showing at the Evergreen State Fair. The result was a winning one. “He ended up with a fistful of ribbons at the Fair, including a rosette for the Champion Top Boy Pigmy Goat for Body Confirmation,” Heather shares.



He’s stellar showmanship and is enthusiastic to share his knowledge with anyone willing to listen. “When he’s at the fair and people come to look at the goats, he’ll walk them through the whole barn, and show them everything,” shares Kristy. “People enjoy it, and then thank him for his time. Sometimes I actually have to usher him away.

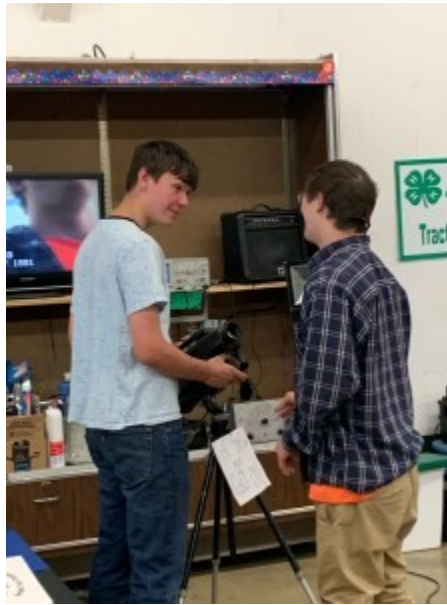
“People ask for him to show them around,” adds Heather.

Dylan loves being part of his 4-H club, attending every meeting and participating in the lessons and practices. At the end of each 4-H meeting, Dylan is responsible for the group sendoff, with his parting message to each participant being “Good job, high five!”

High School and Beyond for Dylan Gillig

When Dylan was born, his mother Kristy was more concerned with him surviving, much less graduating from high school. His first open heart surgery was at 4 months of age. “They had to build his heart chambers,” shares Kristy. “The surgery took quite a bit of time and they weren’t able to fix another problem, a mitral valve defect. They were hoping he would outgrow it. He’ll eventually have to have a micro valve replacement.” For this, he has regular heart checks in Seattle.

With all of his challenges, Kristy is hopeful for Dylan’s future. She credits his possibilities and is grateful for both the educational and social experiences he has had since birth, both from his teachers and community service partners.



*Dylan and his younger brother Jonah collaborate at the Tech Barn at the Evergreen State Fair.
Photo courtesy: Kristen Fairbank*

After his 2023 high school graduation, Dylan will transition to the **ATTIC** program offered in Burlington. This three-year program focuses on independent living skills for the first two years, then it transitions to vocational training.

Once the ATTIC program is completed, Kristy doesn’t have anything pinned down for Dylan. She has not been able to find an adult-focused social or vocational program in Skagit County that fully supports families with impacted adult children, or to assist with respite care.

“It’s even more lacking in the eastern part of Skagit County,” says Kristy. “In Bellingham, there is more community involvement and more transitional support than there is currently Skagit County. I’d love to see that grow in Skagit County. I want to use the opportunity to advocate, for not just Dylan, but individuals like Dylan, so that they have citizenship. I think that’s the biggest part, being able to be a citizen in the community. To have a meaningful citizenship.”

The family is preparing to make big decisions regarding how they can best support their whole family. “You know,” Kristy says, “I’m being realistic that I

don't think he's going to live independently. But some semi-independence would be great. For example, cooking is something that we continually work on. One of his recent goals is to work on visual recipes and follow the steps in the pictures. We've color coded his tablespoons and cups and then match it so that he can follow the recipe. But, operating a gas stove is probably not going to be in his repertoire. Fully independent living is probably not gonna happen. Some semi-independence is our hope for him. We're hoping that we can find some social outlet for him in Burlington and Skagit County. The social component is actually the most important part for us."

As for Dylan, he is looking forward to going on his choir trip to Disneyland, the senior field trip and his last **Skagit County Fair** has a 4-H member showing his goats. He would love to come visit in 2023

Submitted by Ashley Hernandez-Hall, WSU Snohomish County Extension 4-H

Q and A Sessions for the Washington 4-H Horse Program Continue

Have questions about the Washington 4-H horse program? We are planning to have a monthly Q and A for leaders, parents, members, and staff on the third Thursday of each month via Zoom from 6:30 to 7:30 pm. Zooms will start in February and run at least through June.

There will be no specific topics for this first zoom but will be around the theme/parameters of horses and youth development. It will be more than "what are the rules." However, there will be time set aside for input on future topics for the subsequent Zooms.

The Zoom meeting ID is 452-082-9765 with no passcode. You must have a zoom account to participate.

The meeting will be facilitated by Jennifer Leach, WSU Extension 4-H State Fair Board Staff Liaison. If you need further clarification of the meeting, feel free to contact Jennifer at jleach@wsu.edu



Pierce County Leaders Council Presents April Fun'Raiser



Get a jump on qualifying shows and county fairs! The Pierce County Leaders Council Fun'Raiser is an open show for cats, dogs, and horses happening on April 29, 2023 at Frontier Park in Graham, WA. Get extra experience in the ring or arena!

Fun'Raiser is open to all ages and is open to the general public. The Cat Show offers Fitting & Showmanship, Type and Agility. The Dog Show offers Showmanship, Obedience, Rally, and AKC-Canine Good Citizen Test and Novice Trick Test. The Horse Show offers Showmanship, Performance, Driving, In-hand, and Western Games.

Times and fees vary based on individual animal type. More information can be found at <https://extension.wsu.edu/pierce/4-h/current-member-leader-info/>.

For the Dog Fun'Raiser Flyer, [CLICK HERE](#)

For the Horse Fun'Raiser Flyer, [CLICK HERE](#)

March 26th 4-H Market Poultry Zoom Recording Now Available!



Recording- 4-H Market Poultry



**From March
26th, 2023**

This presentation is for any youth or volunteer who has an interest in market poultry and how to get started.

Brought to you by the WSU Extension 4-H Youth Development Small & Companion Animal Committee

If you are working on a Market Poultry Project and need to get some basics or more advanced info, check out our recording from March 26th, 2023. We covered fryers, turkeys, ducks, and geese, with the focus being on fryers and turkeys. This program is available to all, not just 4-H youth.

Find the link to the recording below.

<http://bit.ly/3ze4SbT> (WSU Zoom Recording)

Please take our post-workshop survey after viewing the recording at (WSU Qualtrics) this link is also in the recording. <http://bit.ly/3LRPppq>

Thanks for watching our workshop!

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

Explore 4-H with WSU Extension Recording – Basic 4-H Cat Project



Recording-Basic 4-H Cat Project



**From March 5th,
2023**

**This presentation is for anyone who
has an interest in the 4-H Cat Project
and how to get ready for a show.**

Brought to you by the WSU Extension 4-H Youth
Development Small & Companion Animal Committee

Explore 4-H with WSU Extension – Recording -Basic 4-H Cat Project

This presentation is for anyone who has an interest in the 4-H Cat Project and how to get you and your cat ready for a 4-H Show. 4-H Volunteer Caroline Vadino presents with us on Explore 4-H with WSU Extension the “Basic 4-H Cat Project” from Sunday, March 5th, 2023. **You can find the recording for this presentation at <http://bit.ly/3Zlo3Wk>.**

There is a short survey at the end of the presentation with a link that will take you to a WSU Qualtrics page, please take a few minutes to complete the survey.

Thank you and enjoy the workshop,

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

RECORDING! Backyard Flock -Poultry Housing, Part 2, Chicks 8-28 Weeks



Backyard Flock Poultry Housing-Recording

Part 2, 8 Weeks- 28 Weeks



**This presentation is for anyone who
has an interest in poultry and how
to set up age-appropriate housing.**

Brought to you by the WSU Extension 4-H Youth
Development Small & Companion Animal Committee

Are you thinking about getting chicks? What sort of brooder should you have before you bring them home? Where will they live as they get older? Let's discuss some safe, inexpensive, and healthy designs for your poultry housing. This presentation is for 4-H members, volunteers, families, and anyone from the public who has an interest in small and backyard poultry and how to set up age-appropriate housing.

**You can find the second half of the recording "Chicks 8-28 Weeks"
at <http://bit.ly/3ELEidv>**

This recorded session of Explore 4-H with WSU Extension is brought to you by the WSU 4-H Small & Companion Animal Committee.

Thanks for watching,

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

RECORDING! Backyard Flock-Poultry Housing, Part 1, Chicks 0-8 Weeks



Backyard Flock Poultry Housing-Recording

Part 1, Chicks 0-8 Weeks



This presentation is for anyone who has an interest in poultry and how to set up age-appropriate housing.

Brought to you by the WSU Extension 4-H Youth Development Small & Companion Animal Committee

Are you thinking about getting chicks? What sort of brooder should you have before you bring them home? Where will they live as they get older? Let's discuss some safe, inexpensive, and healthy designs for your poultry housing. This presentation is for 4-H members, volunteers, families, and anyone from the public who has an interest in poultry and how to set up age-appropriate housing.

You can find the first half of the recording "Chicks 0-8 Weeks" at <http://bit.ly/3Eat7uy> This recorded session of Explore 4-H with WSU Extension is brought to you by the WSU 4-H Small & Companion Animal Committee.

Thanks for watching,

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

Opportunities In Virtual Horse Judging

Pat Pehling

While clinics and contests with live horses (and riders) are definitely more effective, sometimes it is difficult to find an acceptable location and/or arrange for enough suitable horses to create a contest.

Subscription service livestockjudging.com has over 100 classes on horses or performance. It is suitable for teaching judging, but also allows a subscriber to set up contests. Available classes include halter, reining, ranch riding, trail, western equitation, western pleasure, hunt/seat equitation and hunter under saddle.

Snohomish County has four Horse Judging events each 4-H year with live “live” and one Virtual. Each Contest includes 4 classes and written reasons on one class. While there is no option for reasons on the Virtual platform, the members are instructed to email their written reasons to a volunteer who is trained to evaluate the reasons.

livestockjudging.com scores each participants’ placings and results are soon available. The subscriber chooses the classes, determines the contest placing of each class or has a judge place the class (there are class placings available to view when deciding the official placing of each class), sets the times and dates of the Contest and gives directions to the participants. Participants can be “invited” or a PIN can be shared to allow access to the program. Contests can run for a couple hours or several days.

Since it is desirable for the Judging Contest to also be educational, the judge should always give reasons for placing classes at a Contest. On the Virtual Contest, it is recommended that written reasons be shared on whatever method of communicating with the youth is available at the county level. Some of the available classes do have reasons available.



News for Washington State 4-H Equine

Save the Date! State Horse Bowl and State Hippology May 6-7, 2023

The 2023 WA State 4-H Horse Bowl Contest and WA State 4-H Hippology Contest will be held over the first weekend in May at the Grant County Fairgrounds in Moses Lake. Horse Bowl will be on Saturday, May 6 and Hippology will be on Sunday, May 7. **All the details are in the registration packets, available below.**

[2023 Horse Bowl Registration Packet](#)

[2023 Hippology Contest Registration Packet](#)

We hope 4-H members will try both!!

Lodging Information for teams needing overnight accommodations:

- Camping is available at the Grant County Fairground, including RV spaces. Those interested in this option may make arrangements directly with the fairgrounds here: <https://www.gcfairgrounds.com/p/fair/fair-camping>
- For hotel accommodations, we recommend national name hotels with rooms that open to hallways rather than the outdoors.

As with all State 4-H Equine Contests, each county may select their teams in any manner they choose (e.g. County Contests, Tests, Tryouts, Attendance) and those teams are approved by the County 4-H Educator. Other members are welcome to attend to observe the Contest but only designated County Teams may participate.



The list of sources that state contest questions and materials will be drawn from has been condensed to those that are free and/or easily accessible in hopes that addressing accessibility challenges will increase participation in state equine knowledge contests.

These sources are free downloads from our WA State 4-H website:

- The 4-H Horse Member Manual <https://pubs.extension.wsu.edu/the-4h-horse-project>
- The 4-H Horse Judging Manual <https://pubs.extension.wsu.edu/4h-horse-judging-manual>
- Beginning Horsemanship <https://pubs.extension.wsu.edu/beginning-horsemanship-mm>
- Contest Guide <https://s3.wp.wsu.edu/uploads/sites/2050/2022/06/PNW574-REV-2015.pdf>
- 4-H Driving Manual <https://pubs.extension.wsu.edu/4h-driving-manual>
- 4-H Dressage Manual <https://pubs.extension.wsu.edu/4h-dressage-manual>
- Hunt Seat & Jumper <https://pubs.extension.wsu.edu/hunt-seat-and-jumper-manual>
- Groom Squad <https://pubs.extension.wsu.edu/washington-state-4h-fair-groom-squad-contest>

And one additional source, available for purchase or digital rental: <https://www.ayhc.com/shop>

- Equine Science by Jean T. Griffiths
-

Remember to Sign Up for 4-H Equine Science and Horsemanship Series Thursdays!!

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
EXTENSION

