

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Tuesday News – May 2, 2023

### CONTENTS

#### FEATURES

- Enter the Washington State 4-H Fair Patch Design Contest – Closes May 30th! **>NEW!<**
- Skunk Works 4-H Robotics Club of King County Wins Award at World Championships **>NEW!<**
- Fifth and Final State 4-H Virtual Photo Club Meeting Scheduled for May 14th; April Meeting Recording Now Available!
- Celebrating Some Amazing Teens! **>NEW!<**
- Washington State 4-H Fair Manager Tom Gwin Has Resigned
- Washington State 4-H Teen Conference Registration is Now Open!
- 2023 Washington 4-H State Livestock Judging Contest Update
- “Cougs Give” Fundraiser Update
- Practice Horse Judging Contests Available Online!
- State 4-H Ambassadors Present the 4-H Youth of the Month for April!
- Spokane County Extension Hosts Spring Three-Day 4-H Horse Clinic May 12 – 14
- Registration is Open for the Annual Wahkiakum 4-H Great White Tail Run
- Ask Dr. Universe: How Did Our Planet Get To Be The One With Breathable Air? **>NEW!<**
- Ask Dr. Universe: How Do You Tell If Your Betta Fish is Happy or Depressed?
- Dressage Clinic Coming to Franklin County in June!

- 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
- SAVE THE DATE – 2023 4-H Dairy Judging Contest
- Q and A Sessions for the Washington 4-H Horse Program Continue
- 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
- Remember to Sign Up for 4-H Equine Science and Horsemanship Series Thursdays!!

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## Features

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### Enter the Washington State 4-H Fair Patch Design Contest – Closes May 30th!

**SUBMIT YOUR DESIGN TODAY!**

**Did you know that 4-H Members Create the Design for the Washington State 4-H Fair Patch?**

Each year, a winning patch design is selected to become the patch worn by members from around Washington State!!



See how you could be the one to create next year's patch!

<https://extension.wsu.edu/4h/fairs/state-4-h-fair/>

Live Link: <https://extension.wsu.edu/4h/fairs/state-4-h-fair/>

Download the Contest Rules and Entry Form [HERE](#)

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# Skunk Works 4-H Robotics Club of King County Wins Award at World Championships

Nancy Baskett

Skunk Works Robotics 4-H Club of King County won an Excellence in Engineering Award at the World Championships held in Houston, Texas in April.

Skunk Works has just wrapped up its competition season. The team did well at its local events and qualified for the district championships in Cheney in early April. In Cheney, the team ranked tenth overall, but took home a blue banner as a member of the winning alliance and also won the Excellence in Engineering award. These achievements earned Skunk Works a spot in the World Championships held in Houston from April 19th through the 22nd. The team competed on the Milstein field and was ranked 32nd – and again won an Excellence in Engineering award.

Skunk Works will hold an Information Night for prospective new members on May 23. More information is available by emailing [coach@skunkworks1983.com](mailto:coach@skunkworks1983.com)

The team is pictured below



**Fifth and Final State 4-H Virtual Photo Club Meeting  
Scheduled for May 14th; April Meeting Recording Now  
Available!**



Our fifth meeting theme/focus will be on matting, mounting, fair entries, scorecards, photo labels, and our virtual contest entries. The meeting will be held on Sunday, May 14th at 2:00 PM and will last about 90 minutes.

This fifth State 4-H Photo Virtual Club meeting will be our last one for this year. Instead of a sixth meeting, we will have a virtual photo contest.

Pre-register now at <https://bit.ly/3mXnEBX> Join us live or view the recordings to learn about our upcoming virtual photo contest.

Our fourth meeting, “Action, Stop-Action, Special Effects, and Trick Photography,” was held on April 16th. The link for that recording is <https://bit.ly/3HgnE70>.

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 5th meeting please e-mail them to Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) as attachments by Friday, May 12th, 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. 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.

Learn something new with us!

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

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## Celebrating Some Amazing Teens!

Jennifer Fees

Six Youth Advocates for Health (YA4-H!) Teens as Teachers attended the National Ignite by 4-H Conference on Healthy Living, Agri-Science, and STEM March 7-12, 2023. These six teens will be bringing information back to Washington State as workshops and a state-wide service project called Kind Care Kits which will contain social-emotional activities for siblings who have a brother or sister who is sick and spending time at Ronald McDonald House and Children's Hospital locations across our state.

These advocates will be highlighted here over the next few weeks!  
This week, we recognize Ruth and Sylvia!



Ruth has been raising rabbits in 4-H for the last seven years as well as raising livestock for a little less than that. Her most recent project has been Healthy Living and Youth Advocates for Health (YA4-H!), which has been a great way for this homeschooler to meet new people and expand her 4-H experience. Ruth jumped in with both feet at the 2023 Ignite by 4-H National Conference.



Sylvia Corey has been a 4-H member in the Natural Resources program in Snohomish County 4-H for 12 years. As a Teen Teacher, her upbeat and relatable teaching style makes learning fun and she is especially good at leading games and drawing in reluctant participants. We have been fortunate to have her on the team! Sylvia attended the 2023 Ignite by 4-H National Conference.

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## Washington State 4-H Fair Manager Tom Gwin Retires

### Washington State 4-H Fair Board

Tom Gwin, long time Washington State 4-H Fair Manager, announced his retirement at the April 23rd State Fair Board meeting. He indicated a growing commitment to providing care for ailing family members in his decision to retire. Tom has dedicated many years to making our fair the best experience for our 4-H youth and his in-depth knowledge of fair operations will be greatly missed. His last day will be May 31; the Board will be arranging for a replacement in the near future.

*The original posting of this item announced Tom as having resigned the position of State Fair Manager. That posting was in error.*



# 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.

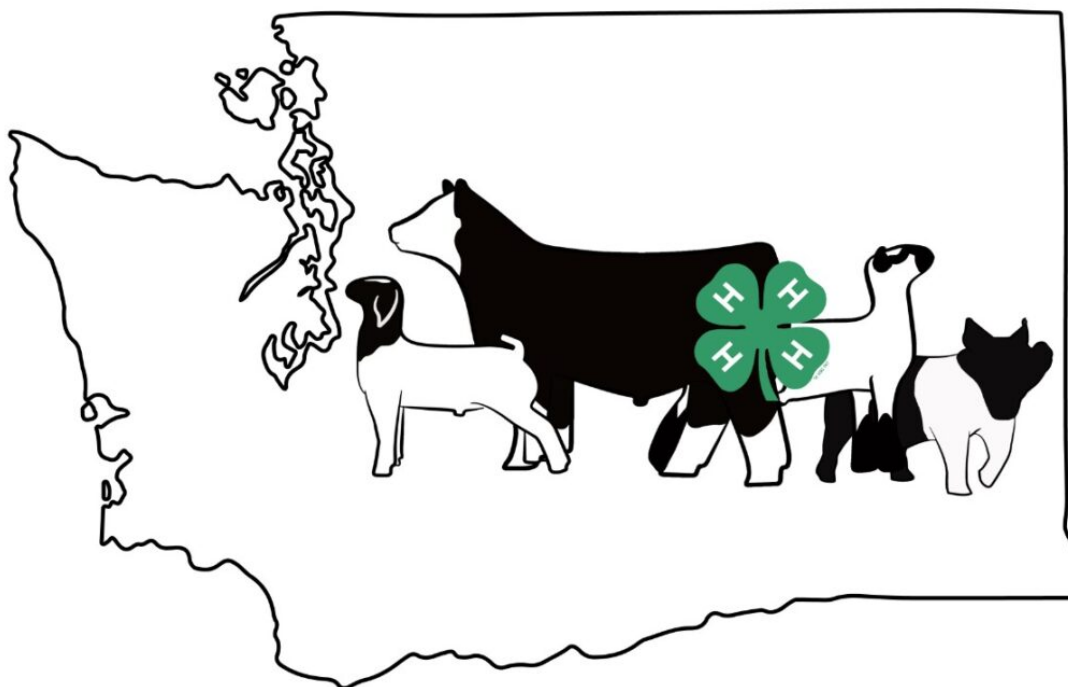
The Teen Conference page is [HERE](#).

Kelly Stewart  
WSU Extension 4-H Program Coordinator

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# 2023 Washington 4-H State Livestock Judging Contest Update



The 2023 Washington 4-H State Livestock Judging Contest is scheduled for June 24, 2023, and will be held at the Ardell Pavilion, centered on the Grant County Fairgrounds. Contest guidelines and rules with NEW for 2023 updates are linked in this article and are up for viewing on the Washington 4-H website.

Additionally, the travel guidelines document and fillable registration forms specific to Junior, Intermediate and Senior contest registrations are linked below. Again as in 2022, the 2023 contest has NO Requirement for Qualifying, just come and participate.

This will be our second year hosting the Livestock Judging Contest at the Grant County Fairgrounds in Moses Lake, WA. The committee is looking forward to another successful contest year. In 2022 we had three senior teams that traveled to national 4-H contests representing the Evergreen state.

## **New for 2023:**

- There will be a registration deadline this year for early registration. **June 9, 2023** – all registration materials signed by the county extension professional (specialist, educator, coordinator, administrative, etc.) will be due by end of day to qualify for early registration fees (\$15/team; \$5/individual). Late registrations will be accepted with a late fee charged (\$10/individual). All fees (check, credit or cash) will be collected the day of the contest.



- Teams and coaches will need to be prepared to identify the contests they would like to travel to by the end of the state contest. If the first place team has not determined that when asked then they will forfeit first choice and so on. So – coaches and parents PLEASE be prepared before you come to the contest to compete.
- Also new will be a dress code (see guidelines appropriate dress). Key no hats, torn or ripped or frayed jeans, no shorts, and no t-shirts with graphics or written sentiments.

Registrations will need to be sent to [Robert.kestell@wsu.edu](mailto:Robert.kestell@wsu.edu) and CC [pskuber@wsu.edu](mailto:pskuber@wsu.edu) by end of day June 9, 2023. Late registrations will be charged a late registration fee. Any questions about the contest? Please contact Paul Kuber [pskuber@wsu.edu](mailto:pskuber@wsu.edu).

#### Document Links:

[2023 Livestock Judging Contest Rules and Guidelines](#)

[2023 Livestock Judging Team Travel Guidelines](#)

[2023 Livestock Judging Registration Form – Intermediate](#)

[2023 Livestock Judging Registration Form – Junior](#)

[2023 Livestock Judging Registration Form – Senior](#)

See you on June 24th!



WASHINGTON STATE UNIVERSITY  
EXTENSION

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# **“Cougs Give” Fundraiser Update**

Denise Echelbarger



The WSU Extension 4-H Youth Development program is very appreciative of Mary Kohli's support of the 2023 #CougsGive event. It is so heartening when we receive a gift from a generous donor that allows us to say "yes" to one more 4-H member, club, or learner engaged event. All kids deserve a place to belong and a chance to unlock their full potential.

I am thrilled to inform you that \$2,125 was donated and the match of Mary Kohli's \$500 unlocked for a total of \$2,625 for WSU Extension 4-H Youth.

**THANK YOU!**



Mary Kohli



# Practice Horse Judging Contests Available Online!

See below about two on-line Practice Horse Judging contests that would be great for your 4-H or FFA Horse Judging teams. Each course is only \$20 with unlimited access for 90 days (from your date of enrollment). Each contest has 6 classes with 2 halter and 4 performance.

There are questions, officials, and critiques at the end of each class. Follow the links below or QR code to enroll.

A flyer for the Horse Judging Practice Contest. The background is a close-up of a horse's face. At the top, a yellow banner reads "HORSE JUDGING PRACTICE CONTEST". Below it, "PRESENTED BY:" is followed by the "horseIQ™ E/H EXTENSIONHORSES.ORG" logo. The text "Two Different 'Courses' each with 6 practice classes! Includes: Questions, Officials, and Critiques" is on the left. A yellow banner on the right says "ENROLLMENT LINKS:". Below this, two circular buttons labeled "PRACTICE JUDGING 1" and "PRACTICE JUDGING 2" are shown. To the right of each button is a QR code. The URL for Practice Judging 1 is "https://catalog.extension.org/product?catalog=HorseJudgingContest" and for Practice Judging 2 is "https://catalog.extension.org/product?catalog=1676909671DNE4F".

**HORSE JUDGING PRACTICE CONTEST**

PRESENTED BY:

horseIQ™  
E/H  
EXTENSIONHORSES.ORG

Two Different "Courses" each with 6 practice classes!  
Includes: Questions, Officials, and Critiques

ENROLLMENT COST: \$20/COURSE  
(UNLIMITED ACCESS FOR 90 DAYS FROM ENROLLMENT)

**ENROLLMENT LINKS:**

**PRACTICE JUDGING 1**

<https://catalog.extension.org/product?catalog=HorseJudgingContest>

**CLASSES IN HORSE JUDGING PRACTICE 1:**

1. AGED STOCK TYPE GELDINGS
2. PERFORMANCE MARES
3. HUNTER UNDER SADDLE
4. TRAIL
5. WESTERN RIDING
6. RANCH RIDING

**PRACTICE JUDGING 2**

<https://catalog.extension.org/product?catalog=1676909671DNE4F>

**CLASSES IN HORSE JUDGING PRACTICE 2:**

1. PERFORMANCE HALTER MARES
2. PERFORMANCE HALTER GELDINGS
3. TRAIL
4. WESTERN PLEASURE
5. RANCH PLEASURE
6. HUNT SEAT EQUITATION

Practice Judging 1 Live Link:

<https://catalog.extension.org/product?catalog=HorseJudgingContest>

Practice Judging 2 Live Link:

<https://catalog.extension.org/product?catalog=1676909671DNE4F>



**Dr. Kathy Anderson, PhD**

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<https://animalscience.unl.edu/horse>

*Submitted by Jennifer Leach, 4-H Faculty Liaison State Horse Committee*

## 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!



### 4-H YOUTH OF THE MONTH



**Berklie Sheppards**  
Senior  
Asotin County

**PROJECTS:**  
Rabbits, Dog,  
Junior Leader

Washington State 4-H



### Berklie Sheppards

**Favorite Part About 4-H:** 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.

**Years in 4-H:** She has been in 4-H since first grade—9 years!

**Past Projects:** Berklie has done it all, from showing pigs, goats, steer, cats, and horses to sewing and cooking.

**Favorite Hobbies:** Outside of 4-H, she loves art, reading, and calligraphy, and is obsessed with cooking.

**Favorite Book:** The Twilight Saga series

**Favorite 4-H Memories:** Berklie fondly remembers helping out at 4-H summer camps starting when she was in third grade.

**Favorite Food:** Pumpkin pie

**Future Career:** Berklie is considering a career in the field of engineering.

**Project You'd Like to Do:** She would like to pursue a project involving breeding and genetics.

**Favorite Vacation:** Cody, Wyoming

**Biggest 4-H Achievement:** Berklie earned the Small Animal Round Robin Champion last year, making her third time competing in Round Robin very memorable.

**Favorite Ice Cream:** Jamoca almond fudge

**Wish I could Go:** New Zealand, Italy, Hawaii—basically the whole world.

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!



# 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: <https://forms.office.com/Pages/ResponsePage.aspx...>



## 4-H Horse Spring Clinic

May 12-14<sup>th</sup> 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



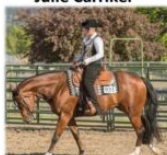
Aubrey Roth



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 10:00 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](mailto: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.

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## Ask Dr. Universe: How Did Our Planet Get to Be the One With Breathable Air? – Jacob, 11, Idaho



### How did our planet get to be the one with breathable air? Jacob, 11, Idaho

Dear Jacob,

When I wake up from a cat nap, I stretch and take a deep breath. It feels good to fill my lungs with oxygen.

But that wasn't always possible on Earth.

I talked about this with my friend [Sean Long](#). He's a geologist at Washington State University.

"The cool thing is the answer has to do with life," Long said. "Early life forms on Earth gave us all the oxygen. They were single-celled bacteria."

Our planet is about 4.5 billion years old. There's been life on Earth for 3.5 billion years. The first life forms were [made of just one cell](#). They were bacteria and their cousins called [archaea](#).

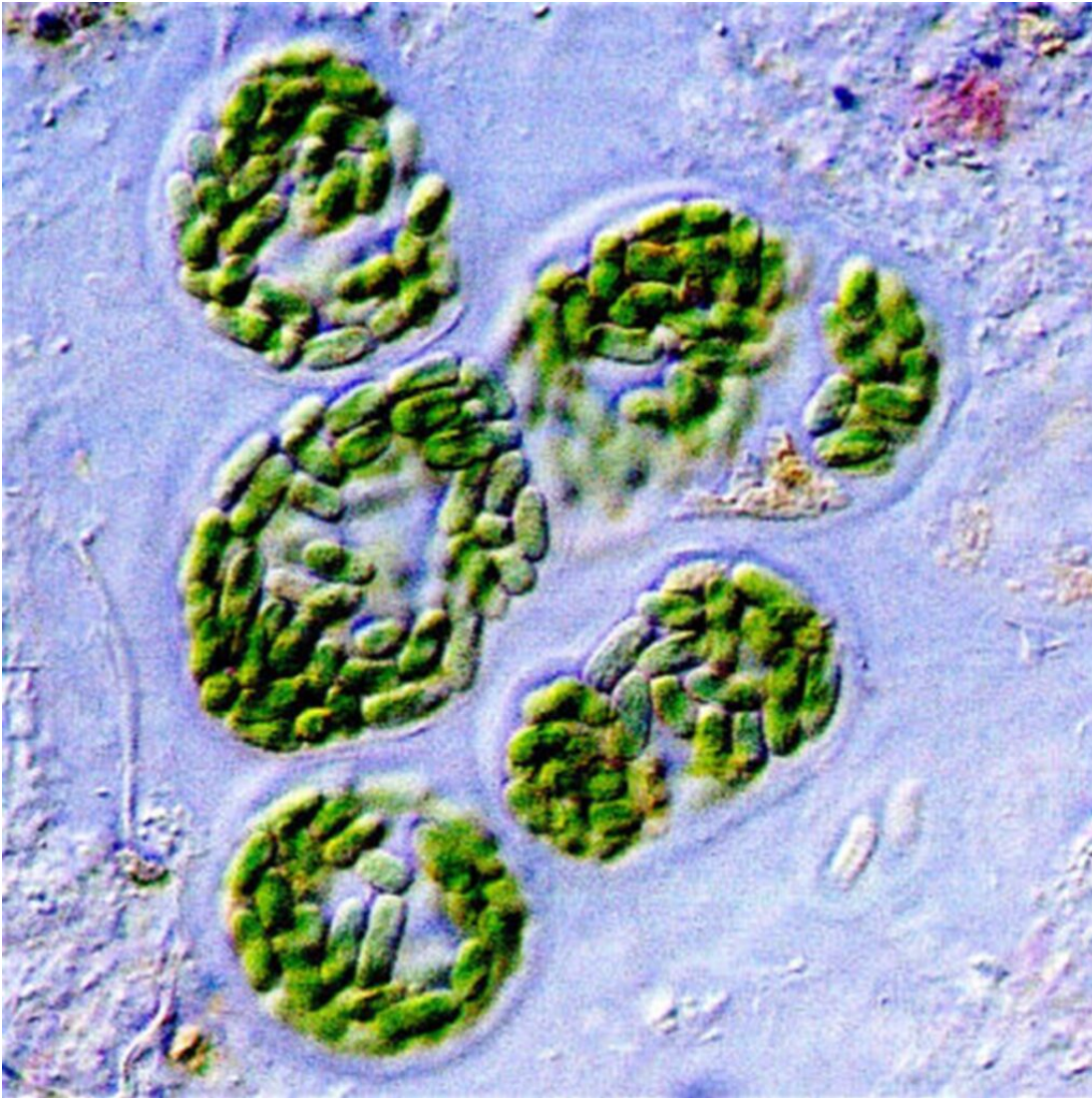
Earth exists inside a bubble of gases—called its [atmosphere](#). It's mostly nitrogen and oxygen now. That oxygen is in the air we breathe. Another kind of oxygen in the atmosphere forms the [ozone layer](#). That's like a shield that protects Earth from some of the sun's energy.

If you took a time machine back to early Earth, you wouldn't be able to breathe. The atmosphere was carbon dioxide, methane and water vapor. There was no oxygen to fill your lungs.

There was no ozone layer either. So, the only safe place to live was underwater.



Around 2.5 billion years ago, a new type of bacteria showed up. They were **cyanobacteria**. Today, cyanobacteria are sometimes called blue-green algae—even though they’re not really algae.



Cyanobacteria lived in warm, shallow oceans. They grew in flat layers that covered the sea floor. They became mat- and mound-shaped fossils called **stromatolites**.

Cyanobacteria figured out how to do **photosynthesis**. They could suck in carbon dioxide from the atmosphere and use it—with water and sunlight—to make sugar. At the end of photosynthesis, they spit out leftover oxygen. It’s the same way green plants make energy today.

The oxygen those cyanobacteria spit out began to build up.

“Starting about 2.5 billion years ago, oxygen levels in the atmosphere started to rise and rise and rise because the bacteria were doing so well,” Long said. “By about 1.8 billion years ago, oxygen levels were high enough to create an ozone layer.”



Eventually, the atmosphere became more like the one we have today. Scientists call the change to an atmosphere with lots of oxygen the **Great Oxygenation Event**.

That change was a big deal for life on Earth. Thanks to oxygen, life on land would eventually be possible. One day there would be life forms made of lots of cells—like you and me.

It's amazing to think bacteria too tiny to see could change the atmosphere and life on Earth. I guess you're never too small to make a big difference in the world around you.

Sincerely,  
Dr. Universe

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## How do you tell if your betta fish is happy or depressed? Neely, 10, Oregon

Dear Neely,

As a science cat, I handle going to the veterinarian better than most. I see it as a meeting of scientific minds. But I had no idea some veterinarians specialize in fish.

I learned all about fish medicine from my friend Nora Hickey. She's a fish veterinarian at Washington State University. She works in the **Washington Animal Disease Diagnostic Laboratory**. She helps fish at zoos and hatcheries stay healthy.

Hickey told me you can watch a betta's behavior to see if it's happy. Happy bettas swim around. They interact with things in their tanks and act interested when you come close.

Unhappy bettas are lethargic. They lay around and seem uninterested. All bettas rest sometimes, but a betta that's always inactive may need help.

"The biggest reason for betta fish to be unhappy is that they're not properly kept," Hickey said.

She told me **bettas are tropical fish** and need heaters. Their ideal water temperature is 78 F. A lethargic betta without a heater may be cold.



You might be surprised to hear that bettas don't always need filters or bubblers. Hickey says filtration systems that churn the water may annoy bettas. Their native waters are still, and they aren't strong swimmers.

Most fish use gills to get oxygen from the water. But bettas belong to a fish family called **labyrinth fish** or anabantoids. In addition to gills, these fish have a breathing organ inside their heads—called a labyrinth organ. They can breathe air by poking their mouths above the surface of the water.

It's an adaptation that helps wild bettas survive. Wild bettas live in **warm, shallow waters** with lots of plants. Sometimes their homes dry up a bit. That would be bad news for most fish. But labyrinth fish can breathe air. As long as they stay wet, they can wait until their homes fill back up with water.

That's why the shape of a betta's tank is more important than its size. Bettas need lots of **surface area**—space where the air touches the top of the water—so they can gulp air. A betta in a wide tank can breathe better than a betta in a vase or a bowl with a small opening.

Food is another way to make your betta happy. Hickey told me wild bettas eat insects. Betta food made from insect protein is a diet closer to their normal one. As a treat, offer bettas frozen foods—like blood worms or **water fleas**.

Bettas are solitary animals, but they do like to have one friend—you. "I think they're one of the most interactive fish," Hickey said. "Bettas like to interact with or respond to people."

She told me some people train bettas to do tricks like **jump through hoops**. You can enrich your betta's life by talking to it and offering it tasty nibbles. You can give it new things to explore in its tank.

If your betta still seems lethargic, it may need a **fish veterinarian**. They can help you and your betta get on swimmingly.

Sincerely,  
Dr. Universe

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**[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!](#)**

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## **Dressage Clinic Coming to Franklin County 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](mailto: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.*

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## 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

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## 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](mailto:LeachJ@co.cowlitz.wa.us).*

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## 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](mailto:LeachJ@co.cowlitz.wa.us).*

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## 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](mailto: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

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# SAVE THE DATE – 2023 4-H Dairy Judging Contest



The 4-H Dairy Judging Contest will be **July 18 at 11:00 am** at the Evergreen State Fairgrounds during the State Holstein Show.

## **Gary Fredricks**

WSU Extension\Cowlitz County

304 Cowlitz Way

Kelso, WA 98626

360-577-3014 Ext. 3

[garyf@wsu.edu](mailto:garyf@wsu.edu)

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## **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](mailto:jleach@wsu.edu)



# 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](mailto:pwatson@wsu.edu)  
WSU Lewis County Extension  
4-H Youth Development Agent, WSU Faculty

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## 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

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# 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](mailto:pwatson@wsu.edu)  
WSU Lewis County Extension  
4-H Youth Development Agent, WSU Faculty

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## 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](mailto:pwatson@wsu.edu)  
WSU Lewis County Extension  
4-H Youth Development Agent, WSU Faculty

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## 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](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!

