

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

Tuesday News – June 20, 2023

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### Donations Requested For State 4-H Fair Horse Medals

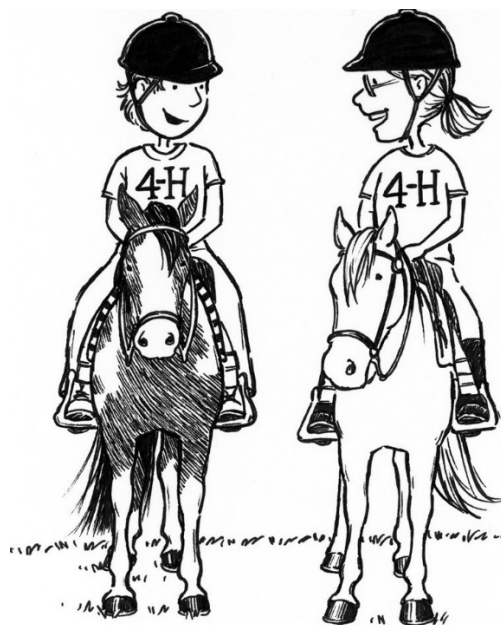
Attention County 4-H Horse Program — 4-H Staff; Volunteers, Donors, and Families! Donations are needed for medals for the Equine section of the 2023 State Fair for Champion (gold); Reserve Champion (silver); and Third Place (bronze). as well as for Groom Squad teams — Champion, Reserve, and Third Place. These are awarded for all 4-H horse exhibits — performance; driving; small equine, and western games.

For Equine Presentations and Horse Judging, we are blessed to already have donors for this state fair activity. Also, we had donors for the State Horse Bowl and State Hippology contests that occurred in May 2023.

The total cost for 2023 4-H State Fair medals will be approximately \$2,000. Any contribution, large or small, will help. From a funding capacity perspective — if there are not enough donations, there may be a possibility that bronze and/or silver medals may not be offered.

Please encourage folks to donate. The medals have been offered for many years through generous donations and are not provided for by the State 4-H Fair. **Make checks payable to Snohomish County 4-H Horse program and mail to Pat Pehling at 7310 83<sup>rd</sup> Ave SE, Snohomish WA 98290.**

If you have questions about the medals, please contact Pat, Snohomish County 4-H key volunteer, at [pehling@frontier.com](mailto:pehling@frontier.com).



# WSU 4-H Scholarships Showcase the Reward of Life-Long Skills

Denise Echelbarger, WSU Extension 4-H Youth Development Program  
June 12, 2023



*Pictured: (left to right) Catherine Hartrim-Lowe, Clair See, Tatum Goode, Nicole Poussier, Tryana Thompson, Laura Harris, (second row) Aleah Watterson, Jenna Cox, Taylor Alonzo, Amy Kovich, Jared Sheehan, and Emma Spalding.*

Washington State University (WSU) Extension 4-H Youth Development Program and the WSU College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) are pleased to announce the 2023 4-H scholarship winners. We are proud to offer scholarship assistance to support Washington high school students currently enrolled as 4-H members.

**Catherine Hartrim-Lowe** (Clark County) and **Clair See** (Skagit County) each received the **J. Orville and Helen Young/4-H Fund Scholarship**. Hartrim-Lowe will be attending Wheaton College in the fall of 2023. 4-H has been a part of her life since 2015, and she is a proud member of two Clark County clubs: Alpaca 101 and Sow, Bud, and Blossom. Over the years, 4-H has taught her incredible skills in self-discipline, communication, and inclusion. Claire See will be attending WSU this fall to complete a degree in biology with the goal of studying equine at WSU's College of Veterinary Medicine. This past spring See participated in the Washington State Horse Bowl Contest for the first time, and learned more than she could have imagined.

**Tatum Goode** (Clark County), **Nicole Poussier** (Pierce County), and **Tryana Thompson** (Clark County) were awarded the **Lewis County Leaders 4-H Council Scholarship**. Goode plans to attend University of Oregon in the fall to major in

business with a certificate in global business. As a participant in the Royal Riders 4-H club, she showed horses, volunteered, and grew her leadership skills. Poussier has been a member of 4-H for fourteen years and will be attending the University of Washington to study biology and chemistry. Public speaking is a life skill that 4-H has provided for Poussier, which has given her the ability to overcome shyness and create a perfect presentation with reliable sources. Thompson has been a 4-H member since 2016 and seeks a higher educational goal of large animal veterinary medicine specializing in animal reproduction. When she thinks about the heart in the 4-H pledge she feels the heart is where the passion is. This passion drives 4-H members to accomplish goals, and to better understand how our actions affect others.

**Laura Harris** (Whitman County) was the recipient of the **Thomas R. Quann 4-H Scholarship** and will be attending the University of Idaho this fall to study computer engineering. Implementing coded design plans has been a passion of Harris', but it wasn't until she joined a 4-H robotics team that she realized it is what she wanted to do for her career.

**Aleah Watterson** (King County) received the **O.M. Plummer Scholarship of the Oregon Community Foundation** and will be attending Montana State University to pursue a degree in rangeland management and wildlife ecology. Watterson has been a 4-H member for ten years and because of joining 4-H, every aspect of her life has been affected positively. She learned what it means to be a good teammate and leader, and how to give back to her community.

**Jenna Cox** (Walla Walla County) was awarded the **Woody and Joan Bernard 4-H Higher Education Scholarship** and is enrolled in the Honors College at Montana State University. She plans to major in either ranching systems or embryology. Cox says 4-H has greatly influenced her decision on where she will be attending college and her life-long plans. She wants to stay involved with agriculture, and to strive for future generations to continue to participate as well.

**Taylor Alonzo** (Pierce County), **Amy Kovich** (Snohomish County), **Jared Sheehan** (Yakima County), and **Emma Spalding** (Grays Harbor County) have all been 4-H members for over ten years and are the recipients of the **WSU 4-H CAHNRS Dettman Scholarship**. Alonzo participated in the 4-H dog project and has had many wins and losses that have helped shape her into who she is today. On her initial state fair qualification, she was disqualified and was devastated, however it allowed her to grow from a setback and she has participated in every state fair since. Being in 4-H has taught Alonzo how to be a leader and, most importantly, how to persevere. She will be attending WSU to major in animal science through CAHNRS pre-veterinary medicine track. Kovich's 4-H career began with small animals and grew to include public speaking, veterinary science, gardening, foods, leadership, and large animals. The culmination of the lessons she learned in 4-H sparked her interest in wildlife ecology and conservation which is the degree she will be pursuing within WSU CAHNRS. Sheehan's 4-H dairy and

swine projects, community service, public speaking, and dairy judging competitions taught him the qualities of hard work, problem solving, patience, leadership, and to take advantage of opportunities to achieve higher goals. Sheehan will be attending WSU for a double major in mechanical engineering and agricultural technology/production management, pursuing a goal of working in the agricultural industry using heavy machinery and precision agriculture technology. Spalding's love of animals began with her involvement in showing dairy and swine in 4-H. She appreciated how connected the 4-H members were in the show barns, and how willing everyone was to help each other. Spalding enjoyed teaching younger 4-H members and the public about her various animal projects. At the age of thirteen she started volunteering at a local veterinary clinic, and has decided to major in animal sciences at WSU CAHNRS because of her passion for animals.

Congratulations to all the 2023 award recipients that dedicated their 4-H experience to learning life-long skills, being role models, and continuing to work towards accomplishing their next steps in higher education. For more information on the Washington State 4-H scholarship opportunities or to support 4-H visit [extension.wsu.edu/4h](http://extension.wsu.edu/4h).

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## **State 4-H Fair Board Seeks Qualified Candidates For State 4-H Fair Manager Position Opening**

The State 4-H Fair Manager Position Is Now Open!

**The job description for the State 4-H Fair Manager position is available for download by clicking [HERE](#).**

The State 4-H Fair Manager is not a WSU position, but reports directly to the State 4-H Fair Board. The salary is \$32,500, paid in twelve monthly installments. There are no benefits associated with this position.

This is a part time position of about 1,000 hours annually, with extended hours during August and September, during the fair cycle in Puyallup, Washington.

The position will remain open until filled.

Please forward your cover letter and resume to:

Washington State 4-H Fair Board  
PO Box 1225  
Puyallup, Washington, 98371-0233

or by email to the Fair Board at [st4hfair@gmail.com](mailto:st4hfair@gmail.com).



## Recording – Prepare For Fair! Is Now Available!

In this Zoom, we discussed and shared general 4-H fair information for volunteers (club and new superintendents) – how to get your club/project areas ready, entry times (computer/paper) and tags, using your premium/handbook, the fair and essential elements, 4-H Fairs and Competition, youth and preparing them to sell market animals, and covered many contests and activities. We tried to keep the discussion as general as possible and not give specifics for any particular fair (but used examples). There were many resources shared during this virtual presentation.

***Recording***

***Prepare for Fair***

**FROM MAY 21, 2023**

**This virtual workshop is for adult 4-H Volunteers who are in their first couple of years as leaders and may need some help to get their club ready for an area or county fair.**

You can find the recording for this zoom at <https://bit.ly/3OVkObZ>

Pam Watson, M.Ed.  
WSU Lewis County Extension 4-H and Poultry  
[pwatson@wsu.edu](mailto:pwatson@wsu.edu)

# State Dog Committee Optional Assessment for 2022-23 Program Year

The state 4-H Dog leaders committee has implemented a sustainable way of funding the needs of the State Dog Project in regard to awards, equipment and other requirements in order to provide an outstanding experience for each of our 4-H members who attend state-level events.

The State 4-H Dog leaders committee asks each county dog program to contribute an assessment, a \$3.00 fee for the exhibitor allotment for your county dog show days at State Fair from the previous year. This is a **suggested** donation amount and since this allotment is based on the county entries at State Fair from the previous year, it provides a sustainable and equitable way for each county to support the State Dog Project.

For example, if your county had a State Fair allotment of ten; your county suggested contribution would be \$30.00 for the current year. You may find out your allotment for the current year from your county Extension office 4-H staff or you may send an email to the contacts listed below. Please note that this assessment is not mandatory and does not in any way affect your county dog program's participation in 4-H state events – but provides an opportunity to support the State 4-H Dog Project.

**We would like to receive your donation by August 1st. Please make your checks payable to the WA ST 4-H Dog Project and mail to:**

**Sarah Gunderson  
P.O. Box 850  
Carnation, WA 98014-0850**

If you have questions regarding specifics details on how the funds are used or allocated, please contact the individuals listed below.

Sarah Gunderson, State Dog committee treasurer  
[sarahgcpa@gmail.com](mailto:sarahgcpa@gmail.com)

Barb Taylor, State Dog Committee member  
[barb@nventure.com](mailto:barb@nventure.com)

Kari Smith-Schlecht, State Dog Committee member  
[jeskarsk9@aol.com](mailto:jeskarsk9@aol.com)

On behalf of the State 4-H Dog committee, thank you for your support.

*Submitted by Jennifer Leach, 4-H faculty liaison to the State Dog Committee and assessment request approved by Mark Heitstuman, Interim State Program Director*



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## 4-H Military Teen Adventure Camp Volunteer Help Needed!

Ashley Hernandez-Hall

Hello 4-H Volunteers!

Is going to summer camp a memory you cherish? Would you like to help teens create summer camp memories? Your help is needed to facilitate an awesome camp experience for teens of military families this July in beautiful Darrington, Washington.

Hosting teens free of charge and providing an excellent camp experience is a tangible way we can say Thank You to our military families all across the country. To date, we have hosted teens from almost all of our fifty states. To meet appropriate camper/counselor ratios with our current camper demand, we are in need of more overnight counselors, mentors, and activity leaders and co-leaders. No military affiliation is necessary. Training is provided. Come share your passion and enthusiasm with teens for one or both sessions of camp:

**Session One: July 12-16, 2023 | Session Two: July 17-21, 2023**

To learn more about the camp or to apply to volunteer, visit: <https://extension.wsu.edu/4h/youth/camps/military-teen-adventure-camps/>

You may also contact our Camp Coordinator at [4h.militarycamps@wsu.edu](mailto:4h.militarycamps@wsu.edu)

Ashley Hall, Ph.D.

she/her/hers ([curious why is this here?](#))

4-H Assistant Professor

Washington State University

Snohomish County Extension

C: 425-521-0357 (voice and text)

[a.hernandez-hall@wsu.edu](mailto:a.hernandez-hall@wsu.edu)



*Spend your summer  
making a difference!*



## • VOLUNTEER WITH US! •

JULY 12-21  
**2023**

## **ADVENTURE CAMP** for TEENS of Military Families Cascade Mountains, Darrington, WA

Seeking passionate, enthusiastic volunteers to support teens while participating in an adventure-filled camp experience! Overnight counselors, mentors, and activity leaders or co-leaders needed! Travel assistance, stipends, accommodations and all meals are available.

FOR MORE INFORMATION & TO APPLY, VISIT:



<https://extension.wsu.edu/4h/youth/camps/military-teen-adventure-camps/>

Camp is hosted by Washington State University in partnership with Glacier Peak Institute (GPI) and 4-H.



# Ask Dr. Universe: Why Do Babies Cry? – Camren, 7, Indiana



*Listen to some rad 4th graders take Dr. Universe around the solar system in this [student-led podcast!](#)*

## Why do babies cry? – Camren, 7, Indiana

Dear Camren,

I was a very quiet kitten. I only cried when I needed something. But some kittens in my litter cried all the time.

I talked about this with my friend [Masha Gartstein](#). She's a psychology professor at Washington State University. She studies how babies develop different temperaments. That's how you relate to the world around you in a way that's unique and fairly consistent.

Gartstein told me babies cry because they're helpless. They need a way to signal that they need something.

"Babies are born into this world needing a lot of assistance—and without a lot of communication tools," she said. "Crying is a very powerful communication tool." Boy, is it. A baby's wail can be 120 decibels—about the same loudness as a siren. That's loud enough to [damage your hearing](#) if it goes on long enough. So, it makes sense that people jump up and help the baby to stop the noise.

The way humans develop is one reason babies cry a lot. Some animals are born ready to go. Think about giraffes. They can walk when they're just one hour old. But humans are [born underdeveloped](#). It takes months for a baby to hold up its own head or focus its eyes on an object.

Gartstein told me many babies cry a lot during that early time. After a few months, their brains and nervous systems become more mature. Many babies cry less after that. Plus, their caregivers get better at figuring out what their cries mean. Then, they can help faster.

"A lot of this reactivity is biological," Gartstein said. "It's a function of the central nervous system, genetics and maturation. But a parent can help a child cope. We know that quality caregiving is related to social and emotional development, temperament and brain activity. So, parents can help shape how things go."

That means when grownups respond to a crying baby, the baby learns to calm down.

Mostly.

There are individual differences in how much a baby cries—and what things make a baby cry. Some babies cry more easily. Some babies like new things or people. Some babies cry when they experience new things and meet new people. Some crying babies are easy to distract. Some seem like they won't stop crying no matter what you do.



*Babies in Gartstein's lab wear special caps that measure their brain activity while they play games.*

Gartstein says your **temperament as a baby** will be with you in some way through your later life. A fearful baby may grow up to be more cautious. A baby who likes new things may grow up to be adventurous. A baby who's upset by lots of noise or light may feel the same way as a grown up. It's just one part of what makes you you.

It makes you wonder if my calm temperament as a kitten is why I'm such a cool cat now.

Sincerely,  
Dr. Universe

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## What organisms do you think would survive an apocalypse of extreme radiation? – Marshall, 11, New Zealand

Dear Marshall,

Sometimes I get x-rays at the veterinarian. They work by sending a small amount of powerful energy—called radiation—through my body. X-rays only contain a small amount of radiation. Too much radiation would harm my cells.

The organisms most likely to survive extreme radiation might be microbes. These creatures are so tiny you need a microscope to see them.

To learn more, I talked with my friend [Cynthia Haseltine](#). She's a microbiologist at Washington State University. She studies [extremophiles](#). These microbes love intense environments. Boiling heat? Freezing cold? Blistering acid? Yes, please.

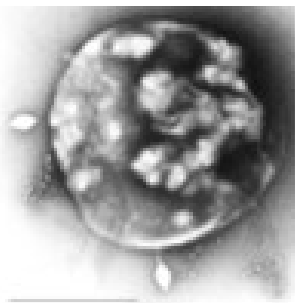
Haseltine told me the amount of radiation an organism can survive is measured in grays. Just 5 grays of radiation will kill a human. Here are five organisms that can survive way more than that.



[Photo Credit](#)

Escherichia coli: 500 grays

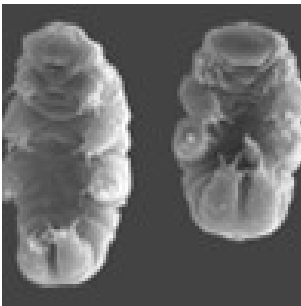
The first creature is one of your closest neighbors. It's a type of bacteria that's inside your body. Some kinds of E. coli make people sick. That's why we wash our hands and make food carefully. But E. coli also lives in your intestines and helps you break down food. It can survive 10 times the radiation a human can. Plus, it adapts quickly. If blasted with radiation, it would probably become resistant—or able to withstand even more radiation.



[Photo Credit](#)

Sulfolobus microbes: 500 grays

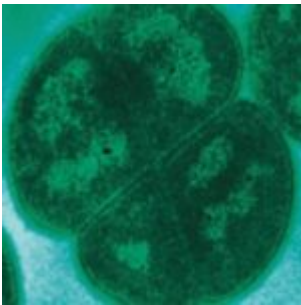
These microbes live in boiling-hot mud pots—like those found in Yellowstone National Park. They thrive in the hot, stinky-sulfur mud. Just like *E. coli*, they would probably become more resistant when exposed to radiation.



[Photo Credit](#)

Tardigrades: 4,000 grays

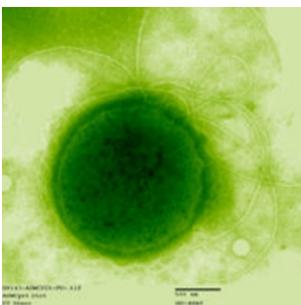
Tardigrades are the only animals tough enough to make the list. But these animals are tiny. You need a microscope to see them. They're sometimes called **water bears** because they look like gummy bears with eight stubby legs. Tardigrades can survive extreme cold, heat and pressure. They can even survive in outer space. They can withstand 800 times more radiation than a human can.



[Photo Credit](#)

Deinococcus radiodurans: 5,000 grays

Scientists discovered this microbe when they were testing new ways to preserve food. They beamed radiation at a can of meat, but it went bad anyway. They found *D. radiodurans* inside the can. This creature can handle freezing-cold and acid. It can live in a vacuum. That's space with nothing in it—not even air. It even survived three years in outer space.



[Photo Credit](#)

Thermococcus gammatolerans: 30,000 grays

My jaw dropped when I heard how much radiation this microbe could handle. That's 6,000 times the radiation a human can survive. This microbe lives deep in the ocean near underwater volcanoes. It loves heat and pressure.

Thinking about the incredible life on Earth makes me wonder about other [mysteries in the universe](#).

"These are the organisms that are probably out there in our local solar system if we're looking at life off Earth—because everything's extreme out there," Haseltine said. "So, they may be out there surviving apocalyptic conditions right now."

Now that's radiant.

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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## Washington State 4-H Teens Awarded National 4-H 'Lead to Change' Mini-Grant!

Somer Meade

Following a trip to Washington DC for the 4-H Teen Ignite Conference, six Youth Advocates for Health (YA4-H!) Teen Teachers are helping organize a state-wide service project called ***Kind Care Kits***. These kits will include social-emotional activities for siblings who have a brother or sister who is sick and spending time at Ronald McDonald House (RMHC) and Children's Hospital locations across our state.

In March, these dedicated 4-H teens helped develop the project and submit a grant proposal to National 4-H Council to help fund the project. In early April, they found out their project was selected to advance to the next stage, and in late April, they gave a presentation over zoom on the merits of their project. Last week, they got the great news that their 4-H 'Lead to Change' proposal was accepted, and they will receive \$2,000 to put towards supplies for the Kind Care Kits. WSU 4-H is also matching the \$2,000, so they will be able to make a total of 400 kits to disperse to three RMHC sites. To help fill any gaps, they are also working with the libraries in their communities to seek donations of art supplies.



Help us congratulate these six teens on their success, as we look forward to taking the project state wide, where teens attending the state conference in June will have the opportunity to help with kit assembly.

- Stella Marsh, Spokane County 4-H
  - Taegan Flake, Spokane County 4-H
  - Abby Hepting, Spokane County 4-H
  - Kaelynn Schultz, Skamania County 4-H
  - Ruth Rausch, King County 4-H
  - Sylvia Corey, Snohomish County 4-H
-

# Updated PNW Horse Judges List Is Now Available!

Jennifer Leach

An updated PNW Horse Judges List is now available. It can be found at <https://s3.wp.wsu.edu/uploads/sites/2050/2023/05/PNW-Horse-Judges-3.14.23..pdf>

Counties are encouraged to select 4-H Horse judges off the PNW 4-H horse judges list. However, in Washington our policy is not to mandate that judges come from this list. However, if a county choose to hire a judge that is not on the PNW 4-H horse judge's list—we encourage the counties to select a judge that understands 4-H youth development, has access to the PNW 4-H Horse contest guide, understands and judges according to the Danish system of judging and understands the value of providing positive comments in judging. The philosophy in the Washington 4-H program in horses—is that the “judge is an educator.”

In regard to the PNW 4-H Horse Contest Guide—Washington is still waiting for the final version from our PNW partner, Oregon. In the meantime, we are working on an “addendum” to specifically outline the very minimal changes to the PNW 4-H Horse Contest Guide.

*Questions? Please reach out to Jennifer Leach, State Contact for 4-H horses at [jleach@wsu.edu](mailto:jleach@wsu.edu)*



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## Q and A Sessions for the Washington 4-H Horse Program Continue – Now On First Wednesdays!

Have questions about the Washington 4-H horse program? **Our monthly Q and A for leaders, parents, members, and staff will now be meeting on the first Wednesday of each month via Zoom from 6:30 to 7:30 pm. beginning June 7th.**

Zooms are structured around the theme/parameters of horses and youth development. They are more than “what are the rules.” There is also time set aside for input on future topics for 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.

Feel free to contact Jennifer with any questions at [LeachJ@co.cowlitz.wa.us](mailto:LeachJ@co.cowlitz.wa.us).



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## **Save the Date: 2023 Washington State 4-H Meat Judging Contest**

The inaugural Washington State 4-H Meats Judging Contest will be held Saturday August 12th, at the Meats Laboratory in Pullman, hosted by Dr Foraker and the Department of Animal Science. The date was chosen as an opportunity to qualify teams early for the 2023 National 4-H Meats Judging Contest held during the American Royal in a Kansas City in October. Please share with those interested. Information for registration and contest format will follow.

In 2024, the contest will be held earlier in the year, in late May or early June.  
Paul Kuber



**2023**  
**WASHINGTON STATE 4-H**  
**MEAT JUDGING CONTEST**



**Date: Saturday, August 12<sup>th</sup>**

**Location: WSU Meat Laboratory, Pullman, WA**

**Qualifying contest for competition at the  
National 4-H Meat Judging Contest (American Royal)**

**More information and details will be released early June**

**For more information, contact Dr. Blake Foraker,  
[blake.foraker@wsu.edu](mailto:blake.foraker@wsu.edu), 509-335-4112**

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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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