

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Tuesday News – August 1, 2023

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## Features

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### 4-H Ambassadors State-Wide Food Drive Reaches Checkpoint 2!

Berklie Sheppard

Hello everyone!

**“Hunger Doesn’t Take a Vacation” Food Drive Checkpoint 2 is here!** If you and your county collected food for the drive in the month of July, please fill out the google form below by August 4th. Whichever county donated the most items will receive recognition on social media and be sent a certificate of achievement! Click This Google Form Link: **[Copy of “HDTV” Food Drive: Check 2](#)**

**The Food Drive Flyers** link below will take you to our flyer template. This way you can let your community know where and when you will be collecting food. The QR code on the Printing Flyer will take you to our information page. This just has our general rules and guidelines. We ask that, if you decide to spread the word on social media, you add the link in the description so that the viewers have access to the page as well.

**Food Drive Flyers:** **[https://www.canva.com/design/DAFl6fdeKIA/VsqJedY-j6Dwf09WaZ-3Gw/edit?utm\\_content=DAFl6fdeKIA&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAFl6fdeKIA/VsqJedY-j6Dwf09WaZ-3Gw/edit?utm_content=DAFl6fdeKIA&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)**

#### Information Page

**Link:** **[https://docs.google.com/document/d/15JYnE\\_sbAUfHI8FJRHC9MGplOy\\_yzWFNx8GA-6cNEgQ/edit](https://docs.google.com/document/d/15JYnE_sbAUfHI8FJRHC9MGplOy_yzWFNx8GA-6cNEgQ/edit)**

**The end of our Food Drive and the last Checkpoint will be August 31st.** If you have not already done so, we encourage you to take pictures and send them to the WA 4-H State Ambassador email below. We love hearing updates and getting the opportunity to answer your questions!

Berklie Sheppard, Asotin County  
WA State Ambassador Team  
**[wa4hsa@gamil.com](mailto:wa4hsa@gamil.com)**



HELP THE WASHINGTON 4-H STATE AMBASSADORS RAISE  
500 ITEMS FOR YOUR LOCAL FOOD BANKS!

# FOOD HUNGER DOESN'T TAKE A VACATION DRIVE

GOAL: DONATE 500 ITEMS TO FOOD BANKS IN WA  
-SECOND ROUND ENDS JULY 31ST-



## 2023 Washington 4-H State Livestock Judging Contest Recap

Paul Kuber

The 2023 Washington 4-H State Livestock Judging contest took place on Saturday, June 24th, with 112 contestants participating over the three divisions. The event was a success as a result of the many hands that pulled it together.

A big thank you goes out to my colleagues and volunteers, our sponsors for the event, and most importantly to the Grant County Fairgrounds and Staff – their in-kind donations of staff and facilities made this event possible.

Below are the results of the Senior, Intermediate and Junior Divisions, listed by the top three teams in each division. Detailed Scoring Summaries can be found [HERE](#), and Final Results can be found [HERE](#).

### Junior Division (26 Individuals and 5 Teams)

First – Adams County  
Second – Lincoln County  
Third – Spokane County

### Intermediate Division (42 Individuals and 9 Teams)

First – Lincoln County  
Second – Garfield County  
Third – Grant County

### Senior Division (44 Individuals and 9 Teams) –

First – Adams County  
Second – Pend Oreille County  
Third – Snohomish County



2023 High Junior Team





**2023 High Intermediate Team**



**2023 High Senior Team**

We are in the process of determining the best location for access to additional photos aside from the first-place teams attached here. A future feature will

include more contest reports, as well as the travel opportunities chosen by the first-place teams. Stay tuned!



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## Visit Pullman to Celebrate 4-H Day With Cougar Football On September 23rd!

Denise Echelbarger

**Save the date!** Celebrate 4-H Day with the Cougs in Pullman on September 23rd vs. the Oregon State University Beavers at Martin Stadium. Game time is yet to be determined. Discounted tickets are available!



***4-H Day with the Cougs!***  
**Discounted Tickets Available**  
**[PURCHASE HERE](#)**

WSUCOUGARS.COM | 1-800-GO-COUGS

Washington State Athletics  
Department of Intercollegiate Athletics  
PO Box 641602  
Pullman, WA 99164-1602



**WASHINGTON STATE**  
ATHLETICS



## Register Now For The Inaugural Washington 4-H State Meats Judging Contest! Early Registration Ends August 1st!

Paul Kuber

The inaugural Washington 4-H State Meats Judging Contest will take place at the WSU Meats Lab in Pullman, WA on August 12, 2023. Contest Rules and Guidelines for the State Contest and the Registration link are included below. These are also linked on the state 4-H calendar on the date of the event. The registration link is on the [Washington 4-H State Meats Judging Contest](#) page; General Rules and Guidelines are linked [HERE](#)

Early registration is due August 1st. After that date, registration fees will increase, but registration will remain open up to the day of the contest. Early registration will be \$20 per individual. On August 2nd, registration will increase to \$30 per Individual.



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## Volunteer to Support the Washington State 4-H Fair

State Fair Board

The Washington State 4-H Fair board encourages individuals with an interest in serving youth development to offer their time and talents in support of the State 4-H Fair as volunteers.

Please send an email to 4-H Fair Board President Kirk Gresham at [st4hfair@gmail.com](mailto:st4hfair@gmail.com) with any questions, for more information, or to volunteer.

Thank You!



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## Donate to the Washington State 4-H Fair

4-H State Fair Board

Every year, the Washington State 4-H Fair Board ensures the continuation and success of 4-H programs old and new alike, from purchasing trophies and ribbons, buckles and banners for awards to fair participants to scheduling and facilitating events and more. This year, the State 4-H Fair Board is asking for your donations to assist the board in its efforts to provide youth an environment that fosters caring relationships, constructive learning experiences, leadership opportunities and to serve our communities.

Please contact a State 4-H Fair board member for more information.

[st4hfair@gmail.com](mailto:st4hfair@gmail.com)

Washington State



4-H Fair

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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).



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## Washington 4-H State Fair Exhibitor Guide Updated for 2023

Kirk Gresham

The State 4-H Fair Board has updated the 2023 Fair Exhibitor guide. Several sections, including the judging contest and equine portions, have undergone major changes. There is also a new Class 10 – 4-H Youth Showcase which gives our youth an opportunity to display their 4-H experiences on Labor Day Weekend!

Links to the complete guide, as well as each separate section, can be found at <https://extension.wsu.edu/4h/fairs/state-4-h-fair/exhibitor-guide/>

Please read the guide carefully and let us know if there are additional refinements which may be helpful at [st4hfair@gmail.com](mailto:st4hfair@gmail.com).

Kirk Gresham, State 4-H Fair Board, President



# Washington State 4-H Youth Showcase Coming to State Fair Labor Day Weekend

Peggy Gresham, State Fair Board

*Announcing a great new opportunity to Promote 4-H...*

## **Washington State 4-H Youth Showcase**

**Presented in the Dog/Cat Barns Labor Day Weekend – Friday thru Monday**



Come and help us spread the word about 4-H to State Fair goers Labor Day weekend. Both adults and youth are encouraged to come and share their experiences. This is the Fair's opening weekend and we want to share clovers with everyone!

Drawing everyone into the two buildings will be an opportunity to take part in a fun, hands-on recycling challenge.

The Dog/Cat Benching Barn will have general 4-H Information booths for counties to share program information, volunteer opportunities, and project membership promotion.

Teen Programming opportunities will be presented with members sharing their learning opportunities at Teen Conference, participating in the WSU 4-H Know Your Government Program, and being a youth representative as a State Ambassador or Fair Board member!

The Dog/Cat Showring Building will host even more action where members can sign up to do a Public Presentation and earn premium while educating the public about agriculture, home arts and healthy living, leadership, civic engagement, science and technology.

Make your project come to life in the 4-H In Action arena! Come as an individual or bring your whole club to demonstrate what you have learned from taking part in 4-H!

### **Class 10 – 4-H Youth Showcase has been created for you to participate in this exciting event!**

AND additional premium may be awarded to entries for 4-H Club/Group Displays (Class 48), Public Presentation or Speech (Class 1-3), 4-H In Action (Class 8), Educational Displays promoting 4-H (Class 70), WA Agricultural Product Ed Displays (Class 75), 4-H Videography (Class 156), and 4-H Promotional Photos (Class 157) used for display during this Showcase event.

**Get a pass for you & your chaperone from your County 4-H Office - Arrive early to set up your display!**

### **Can't attend the Washington State Fair this year?**

No problem!! We are encouraging youth from across the State to send in videos of their 4-H experiences for us to share during the entire weekend.

#### **Display Ideas Welcome!**

Adults interested in sharing your 4-H volunteer experiences and promoting our programs are encouraged email us to select a time slot, too.

For more info or questions, please email [st4hfair@gmail.com](mailto:st4hfair@gmail.com)

**Help to showcase how Washington State University 4-H Youth Development is developing young people to become productive citizens who are engaged in positive change, meeting the needs of a diverse and changing society.**



**WASHINGTON STATE**  
UNIVERSITY

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

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

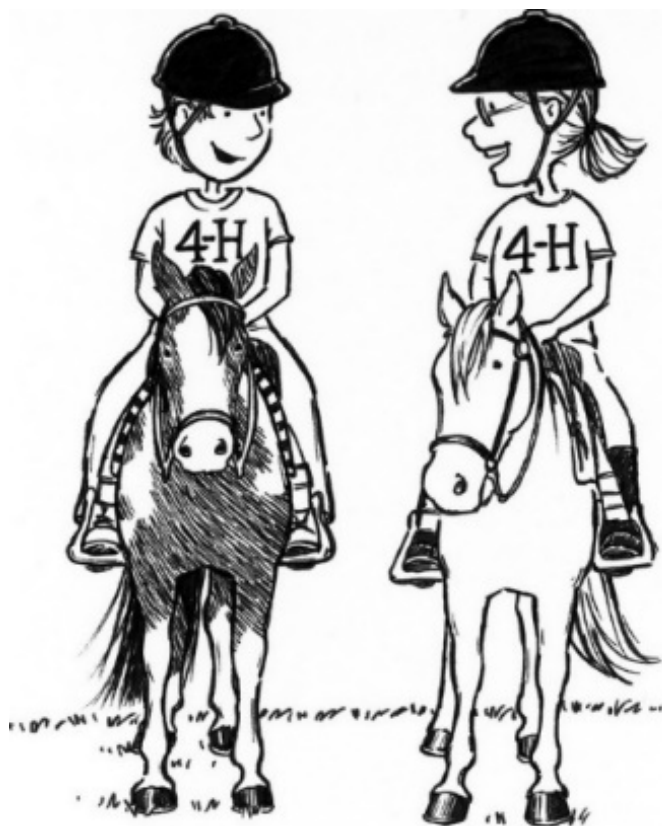
Attention County 4-H Horse Program — 4-H Staff; Volunteers, Donors, and Families! Donations are needed for medals for the Equine section of the 2023 State Fair for Champion (gold); Reserve Champion (silver); and Third Place (bronze). as well as for Groom Squad teams — Champion, Reserve, and Third Place. 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).





# 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.

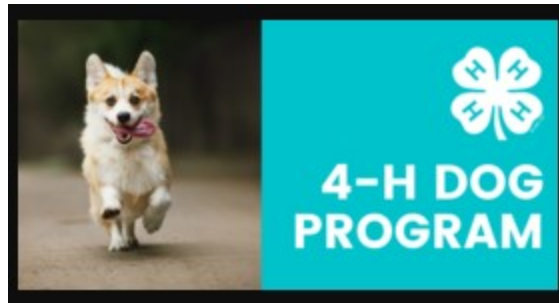
Sarah Gunderson, State Dog committee treasurer  
[sarahgcpa@gmail.com](mailto:sarahgcpa@gmail.com)

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*



## Ask Dr. Universe: Why Do Dogs Have Tails? – Bailey, 7, Ohio



*Do you love science and writing? You might enjoy the latest [Ask Dr. Universe](#) [podcast](#). My guest, Sara Zaske, writes about all kinds of science—and she edits my column every week before I send it to you.*

### Dr. Universe: Why do dogs have tails? – Bailey, 7, Ohio

Dear Bailey,

My best friend is a golden retriever. When I get home, she greets me with a goofy smile and a big wag of her fluffy tail.

I talked about why she has a tail with my friend [Jillian Haines](#). She's a veterinarian at Washington State University.

She told me dogs use their tails for lots of things. Tails help dogs balance while running, jumping or swimming. Tails help dogs communicate with each other and other animals. Some dogs in the Arctic—like [sled dogs](#)—use their tails to stay warm. They curl up and cover their noses with their fluffy tails.

When a dog is moving, its tail acts as a counterbalance. When you need to balance yourself, you probably stick out your arms. That's what a dog's tail does, too. If the dog starts tipping one way, it can stick its tail the other way to stay balanced. "It is also used for making sharp turns," Haines said. "Breeds like greyhounds that are fast runners, have a whip-shaped tail. They can use it to make a quick turn. It also balances them when they're jumping."

Some dogs are [good swimmers](#). They use their tails for balance and steering in the water. It works like a boat's rudder.

Tails are also important for **communication**.

“It’s how dogs talk to each other—and it’s part of how they talk to us,” Haines said. “Depending on how that tail is held, it can tell us the dog is feeling happy or excited. It can tell us the dog is scared. It can say they’re ready to play. Or it can say to stay away.”

Not all tail wags are the same. A happy dog usually holds its tail softly and wags it in a chill way. An **angry dog** might wag its tail, too. That dog might hold its tail high and stiff. It may wag its tail very fast.

The **direction of the tail wag** sends a message, too. Dogs usually wag their tails to the right when they see something they like—such as their human. They usually wag their tails to the left when they want to stay away from something—like another aggressive dog.



But some dogs are born without long tails. These include corgis, Boston terriers, bulldogs, and some Australian shepherds and spaniels.

“For those dogs, having a tail can make it harder for them to do their jobs or can be a source of injury,” Haines said. “A low-to-the-ground **herding dog** could get their tail stepped on by a cow. A tail can get stuck when squeezing through obstacles or tight areas.”



So, humans have bred some dogs to have a **bobtail** instead of a long tail. These dogs can still wag.

“That little **wagging nubbin** is just as cute and rewarding to see as a big fluffy tail,” Haines said.

Just don’t tell that to my bestie.

Sincerely,  
Dr. Universe

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### Why do we get rashes on our skin? – Claire, 9, Virginia

Dear Claire,

I’ve been allergic to fleas ever since I was a kitten. Flea bites give me an itchy, red rash.

I talked about why that happens with my friend **Bevan Briggs**. He’s a nurse practitioner and professor at Washington State University. Nurse practitioners are nurses with advanced training. They diagnose illnesses, order tests and prescribe medicine.

Briggs told me that often rashes happen when the **immune system** gets turned on. The immune system is the body’s defense system.

“It’s the way our body tries to protect us from germs and poisons,” he said.

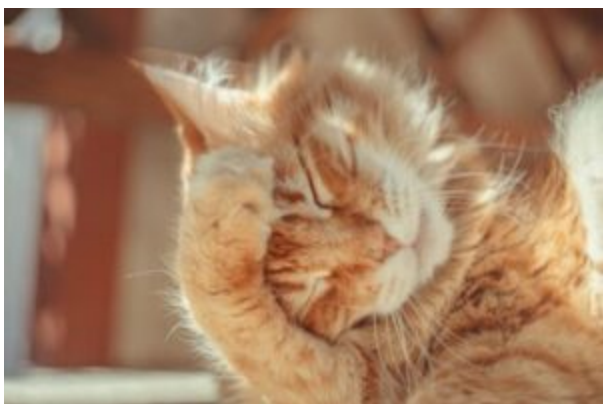
“Rashes happen because your immune system identifies something as foreign—either an infective agent or some kind of toxin.”

When a **flea** bites me, it punctures my skin with its sharp mouthparts. Then, it feeds on my blood. A little bit of the flea’s saliva drips into my body.

My immune system knows that flea saliva isn’t part of my body. It’s an invader—and invaders could be dangerous. So, my immune system sends out special cells and chemicals to deal with it.

Some of the chemicals my immune system activates are called **histamines**. They do a couple things. They send signals to rev up my immune response. It’s like screaming, “Over here!” Histamines also cause my blood vessels to become a little bit leaky. Both those things help my immune system get special cells and chemicals to the right place. They also cause symptoms like my rash.

So, my rash isn’t caused by fleas directly. It happens when my immune system responds to the flea saliva.



**Image by wirestock** on Freepik

Sometimes invaders—like some viruses—damage cells before the immune system gets there. That can cause a rash, too. The immune system will sense the damage. It will send immune cells and chemicals to fight the virus and fix the damage.

Most of the time, the immune system works well. Without it, we would be sick all the time.

But sometimes it gets a little overeager. That's like my flea allergy. Flea saliva isn't going to kill me. But my immune system launches a huge response anyway. That can happen if someone is allergic to a medicine, too.

Sometimes the immune system gets confused. It may recognize the body's healthy cells as invaders and try to fight them. That's called autoimmunity. It can also cause rashes.

Briggs told me that rashes often get better on their own—but it's a good idea to talk to a nurse practitioner or other healthcare provider if you have a rash. They'll help you figure out what's causing the rash and how to treat it.

That's awe-flea good news if you're itchy.

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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## 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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## 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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