

Tuesday News



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



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuesday News – August 29, 2023

CONTENTS

FEATURES

- Save The Date! Washington State 4-H Volunteer Recognition Luncheon – October 28th! **>NEW!<**
- 2023 State Dog Judging Contest Comes With Changes
- State 4-H Ambassadors Present the 4-H Youth of the Month for August!
- Addendums for Rule Changes for PNW 4-H Horse Contest Guide Now Available
- 4-H Giving Page Update – Give Online to Your County 4-H Program!
- Visit Pullman to Celebrate 4-H Day With Cougar Football On September 23rd!
- Volunteer to Support the Washington State 4-H Fair
- Donate to the Washington State 4-H Fair
- State 4-H Fair Board Seeks Qualified Candidates For State 4-H Fair Manager Position Opening
- Washington 4-H State Fair Exhibitor Guide Updated for 2023
- Washington State 4-H Youth Showcase Coming to State Fair Labor Day Weekend
- Ask Dr. Universe: What Are Butterfly Cocoons Made Of? **>NEW!<**
- Ask Dr. Universe: Why Do Owls Stay Up At Night?
- Q and A Sessions for the Washington 4-H Horse Program Continue - Now On First Wednesdays!
- Announcement of Dressage Tests for the 2023 4-H State Fair
- Reining Pattern for 2023 4-H State Fair Now Available

Features

Save The Date! Washington State 4-H Volunteer Recognition Luncheon – October 28th!

Jana Ferris



The Washington State 4-H Volunteer Recognition Luncheon will be held Saturday, October 28 at 12:30 p.m. at The Armory in Ellensburg, WA. All state awardees (Alumni Award, Salute to Excellence Ten Year and Lifetime, Heather Rider Award, Volunteer Staff Award, and [state] Friend of 4-H) for years 2020, 2021, 2022, and 2023 will be honored. All invitations to awardees will be sent directly to the recipients. More information will be forthcoming.

To facilitate further nominations, we are re-opening nominations for state awards with a firm deadline of Monday, September 11th at 8:00 a.m. After this deadline, no further nominations will be accepted. To locate nomination forms, please see extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/

Volunteers of the Year from each county will be honored through narrated video during the luncheon. The deadline for submitting your Volunteer of the Year has been changed to October 1st; with this deadline, you must submit a high-resolution photo with the nomination if you would like one displayed. County displays will be shown digitally; we will send out instructions for displays no later than Monday, September 11th.

Please join us to honor our deserving volunteers. Those wishing to attend the luncheon who do not receive a personal invitation are welcome to attend at a \$20/person cost. More information about reserving your space will be distributed the first week of October. Please contact Jana Ferris (ferrisj@wsu.edu OR 425-595-2950) with any questions.



2023 State Dog Judging Contest Comes With Changes

Amber Hammond

The state dog judging contest this year will include some changes from past years:

Placement Classes

There will be only four placement classes. This will include an obedience OR fitting & showmanship class. All age levels will place in the same classes.

Identification Portion

Intermediates and Seniors

There will be 25 breeds and 25 parts/anatomy (as has always been done in the past)

Juniors

There will be 15 breeds and 15 parts/anatomy (this is condensed as mentioned in the exhibitor guide)

Oral Reasons

There will be one placement class designated as the oral reasons class.

Intermediates and Seniors are required to do oral reasons.

Juniors have the option to do oral reasons, it is not required. (Junior scores for oral reasons will not count towards their overall total).

Some Housekeeping

Participants should bring their own clipboards and pencils. None will be provided by the state fair for the contest.

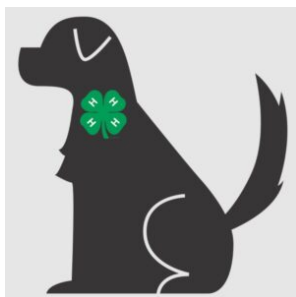
Dress attire for oral reasons is Business Casual (it is fine to wear your showmanship attire if you prefer/it is easier). Please no jeans. If juniors do not plan on doing oral reasons, it is fine to just abide by the 4-H dress code but please no club/county affiliated shirts. There is no opportunity to change clothes once the contest has started, so please enter the contest dressed appropriately.

I will be posting a list of needed volunteer spots soon; if you have volunteered in the past and have a spot you know of that you like, please let me know and I'll add you in ahead of time.

Thank you!

Amber Hammond


e-mail: bajadenton@gmail.com



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

Berklie Sheppard

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for August, Zoey Van Gordon of Clallam County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!

 4-H YOUTH OF THE MONTH			
		Zoey Van Gordon	
Zoey Van Gordon Senior Clallam County		Favorite Part About 4-H: Zoey loves gaining confidence, leadership abilities, and public speaking skills. Years in 4-H: She has been in 4-H for 10 years! Past Projects: Hogs, Livestock Judging, Auction Board Favorite Hobbies: Soccer, Bowling, Softball, and Baking are her favorite hobbies Favorite Book: Where The Red Fern Grows Favorite 4-H Memories: One of Zoey's favorite memories is winning Grand Champion in livestock judging and when she would scratch her pigs belly, they would roll over like a dog Favorite Food: Spaghetti Future Career: Zoey is thinking about going into the Police Force, but leaning toward Large Animal Vet Tech. Project You'd Like to Do: She would like to raise and show goats or cattle Favorite Vacation: Camping Biggest 4-H Achievement: Last year, Zoey won Grand Champion Market Hog and her second year of 4-H she was Reserve Champion. Favorite Ice Cream: Cookie Dough Wants To Go To: Nevada	
PROJECTS: Hogs, Leaders Council, Livestock Judging, Clallam County Fair			
Washington State 4-H			

If you have any questions about the State Ambassadors, or are interested in joining, please email wa4hsa@gmail.com. We hope to hear from you!

Addendums for Rule Changes for PNW 4-H Horse Contest Guide Now Available

Jennifer Leach

As of this date, the Washington 4-H horse program is still waiting for the final version of the PNW 4-H Horse Contest guide from Oregon. This publication is a joint effort between Washington, Oregon, and Idaho.

In the meantime, a sub-committee of the Washington State 4-H equine committee led by Stephanie Roeter Smith, 4-H Regional Specialist, compared the 2015 edition with the soon to be published final version. However, Washington 4-H Horse Program is not sure of the date of the final publication.

These addendums are posted on the WSU 4-H website's Horse page, located at the link called WA State 4-H Equine Policies and Rules-PNW 4-H Horse Contest Guide-Addendums. The direct link to the Horse Page is <https://extension.wsu.edu/4h/projects/animal-science/companion-performance/horse/>

There are two addendums. Addendum I is specific to the rule changes affecting Washington as related to current PNW 4-H Horse Contest Guide. **Find Addendum I [HERE](#).**

Addendum II is a "clarification" of selected rules in the PNW 4-H Horse Contest Guide, but are not rule changes. **Find Addendum II [HERE](#).**

The current version of PNW 4-H Horse Contest Guide dated October 1, 2015 will continue to be the contest guide we will use until we (Washington) receive the final from Oregon.

Addendum I (rule changes) will be effective for the remainder of this program year to September 30, 2023. Addendum II may be updated as more questions of clarification are identified – also through to September 30, 2023.

For information or clarification on the PNW 4-H Horse Contest guide process or rules, contact Jennifer Leach, State Horse Contact at LeachJ@cowlitzwa.gov or jleach@wsu.edu.



4-H Giving Page Update – Give Online to Your County 4-H Program!

Denise Echelbarger

We've Changed!

But it's all good—we've just launched our new 4-H Giving Page design. It's now even easier to find your county excellence fund give link and give directly to your county 4-H program. With better navigation, we hope you love it as much as we do. CHECK IT OUT! <https://extension.wsu.edu/4h/give-to-4-h/>



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](#)



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 with any questions, for more information, or to volunteer.

Thank You!



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

Washington State



4-H Fair

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.



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.

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

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.

Ask Dr. Universe: What Are Butterfly Cocoons Made Of? — Anabelle, 8, Massachusetts



There's a new Ask Dr. Universe podcast episode dropping soon, but enjoy this animal episode in the meantime. I had no idea that a baby rattlesnake's rattle is called a button!

Dr. Universe: What are butterfly cocoons made of? — Anabelle, 8, Massachusetts

Dear Anabelle,

When I was a kit, I looked a lot like the adult cat I would become—even though I was smaller and fluffier. But wiggly caterpillars don't look like butterflies at all. I talked about this with my friend Allan Felsot. He's an insect scientist at Washington State University.

He told me cocoons are mostly silk. But they're usually made by moths. A butterfly "cocoon" isn't really a cocoon at all. It's called a chrysalis.



A moth's cocoon, credit: entomart

Both butterflies and moths belong to a big group of insects that go through complete metamorphosis. They have four life stages: egg, larva, pupa and adult. They go through a massive change to become an adult.

That big change happens when the insect is a pupa. That's like their teenager stage. A moth pupa usually changes inside a silk cocoon. Sometimes people harvest that silk to make fabric.

A butterfly pupa might look like a cocoon, but it's different.

"Many butterflies have what we call a naked pupa or chrysalis," Felsot said. "The wings, mouthparts and antennae are glued to the body, and it's compressed. But if you poke it, you'll see it wiggles around."

A butterfly pupa is covered with the same tough skin that you see on any insect. It's just a temporary, baggy version of that skin called a **chrysalis**. The chrysalis is often tethered with silk, so it stays put.



A butterfly's chrysalis

Insect silk generally comes from the same organs that make saliva.

“There are lots of things that salivary glands do,” Felsot said. “One thing is (to) produce silk proteins. These are in the form of a gel. So, it's very viscous, and it's forced out as a drop. But then the insect pulls away from it—maybe they wiggle their head or move their body a little bit—and that spins it into a fiber.”

As the gel hits the air and the insect pulls away from it, the silk **crystallizes**. The particles in the silk line up in an orderly way. That makes the silk strong. The silks made by different kinds of insects are all a little bit different.

Insects use silk for all kinds of things. Some insects like moths wrap silk around their bodies to make a silk cocoon. Some insects use silk like glue to make cases out of stuff they find.



A caddisfly's case, credit: NSF

One of my favorites is the **caddisfly**. They're related to butterflies and moths, but their larvae live underwater.

Some caddisflies use silk to glue together tiny bits of sand and debris. It forms a little house a larva can live in and carry around. When it's time to change into an adult, the insect usually seals up the entrance to the case with more silk.

Caddisfly silk is so special—sticky, stretchy and waterproof—that scientists want to copy it so they can make better bandages and stitches. Scientists study insect and spider silks to learn how to make all kinds of things.

It's just one more way insects make our lives smooth as silk.

Sincerely,
Dr. Universe

Dr. Universe: Why do owls stay up at night? – Zelezina, 8 ½, Maryland

Dear Zelezina,

I love how humans use figures of speech about animals to describe their behavior. An early bird is someone who likes to get up early. A night owl is someone who loves to be awake late at night—like an owl.

I talked about why owls stay up all night with my friend Dr. [Marcie Logsdon](#). She's a wildlife veterinarian at Washington State University.

She told me that for many owls, the dark is a good time to catch a meal.

"Owls are just taking advantage of a time when they can excel at finding prey because there are a lot of other things that are active at night, too—like rodents," Logsdon said.

It's such a good time to hunt that those owls' bodies have adapted to the dark. That's why they have big round eyes. Big eyes with large pupils let in more light. That helps owls see in darker conditions.



Those big eyes can't move around like our **eyeballs**—because they're not balls. Owl eyes are shaped like bells. Their skull bones hold those bell-shaped eyes into their heads with no space to move. To look around, an owl turns its whole head.

The internal structure of an owl eye is special, too. Most **vertebrates** have rod cells and cone cells in their eyes. Cones detect colors. Rods detect light and motion.

Diurnal animals are awake during the day. There's lots of light, so it's useful to see lots of colors. It makes sense that diurnal animals have more cones than rods in their eyes.

Nocturnal animals are awake during the night. Since you can't really see color in the dark, nocturnal animals have more rods than cones. Their eyes are optimized to detect movement—like prey sneaking around—even in very low light.

Owls use their **ears** to hunt at night, too. Logsdon told me scientists tested how well barn owls hunt for mice in completely dark rooms. They had no problem picking out those tasty squeakers in the dark.

“Instead of having nice symmetrical ears like we do, a lot of owls have slightly offset ears,” she said. “Sound hits them at slightly different times so they can pinpoint where the sound comes from. Some owls do that with the soft tissues—like our ear flaps. Some owls have changes in their skulls that help offset their ears.”

You might be surprised to hear that not all owls stay up all night. Some owls are awake during the day—although that's not as common. Some owls are **crepuscular**. That means they prefer to be awake at dawn when the sun is coming up or dusk when the sun is going down. Some owls are cathemeral. That means they're awake at random times without any real pattern.

That's like me. Cats have random periods of **sleep** and wakefulness. That's how we get the best figure of speech of all: the cat nap.

Sincerely,
Dr. Universe

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



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

[Submit a question!](#)

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 meetings are facilitated by Kim Baker, State 4-H Equine Coordinator.

Feel free to contact Kim with any questions at **kim.baker@wsu.edu**.



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

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

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

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

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

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



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

Reining Pattern for 2023 4-H State Fair Now Available

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

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

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

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

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