

# Tuesday News



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



**4-H** 

WASHINGTON STATE UNIVERSITY  
EXTENSION

Tuesday News – September 26, 2023

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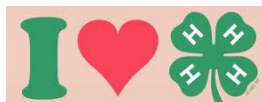
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## Features


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### Celebrate 2023 National 4 H Week – October 1st through 7th!

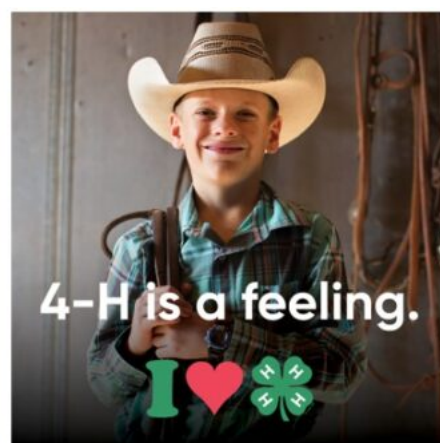
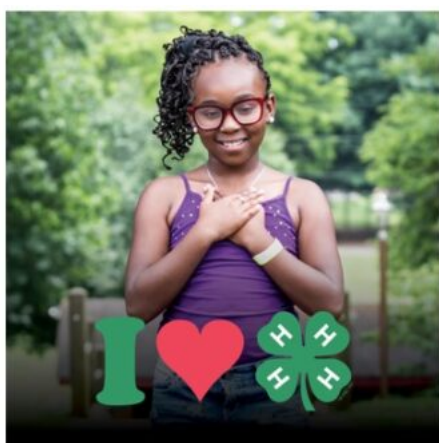
Denise Echelbarger



#### 2023 National 4-H Week is October 1 – 7!

Every year, National 4-H Week sees millions of youth, parents, volunteers and alumni come together to celebrate the many positive youth development opportunities offered by 4-H. The theme for this year's National 4-H Week, , is a campaign that was created by National 4-H Council to rally support for Cooperative Extension's 4-H program and identify solutions to eliminate the opportunity gap that affects 55 million kids across America.

With so many children struggling to reach their full potential, 4-H believes that young people, in partnership with adults, can play a key role in creating a more promising and equitable future for youth, families and communities across the country. In 4-H, we believe every child should have an equal opportunity to succeed. We believe every child should have the skills they need to make a difference in the world.



To learn more about how you can get involved, visit [extension.wsu.edu/4h/](https://extension.wsu.edu/4h/)



#### History:

#### National 4-H Week Then and Now

- National 4-H Week began as an outgrowth of World War II
- Following Pearl Harbor, National 4-H Camp in Washington, D.C. was postponed until the cessation of hostilities.
- The State 4-H Leader in Ohio announced plans for a State 4-H Mobilization Week as a means of focusing the attention of 4-H members on what they might do for national defense.
- Other states responded favorably and followed suit. The Federal Extension Service initiated National 4-H Mobilization Week which was observed annually in 1942, 1943 and 1944. The following year and each year since, it has been observed as National 4-H Week.



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

Jana Ferris



Please join us in honoring our volunteers! Our 2023/2022 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, [state] Friend of 4-H AND Hall of Fame) for years 2020, 2021, 2022, and 2023 will be honored. Volunteers of the Year and Teen Leaders of the Year for 2022 and 2023 will be honored through narrated video during the program.

All state awardees will receive an invitation directly to reserve their space at the event and will RSVP as indicated on their invitations. Others may attend at a \$20/person cost; registration for non-awardees opens on Friday, September 22, and can be found at: <https://www.eventbrite.com/e/722452523947>

Contact Jana Ferris at [ferrisj@wsu.edu](mailto:ferrisj@wsu.edu) or 360-548-3301





# Table Sponsorship Packages Are Available for the 2023 4-H Washington State Volunteer Recognition Luncheon

Denise Echelbarger

## TABLE SPONSORSHIP PACKAGES ARE AVAILABLE FOR THE 2023 4-H WASHINGTON STATE VOLUNTEER RECOGNITION LUNCHEON

### VOLUNTEERS...



Your sponsorship is a \$250.00 investment that will help the 4-H Washington State Volunteer Recognition Luncheon celebrate the contributions of volunteers who promote the positive development of youth in communities.

Sponsorship includes your logo and recognition on-screen and signage during the event.

To sponsor (\$250), go to our direct donation link for Washington State 4-H Excellence Fund at: <https://bit.ly/WA4H> or scan the QR code. Under Other, type in \$250, and at proceed to checkout, under Additional Comments please type "Volunteer Luncheon"

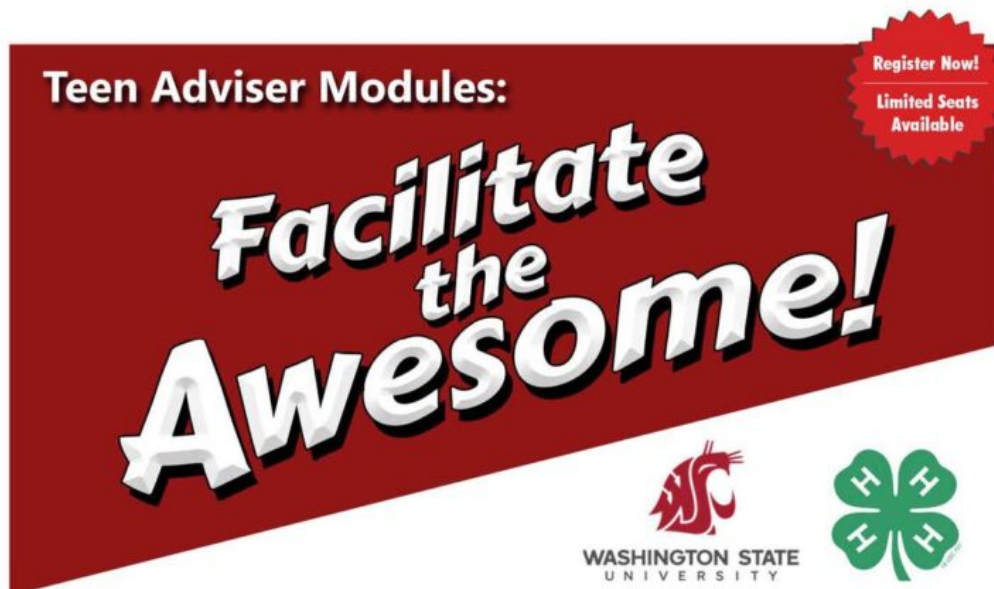


If you would like to purchase tickets to attend the luncheon please visit <https://www.eventbrite.com/e/722452523947>

# Facilitate the Awesome Modules Coming In-Person to Everett and Via Zoom!

Michael Wallace

Now presenting an opportunity for Westside Parents and Leaders of 4-H Teens! To register, click on the live link below the flyer!



## **Westside 4-H Teen Adviser Series**

🖥️ Zoom: Sept 27 & 29, 7-9PM

🚶 In-person: WSU Everett, WA Sept 30, 10AM-4PM

**Do you want your work with teens to be impactful?  
Are you looking for knowledge and skills to build your teen club?**

**The WSU 4-H "Facilitate the Awesome" modules are designed to increase adults skill at successfully guiding teen-led projects.**

- 📖 **Adolescent Development:** implications of current research
- 📖 **Empowering Teens:** motivating teens through positive youth development models
- 🚶 **Key Elements of Teen Leadership:** how to support strength-based programming
- 🚶 **Creating Safe and Inclusive Programs for Teens:** decision making and risk management

*(First two meetings via Zoom, last meeting in-person at WSU Everett.)*

*Join and interact with other westside 4-H volunteers and parents interested in supporting teen programs through this nationally recognized, fun and informative series. (Followed by a tour of WSU Everett!)*

**Register Here: <https://tinyurl.com/WestsideFTA>**

**For more info or ARA request contact: [mlwallace@wsu.edu](mailto:mlwallace@wsu.edu) or (360) 778-5813**

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact the Whatcom Extension office at least 2 weeks prior to the event.

Live Link: Register Here: <https://tinyurl.com/WestsideFTA>

For more info or ARA request contact: [mlwallace@wsu.edu](mailto:mlwallace@wsu.edu)  
or (360) 778-5813

# TSC Fall Paper Clover Campaign Kicks Off on October 4th!

Denise Echelbarger

The Fall 2023 **Tractor Supply** 4-H Clover Campaign is coming soon!. Tractor Supply campaign funds are to support 4-H camp and leadership experiences.

Planning to work with your local Tractor Supply Store? The store managers and cashiers have a lot on their plate, so it's usually helpful if the local 4-H clubs/program can reach out

(<https://www.tsceventpartners.com/events/signup/1>).

That interaction can look different, depending on the situation. The clubs can ask to set up a table or display featuring the 4-H program in the store. It could also be as simple as telling them "thank you," or having a foods member bring them a plate of cookies for the breakroom. Anything we can do to stay top of mind is helpful. The campaign will happen either way – because it's programmed into the pin pad now – but when you've got employees who care about the 4-H program and are physically asking, it's always going to be more successful.

Best wishes for a successful Fall Paper Clover Campaign!



## 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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## Ask Dr. Universe: Why Do Cats Purr? – Kaylee, 11, Kentucky



*Looking for a fun way to share science with kids in your life? Check out the latest episode of the [Ask Dr. Universe podcast](#).*

If you'd like to do a student-led podcast with your class or student group, reach out!

### Dr. Universe: Why do cats purr? – Kaylee, 11, Kentucky

Dear Kaylee,

I purr all. the. time. I purr when I get a good question like yours. I purr when I finish answering a question. I even purr when I'm struggling to find an answer. Luckily, [Dr. Sarah Guess](#) says that's normal. She's a veterinarian at Washington State University. She told me that cats purr when they're content and when they're stressed out. It can be a little confusing for humans.

Scientists have two ideas about why cats purr. It could have come from the way mother cats care for kittens. Or it could keep their bones and tissues healthy. But experts don't agree on the answer yet.



“This is a hotly debated topic among scientists,” Guess said. “Purring is something unique to cats, and when it comes to cat communication, we’re just starting to scratch the surface.”



We do know how cats purr. A cat’s brain sends a message to muscles in the cat’s throat. Those muscles begin to twitch. As the cat breathes, air whooshes over the muscle, bone and tissue in the throat. They vibrate, and that makes the rumbling sound we call a purr.

A cat’s purr can be **low or high frequency**. That means the sounds move through the air at different speeds. Low purrs and high purrs sound slightly different. Some scientists think purring evolved as a way for moms and kittens to understand each other. Maybe low purrs and high purrs mean different things.

“One thought is that the different frequencies of purring relate to whether the cat is more content or more stressed,” Guess said. “That offers feedback from kitten to mother or mother to kitten.”

So, mother cats might learn how their kittens feel based on their purrs. Then, they know which kitten needs help. They might purr back to help soothe the kittens. Maybe grownup cats purr to soothe themselves. Maybe they purr to tell you that you’re making them feel safe and happy like their mother. Or to ask you to fix something that’s stressful like a slightly empty food bowl.

We know some cats **knead while purring**. That’s for sure a throwback to when they were kittens. Kneading on their mothers’ tummies while nursing helped the kittens get more milk.

The other idea for why cats purr is that the frequency of the purr vibration may be healing.

“Cats tend to be inactive for a lot of the day with **sudden bursts of activity** surrounding feedings,” Guess said. “So, maybe purring creates vibrations that help maintain bone and tissue structure while the cats are in those inactive periods.”

So, it's possible cats purr to heal themselves and stay strong. There's even some research that shows that vibrations at the precise frequencies that house cats purr at can help heal human bones and tissues. Maybe your cat purrs to heal its own body or to heal you.

Only a few kinds of cats purr at those frequencies—including cougars. Since I'm a house cat and a cougar, maybe I should spend more time aiming my extra-powerful purrs at my human friends.

Sincerely,  
Dr. Universe

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### **Dr. Universe: What do robots eat? Why do they have mouths if they don't eat food? – Oliver, 4, Virginia**

Dear Oliver,

I just scarfed down tuna with a side of kibble. That's how I get the energy I need to investigate your questions.

To do that, I talked with Ming Luo. He's a robotics scientist at Washington State University.

He told me that robots don't eat like we do.

"A human has a digestive system," Luo said. "That's how food can be converted to energy. But a robot can't do that. The robot can just take in energy directly."

When you eat, your digestive system breaks down food into sugars, fats and proteins. They're full of energy. Your cells use oxygen from breathing to release that energy. Then, you can use it.

A robot needs energy, too. But it doesn't have organs to break down food or cells to turn it into energy. It doesn't breathe in oxygen either.

Instead, a robot taps into a source of energy directly. It might get electricity by being plugged into an outlet to charge. It could use a battery that stores electricity. A very large robot might have a system that uses fuel and pressure to inject the robot with energy. That's called hydraulic power.

So, why do some robots have mouths if they don't eat or breathe? Many robots designed to interact with people have faces. That's because people feel more comfortable when robots look a little human.

"For human-robot interactions, it's better to develop something that looks like the human face," Luo said. "Many people are afraid of robots. We must figure out the best way for robots to look and behave, so people feel less anxiety."

It's a challenge because a robot that looks too human also freaks people out.

That's especially important for scientists designing **robot caregivers**. These robots could live with elderly people. They could help them take medicine or care for their pets.



Luo builds soft robots that are safe for people to touch—like this one that looks like an elephant's trunk.

Have you heard of artificial intelligence or AI? It's different from a robot. A robot is a machine designed to do physical tasks—like your body does. AI is a system designed to make decisions or learn—like your brain does. Some robots have AI built in.

I thought it would be fun to ask an **AI chatbot** what food it would like to try. An AI chatbot is a program that can have conversations with people.

"I don't experience interest in the same way humans do," ChatGPT said. "However, I find human food fascinating from a knowledge and information perspective." It told me some of the most interesting foods are spices, **chocolate**, tomatoes, potatoes, sushi and pasta.

Maybe someday we'll invent chocolate-flavored electricity for our robot and AI friends.

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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## **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](mailto:kim.baker@wsu.edu)**.

