



4-H Friday Update

December 18, 2020

WSU Grant County Extension 4-H Program

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

This email is for WSU 4-H communication and educational purposes only. Reference to commercial product(s), commercial entities, or trade names does not imply endorsement by WSU or bias against those not mentioned.

Requests for reasonable accommodations for persons with disabilities and special needs should be made at least two weeks prior to an event by contacting the WSU Grant County Extension Office: 509-754-2011, ext. 4313.

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Happy Friday and Merry Christmas

It is a busy time of year within our families, communities, country and our world but despite the buzz, it is important to find some quiet time.

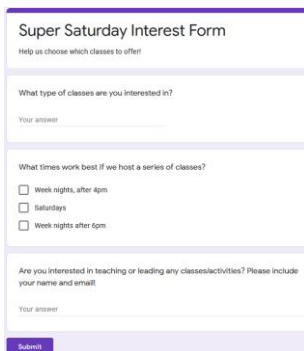
There are just a few items of note this week. Our office will be closed next Thursday and Friday in honor of Christmas and there will not be a Friday Update. We will also be closed New Year's Day. Dairy sale animal certificates are due January 1. All membership enrollment fees will be 50 dollars after January 31 (NOTE: this was changed from December 31). There will not be a Grant County Super Saturday this year. Instead, many counties are hosting virtual Saturday activities. If you or your club would like to help host or teach a workshop, please contact the extension office. There is a virtual crafting party that looks like a fun thing to do (please see below). Traditionally, we have not been a virtual society, but with present requirements, we need to flex a little and become more familiar with technology. Remember these non-traditional virtual platforms still embody learning opportunities, community spirit and the chance to focus on a common goal all while experiencing the 4-H essential elements of belonging, independence, mastery and generosity.

I hope during this busy time you can find a few moments of peace to reflect on the past year and be thankful, even if you may feel a little disappointed. As we consider the hope of the New Year, remember to find joy in the moment of today.

Carolyn Russo

4-H Program Coordinator
grant.4h@wsu.edu

Virtual Super Saturday Interest!

A screenshot of a Google Form titled "Super Saturday Interest Form" with the subtitle "Help us choose which classes to offer!". The form contains three sections: 1. "What type of classes are you interested in?" with a text input field labeled "Your answer". 2. "What times work best if we host a series of classes?" with three checkboxes: "Week nights, after 4pm", "Saturdays", and "Week nights after 6pm". 3. "Are you interested in teaching or leading any classes/activities? Please include your name and email" with a text input field labeled "Your answer" and a "Submit" button at the bottom.

If you are interested in a virtual 4-H Super Saturday, please fill out the google form to tell us about what workshops you want to see.

The event series will be held virtually with a handful of our neighboring Counties!

Use this link to submit a Super Saturday interest form:
<https://forms.gle/SvHpkpTAXREdB2i3A>

Take the 4-H Healthy Brain Pledge



In stressful times, how proactive are YOU about your mental health?

The 4-H Healthy Brain Pledge is based on neuroscientific research and is a quick and easy tool to help you identify where you have success in maintaining your mental health, and where you might benefit from improvement. This presentation is beneficial for teens and adults. The Zoom is December 30th at 11:00 AM. Register Here: <https://tinyurl.com/yaehlbon>
A promo pdf can be found [here](#).

For 4-H'ers — College and Career Compass



College and Career Compass Can Help You Navigate Life After High School

You've probably been thinking about what the current public health and economic crisis means for your future. While the present is uncertain, one thing is clear: education beyond high school is more important than ever.

Continuing your education after high school gives you more options. Research shows college graduates earn more and are less likely to be unemployed. Luckily, there's a great tool available to help you prepare and plan for the future—and it's free!

Check out Washington's [College & Career Compass](#):

- Explore educational programs that match your career interests.
- Learn more about the value of college and how financial aid can help you pay for a certificate, apprenticeship, or degree.
- Connect directly with a campus to get additional support.

Don't be discouraged. Stay motivated, get ready, and focus on the future. College & Career Compass makes it easy. Learn more at [compass.wa.gov](#).

See [pdf document](#) for more details.

4-H Western Heritage Project

4-H Western Heritage Project to be Introduced in Nationwide Zoom Meeting on Monday, December 21st!!

The 4-H Western Heritage Project is a combination of 4-H Shooting Sports and a study of the American frontier from 1860-1900. Competitors shoot steel targets with Old West firearms for the fastest time.

In this Zoom meeting, learn the details of the 4-H Western Heritage Project:

- What the project is all about
- How to get started
- The age levels of participation
- The firearms used
- The shooting range layout
- Regional and national opportunities
- Volunteer training
-

A pdf document with zoom link and passcode can be found [here](#).

Photos Wanted for Facebook Cover Banner!

Please post photos of you and/or your 4-H project in the [comments of this post](#) to be used for our Facebook covers throughout the next year!



REMEMBER: Washington State is not permitting 4-H face to face gathering until phase four.

Join 4-H Holiday Crafting Party Events!

Craft with us! Join 4-H for a Holiday Crafting Parties using supplies from your Holiday Grab & Go Kit or from around your home. Our first project will be [Fabric Holiday Cards](#) on December 22nd. On the 28th we'll work together to make our Tea Light Snowmen. **Register and learn more at** extension.wsu.edu/4h/events/.



4-H 3D Thursday Video: How to Thermoform



Watch this [15-second video](#) as Abby demonstrates how to make a 3D Printed Thermoform Bracelet!

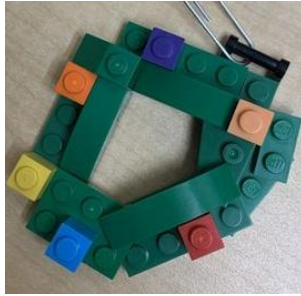
If you or someone in your 4-H club is interested in 3D printing, please reach out to us at abby.simonson@wsu.edu or grant.4h@wsu.edu.



Tune in next week at <https://www.facebook.com/GrantAdamsLincoln4H>, for another 3D Thursday!

Video and Instructions

Let's Spread Some Cheer! LEGO Build to Give



We have received another entry for Lego's [#BuildToGive](#) campaign!

For every ornament created and posted, Lego will donate a build kit to a family in need. Send pictures of your build to us and we will post it on the Grant/Adams/Lincoln 4-H Youth Development Facebook page!

To participate, simply build an ornament out of Legos and send it to us at abby.simonson@wsu.edu to be featured on our page or post to your own social media!

Need building ideas? Visit <https://www.lego.com/en-us/build-to-give> for some step by step building instructions.

Let's have fun and spread some good cheer!

Visit [LEGO's Build to Give](#) campaign website for more information.

Notice About Paying Enrollment Fees

We prefer you mail your 4-H Enrollment fee payments but if you are planning on coming to the office, please make an appointment with Abby. The office is currently closed to the public. Abby can record your information and meet you out front to collect the payment.

Please make checks payable to: WSU.

Mail to: WSU Grant County Extension | 1525 E. Wheeler Rd. | Moses Lake, WA 98837

Contact: Abby Simonson at abby.simonson@wsu.edu or 509.754.2011 Ext 4313

Experience 4-H – Virtual Small Animal Series

Thurston County 4-H is offering a series of Small Animal Workshops, delivered via Zoom. The workshops are free, but Pre-Registration is required (click the zoom link to register for individual workshops). Classes include: rabbits, cavies (guinea pigs), and poultry topics. Virtual workshops are open to youth ages 5 to 18. Parents must attend with youth age 9 and younger. Here are the workshop topics, dates and times:

December 12, 1 p.m. PST – Rabbit Basics

<https://wsu.zoom.us/j/9446666666>

January 2, 1 p.m. PST – Cavy Basics

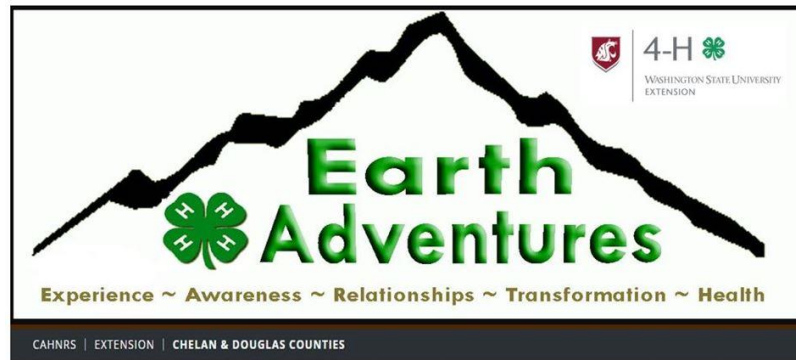
<https://wsu.zoom.us/j/9446666666>

January 16, 1 p.m. PST – Rabbit Selection & Breeding

<https://wsu.zoom.us/j/9446666666>

Future Topics: Youth Market Sale Rabbits & Poultry, Poultry Basics, and Rabbit/Cavy Judging Contests. Questions? tc4h@co.thurston.wa.us

Virtual STEM Program!



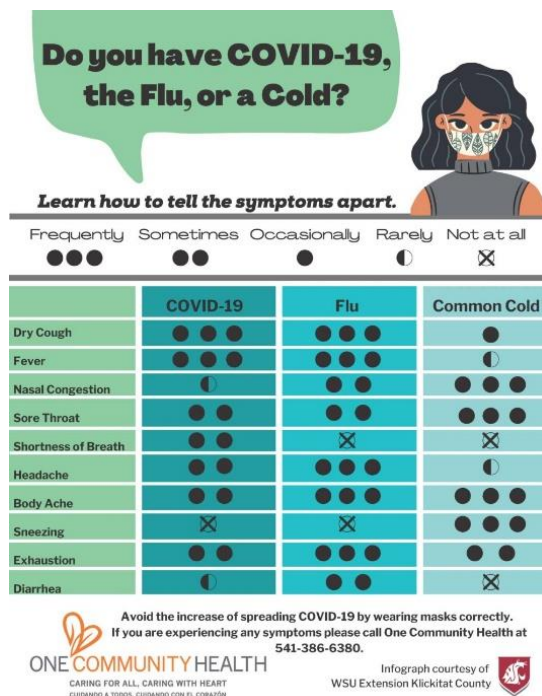
Chelan/Douglas County 4-H will be offering a STEM-focused online program over three days December 19 through 22 and December 27 through 30). Registration includes materials and instruction for hands-on experiments for all youth ages 12-17. 4-H strives for programming to be open to all, so scholarships and translations are available upon request.

For more information, please refer to this link: <https://extension.wsu.edu/chelan-douglas/communities/ea/eaadventures/>

Resource Illustrates Differences Between COVID-19, Flu, & Common Cold

As we enter cold/flu season at the same time as a very concerning covid-19 surge, WSU Klickitat County Extension and One Community Health have collaborated to create flyers that show some of the subtle differences between COVID-19, the flu, and a common cold.

Click on an image below for a larger view.



Receive a Welcome Kit to the 2020-2021 4-H Year



4-H KICK OFF KIT

We are celebrating the 2020-2021 4-H year with a 4-H Kick-Off Kit. Those who enroll early will receive a welcome member kit to help them kick off their new 4-H year.

Enroll today at <https://v2.4honline.com>.

Report Your Volunteer Hours Each Month

If you are a volunteer leader, you need to report your volunteer hours at volunteers.cahnrs.wsu.edu/logon.aspx. Your user name will be either your last name only or your first & last name with a space in between. The password is password! (don't forget the exclamation point).

If you are unable to log in to the volunteer database, or if you have questions, please email Laurie at berensl@wsu.edu.

List of Activity Types and Examples of What Qualifies as Volunteer Activities:

(You can add hours to, or edit previous months entries at any time for the current year.)

Club/County 4-H Event

Club fundraisers, club meetings, training shows, community service projects, etc.

Deliver an Educational Activity

Serving as a presenter, chaperone, leader, etc...of a program meeting, training event, clinic, or that has an educational objective and is planned as a 4-H event.

Help at Fair

Work performed as a 4-H volunteer (not a Superintendent, Director, or Judge) at County Fair, or State 4-H Fair.

Prepare for Educational Training

Any planned activity prior to a qualified Educational Activity which you engage in to make the activity possible, e.g., shopping for project supplies, preparing activities, project committee meetings, etc.

Support/Office Work

Correspondence, phone calls, preparation and submission of club tax filing, **reporting of volunteer hours**, council meetings, committee meetings, fundraising committee, etc.

(If you do not see your activity listed, select a type that best describes your activity.)



Thank You
4-H Volunteers for
Your Continued
Support

Leader Training for Running Zoom Meetings Set for January 5th!

How can I make my zoom meetings more interesting for my members? This training is aimed at 4-H leaders to help give them more information on Zoom tools to use in their meetings and learn about running an effective 4-H club or project meeting using Zoom.

The Zoom session is scheduled for Tuesday, January 5, 2021. It will open at 6:40 pm for technical support and to learn about the Zoom annotation function. The main training will begin at 7:00 pm. Support material for this course can be found at <https://extension.wsu.edu/pierce/zoom-meeting-helps/>.

This training is being presented to support club leaders:

- Run a 4-H club meeting virtually.
- Keep kids attention and engaged.
- Tips on virtual meetings.
- By providing a selection of activities to pick from.
- By showing some key Zoom functions.
- Showing the connection to the essential elements.

Contact mike.seiber@wsu.edu for more information and the zoom link.

4-H Club Financial Documents Were Due October 31

4-H Club Financial Documents

Due October 31 Each Year

- Annual Financial Summery Form
- Treasurer's Book (including a ledger)
- Secretary's Book (Minutes from all club meetings)
- Current copy of Bank Signature Card
- All receipts and deposit slips
- Club Property Inventory

[Download 4-H Club Financial Documents Here.](#)

4-H Enrollment

Enrollment for the 20-21 program year is open. Please log in to [4honline](#) and update your profile.

Enrollment fee this year is \$25 for those who enroll by the January 31 deadline. Enrollment fee is \$50 after the deadline.

- = Leaders Council is paying five dollars toward the total fee for the first 100 members who re-enroll and pay. Please bring 20 dollars, either cash or check, to the Extension Office. Your name will be recorded on a spreadsheet at the front counter. This is only available for the first 100, please be swift.
- = For those seeking assistance please complete a [4-H Membership Fee Scholarship Application](#).

Please help! Youth Participation Requested!



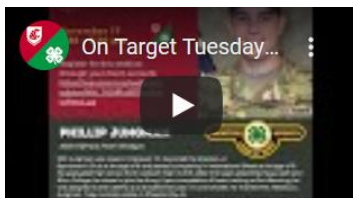
We want to know more about how young people are spending their time during social isolation from COVID-19, especially when it comes to youth and animals! Please consider asking youth age 7-18 in your household to complete a brief (5 to 15 minute) survey.

The online [Survey of Youth and Animal Interaction During COVID-19](#) is available in English and Spanish.

“On Target Tuesdays” Webinar Series Recordings

Watch the recorded web series of workshops featuring top USA Shooting Sports Athletes and Olympic Competitors, top athletes in Archery, Rifle, Shotgun and Pistol as well as representatives from the MidwayUSA foundation and Hornady ammunition. Learn how they achieved excellence in their fields and careers.

[YouTube links for webinar presenters, can be found here.](#)



Regional Office Hours

Leaders, volunteers or members who have questions are able to attend our regional virtual office hours Monday-Thursday from 2-3pm. To join follow this zoom link: wsu.zoom.us/j/99817857399?pwd=SDh2Y2Y5YjdXazlnTIRjdVVNdGIZZz09.

New Holiday Activities on 4-H at Home

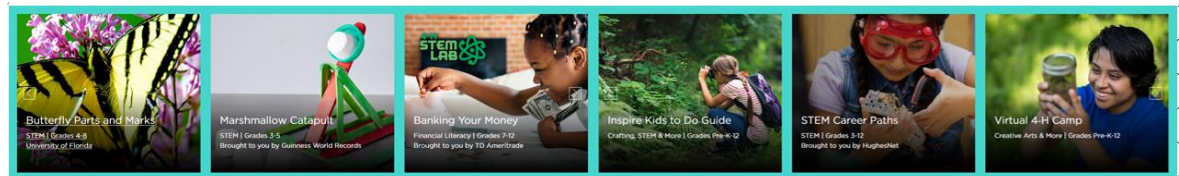


[4-H at Home for the Holidays](#) has been created with fun new activities to do at home. Whether you're a mad scientist, a curious baker (and taster), or a daring dreamer, there's a little something for everyone!



Download the [4-H at Home Holiday Activity Guide](#) for **15 at-home activities** to help your kid continue doing and learning during the holiday season and get a bonus Holiday Cooking Making cookbook with **over 20 tasty recipes** from 4-H'ers across the country!

[4-H at Home](#) inspires kids and teens to learn, grow, and charge ahead in their lives through critical learning resources accessible to all kids. Explore hundreds of educational activities for kids in topics like STEM, healthy living, and crafting, including step-by-step videos, activity guides, and more.



WSU Extension Adult/Youth Interactions During COVID-19

As we are all in communication via technology with youth at this time, I would like to take this opportunity to remind everyone of WSU Extension's policy on interactions. Under this policy, AT NO TIME should one adult be meeting or communicating with youth WITHOUT the presence of another adult. This policy pertains to Zoom conferences, telephone conversations, text messages, social media posts, etc. To facilitate communication, make certain to cc another adult on written communications, and invite another adult to be present during virtual meetings. The second adult is recommended to be a WSU volunteer; other adults can serve in this role if you're in a pinch.

Jana S. Ferris | Volunteer Specialist, WSU Extension | 425.595.2950

Washington State 4-H – WSU Tuesday News

See more of Washington State 4-H – WSU...read the [Tuesday News](#) each week.

In response to COVID-19, the WSU Extension offices are closed to the public until further notice. All Grant County WSU Extension staff and faculty are working and available by phone, email, or appointment only. Visit your local extension office website for contact information and your county health department for information regarding COVID-19.

4-H Meetings

Note: In response to Covid-19, all in person meetings are cancelled until further notice. 4-H members are not permitted to meet face to face until phase four. Virtual Meetings will be announced in the 4-H Friday Update.

4-H Due Dates

General Due Dates for Grant County 4-H

October 1	New 4-H Year Starts and Enrollment Begins
October 1	Volunteer Hours for the Current Year are Due
October 31	4-H Club Annual End of Year Financial Reporting Forms are Due to the Extension Office. (4-H clubs that do not handle finances are still required to turn in a report that shows no funds are being handled.)
December 1	Annual 4-H Chartered Club Plan & Budget is Due
December 1	Annual 4-H Family Group Plan is Due
January 31	Re enrollment Deadline for Returning 4-H Club Members – Online Registration - https://v2.4honline.com/#/user/sign-in . (\$25 late fee after January 31)
April 1	Ken Ardell Scholarship Applications are Due
May 1	New Member Enrollment Deadline if planning to show at current year fair.
June 15	Secretary Books are Due to Extension Office
July 15	Youth for the Quality Care of Animals (YQCA) Completion Deadline

Annual Animal Ownership Dates for Grant County Fair

January 1	Dairy - Sale Springer & Bred Heifer Certificates are Due
April 1	Horse Ownership Certificates are Due
April 1	Market Steer Ownership Date (Weigh & Tag Day TBA)
May 1	Non Sale Dairy Ownership Certificates are Due
May 8	Market Swine Ownership Date
May 12	Llama Ownership Date
May 15	Poultry Ownership Date
June 15	Rabbit Ownership Date (updated 1.2020)
June 8	Market Goat Ownership Date (Weigh & Tag Day TBA)
June 10	Market Sheep Ownership Date (Weigh & Tag Day TBA)

Annual Animal Ownership Dates for Othello Fair

February 1	Dairy - Sale Springer & Bred Heifer Certificates are Due
April 1	Horse Ownership Certificates are Due
April 30	Market Steer Ownership Date
May 1	Non Sale Dairy Ownership Certificates are Due
July 15	Poultry Ownership Date
July 15	Rabbit Ownership Date
June 12	Llama Ownership Date
June 15	Market Swine Ownership Date
June 15	Market Sheep Ownership Date
July 8	Market Goat Ownership Date

Note: If you have project animal issues (sickness, won't breed, or death,) please contact the Extension Office. Hardship cases will be considered to allow you to show at fair.

Information for Volunteers and 4-H Club Volunteer Leaders

New 4-H Year Annual Fall Kick Off Meeting

General club leaders, family 4-H group leaders, and volunteers assisting with 4-H finances are **required** to attend one of the annual Fall Kick-Off meetings. All leaders and prospective new leaders welcome! Kick Off meeting times are announced in the 4-H Friday Update each new 4-H year.

4-H Online Enrollment: Start of the New 4-H Enrollment Year is October 1

The 4-H year begins October 1 and ends September 30. Youth who have reached their 5th birthday before October 1 of the current 4-H year through youth who have not reached their 19th birthday before October 1 of the current 4-H year are eligible to enroll in a 4-H club. Enroll in 4-H using the [4HOnline system](https://v2.4honline.com/#/user/sign-in) (<https://v2.4honline.com/#/user/sign-in>). There is an additional \$25 fee for late enrollments. Please use Google Chrome or Firefox Web Browser for best results.

Grant County 4-H is able to offer financial hardship assistance scholarships on a case by case basis, some or all of the \$25 per member fee may be covered. [Membership Fee Scholarship Application](#).

Report Your Volunteer Hours Each Month

Volunteer hours are due each year by October 1. If you are a volunteer leader, you need to report your volunteer hours at <https://volunteers.cahnr.wsu.edu/logon.aspx>. Your user name will be either your last name only or your first & last name with a space in between. The password is *password!* (don't forget the exclamation point). If you are unable to log in to the volunteer database, or if you have questions, please contact the Extension Office. **You CAN – and if possible, please do**, put in your volunteer hours retroactively.

WSU Put the Child First Training Video

Create an account at [eXtension Online Campus](#) to access courses.

Once [Registered for volunteer courses](#), enter Enrollment Key:

WSU Put the Child First – Enrollment Key: **GRANT/ADAMS4H**

4-H 101 Leader Training Parts 1 and 2 for Club Leaders and Volunteers

Are you thinking about starting a new 4-H club or family 4-H group? Are you signing up as a volunteer with 4-H for the first time? Are you a returning volunteer and have not completed 4-H 101 Leader Training? If so, please contact Carolyn Russo;grant.4h@wsu.edu, 754-2011 ext. 4313.

New 4-H volunteers are required to complete the 4-H 101 Volunteer Leader Training Parts 1 & 2. This training (how to plan club programming, ensure you are up-to-date on WSU and state 4-H policies and procedures, risk management, etc.) will prepare you to become a certified 4-H volunteer of a 4-H club or group.

WSU 4-H Volunteer Application Forms: [Fillable Word Version](#); [PDF Version](#). All volunteers signing up for the first time must submit application forms to the Extension Office.

4-H 101 Volunteer Leader Training Part 1 (Prerequisite for 4-H 101 Part 2):

- Completed WSU 4-H Volunteer Application on file at the Extension office.
- Complete the [Washington 4-H Volunteer Orientation Modules](#). Enrollment Key: GRANT
- Complete the [WSU Put the Child First](#) training video. Enrollment Key: GRANT/ADAMS4H

4-H 101 Volunteer Leader Training Part 2

- Trainings are held in Grant County and Adams County. Scheduled training dates are announced in the [4-H Friday Update](#) and an RSVP to the Extension Office is required.

Preserve the Taste of Summer Training (Required of Food Preservation Projects Leaders)

All 4-H project leaders leading food preservation projects and activities will need to have completed this online food preservation program training series. The cost of the series is \$25.00. [Details and Registration](#).

Shooting Sports Training (Required for Shooting Sports Project Leadership)

Additional 4-H Shooting Sports Training for specific shooting sports disciplines is required for certified 4-H volunteers to lead 4-H Shooting Sports Projects. 4-H volunteers interested in leading shooting sports projects should contact Carolyn Russo;grant.4h@wsu.edu, 509-754-2011 ext. 4313. You will be notified when 4-H Shooting Sports Trainings are scheduled in WA or ID.

4-H Request to Fundraise Form

To be in compliance with 4-H policy, all fundraising activities need prior approval from the county 4-H Program Coordinator or 4-H Youth Development Regional Specialist. A [request to fundraise form](#) is to be turned in to the Extension Office within 5 days prior to the fundraising activity of your club/group.

HEART

relating, caring



HEAD

managing, thinking



HEALTH

being, living



HANDS

giving, working

