

July
2021

4-H FOCUS



HEAD



HEART



HANDS



HEALTH

BREAKING NEWS

RESUMPTION OF 4-H IN-PERSON ACTIVITIES UPDATE

Announcement Revised July 6, 2021

On June 30, 2021, Governor Inslee reopened Washington under the [Washington Ready](#) plan. For those who are not vaccinated, we recommend that they continue to wear masks indoors. Also, we encourage everyone to wear masks for safety and to model the behavior for youth, who are still required to wear masks.

If an activity is conducted outdoors, there is no requirement to wear masks.

However, people should continue to practice physical distancing of six feet, if possible. We no longer require volunteers to write and submit meeting, event and activity plans.

Please call your local WSU Extension office at (509)574-1574 or email Sarah at sarah.boerum@co.yakima.wa.us if you have any questions.

Vaccinations & Masks

Are you vaccinated? Wahoo!

Fully-vaccinated adults now have the option to unmask and stop 6-foot distancing at 4-H in-person events. However, we still encourage you to mask up when working with youth and when in large group settings. This is partially for safety, but also a great opportunity to serve as a role model for our youth who are still required to wear masks. Adults who are not fully vaccinated must still wear a mask and maintain at least six feet of distance from others during programming. Keep in mind some event locations may still request all individuals to mask up regardless of vaccination status. For questions about the Washington Ready re-opening and 4-H, contact the WSU Extension office at (509) 574-1574

In This Issue: Jump to section by clicking link

- ❖ [Page 1-Upcoming Events](#)
- ❖ [Page 2-Livestock](#)
- ❖ [Page 3-Fair News](#)
- ❖ [Page 4-Equine News](#)
- ❖ [Page 5- 4-H Spotlight and Virtual Programs](#)
- ❖ [Page 6- In Other News](#)
- ❖ [Page 7-Calendar of Events](#)
- ❖ [Page 8-Important Links & Resources](#)



UPCOMING EVENTS

July 7-14	Virtual Practice Livestock Judging for Yakima County 4-H	email for link and code- sarah.boerum@co.yakima.wa.us
July 8th	4-H National Ag Summit Presentation- Milk from Cow to You	email for link- sarah.boerum@co.yakima.wa.us
July 19-26	Series #5 Yakima County Livestock Judging Contest	email for link and code- sarah.boerum@co.yakima.wa.us
July 20	Washington State 4-H Dairy Judging and Quiz Bowl Contests	Gary Fredricks 360-577-3014 ext 3, garyf@wsu.edu
August 1	4-H Awards and Recognition Program Nominations Deadline	https://extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact the WSU Extension Office at 509-574-1600 at least two weeks prior to the event.

LIVESTOCK



Please join us!!
FREE OPPORTUNITY
Yakima County 4-Hers



Jared Sheehan, Claire Sheehan, and Melissa Alberti
will present a Zoom series on dairy nutrition and sustainability.
Come support their National 4-H Ag Summit venture.

Thursday, July 8, 2021 at 6:30 p.m. - Milk From Cow To You

Tuesday, August 3, 2021 at 6:30 p.m. - Feeding the Cow, and What She Gives Back to Us

Tuesday, August 18, 2021 at 6:30 p.m. - Dairy Recycling and Sustainability

For Zoom ID and Passcode, email Sarah at sarah.boerum@co.yakima.wa.us



Washington State 4-H Dairy Judging and Quiz Bowl Contests Coming July 20th

The State 4-H Dairy contests for Judging and Quiz Bowl determines the individuals that will represent Washington State participating at the National events. This year both contests will be held on **Tuesday, July 20, 2021** at the Fairgrounds in Monroe, Washington.

9:00 a.m. - 4-H Dairy Quiz Bowl Contest

12:30 p.m. - Dairy Judging Contest

General Dairy Judging Team information can be found at this link:

<https://extension.wsu.edu/4h/dairy-endowment-fund/program-activities/dairy-judging-team/> .

General Quiz Bowl Team information can be found at this link

<https://extension.wsu.edu/4h/dairy-endowment-fund/program-activities/quiz-bowl-team/> .

If you have an individual 4-H'er or team that wants to compete, please contact Gary Fredricks at 360-577-3014 Ext. 3, or at garyf@wsu.edu.



Things Are Heating Up: Alleviating Heat Stress in Small Livestock

- ★ When possible, provide shade during the day to alleviate heat stress, especially in animals with darker coats.
- ★ Minimize or avoid unnecessary animal work during peak heat times (10 a.m. to 4:00 p.m.).
- ★ Ensure adequate ventilation and air movement to animals housed indoors.
- ★ One of the best practices for alleviating heat stress is providing plenty of clean, cool water.
- ★ Provide one to three pounds of water per-pound dry matter.
- ★ Check water quality. Although it is always recommended to provide water, it is especially important to encourage its intake during heat stress. When encouraging water intake, ask yourself, "Would you drink this water?" If the answer is no, why is that? Maybe a little extra time is needed to clean the stock tank, or there may be off flavors.

Source link: <https://extension.sdstate.edu/heat-stress-small-ruminants>



2021 4-H State Fair Update – Tom Gwin, 4-H State Fair Manager



With the possibility of the entire state moving into a full reopening on June 30, the Washington State 4-H Fair Board wanted to provide an update for this year's fair.

The Washington State Fair is currently planning to open with a face-to-face fair this year. The dates are September 3-26, 2021. There may be some modifications to show schedules and activities.

The State 4-H Fair Board is currently planning for both a face-to-face fair and a virtual fair. A decision as to whether the fair is face-to-face, virtual format or a combination of both will be made after the proposed State of Washington reopening of June 30.

As some counties have already decided not to hold a face to face fair in 2021, we will be waiving the county qualifying requirement for all exhibits in 2021. It is still up to each county to determine who will represent their county at the state fair.

If we do have a face to face fair, we will continue with the allocation process for animals as we have in previous years. Again, the counties will each need to determine how their allocation is filled and by whom. **We hope to be able to provide answers to our 4-H exhibitors and their families as soon as we can once the final decision is made as to the format we will follow this year. Check <https://www.thefair.com/> for updates.**



“LET’S STIRRUP SOME FUN IN ‘21”

THE YAKIMA VALLEY FAIR & RODEO.

The Livestock Show will not be a 4-H/FFA event. It will be a **Youth Livestock Show** during the week of **August 11 - 14, 2021**. It will be open to youth with a permanent address within a Yakima County school district, those parts of Benton County including Prosser School District, Paterson School District, or Kiona Benton School District, and those parts of eastern Klickitat County including the Bickleton School District. Continue checking their website for updates <http://yvfair-rodeo.org/>

Livestock questions, please contact Ryan VanBeek at (509) 831-5820 or Chris VanBelle at (509) 728-8387 via text or phone call.

PRACTICE VIRTUAL LIVESTOCK JUDGING FOR YAKIMA COUNTY 4-H

Wednesday, July 7
to
Wednesday, July 14

This contest will have one class of each of the species:
Market Steers, Market Goats, Market Swine, and
Market Lambs, and Breeding Ewes.



Looking for livestock judging for the State Fair? Just email Sarah at sarah.boerum@co.yakima.wa.us and we will send you a link and code to our practice Virtual Livestock Judging! These scores will NOT count toward the High Point award at the end of the year. Scores will be sent to each participant via email for review. Happy judging!

News from Sagebrush Riders:



This is Madison, reporting for June for Sagebrush Riders. This month the Sagebrush Riders would like to congratulate our high school graduates: Amelia Haller and Evin Harvey!

The past few months we have done a few community service projects such as creating a "Thank You Video" to our first responders and volunteered some time to help with a St Joe's/Marquette beginner auction ride, where kids came to learn the basics of horsemanship.

We are also happy to see 4-H shows in the near future.

Sincerely,
Madison Morgan | SBR Reporter

Too Hot to Trot! **Cooling** an **overheated** horse

To cool an overheated horse (rectal temperatures above 103° F):

- Spray the horse's head, back, neck, rump and legs with a steady stream of cool water.
- Repeat this continuously until the horse is cool.

You can add ice to the water to speed-up cooling for very hot horses (rectal temperatures above 105 F).

- Research shows using ice to cool a hot horse is safe.
- Ice baths reduce core body temperature and lower heart rates after hard exercise.
- Horses were also found to trot more freely after an ice bath.
- Don't directly apply ice water over the hind end (large gluteal muscles). Focus on areas where the blood vessels are more prominent: head, neck, back and rib area.

The best way to cool down an overheated horse is to:

1. Get them into the shade (remove them from radiant heat gain)
2. Let them drink tepid water – add electrolytes or Gatorade (hydration)
3. **Cold** water baths (conductive heat loss) starting with feet/legs. ...
4. Get a breeze going – fans/air movement (convective heat loss)

Source link: <https://extension.umn.edu/horse-care-and-management/caring-horses-during-hot-weather>

Plea for 4-H Horse Project Youth to Vaccinate for Equine Influenza

Dr. Susan Kerr, WSDA Education and Outreach Coordinator 4-H horse project youth, your horse depends on YOU to keep him/her safe and healthy!

If your horse is at risk of catching influenza from other horses, why not prevent this disease and all its complications by vaccinating him/her? The American Association of Equine Practitioners (AAEP) recommends horses at risk be vaccinated for influenza every six months.

A very good article with more details about equine influenza is available at <https://www.equinediseasecc.org/disease-information>. For more information about equine vaccinations, see the AAEP's recommendations at <https://aaep.org/horse-owners/owner-guidelines/owner-vaccination-guidelines> or speak with your veterinarian.



4-H SPOTLIGHT

Series #3 Virtual Livestock Judging Results

Youth Division	Participant Name	Market Beef	Market Sheep	Market Swine	Market Goats	Meat *Bonus*	Total Score
Junior	Raygan O'Neal	40	50	50	48	46	188
Intermediate	Rylee O'Neal	40	48	50	48	46	186
Intermediate	Andrew Sheehan	43	48	47	42	46	180
Intermediate	Annalies VanderMeulen	47	38	50	43	13	178
Senior	Victoria Gutierrez	40	42	43	42	50	167
Junior	Jacob VanderMeulen	32	42	46	47	13	167
Junior	Cody Partlow	39	32	43	48	33	162
Cloverbud	Annalies Sheehan	38	34	38	43	46	153
Intermediate	Claire Sheehan	29	47	22	43	25	141
Senior	Jared Sheehan	38	32	30	39	46	139
Intermediate	Darrin VanderMeulen	24	24	23	37	13	108

EDUCATOR OPPORTUNITIES

I PLEDGE
MY HEAD
to clearer *thinking*

MY HEART
to greater *loyalty*

MY HANDS TO **LARGER SERVICE**

MY HEALTH
to better *living*

FOR MY CLUB & MY
MY COMMUNITY
MY COUNTRY *world.*

WASHINGTON TEACHERS K-12 VIRTUAL TEACHER WORKSHOPS

\$50.00 FOR ALL WORKSHOPS
\$40.00 IF REGISTERED BY JUN 11TH

SAVE \$10 FOR REGISTERING EARLY!

ATTENDEES WILL BE MAILED AG@SCHOOL MAGAZINES, RESOURCES, MATERIALS, LESSON PLANS AND TEACHER RESOURCE KITS INCLUDING ACTIVITIES, HANDS-ON ACTIVITIES AND EXAMPLES.

WEDNESDAYS 11:30AM - 1:00PM

<https://forms.gle/3nQMifAv5uzTa9nc8>

Celebrate Washington Agriculture! Learn about the history of Washington's topography, unique growing regions and diversity of crops.

June 30th

Plant Science - topics will include best management practices, environmental stewardship, plant life cycles, use of plants, products and the industry

July 7th

Animal Science - topics will include best management practices, environmental stewardship, animal life cycle, use of animals, products and the industry

July 14th

Now what? How do I? - You will be provided a variety of ways and examples of how to implement agriculture within your already packed curricula

July 21st



- Animals and plant producers will be available on all workshops. **BRING YOUR QUESTIONS!**
- Open to formal and informal educators.
- Registration is due by June 21st.

Washington State University U.S. Department of Agriculture, and Skagit County Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported to your local Extension Office.



DIVE4Ag Project

Distant Immersive
Virtual Education for
Agricultural Sciences

timelooper™



EDUCATORS, join DIVE4Ag! All Activities are virtual

Our project will deliver agricultural science education virtually to middle and high school youth. We need educators to join the project ASAP and help us make this project amazing!



REGISTER

https://oregonstate.qualtrics.com/jfe/form/SV_9Y2govDa2zEtZ1s



We have stipends for middle and high school level educators who have the capacity to commit to

attend our professional development opportunities

help recruit and connect students with project activities for youth

Participate in our 1-day DIVE4Ag Virtual Challenge with a group of youth

Not sure you can commit? We would love for you to participate and do what you can. Respond the survey to be added to our list or check our website for launching activities.



<https://dive4ag.oregonstate.edu>



dive4ag@oregonstate.edu

IN OTHER NEWS



4-H State Office wants to hear from YOU

Nancy Deringer, State Director, and Jana Ferris, State Volunteer Specialist, are hosting three listening sessions, on **July 15, August 10 and August 26** from 5:00 PM – 7:00 PM each evening.

We want to hear from our 4-H Volunteer Leaders, 4-H Members, 4-H Families, and anyone else interested in the 4-H Youth Development Program.

Each session is an open session, so please come with questions, ideas, etc

Join Zoom Meeting from PC, Mac, Linux, iOS, or Android:
<https://wsu.zoom.us/j/94635029494?pwd=YzQ3dWhVeHduS01jSDNkY0dZeG1aQT09&from=addon>

Meeting ID: 946 3502 9494

Passcode: 691120

Or join by phone:

US: +1 253 215 8782 or +1 669 900 9128 or +1 646 558 8656

We look forward to hearing from you!



- [Episode #1: Animals Support Mental Health of Youth During Pandemic](#)
- [Episode # 2: Locally Raised Beef- Marketing, Selling, and Buying](#)
- [Episode # 3: What Should I Feed My Pets? Tips From an Animal Nutritionist](#)
- [Episode #4: Pasture Management and Grazing in the PNW](#)

The Cougs Talk Stock podcast website can be found at: <https://soundcloud.com/cougstalkstock> or on Apple Podcasts.



State traps hundreds of Japanese beetles; asks public to help by reporting and trapping

Adult Japanese beetles are metallic green and brown and have little tufts of white hairs on their sides. They emerge – usually from lawns or other soil – and feed throughout the summer. While roses are a favorite for Japanese beetles, they feed on more than 300 types of plants, including crops widely grown in the Yakima Valley, such as grapes, hops, apples, cherries, corn, and turf grass. If these beetles become established in Washington, it will have serious impacts to gardens, parks, lawns, and agriculture.

WSDA is asking anyone who thinks they see Japanese beetles to collect them, take a photo, and submit a report. Japanese beetles do not bite or sting, so they can be safely and easily collected. Visit agr.wa.gov/beetles to report suspected sightings, including the number of beetles with the report.

Read all articles from the Master Gardeners here:
<https://extension.wsu.edu/yakima/home-garden/master-gardeners/master-gardeners-columns/>



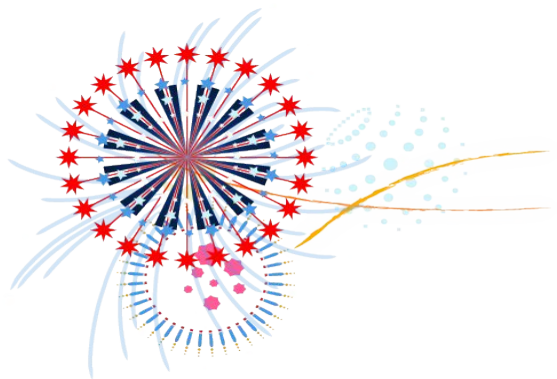
Dr. Universe Wants to Answer Your Questions!

Northwest Public Broadcasting is teaming up with Dr. Universe to answer video questions from kids about plants, flowers, fruits, and rocks, volcanoes, and earthquakes! They are looking for video submission questions from curious kids and thought our 4-H members might be interested in submitting video questions. A short how-to submit video can be found at askDrUniverse.wsu.edu

WSU's Dr. Katie Cooper will help answer the geology questions and Dr. Amit Dhingra will help with the plant questions.

CALENDAR OF EVENTS

July 7-14	Virtual Practice Livestock Judging for Yakima County 4-H	email for link and code- sarah.boerum@co.yakima.wa.us
July 8th	4-H National Ag Summit Presentation- Milk from Cow to You	email for link- sarah.boerum@co.yakima.wa.us
July 19-26	Series #5 Yakima County Livestock Judging Contest	email for link and code- sarah.boerum@co.yakima.wa.us
July 20	Washington State 4-H Dairy Judging and Quiz Bowl Contests	Gary Fredricks 360-577-3014 ext 3. garyf@wsu.edu
August 1	4-H Awards and Recognition Program Nominations Deadline	https://extension.wsu.edu/4h/for-volunteers/waste-volunteer-recognition/
August 3rd	4-H National Ag Summit Presentation- Feeding the Cow, and What She Gives Back to Us	email for link- sarah.boerum@co.yakim.wa.us
August 11-14	Yakima Valley Fair & Rodeo Youth livestock show. No 4-H or FFA divisions. Registration has ended.	http://yvfair-rodeo.org/
August 18	4-H National Ag Summit Presentation- Dairy Recycling and Sustainability	email for link- sarah.boerum@co.yakima.wa.us
September 1	4-H Outstanding County Leader/Teen Recognition Nominations Deadline	https://extension.wsu.edu/4h/for-volunteers/waste-volunteer-recognition/
September 3-26	Washington State Fair	https://www.thefair.com/
September 30	SFC Killeen Memorial 4-H Summer Outdoor Challenge Ends	forms to enter: https://forms.gle/iAtqwttmHMFipnmg9



Yakima County WSU Extension office is closed Monday, July 5th for Independence Day

HAVE A NEED/FILL A NEED

Volunteers: YOUR TIME MATTERS TO US.

Every hour you spend supporting 4-H is a donation. All Certified 4-H Volunteers are required to report hours; reporting protects and supports you and the local program! By reporting your hours you give Yakima County 4-H the numeric proof we need to show our funders and higher-officials that our programs are greatly valued and needed. In addition, reporting your hours makes you eligible for the Dept. of Labor and Industries medical aid program (this program allows an injured volunteer's medical expense to be paid by the Department of Labor and Industries), and allows you protection under the state of Washington tort claims law, RCW 4.92.060, for acts or omissions while performing, or in good faith purporting to perform, your official volunteer duties.

What qualifies as volunteer hours? Anything and everything you do for 4-H! Teaching, planning, prepping, shopping, helping at fair and other events, paperwork, training, driving, calling, mentoring, presenting, emailing, even reading this! If it's for 4-H, it counts!

Email Sarah at sarah.boerum@co.yakima.wa.us or call at (509)574-1574 if you need assistance.

COVID UPDATE: Find Yakima County 4-H Guidelines link:

<https://extension.wsu.edu/yakima/2020/03/yakima-county-4-h-covid-19-response/>

Quick Links

- ☐ Volunteer Sterlings Background screening <https://app.sterlingvolunteers.com/en>
- ☐ 4-H Online Enrollment Link <https://v2.4honline.com/>
- ☐ 4-H Online Enrollment: Creating Family Profile Youtube <https://extension.wsu.edu/yakima>
- ☐ 4HOnline Enrollment Guide <https://s3.wp.wsu.edu/uploads/sites.pdf>
- ☐ Yakima County 4-H From Home <https://extension.wsu.edu/yakima/4-h/4-hfromhome/>
- ☐ Yakima County 4-H website: <http://extension.wsu.edu/yakima/4-h/>
- ☐ Yakima County Facebook Page: <http://www.facebook.com/YakimaCounty4H>
- ☐ State 4-H Website: <http://extension.wsu.edu/4h/>
- ☐ WSU Extension Publications, <https://pubs.extension.wsu.edu/>
- ☐ Volunteer Reporting Hours <https://volunteers.cahnrs.wsu.edu/logon.aspx>



You are **strong**.
You are **courageous**.
You are an **inspiration**
to us all.

Freebies:

- 1 Carder
- 1 Curry brush
- 2 small feed bins
- 1 corner large feed bin
- 1 chick feed tray
- 2 sheep nylon collar
- 1 collar

-Call and make an appointment to pick up at the WSU extension office 574-1574

WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19

The *WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19* was developed to help parents and their families navigate the pandemic and the days to follow. The publication is available at https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf.



Yakima County

WASHINGTON STATE UNIVERSITY
EXTENSION

"WSU Yakima County Extension empowers our families, communities, and local partners through a network of educators and volunteers to provide research-based outreach and creative solutions to enhance agricultural productivity, environmental stewardship, and quality of life."

Alison White
Regional Specialist, 4-H Youth Development

Jennifer Loyd
Program Coordinator, 4-H Youth Development

Sarah Boerum
Program Specialist, 4-H Youth Development