

August 2021

4-H FOCUS



WASHINGTON STATE UNIVERSITY



YAKIMA COUNTY EXTENSION

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HEAD



HEART



HANDS



HEALTH

“A LOT OF GROUPS GO OUT THERE AND TALK ABOUT IT—WE GO OUT THERE AND **ACTUALLY DO IT.”**



JOIN THE REVOLUTION OF RESPONSIBILITY

PROGRAM NEWS

Masking Guidelines Updated For Programs with Children:

The revised guidance states, all people, regardless of vaccination status, must wear masks indoors when children are present or expected to be present.

This change to policy is required to protect the safety of all 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.

Please work with your local County Extension 4-H Office if you have any questions. The Washington State 4-H Youth Development Program policy will now reference requirements set forth by the Washington State Department of Health's [K-12 COVID-19 Requirements for Summer 2021 and the 2021-2022 School Year](#) document.

UPCOMING EVENTS

Aug-1	4-H Awards and Recognition Program Nominations Deadline	https://extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/
Aug-3	4-H National Ag Summit Presentation- Feeding the Cow, and What She Gives Back to Us	email for link- sarah.boerum@co.yakima.wa.us
Aug 10	4-H State Office Zoom	https://wsu.zoom.us/j/94635029494?pwd=YzQ3dWhVeHduS01jSDNkY0dZeG1aQT09&from=addon
Aug 11-14	Yakima Valley Fair & Rodeo Youth livestock show. No 4-H or FFA divisions.	http://yvfair-rodeo.org/
Aug-18	4-H National Ag Summit Presentation- Dairy Recycling and Sustainability	email for link- sarah.boerum@co.yakima.wa.us
Aug-21	Small Ruminant Seminar	email Sarah at sarah.boerum@co.yakima.wa.us for info
Aug-26	4-H State Office Zoom	https://wsu.zoom.us/j/94635029494?pwd=YzQ3dWhVeHduS01jSDNkY0dZeG1aQT09&from=addon

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

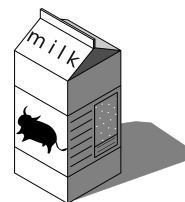
Please join us!!
FREE OPPORTUNITY
Yakima County 4-Hers
Jared Sheehan, Claire Sheehan,
and Melissa Alberti
will present a Zoom series on dairy
nutrition and sustainability.
Come support their
National 4-H Ag Summit venture.



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



REMINDER! Play It Safe Around Poultry!



There is an ongoing multi-state salmonella outbreak associated with backyard chickens. The story link is below, along with extracted CDC advice about how to stay healthy around chickens. **ONLY KISS CHICKENS ON THEIR LIPS!**

Susan Kerr, DVM, PhD

WA State Dept. of Ag Educational Outreach Specialist

<https://www.freep.com/story/news/local/michigan/2021/05/21/salmonella-outbreak-backyard-chickens-michigan/5204451001/>

EQUINE

Upcoming Equine Show Opportunities:

- ❖ September 8-11 = Washington State 4-H Fair (WSF – Puyallup) Senior dressage show
- ❖ September 9-13 = WSF Senior Performance show
- ❖ September 14-15 = WSF Harness show
- ❖ September 15-19 = WSF Senior games show
- ❖ September 18 = Washington State Junior Horse Show (WSJHS) 4-H performance & gaming classes
- ❖ September 19 = WSJHS open classes
- ❖ September 19-23 = WSF Intermediate dressage & performance show
- ❖ September 23-26 = WSF Intermediate games show
- ❖ September 24-27 = Central Washington State Fair (CWSF) pony/mini show
- ❖ September 28-30 = CWSF open show
- ❖ October 1-3 = CWSF 4-H/youth show



Email Sarah at sarah.boerum@co.yakima.wa.us for more information

FAIR NEWS

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

The Washington State Fair will take place September 3 through 26 in Puyallup with a full face-to-face fair. My direction from fair administration is that we will proceed with a livestock schedule similar to 2019. The 4-H Fair Board has agreed and will proceed accordingly. A tentative schedule of activities/events for this year's fair can be found by following this link:

<https://s3.wp.wsu.edu/uploads/sites/2050/2021/07/2021-SECT-B-SCHEDULE-OF-EVENTS.pdf>

The 4-H Fair Exhibitor Guide is available at this link: <https://extension.wsu.edu/4h/fairs/state-4-h-fair/exhibitor-guide/>

Any errors or revisions will be shared via 4-H talk and Tuesday News.

There are several changes this year:

- ★ The dormitories will not be available
- ★ Kitchen activities will be virtual
- ★ Juniors will be eligible for participation in all judging contests
- ★ County qualifying is not required this year, however we are limited in many animal project areas by available space and time
- ★ Counties are still responsible for determining who will represent their county at the state 4-H fair

We will have a virtual option for public presentations. Information on that class will be forthcoming soon.

If you are interested in participating in the 4-H State Fair this year, please contact Sarah or Jenny with your name, club and what event you would like to participate in. Call your Yakima County Extension office at (509) 574-1574 or email Sarah at sarah.boerum@co.yakima.wa.us or Jenny at jenny.loyd@wsu.edu.



Central Washington State Fair

Friday, September 24th - Sunday, October 3rd, 2021

Pre-Fair Discount Gate Admission

(Available Now - Thursday, September 23rd At 11:00pm)

Adults: \$12

Youth (ages 6-12): \$9

Seniors (ages 65+): \$9

Military (includes active, reserve, retired, veterans): \$9

First Responders (includes Sheriff, Police, Fire, EMS): \$9

Family of Military & First Responders: \$10

Kids 5 & under: FREE

Link to CWSF website for more information: www.statefairpark.org



IN OTHER NEWS

4-H State Office wants to hear from YOU

Nancy Deringer, State Director, and Jana Ferris, State Volunteer Specialist, are hosting two more listening sessions, on **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=YzQ3dWVhVeHduS01jSDNkY0dZeG1aQT09&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!





4-H SPOTLIGHT

Series #4 Virtual Livestock Judging Results

Youth Division	Participant Name	Market Swine	Market Goat	Market Beef	Market Lamb	Total Score
Senior	Skyler Southwick	27	50	45	49	171
Senior	Hailey Schlosser	21	42	47	49	159
Senior	Jared Sheehan	34	28	41	48	151
Intermediate	Cynthia Southwick	37	49	42	50	178
Intermediate	Rylee O'Neal	27	42	50	42	161
Intermediate	Annalies VanderMeulen	34	45	30	46	155
Intermediate	Darrin VanderMeulen	37	50	17	49	153
Intermediate	Claire Sheehan	30	37	38	42	147
Junior	Raygan O'Neal	11	43	41	40	135
Junior	Jacob VanderMeulen	11	33	31	44	119
Cloverbud	Annalies Sheehan	21	33	22	49	125

LEARNING OPPORTUNITIES

Join Washington's Youth In Action Healthy Living Pillar winner Mayyadah, Youth In Action STEM Pillar winner Aidan, and Time Magazine's "Kid of the Year" Gitanjali, along with Lexi Underwood from Hulu's Little Fires Everywhere in a conversation about teen mental health.

WHAT I WISH PEOPLE KNEW



ABOUT TEEN MENTAL HEALTH

43% of teens have experienced depression.



#WhatIWishPeopleKnew

7 in 10 teens are struggling with their mental health in the wake of COVID-19.



#WhatIWishPeopleKnew

67% of teens feel pressure to keep feelings to themselves.



#WhatIWishPeopleKnew

In the wake of COVID-19, 7 in 10 teens were struggling with their mental health, according to a survey by National 4-H Council. "What I Wish People Knew" is an open and honest conversation about coping with mental health challenges. Tune in to hear the powerful stories of three 4-H'ers in this conversation facilitated by actress Lexi Underwood. Try our featured 4-H at Home activities to help improve mental wellness and build mental resilience.

When: 8:30pm ET on Wednesday August 4th

Where: Right here at 4-H.Org! <https://4-h.org/parents/youth-voices/what-i-wish-people-knew/>

and live streamed on 4-H's Facebook Page: <https://www.facebook.com/4-h>

CALENDAR OF EVENTS

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Sep-1	4-H Outstanding County Leader/Teen Recognition Nominations Deadline	https://extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/
Sep 3-26	Washington State Fair-Puyallup	https://www.thefair.com/
Sep 18 - Sep 19	Washington State Junior Horse Show	ms.berly@yahoo.com
Sep 24-Oct 3	Central Washington State Fair-Yakima	https://www.statefairpark.org/
Sep-30	SFC Killeen Memorial 4-H Summer Outdoor Challenge Ends	forms to enter: https://forms.gle/iAtgwtmHMFIPnmq9
Oct-1	4-H 2021-2022 Year Begins	sarah.boerum@co.yakima.wa.us

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.



HAVE A NEED/FILL A NEED

Disaster Preparedness Links

Agencies and knowledgeable personnel are already predicting that we could have a terrible fire season this year. Are you prepared for fire or other disasters? These publications will help you, your family, communities be prepared for whatever natural disaster may strike. Thanks to Drs. Craig McConnel and Dale Moore for sharing these materials.

To view and/or download the fact sheet, click on the title below or go to their website at

<https://extension.wsu.edu/4h/news/> :

- [Ag Producer Safety During Wildfires](#)
- [Establishing and Operating Animal Shelters](#)
- [Establishing and Operating Disaster Information Centers](#)
- [Forming and Engaging County Ag Response Teams](#)
- [Disaster Go Bags](#)
- [Livestock Handling During Disasters](#)
- [Mitigating Impacts of Livestock Transportation Accidents](#)
- [Practical Livestock Evacuation](#)
- [Feeding Livestock In a Disaster](#)

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>

Freebies: Assorted Horse Supplies

Call and make an appointment to pick up or view at the Yakima County WSU extension office: (509) 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