

September
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

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.

UPCOMING EVENTS

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 17-19	2021 STEM Summit: Galactic Quest	https://forms.gle/NadNBZHLYU6WmGqc8
Sep-18	Central Washington State Fair- 4-H Entries Due	https://extension.wsu.edu/yakima/4-h/4-h-events/
Sep-18	Washington State Junior Horse 4-H Show	https://extension.wsu.edu/yakima/4-h/4-h-events/4-h-horse-events/
Sep-19	Washington State Junior Horse Open Show	https://extension.wsu.edu/yakima/4-h/4-h-events/4-h-horse-events/
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/iAtqwtmHMFipnmq9

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

Dairy Judging Contest

Seniors	Total Score
Jared Sheehan	99

Intermediates	Total Score
Andrew Sheehan	156
Claire Sheehan	155
Darrin VanderMeulen	149
Annalies VanderMeulen	132

Juniors	Total Score
Jacob VanderMeulen	106

Cloverbuds	Total Score
Annalise Sheehan	149



All participants receive a Blue Ribbon. Cloverbuds received a Rainbow Ribbon.

Thank you to all who participated this 4-H year in the Virtual Livestock Judging Contests and the Dairy Judging Contest!!

Virtual Livestock Judging Contest Series #5

Seniors	Total Score
Hailey Schlosser	193
Skyler Southwick	159
Jared Sheehan	151

Intermediates	Total Score
Rylee O'Neal	182
Dylan Schlosser	165
Darrin VanderMeulen	149
Annalies VanderMeulen	134
Andrew Sheehan	134
Alexandria Southwick	131
Claire Sheehan	127
Cynthia Southwick	114

Juniors	Total Score
Raygan O'Neal	168
Jacob VanderMeulen	104

Cloverbuds	Total Score
Annelise Sheehan	144

EQUINE

2021 Washington State Jr Horse Show



4-H Show: Saturday, September 18th, 2021
Open Show: Sunday, September 19th, 2021

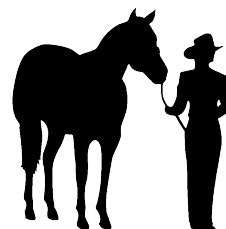
4-H Gaming Events: Fitting & Showing, Barrel Racing, Pole Bending, Idaho Figure 8 Race, Key Hole Race, Two barrel flag and International Flags,
4-H Performance Events: Fitting & Showing, Trail, Dressage Rail, Western Equitation, English Equitation, Bareback, and Rail classes.

Open classes list is available through this link: [WSJHS Open \(PDF\)](#).

4-H Non-Performance Events (open until September 19th): Judging Tour, Record Book, Public Presentations, Poster Educational and/or Promotional, Expressive Arts, Family & Consumer Science. **Non-Performance Section for Cloverbuds.** Email Sarah at sarah.boerum@co.yakima.wa.us for Horse Judging Tour link and code.

Entry Forms are available:

- Download by clicking this link: [WSJHS Entry Form \(PDF\)](#)
- At the WSU Extension Office (2403 S. 18th St, Ste 100 in Union Gap, WA 98903)
- By email: sarah.boerum@co.yakima.wa.us



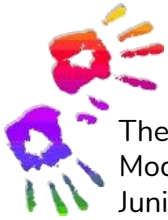
FAIR NEWS

Central Washington State Fair

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

Showcasing the very best the Central Washington and the Pacific Northwest has to offer in livestock, creative arts, farm products, school projects, and more is a time-honored ritual here at the Central Washington State Fair. We invite you to join in our tradition of competition. There's a category for almost everything and everyone.

- For 4-H Entries in the Modern Living Building, rules and regulations are available at this link: https://cdn.saffire.com/files.ashx?t=fg&rid=StateFairPark&f=2021_4-H_Department.pdf
- The entry forms for 4-H General Exhibits are at this link: <https://extension.wsu.edu/yakima/4-h/4-h-events/>
- Link to CWSF website for more information: www.statefairpark.org



LEADER'S COUNCIL 4-H CONTEST "MOST PROLIFIC PARTICIPANTS"

The Top 5 4-H participants with the most exhibit entries in the Modern Living Building will win a \$25 Visa gift card! Open for Junior, Intermediate and Senior Divisions. Cloverbuds will get a ribbon and a prize.



AWARD APPLICATIONS

CLUB AWARDS APPLICATIONS

Many of your clubs have contributed a great deal to our community or to furthering project work in home economics or agriculture. Perhaps your club would like to apply this year. Traveling trophies are waiting to be awarded to deserving clubs. Applications are due in the Extension office by **October 22nd**. All award forms are available to download at: <http://extension.wsu.edu/yakima/4-h/4-h-forms/>

- ★ Toppenish Rotary Club Trophy for Livestock (1st & 2nd) and Home Economics (1st & 2nd). Represents outstanding achievement in Home Ec. And Agriculture project clubs. Applicants are judged on outstanding achievements, number and type of entries at fairs and other counties.
- ★ Inez Walter Perpetual Traveling Trophy. Represents an outstanding horse club in community service work.
- ★ Lew Evans Memorial Trophy. Represents quality of community service project, harmony and the goodwill developed within the club and community.
- ★ Leader of the Year Nominations
- ★ I Dare You Leadership Award & Scholarship
- ★ Year-end Outstanding County Equine Participant, Horse & Horseless Members
- ★ Recommendation for Honorary Leader (all retired 4-H leaders are eligible)



CERTIFICATES OF APPRECIATION

It's time to say "Thank you" to all the individuals and businesses who've helped, donated time, or sponsored your club and/or event. Please send your list to Sarah at sarah.boerum@co.yakima.wa.us so they can receive a Certificate of Appreciation for their support of 4-H. Due in Extension office **October 22nd**.

4-H RECORD BOOK MEDAL OF HONOR & COMPLETION JUDGING

Don't forget to finish up your Record Books and turn them into the Extension office by October 22nd, in order to be considered for Medal of Honor and Completion Judging. Club leaders need to complete the form to nominate your members for this award. Forms are available in the Extension office and on the Yakima County 4-H website.

Link to forms is here: <https://extension.wsu.edu/yakima/4-h/4-h-forms/>

4-H SPOTLIGHT

Overall Winners of the Virtual Livestock Judging Contest Series (5 Contests Total)



Senior
Hailey Schlosser

Intermediate
Rylee O'Neal

Junior
Raygan O'Neal

Cloverbud
Annelise Sheehan



4-Hers Jared and Claire win Outstanding Exhibitor Award at the Yakima Valley Fair and Rodeo!

4-Her Addison wins the Junior Division in Livestock Judging at the Yakima Valley Fair and Rodeo!



LEARNING OPPORTUNITIES



Even though you may not know it, your daily life is connected to space. Hospitals, banks, streetlights, gas pumps, phones, televisions and more use a vast network of satellites orbiting our planet. At the 2021 STEM Summit, participants will work with peers and group leaders on a variety of workshops and collaborative exercises. Each virtual session will test and strengthen foundational STEM skills while participants wrestle with the same questions as today's top aerospace scientists and engineers.

The Summit Agenda can be found at:

https://cdn.shopify.com/s/files/1/0650/2997/files/STEM_Summit_2021_Agenda_8.3.pdf?v=1628170841

Please complete the following form for youth interested in attending:

<https://forms.gle/NadNBZHLyU6WmGqc8>



Watch the Teen Mental Health Discussion – The Recording Is Now Available!

In 2020, 4-H surveyed young people as COVID-19 changed all of our lives. We learned that 7 in 10 teens were struggling with their mental health. But how are they coping now and what do they wish you knew about mental health?

Lexi Underwood, actress and advocate best known for her role on Hulu's Little Fires Everywhere, joined three brave 4-H'ers last night for an honest conversation, brought to you with support from The Allstate Foundation. Watch as they discuss all the struggles, growth, stumbles, and self-love.

Here is the link to watch the recording: <https://4-h.org/parents/youth-voices/what-i-wish-people-knew/>

CALENDAR OF EVENTS

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 17-19	2021 STEM Summit: Galactic Quest	https://forms.gle/NadNBZHLyU6WmGqc8
Sep-18	Central Washington State Fair- 4-H Entries Due	https://extension.wsu.edu/yakima/4-h/4-h-events/
Sep-18	Washington State Junior Horse 4-H Show	https://extension.wsu.edu/yakima/4-h/4-h-events/4-h-horse-events/
Sep-19	Washington State Junior Horse Open Show	https://extension.wsu.edu/yakima/4-h/4-h-events/4-h-horse-events/
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/iAtqwttmHMFipnmg9
Oct-1	4-H 2021-2022 Year Begins	https://v2.4honline.com
Oct 1-3	Central Washington State Fair Equine Horse Show	www.fairfun.com
Oct 4	4-H Leader Council Meeting	sarah.boerum@co.yakima.wa.us
Oct 22nd	Club Award Applications, Certificates of Appreciation, 4-H Record Book Medal of Honor Due	https://extension.wsu.edu/yakima/4-h/4-h-forms/

4-H Publications for Sale!

We have the curriculum you have been dreaming of! Want to know how to can herring? We have a publication for that! Looking to start a cavy project with your chinchilla? Call us at 509-574-1600 and we can get you started.

There's a 5% discount available for all publications for the month of September and free shipping. We want to get WSU's knowledge into your hands and head! Here is the link for the WSU publications store:

<https://pubs.extension.wsu.edu/>

You can also send us an email at yakima.4h@wsu.edu for help in finding the publication you need.



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.

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

Central Washington State Fair
2021 General Exhibits Entry Form
 1301 S. Fair Avenue, Yakima, WA 98901
 Phone: 509-248-7160 | Fax: 509-248-8093
 Website: www.fairfun.com

Form must accompany all exhibits on September 18, 2021, 12:00 pm - 5:00 pm
unless prior arrangements have been made with 4-H Office or Diane Jones

Name _____ Age *(Youth Only)* _____ Exhibitor # _____
 (Official Use Only)

Address _____ County _____ Yakima _____

City _____ State _____ Zip _____

Phone _____ Email _____

Signature _____ Date _____
Exhibitors under 18 must have parent or guardian signature.

4-H Entry & Club Name: _____

For Foods Entries, please attach your recipes to this entry form on 3x5 cards.

				Office Use
Exhibit Tag #	Division Number		Description of Exhibit	Placing
Sample: 000001	Sample: 2	Sample: 1	Sample: Canned Peaches	

Divisions to enter: Garden Produce / Flowers; Food; Food Preservation (include can or dry); Fabric & Yarn Art; Photography; Promotion (Posters); Creative Arts; Cloverbuds. All Exhibits are welcomed even if they don't fit listed categories.

Entry fee paid by Yakima County 4-H Leaders' Council.

FORM MUST BE SIGNED – As a condition of your signature, photos taken of you and/or your exhibit(s) at the 2021 Central Washington State Fair become property of the CWFA for non-profit promotional tools. The owner of exhibit(s) releases the Central Washington Fair Association from any liability from loss, damage, disease or injury to livestock, exhibits, fair patrons, or other property while such property is on the grounds of the Central Washington State Fair. Items not picked up by the close of the Fair will become property of CWSF and may be disposed of. I have read and understand the rules and regulations in the Exhibitor's Guidebook.

 Signature of Exhibitor / Parent

CENTRAL WASHINGTON STATE FAIR



All 4-H Exhibits must be entered at the Modern Living Building. All your entries are needed and much wanted. Please bring ALL you have done this year. Your entry fees are being paid by the Yakima County Leaders' Council. We have room for everything you have and want to enter! Let's fill up the booths with 4-H exhibits.

Contact Diane Jones 833-3175

Bring your fair exhibits on September 18 from Noon to 5:00 pm. Enter through GATE 11, behind the fair. Gate 11 is on 18th street by YV-Tech.

HELPERS / VOLUNTEERS are needed for the following days: Contact Diane Jones 833-3175

September 18, Noon to 5:00 pm – Taking Exhibits

September 20, 9:00 am – 5:00 pm – Judging day – Need 5 volunteers for running and helping to clerk.

September 20, 21, 22 – 9:00 AM each day – Setting up displays,

Thursday September 23 will start at 9:00 am and stay until all displays are done!

For every 2 hours you work/volunteer you will receive an adult fair pass.

4-H NEEDS YOU! We need people on the fairgrounds to help with promoting 4-H and talk about your experiences and how great 4-H is and how much it has helped you.

Tuesday, October 5 is pickup your fair exhibit(s) day and **help is needed to dismantle**. 9:00 am until all is done! All and any help is greatly needed. if you can help only a couple hours a day or all day, your time and efforts will be greatly appreciated. Diane Jones 833-3175.



4-H CONTESTS & ACTIVITIES 2021 CENTRAL WASHINGTON STATE FAIR

Entry fee for the Modern Living Building for 4-H Exhibitors will be paid by the 4-H Leaders' Council. **All entries are due SEPTEMBER 18, 2021, no late entries accepted.** Bring your completed entry form along with your fair exhibits, unless prior arrangements are made with the 4-H office or Diane Jones on **September 18**. Additional copies of this form are available for download at the Yakima County 4-H website or in the Extension office. All contests and activities will be held in the Modern Living Building. All 4-H youth can enter unlimited number of exhibits in the 4-H Modern Living Building.

4-H Exhibits need to be entered between noon and 5:00 pm on Saturday, September 18 through gate 11. Gate 11 is located on 18th Street, turn West next to YV-Tech.

Pickup all exhibits after fair on Tuesday, October 5 from 1:00 pm to 4:00 pm.

4-H PUBLIC PRESENTATIONS. All Yakima County 4-H'ers are invited to give a Public Presentation related to a project in which you are enrolled. Contest held in the Modern Living Building during the CWSF. **All 4-H Activities will be held on Saturday, October 2 or Sunday, October 3.** Entries need to be submitted by September 18. No late entries accepted. We will assign a time for your presentation.

4-H KITCHEN ACTIVITY is open to all 4-H members enrolled in Food Projects or Adventures in Family Living. If you're going to cook and use the 4-H kitchen, the activities have to be scheduled between 11:00 am – 1:00 pm, **Saturday, October 2 or Sunday, October 3.** Juniors prepare a recipe using guidelines in the Project Book. Intermediates and Seniors prepare a bread or canned/frozen product as in the County Food Activity or prepare a favorite food. Time is limited to 1 hour for activity in kitchen. Sign up early to reserve your time spot.

Participants need to turn in a recipe, include all of ingredients to the Superintendent at the time of your activity. Food demonstrations may not be duplicated as food preparation. You need to bring your own equipment and posters is that of the contestant and must be taken home the day of the activity, there is no storage available. Times will be assigned.

THE TOP RAMEN contest will also be held in the 4-H area on **Saturday, October 2 or Sunday, October 3.** Chicken or beef noodles will be provided, the rest of the equipment and supplies you will need to bring with you.

4-H PERFORMING ARTS / TALENT SHOW. If more than one person is in the act, please list leader's name and the name of your club on one form and list all members participating on the back. Be sure to include first and last names, age, leader's phone number and the act to be performed. Use **ONE FORM FOR EACH ACT!** You **MUST** check in at the Modern Living Building by **3:00 pm on Sunday, October 3.** This event starts promptly at **3:30 pm** in the Modern Living Building.

4-H FASHION REVUE / CREATIVE CONSUMERS OF FASHION. You will need to report to the Modern Living Building by **3:30 pm on Sunday, October 3** with your commentary. The clothes that are entered and on display at the fair will be available for you to model and a dressing area will be available. Your commentary should include a description of your outfit, trims and/or accessories used, material you used, what you learned, the school you are attending and grade, and any other activities and interests you have! This event will be at the Modern Living Building at 3:30 pm.

All Members participating in these events **MUST** bring in their entry form with them on **September 18.**

All Contest and Events are held in the Modern Living Building.

4-H Exhibits need to be entered between noon and 5:00 pm on Saturday, September 18 through gate 11.

Gate 11 is on 18th street, turn West by YV-Tech

Pickup all exhibits after fair on October 5 from 1:00 pm to 4:00 pm.

Some special times can be used. Just ask! We need to fill up our times and days first, or we will lose them!!

Name: _____

Address: _____ City: _____ Zip: _____

Age: _____ (as of October 1, 2020) Birthdate: _____ Member Phone #: _____

Club Name: _____ Leader Name: _____ Leader Phone #: _____

4-H Division: Cloverbud _____ Junior _____ Intermediate _____ Senior _____
Age 5-7 Age 8-10 Age 11-13 Age 14-18

4-H PUBLIC PRESENTATIONS - Please list day and time preferred for your presentation.

**** All 4-H Activities will be on Saturday, October 2 or Sunday, October 3. ****

1st Choice Day _____ Time: _____ 2nd Time Choice Day _____ Time: _____

4-H KITCHEN ACTIVITY or TOP RAMEN NOODLE CONTEST

**** All 4-H Activities will be on Saturday, October 2 or Sunday, October 3. ****

4-H Kitchen activity is 11:00 am – 1:00 pm, Saturday or Sunday, (If you are using the kitchen to cook)

Top Ramen Noodle Contest will be anytime all day Saturday or Sunday.

Please list day and time preferred and we will try to schedule you at that time. Sign up early to reserve your time slot. 1-hour time limit.

Date and Time Preferred: _____ Total Time Needed: _____ Food Being Prepared: _____

4-H PERFORMING ARTS / TALENT SHOW

**** Will be held Sunday, October 3, 3:30 pm, Check in time at 3:00 pm ****

Title of Act: _____ Approximate time needed: _____

Type of Act: Skit _____ Vocal _____ Instrumental _____ Dance _____ Other _____

You are responsible for your own equipment.

4-H FASHION REVUE / CREATIVE CONSUMERS OF FASHION

**** Will be held Sunday, October 3 at 3:30 pm, Check in time at 3:00 pm ****

Name of Clothing Project: _____

Let's show your 4-H pride and flood the fair with green clothing.

Lots of 4-H activities will be going on!