



CLOVER REPORT



Skamania County 4-H Newsletter APRIL 2020

COVID-19 Advisory: WSU Extension is working to keep our communities safe. All Extension programming is being provided virtually, postponed, or canceled. Effective March 16, 2020, WSU Extension county offices and WSU Research & Extension Centers will be closed to the public. We are available via email, phone, and videoconference.

UPCOMING EVENTS

- April 13 - Leader's Council @ 6:30pm *
- April 25 - Dairy & Cattle Animal Certificates Due!
- April 28 & 29 - Poultry Pick Up @ Bits & Spurs, Stevenson
- May 1 - Horse Certificates Due!
- May 1 - Enrollment in 4honline for Participation in Fair **DEADLINE***
- May 16 - Swine Weigh In @ Fairgrounds, Certificates Due
- May 30 - Breed Entry Cards Due to Fairboard
- May 25 - Office Closed for Memorial Day
- June 13 - All remaining Animal Certificates Due!
- June 13 - Sheep & Goat Weigh In @ Fairgrounds

*Denotes a Virtual Event over Zoom

For more details, visit our County Extension website!

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

COVID-19 LINKS



CDC [here](#)

WA Department of Health [here](#)

WSU COVID-19 Updates [here](#)

QUICK CLICKS

National 4-H newsletter [here](#)

4-H Curriculum [here](#)

4HOnline [here](#)

Club Requirements Checklist [here](#)

Quarterly Council Meeting via Zoom [here](#)

How to Confirm Members [here](#)

Leader Resource Page [here](#)

Like us on Facebook [here](#)

Log Volunteer Hours [here](#)

View Projects & Publications Guide [here](#)

WA State 4-H Projects List [here](#)

County Extension Website [here](#)

IMPACTED EVENTS

All State and International Exchange Programs Canceled for 2020.

April 25 - Beef Weigh In CANCELLED

May 15-17 - State 4-H Shooting Sports Contest POSTPONED

June 22-25 - Idaho 4-H State Teen Association Conference ONLINE

ANNOUNCEMENTS

- We have made our fee assistance application available online! If your 4-H'er needs a scholarship to cover their enrollment fee for this 4-H year, you can now apply at https://wsu.co1.qualtrics.com/jfe/form/SV_6rotiEZq9hPgW0J
- If you haven't already, please take our quick Connections Survey! bit.ly/4HConnections



wa.4honline.com

MAKING THE MOST OF VIRTUAL 4-H

We know that things are stressful right now, and there are many unknowns. One of the great things about 4-H is that it brings us together and helps youth develop new skills and healthy relationships year-round. We encourage 4-H families to check out all of the incredible resources that are coming out of local, state, and national 4-H programs to ensure that the learning, connecting, and fun of 4-H continue to thrive!



VIRTUAL 4-H MEETING ETIQUETTE

Making Club Conference Calls Fun for All

NOISE



HEAD

We all want to hear you, not your background

If you don't have headphones with a mic that allow everyone to just hear you practice muting when you don't have anything say. This will help everyone hear better!

GUIDELINES & AGENDA

All 4-H Meetings should have a plan.



HEART

Just like at 4-H Club Meetings we want an agenda or plan for what we are going to talk about. That could mean that you've scheduled time for checking in and hearing how everyone is doing with their project. Keeping the group focused helps us use our time well.

ENGAGE

Everyone should have something to share



HANDS

It's easy to get distracted, so help everyone keep calls short but frequent. Try your best to stay engaged and share your thoughts and ideas. Don't be an "air-hog" and encourage others that you haven't heard from to speak too.

REPEAT & SUMMARIZE

Distractions Happen



HEALTH

If you've shared about something that's really cool re-state briefly what you've shared so anyone fighting distractions (like funny dogs or younger siblings) doesn't miss out.



Check out these bright ideas!

Many 4-H programs across the nation are hosting regular 4-H activities on Facebook. Here are a few:

- **@texas4h** - Texas 4-H holds weekly interactive STEM lessons
- **@florida4h** - Florida 4-H Youth Development has recorded videos to view
- **@juniormastergardener** - Junior Master Gardeners is offering a Nat'l garden group that starts 4/2
- **@ufifasholmes4h** - Holmes County 4-H in Florida has Live and Recorded Life Skills videos
- **@LSUAgCenter** - LSU Ag Center hosts a regular 4-H Virtual Recess
- **@PBC4H** - Palm Beach County in Florida features "At Home with 4-H" videos and challenges
- **@Vermont4H** - Vermont 4-H has several online learning opportunities
- **@lucas4h** - Join Lucas County 4-H in Ohio for Field Trip Fridays
- **@BuffaloCountyNebraska4H** - Join Buffalo County daily for "4-H & Friends Exploration"
- **@Nebraska4H** - Nebraska 4-H offers "Living Room Learning" on Tuesdays & Thursdays

4-H GROWS HERE

Belonging

Help show others that you miss them and find ways to connect.

- Zoom call to check in and hear about everyone's projects or plans.
- Start a group Facebook chat, SLACK room, or Google Hangouts. (Remember to practice safety online, add 4-H Staff to any electronic groups, and ask parental permission.)
- Send snail mail!

Mastery

Time out of school can be used to learn or build upon skills and interests.

- Activity Ideas
<https://extension.wsu.edu/king/learning-links-4-h-and-more/>
- Think Hands-On!
- Take Virtual Tours
- Master skills to help with stress management like deep breathing, stretching exercises, dance to their favorite music, or take a short walk outside.

Independence

Help youth set their own goals for the next few weeks and build support for them to work toward those goals.

Help youth set **S.M.A.R.T.** Goals

Generosity

4-H Members already practice caring for their communities.

Talk about the importance of social distancing as a way that we think about protecting those more vulnerable than ourselves. View practicing good hygiene as a way to care for others. Write letters to those in Senior Care Facilities or Community Living Facilities.



zoom

Due to a rise in security issues with Zoom, all participants now need to have a Zoom account. [Here's a video on how to setup an account.](#)

Want to host a 4-H meeting via Zoom? We'll help you set it up! [Here's a video on using zoom for the first time.](#)

REPORT VOLUNTEER HOURS!

Use your phone, tablet, pc, laptop and log on to the WSU Volunteer Database, <http://ext.wsu.edu/Volunteers/logon.aspx>, to report your volunteer hours each month.



4-H Leader's Council

Monday, April 13th @ 6:30pm

Join us on Zoom!

<https://wsu.zoom.us/j/143632795>

or call (669)900-9128, meeting ID 143 632 795



SPOTLIGHT ON CURRICULUM

Mississippi's Robotics Cloverbud Curriculum is designed for younger youth wanting to explore this project.



Find More At:

<http://4hrobotics.msucare.com/curriculum/cloverbud>



TUESDAYS-FRIDAYS 2:00-3:00PM

Daily Online Office Hours

Join: <https://wsu.zoom.us/j/8453776949> (PW: 5817)
or Call: (669)900-9128, meeting ID 8453776949



TUE
Abby



WED
Missy



THU
Somer



FRI
Kelli

RESOURCES FOR HELPING YOUTH MANAGE STRESS DURING COVID-19

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#) from the New York Times writer Lisa Damour

[Psychological Tips for Children and Adolescents' Emotions: HEMOT](#) https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf

A Note from 4-H International Exchange

In this challenging time, the States 4-H International Exchange Board of Directors made the difficult decision to cancel both Outbound and Inbound summer programming this year. We recognize this will cause disappointment for many, but the safety of our delegates, host families and chaperones remain our highest priority. States 4-H continues to develop international programming and we all look forward to a strong program in 2021. We hope you'll be able to join us then.

CONTACT US!

📍 710 SW Rock Creek Dr/PO Box 369, Stevenson
✉ somer.meade@wsu.edu ☎ (509)427-3932
📍 Skamania County 4-H 📱 @skaco4h

Somer Meade

Skamania County 4-H Extension Coordinator

✉ somer.meade@wsu.edu

☎ (509)427-3932

Missy Cummins

4-H Regional Specialist

✉ missy.cummins@wsu.edu

☎ (360)397-6060 Ext. 5714



4-H GROWS HERE

Check out even more virtual resources on Klickitat County 4-H's [Website](#) under "Virtual 4-H Programs" & see the GIANT list of activities King County 4-H has compiled:
<https://extension.wsu.edu/king/learning-links-4-h-and-more/>



We have great news! The Teen Conference planned for June in Idaho has been shifted to occur online! This means more 4-H teens from Washington State will be able to participate. Save these dates and as soon as we have more information about registration and offerings from the planning committee, we'll send it along!

June 22-25, 2020

A new application season for the 4-H Youth in Action program was initiated in January by National 4-H Council; after hearing from Extension professionals and students that spring is a better time for youth to apply for scholarships, the application season has been shifted to better support 4-Hers and professionals alike. From now until April 27, 2020, youth can share their stories of developing passion, finding purpose, and inspiring others by applying [here](#) for the 2021 4-H Youth in Action Awards for a chance to earn a \$5,000

NDSU EXTENSION EXTENDING KNOWLEDGE >> CHANGING LIVES

North Dakota 4-H Virtual Showmanship Clinic

Beef Cattle Showmanship
Monday April 6, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Sheep Showmanship
Monday April 13, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Swine Showmanship
Monday April 27, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Market & Dairy Goat Showmanship
Monday April 20, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Poultry Showmanship
Monday May 11, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Horse Showmanship
Monday May 4, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Rabbit Showmanship
Monday May 25, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

Dairy Cattle Showmanship
Monday May 18, 2020
6:30 PM CST or 5:30 PM MST
<https://ndsu.zoom.us/j/259754962>

www.ndsu.edu/4h/
County commissioner, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender, ethnicity/nationality, genetic information, marital status, national origin, race, religion, sex, sexual orientation, social relationship to current employees, or veteran status, and reproductive. Contact inquiries to Youth Project for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7700, ndsu.ena@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request. 701-231-7700.

For questions contact:
Leigh Ann Skurupcy
701-231-6658
LeighAnn.Skurupcy@ndsu.edu

Tour the National Parks from home!



Many thanks to Abby Brandt, the 4-H Program Manager in Klickitat County for reframing the 4-H Pledge during this difficult time...

I pledge my **HEAD** to clearer thinking *accepting and following the practical steps being asked of us all*
 My **HEART** to greater loyalty to my community members, family, and friends by choosing to think of them
 My **HANDS** to larger service acting in a way that puts the needs of others first like socially distancing myself
 My **HEALTH** to better living so that we can all move forward healthier and more united

For my club, my community, my country, and my world!

HORSE JUDGING FROM HOME

Learn from experts while staying socially distant!

MARCH 31 : RANCH RIDING
Dr. Holly Spooner

APRIL 7: CONFORMATION
Casey Henry

APRIL 14: GAITED HORSES
Jeffrey Hester

APRIL 21: EQUITATION/HORSEMANSHIP
Kailey Vande Kamp

2PM EDT / 1PM CDT EACH DAY

TO ACCESS THE WEBCAST USE THIS LINK

<https://tennessee.zoom.us/j/748956540>

MIDDLE TENNESSEE STATE UNIVERSITY
EXTENSION INSTITUTE OF AGRICULTURE

Fair Updates



Animal Weigh Ins

- Beef weigh-in scheduled for 4/25 has been cancelled, rate of gain will not be used
- Swine weigh-in is scheduled to take place, unless stay at home orders are extended
- The Fair Board may hold an open scale day in the future for those who wish to check their animals weight and get practice handling them at the fair grounds

Poultry Orders

- Poultry pick up will take place at Bits N Spurs in Stevenson on April 28th and 29th from 10am-5pm
- Pull into the parking lot, call in to the store and let them know what you are picking up, they will arrange for payment & deliver poultry to your vehicle (509)427-0165
- Chicks are \$4.99 ea, Ducks are \$5.99 ea, and Turkeys are \$9.99 ea + tax

Livestock Essay

“Describe the impacts the COVID-19 pandemic has had on your ability to raise your market or breed project.”

The same topic will be used for all age groups

Poster Guidelines

Posters are turned in at workday on August 15th

One informational poster is required for all exhibitors in the classes of Junior, Intermediate and Senior. Posters are optional for Cloverbuds.

All posters must be 22 x 28 inches (displayed horizontally)

- Poster board may be any color.
- Displayed Horizontal – 28”, Vertical – 22”.
- Frames are not encouraged, and if used must not exceed size requirements (22” x 28”).
- Well known cartoon figures such as Peanuts, Sponge Bob, Charlie Brown, etc. **cannot** be used because they are copyrighted.
- Information label should include: Exhibitor name, Division, Club name, and County name. Boards used as part of a larger exhibit are not considered posters. Fair Exhibit card shall be placed on the front of the poster. This is a separate tag (available at the fair on workday).
- Previously used posters may not be used.

Animal Certificates

Animal Certificates will be due to the 4-H office by the originally scheduled date, regardless of the status of weigh-ins.

As the Extension Office is closed to the public, you have 3 options for submitting this information:

Email your certificates to somer.meade@wsu.edu

Mail certificates to WSU Extension 4-H, PO Box 369, Stevenson, WA 98648

OR complete the **NEW** online animal certificate instead of filling out the traditional paper one. These will be available on the [Skamania County 4-H website](https://forms.gle/SkamanianCounty4H) by April 15th. Bovine & Horse are ready!
Bovine: <https://forms.gle/YFDFtjPjhsR1xUQ8>
Horse: <https://forms.gle/MQEAxveqqAZ3YtzF7>

Informational posters will be displayed in the barn and may or may not be close to your animal pen. Please keep this in mind for decorating purposes.