



4-H Horizons

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Chelan and Douglas Counties 4-H

400 Washington Street
Wenatchee, WA 98801

Congratulations Cashmere Roborockers 4-H Club!

Congratulations are in order for the Cashmere RoboRockers 4-H Club, our 6th-grade robotics team from Cashmere Middle School. The team has been together now for almost four years. Two years ago, as 4th graders, the team earned a trophy at a regional qualifying competition for the "Most Innovative

Solution" to the research problem.

Last year, the team, as 5th graders, won a trophy for the best presentation of their research project at the state semifinal competition and finished 25th overall, out of 590 teams, in the Washington State FIRST LEGO League (FLL) finals at CWU. Yesterday, in the Washington State Finals for the VEX IQ Robotics Competition in Bellevue, the team won the **"Robotic Skills Champion Award"** for their individual driving and scoring abilities.

The VEX IQ Challenge is produced by the Robotics Education Foundation and sponsored by such organizations as NASA, Texas Instruments, Northrop Grumman, Chevron, numerous universities and others. It is a relatively new and fast-growing organization that sponsors world-wide STEM education and robotics competitions at several levels for students in grades K-12. 2014-2015 is the first year for a state-wide competition in



Washington. The program similar, yet different than the one produced by FLL and has posed new challenges for the RoboRockers team this year.

Due to delayed shipping and waiting for a grant, the Cashmere RoboRockers received their robot construction kit only three weeks before the competition, but already having experience with the LEGO robots and working on design, programming, problem solving and team-work skills, they were able to quickly build, modify and practice with a new robot for the competition.

Unlike many robotics competitions, the VEX IQ program requires participant teams to work together to achieve a common goal, and part of their overall scoring for the event is based on how well their robots can work together rather than try to defeat the other. The RoboRockers and **their "partner" team from Bellevue** came in second in the joint robot

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Cashmere Roborockers Club (continued)

skills competition, tying with the first place teams in the first round of finals and losing by just a



few points in the run-off round.

The RoboRockers scored highest in the individual robot skills competition.

Another

team from Bellevue won the overall prize for excellence in all areas of the challenge, which also includes programming the robot for autonomous operation and a research project.

Well done, RoboRockers, best wishes going forward, and a big thank you to all those who helped sponsor the team this year. Please contact us directly or see our [GoFundMe web page](#) if you'd like to help support the team prepare for it's next season.

Pictures from yesterday's competition are attached. Since the event ended about 1:30PM, we decided to visit the Museum of Flight in Seattle, where the kids marveled even more at all of the science and engineering possibilities ahead of them.

Follow this link for a short (1 min) video, of heat three of five from the preliminary competition yesterday, to get an idea of what the teams had to do. :-)

<http://youtu.be/1f0XGblG-Ws>

Steve Keene,
Leader/Coach/Mentor



Congratulations to Our Teens

The Chelan/Douglas 4-H is being well represented at every level this year. Be sure to say a word of congratulations to each of these hard-working people and thank them for representing you:

State Ambassadors

- * Jerissa Fisch - Wenatchee Heights 4-H and Trail Blazers 4-H
- * Nikkole Jones - Chiwawa Valley 4-H and Trail Blazers 4-H

State Advisory Board

- * Adrian Robinson - Apple Valley 4-H and Trail Blazers 4-H
- * Savannah Graham - Trail Blazers 4-H

Chelan County Fair Ambassadors

- * Adrian Robinson - Apple Valley 4-H and Trail Blazers 4-H
- * Dane Schwartz - Chelan/Manson FFA



The New Website is Up and Running!

Check out the look of the new webpage and be sure to bookmark the new address: chelاندoug-las.wsu.edu

If you use the old address it will still pull up that page but it is not being maintained and so will have outdated information. So get rid of that one and save the new. To get directly to the 4-H page mark this: chelاندoug-las.wsu.edu/youth/youthdevelopment

Chelan County Fair Theme

The Fair Board has announced that the theme for the Chelan County Fair for 2015 is **"Let the Good Times Grow!"** So time to get those decorations designed.



Shooting Sports Leader Training

We are pleased to announce the following 2015 4-H Shooting Sports leader training opportunities, which have been endorsed by Idaho, Montana, Oregon, and Washington 4-H. Both events will be held the weekend of April 25-26 at the Kootenai County Fairgrounds in Coeur d'Alene, with registrations due by Friday, April 3, 2015. A brief description of each program along with the link to the respective registration packet can be found below:



Beginning Level - This training is designed for 4-H leaders seeking their initial Shooting Sports certification in archery, hunting, pistol, rifle and/or shotgun. Participants can obtain certification for one discipline in a single day or certification for two disciplines over the entire weekend; see <http://sitecore.uidaho.edu/~media/Files/Extension/County/Kootenai/Kootenai-Extension-Beginning-Shooting-2015>

Advanced Archery - This training is designed for 4-H Shooting Sports leaders who have at least one year of experience since receiving their archery certification. Participants will gain extensive knowledge and skills necessary to achieve USA Archery Level 2 certification; see <http://sitecore.uidaho.edu/~media/Files/Extension/County/Kootenai/Kootenai-Extension-Advanced-Archery-2015>

We welcome all interested 4-H volunteers from throughout Idaho, Montana, Oregon, and Washington to join us for these dynamic training opportunities. Any questions can be directed to Jim Wilson at jwilson@uidaho.edu or (208-446-1680).

Shooting Sports Training in Okanogan!

Okanogan County, in coordination with the State Shooting Sports Committee, will be hosting a Shooting Sports Training on May 29 & 30, in Okanogan, WA. Disciplines covered will include Rifle, Archery, Pistol, and Shotgun. Contact the WSU Okanogan County Extension office, 509-422-7245 with questions.

Chicks, Ducklings and Salmonella Illness in People

Increasing popularity of raising backyard flocks also gives rise to *Salmonella* infection outbreaks experienced across the nation. Some of these outbreaks were linked to poultry bought at mail-order hatcheries and feed stores. Many people don't realize that chicks, ducklings, and other young poultry are commonly infected with *harmful germs* that can make people sick.

Live poultry often carry *Salmonella germs* in their droppings and on their feathers, feet, and beaks, even when they look healthy and clean. The germs also get on cages, coops, and the environment where the birds live and roam. *Salmonella* illness can be dangerous to the very young, the very old, and those with compromised immune systems. Frequent hand washing is the best way to avoid illness.

Tips for staying healthy are on the [Washington State Department of Health website](#). Facts on keeping birds healthy are on the [Washington State Department of Agriculture website](#).



4-H Club Easter Egg Hunt!



The Chiwawa Valley 4-H Club is putting on an Easter Egg Hunt, Saturday, April 4th, 11am - 2pm at the Lake Wenatchee Rec Club. To see their beautiful flyer with more of the activities and details listed, go to: <http://chelandouglas/youth/youthdevelopment/>

Great American NO BULL Challenge Deadline Extended!

4-H'ers are once again encouraged and to promote the importance of being an upstander and creating a positive school culture to end cyber and all other forms of bullying on a

global basis by entering the Great American No Bull Challenge. Take the Challenge and Just Say - No Bull!

The Great American NO BULL Challenge a student-led National video contest and

Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect, and inclusive communities using the power of music and the magic of filmmaking.

The goal of the NO BULL Challenge is to join **America's students, educators, counselors,** organizations, communities, and corporate America together in an effort to enable real change at the student level.

Middle and high school students between the ages of 13 - 18, as well as college students ages 19-23, have until April 19, to create a 2-5 minute video or 30-60 second PSA or a Vine with a digital responsibility or a bullying prevention theme. For more information visit: <http://www.nobullchallenge.org/>.



Opportunity Knocks for 4-H Leaders & Teens Who Want to SEW!

- What: Basic Sewing Workshop
- Who: Betty Keefer
- When: Various times, including 'on demand'
- How much time: Approximately 10 hours in two 5-hour sessions

- Cost: It's free

For: This workshop is directed at adults (above age 14) who either want to sew or to teach younger children to sew.

Also:



- Betty will arrange with you a time and place convenient for you (from 1 to 4 people at any one session) to take this seminar.
- Once you have the basics, you can branch out on your own, or Betty will be offering classes to expand your knowledge and will also be available for consultation. There's probably not anything we can't do when we work together!

CHATCOLAB 2015



Chatcolab: Northwest Leadership Laboratory is scheduled for June 13-19, and you are invited! Register today for the 67th Recreation & Leadership Lab at Twinlow Camp & Retreat Center in Rathdrum, ID. Learn with leaders and content experts from 13 Western States. <http://twinlow.org/chatcolab/>

See the December 2014 CHAT Newsletter, e-mailed or mailed to about 300+ present and **former 'labbers' and their friends.** We are excited to have Mike Jensen as one of our presenters for this year's lab and encourage you to invite other Cougars', **4-H'ers, WSU Faculty, Staff and volunteer leaders.**

Online Food Preservation Training

Nancy Mordhorst, nancym@wsu.edu

WSU Extension has a new online food preservation program: *Preserve the Taste of Summer*, a series of eight online lessons for in-home consumers and 4-H project leaders leading Food Preservation curriculum and activities. The training series emphasizes best practices for food preservation and safety.



It is designed for beginning canners and veteran canners who want to update their knowledge and skills. The lessons provide the most current USDA-approved food preservation recommendations. Topics include food safety, the basics of canning and information on specific food preservation methods, including pressure canning, boiling water bath canning, freezing and drying, as well as making fruit spreads and pickled foods. A certificate of completion is provided at the end of the course.

WSU Extension is requiring that all 4-H Food Preservation Project Leaders complete this training before their enrollments will be accepted for the 4-H year beginning October 1, 2015.

Visit <http://preservesummer.cahnrs.wsu.edu> to register for the online series. To participate, you will need a computer manufactured in the last five years and have a stable internet connection. The cost for the series is \$25.



Getting Your 4-H Discount

If you would like a discount at Coastal, they have asked that you go to www.coastalfarm.com/4h-ffa and fill out the form. They will send you a discount card. They are not going to give a discount card until the online registration has been completed. If you have any questions, please contact coastal. I have attached the flyer that explains the discount program.



4-H Goat Schooling Show at NCW Fairgrounds

Mark your calendar for Saturday **May 16 because you won't want to miss the Columbia River 4-H Goat Schooling Show** to be held at the NCW Fairgrounds in Waterville. Cost is only \$7.00 for a half day and \$10.00 for a full day. For more information and a registration form: <http://chelandonouglas/youth/youthdevelopment/animal/> If you have further questions, please give Amy York a call at 679-9935 or send her a message at amyyo776@yahoo.com



Bi-County Horse Show Guide is Ready



The 2015 Bi-County Horse Show Guide for 2015 looks amazing! It has been completely refurbished and contains information for both Performance and Gaming Shows as well as the registration forms. Take a look at it (and print it out if you

like) at <http://chelandonouglas/youth/youthdevelopment/animal/horses/>

Finding Your Piglets



We are hearing that many of our members are having a tough time locating piglets for their projects this year and are having to go out of the area to unfamiliar farmers. So do your research and have a list of questions ready to ask when contacting breeders. Possible questions:

- * birth date
- * worming/vaccination
- * price
- * date of weaning - eating well?
- * references (have they sold fair pigs before and results)
- * breed

There have been listings on Craigslist for breeders and also have seen flyers about the following sales:

Elite Show Pigs - April 4th - 5B Livestock Co. - Moses Lake - Contact Todd at (509) 750-4355

Pig Sale - Silva's - April 11th - Moses Lake - Contact - Jeff Silva (509) 361-9633

4-H Scholarships



Each of Chelan and Douglas Counties 4-H **Leaders' Councils** offer two, \$500 scholarships to their 4-H high school seniors. Both Counties have deadlines of April 1 to have the applications submitted, so go to <http://chelandouglas/youth/>

youthdevelopment/teen/scholarships/ for the criteria and applications.

Dog Owners We Need Your Input



We are working on a multi-year project to learn more about ticks and tick-borne disease in Washington State. To help with that project we have developed an online survey to learn more about dog ticks. It is designed for dog owners, groomers, and boarders to participate in.

Here is a link to our News Release <http://www.doh.wa.gov/News->

[room/2015NewsReleases/13036NewOnlineTickSurvey](http://www.doh.wa.gov/News-room/2015NewsReleases/13036NewOnlineTickSurvey)

And direct to the survey <https://fortress.wa.gov/doh/opinio/s?s=DogTick>

Agrisafe Invites you to Join Webinar

Agricultural producers are at high risk for acquiring a zoonotic disease related to their work environment with minimal information related to risks, symptoms and prevention. Zoonotic infections are continually changing and controlling workplace transmission involves management of animals, workers and operators.

Please join our webinar "Prevention of Zoonotic Diseases in Agriculture", Tuesday, March 31, 12-1pm Central Time. For more details and the connection please go to: <http://www.agrisafe.org/>



4-H International Exchange

It is with great excitement that I introduce some of the delegates that will be coming to Washington this summer! All delegates are seeking host families with a youth in the home of the same gender and within two years of age. Placement is on a first-come first-served basis, one Japanese youth per household and can occur in any county in the state of Washington. Hosting Dates are July 25-August 21 2015. Any prospective host families can begin with the application that can be found at <http://www.states4hexchange.org/host-families/create-account.aspx>. Other screening requirements include background checks, two references, and an in-home interview. Delegates cannot be matched in a family until ALL paperwork is finished, however we can hold one for a short time while the family competes the process.



For more information or if you have questions, please contact Carolyn Russo, State Program Coordinator, at carolyn.russo@wsu.edu or 509-431-0719.

Western Regional Leaders' Forum recorded webinars

Connecting for Youth was the theme of the 2015 4-H **Western Regional Leaders' Forum**. All of the speakers were recorded to be available at your convenience at <http://oregon.4h.oregonstate.edu/wrIf2015>

The session topics: 1. Parliamentary Procedure Basics, 2. Widening the Circle: Special Connections and 3. Youth Connecting: In Your Community



Webinar from America's PrepareAthon!

On Tuesday, March 31, from 3:00 to 4:30 p.m. EDT, EDEN and FEMA—the coordinator of **the America's PrepareAthon! campaign** for disaster preparedness—invite you to join us for a webinar to learn about important resources that can help you build and strengthen **your community's resilience to disasters**.

America's PrepareAthon!

provides action-oriented guidance for individuals and organizations to practice simple steps to help stay safe during different types of disasters including earthquakes, floods, hurricanes, tornadoes, wildfires, and winter storms. During **the webinar, Kirsten Roth from FEMA's Individual and Community Preparedness Division** will walk through these resources and let you know how you can participate in the next National PrepareAthon! Day on April 30.



Additionally, EDEN Communication Specialist, Abby Hostetler will share information on two **of EDEN's online courses**—*Family Preparedness* and *Ready Business: Developing a Business Continuity and Disaster Preparedness Plan for Your Business*. These courses prepare educators to teach individuals, families, and business owners and managers how to prepare for disasters.

You can register for the webinar at: <https://icpd.adobeconnect.com/eden1/event/registration.html>.

Please complete the following fields and **click "Submit" to register**.

Email address

First Name

Last Name

Password

The webinar is also listed on [Learn](#). Follow the event for updates and add it to your calendar.

Chelan & Douglas Counties 4-H

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To Make The Best, Better



Don't forget to check the web page for forms,
information and dates:

<http://chelاندouglas.wsu.edu/youth/youthdevelopment>

4-H and Yoga Unite

4-H in Arkansas launched a yoga program aligned with 4-H's healthy living mission! You can find and print downloadable fact sheets, practice poster guides, including partner poses and even a 4-H pledge sequence on Arkansas Publications website (<http://pubs.uaex.edu/PubsWebPublic.asp>) under keyword **search "yoga"**. Most materials are free, except for the DVD and Yoga for Kids 4-H Pledge pose sequence instructions cost a small fee. A full overview of 4-H's integrated approach to yoga in Arkansas can be found in their archived webinar: <https://event.on24.com/eventRegistration/EventLobbyServlet?tar-get=reg20.jsp&eventid=923811&sessionid=1&key=1985BFDACBC48A0EF96COC44E9B7EF96&sourcepage=regi-ster>

4-H Calendar

April

- 1 Chelan Co. Scholarships Due
- 1 Douglas Co. Scholarships Due
- 1 Horse Certificates Due
- 12 Bi-County Horse Fundraiser Stall Cleaning, 5pm, Appleatchee
- 18 Super Saturday, 8am, Chelan County Extension office, must RSVP!
- 21 Douglas Co. Ldrs Council Mtg, 6:30pm, Chelan County Extension office 2nd Floor
- 25-26 Shooting Sports Leader Training, Coeur d'Alene

May

- 1 Registration opens for Teen Conference (June 28-30): <http://4h.wsu.edu/conferences/teenconf/index.htm>.
- 4 Chelan Co. Ldrs Council Mtg, 6:30pm, Chelan County Extension office
- 14 Douglas Co. Demonstration Day, 6-8pm, Chelan County Extension office, RSVP!
- 16 Goat Show, NCW Fairgrounds, RSVP!
- 16 Bi-County Horse Clinic, Appleatchee
- 29-31 Shooting Sports Leaders' Training, Okanogan
- 30 Bi-County Horse Show, Appleatchee

June

- 6 Chelan Co. Weigh-In, Chelan Rodeo Grounds
- 13 Chelan Co. Weigh-In, Chelan Co. Fairgrounds
- 20 Bi-County Horse Schooling Show, Tillicum Riders, Chelan Co. Fairgrounds
- 27 Bi-County Gaming Show, Stokes Ranch, Manson

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