

# 4-H MONTHLY UPDATE



July 2022 newsletter brought to you by WSU Grant County 4-H

Happy July!

The Roman Senate named this month after general Julius Caesar because it was the month of his birthday. Interesting, yet very unfortunate, Julius Caesar was only able to celebrate one month of July named for himself. He was murdered by a mob led by his friend Brutus the following March. Other July birthdays include many artists and authors such as Rembrandt, Whistler, Thoreau, and Hemmingway. It is also the month an American first walked on the moon (1969) and the anniversary of the founding of San Diego (1769).

Let us not forget the birthday of our nation which we celebrate this weekend. July 4th marks the date of our declared independence from England in 1776. It is always a good time to read through the declaration and consider the sacrifices made and the true hardships lived throughout our nation's history.

Here in Grant County, the month of July is one of heightened activity as we look forward to the fair (in just six weeks). With avian influenza still very much a reality, our poultry members are awaiting an announcement. We may not be able to have the birds at the fair this year. When a decision is made, the news will be shared through 4honline. FairEntry closes soon for most 4-Hers to enroll their projects in the Grant County Fair. Posters should be completed and brought to the Extension office by the end of the month. We will also be collecting record books on July 29 at the office as well.

There are several dates of notes and program highlights for this month. One, in particular, is the Youth Mental Health First Aid trainings. If your schedule allows, please consider attending one of these trainings. Suicide is preventable and if adults can learn to recognize the signs and take the correct action a life could be saved.

Many years ago, I encountered a line in a movie that I would like to share with you. "Speculation is the enemy of calm."—Miss Deborah from Cranford (a series based on the books of Elizabeth Gaskell). This line is very true. We lose our peace when we begin to speculate. In a world of social media and pressure placed on opinion, speculation can come more naturally to us. However, we need to remember, that speculation is not fact, it is a theory without evidence. It is important that we remain calm, assess the facts and seek the truth and not rely on speculation.

Finally, I would like to make you aware once again of the international exchange program. There are more details at the close of this email including brief profile details of month-long and yearlong delegates seeking placement.

Enjoy the holiday weekend and be safe.

Happy Fourth of July.

Carolyn

## Recap of Recent Events

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### STAC

Clairese Snyder (Quincy Sportsmen) and myself attended the Idaho State Teen Association Convention (STAC) last week. It was four days of youth development and career exploration on the University of Idaho campus. A team from Washington attended this event for the sake of learning and planning our own teen conference next summer. We hope to use the WSU campus in Pullman.

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### STATE LIVESTOCK JUDGING CONTEST



There were over 110 attendees at the contest here in Moses Lake. I am very proud of our Grant County members who participated. A few were especially new to the experience but were brave. We learn on the edge of our comfort zone and for many, that is exactly what happened last Saturday. A big congratulations to the Grant County kids who participated!

Congratulations to Tressa Wade, Kalyn Clark, Jenna and Kason Whitaker who were members of our senior team representing Grant County. They placed third overall and have been invited to represent the State of Washington at a national contest either in Colorado, Missouri, or Kentucky. Other county 4-H members who participated were Lila Sackmann, Trevor Sackmann, Luke Wade, Julianna Lambert, Halle Gies, Ania Ciganda, and Brynlie Ciganda. Well Done!

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**The 4-H International Exchange Program is seeking host families for our short-term summer program (less than one month) and our high school student program.**

**For more information, scroll to the bottom of this newsletter.**

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### Youth Mental Health First Aid



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Training for adults working with youth.

Suicide cases are rising. Come learn the signs and plans of action to prevent tragedy.

July 12, 2022; July 28; or August 9 all days start at 9:30 and end at 3:30

Contact the Extension Office or [Stephanie Roeter Smith](#) for more information.

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### Sheep and Goat Ear Tags

Tags for the fair will be here next Wednesday!! Those who have submitted pictures, please come to the Extension Office and pick up the visual tags. You will not need to submit new photos.

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### Washington State Dairy Judging



The State 4-H Dairy Judging contest determines the individuals that will represent Washington participating at the National event in 2023.

This year the contest will be held: on July 19, 2022, at the Fairgrounds in Monroe, Washington, starting at 11:00 am.

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](mailto:garyf@wsu.edu).

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### Upcoming Demonstration Day

Moses Lake Area Demo Day is July 6th at 6 pm at Civic Center Park (park at the far end of the library parking lot). For scheduling, please contact Tonia Doyer at 509-855-6614.

## State Equine Presentations

The Washington State 4-H Equine presentations, as part of the Washington State 4-H Fair, will once again be a “virtual” contest. It will be held on Sunday, September 11th within the time frame of 10 am to 5 pm. Please connect with your county 4-H staff person with regard to the registration form for this contest for State Fair.

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**What activities have you been doing in your club to foster the essential elements of belonging, independence, generosity, and mastery?**

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### Dates of Note:

July 6—Moses Lake Area Demonstration Day, Civic Center Park 6 pm

July 19—Washington State Dairy Judging Contest, Monroe WA

July 19—Grant County Livestock Sale Committee Meeting 7 pm in the Huck Fuller Building

July 24-August 15—Inbound International Exchange Program

**July 29—Educational Posters and Record Books Due to the Extension Office**

July 30—Grant County Fairgrounds clean-up day starting at 9 am

August 1—Leaders Council Meeting, Hybrid (Zoom/Extension Office) 7 pm

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## 4-H International Exchange Program

Did you know??? There are three branches of the 4-H International Exchange Program. The most common is the short-term one-month summer inbound program. This allows youth, most commonly from Japan, to visit our state and experience American family life to better develop English language skills. The goal is establishing a friendship, not being a tourist. The participants in this program are usually from ages 12-18. The yearlong high school program is a traditional exchange student design. A young person from abroad comes to stay with a family for ten months while they attend a local high school. The least common by no means least fun opportunity is the summer outbound program. Each year kids from across the country travel to another country for a month in the summer to experience their unique culture and live with a host family.

Families do not need to be 4-H Families to participate in the exchange.

### Summer Inbound Program—July 24-August 15.

Host families do not need to be 4-H affiliated nor vaccinated for Covid 19

Families need a youth in the home within three years of age and of the same gender as the visitor.

The goal of this exchange is a cultural experience and English immersion, not tourism and site seeing.

The delegates want to stay with a family and experience your life with you.

*Here are the delegates still looking for placements*

**Takeru**, male, age 14—Takeru enjoys the outdoors, camping, hiking, reading books, animals, watching baseball and classical music. He is patient, tolerant, serious and quiet. His favorite hobbies are baseball, basketball, camping, hiking, reading and photography. Takeru would really like to go camping with his host family, watch a baseball game, play baseball and take pictures of nature. He would like to share his origami and calligraphy too.

**Kizuki**, male, age 15—Kizuki enjoys the outdoors, reading books, animals and watching TV (mystery, suspense and detective dramas). He is considerate of others, loves to laugh, cheerful, serious and honest. He enjoys soccer, baseball and badminton. Kazuki likes gummy candy, playing soccer or baseball in the park, playing card games (especially Pokémon and uno) and shopping. He wants to learn more about culture and be a member of his host family.

## 4-H International Exchange Program—continued

**Kota**, male, age 15—Kota enjoys watching sports, arts/crafts, painting/drawing and the outdoors. He is considerate of others, talkative, tidy and loves to laugh. Kota is working hard on his English skills so he can communicate with his host family. He enjoys playing rugby, watching baseball and playing electronic games. Kota does have ADHD but it is controlled with medication.

To start an application to host for the summer inbound program, visit <https://www.states4hexchange.org/apply/host/>

**The 4-H International Exchange Program is seeking hosts for its Yearlong High School program.**

### Yearlong High School Program

Families do not need children in the home nor be affiliated with 4-H.

One family hosts the entire hosting period (August-June)

May host two delegates as long as they are from different countries

A wonderful opportunity to experience another culture and share your life.

Young people come from various partner organizations. Some of the Korean delegates are traveling through the Korean 4-H program. Others are part of cultural or youth organizations.

Below are the youth still seeking placements. If you are interested in hosting, please contact Carolyn at [carolyn.russo@wsu.edu](mailto:carolyn.russo@wsu.edu)

--GIRLS--

**Seongyeong**, Female age 16, South Korea(BFE)—Seongyeong is an active teenager with a bright personality who likes outdoor activities and playing music. She was a member of student council last year, and also did Taekwondo for 6 years. She is looking forward to sharing Korean culture with her host family, particularly K-Pop.

**Eunseo** Female age 16, South Korea (KOR 4-H)—Eunseo is outgoing and independent. She participates in many clubs at her school, including student council, band, and broadcasting. She also likes sports, and does horse-back riding and home workout videos. In America, Eunseo wants to join school clubs, make friends, and build a relationship with her host family. She is looking forward to growing her world perspective and confidence through this exchange program.

**Jaerin**, Female age 17, South Korea (KOR 4-H)—Jaerin describes herself as patient and friendly, with a good sense of humor. She enjoys spending time with friends, eating Korean food, and watching movies. In the future, Jaerin wants to be a production director. She is looking forward to her exchange experience and sharing her bright personality with her host family.

**Subeen**, Female age 16, South Korea (KOR 4-H)—Subeen attends a foreign language high school in South Korea. She is very active and enjoys archery, horse-back riding, and table tennis. Subeen describes herself as relaxed, flexible, and outgoing. Subeen's dream is to be an international educator. She hopes to help prepare herself for this job by better understanding other people's cultures and education system during her exchange year.

**Hana**, Female 17, Japan (Labo)—Hana enjoys listening to music, painting, and singing. She belongs to the drama club at school and describes herself as active, adaptable, and cheerful. Hana did a month-long homestay in the United States when she was 12, and is looking forward to building a bond with her host family, improving her English, and sharing her love of calligraphy.

## 4-H International Exchange Program—continued

**Mayu**, female 18, Japan (LEX)—Mayu is interested in design and likes to express herself through art and painting. She also makes accessories such as rings, bracelets, and necklaces. In school, she has played on the soccer club for many years. Mayu’s parents describe her as gentle and caring, with a strong sense of justice. After seeing her sister travel on an exchange, Mayu now also wants to have a similar experience to build her confidence, English fluency, and create life-long memories with her host family.

**Niko**, Female 15, Japan (LEX)—Niko loves sports, especially playing and watching soccer. She is excited to join a soccer club in the US and also wants to try new sports that aren’t available in Japan. Niko also enjoys fashion, cooking and watching movies. She describes herself as cheerful, enthusiastic, and open. Her teachers say that she is very kind and trustworthy, with many friends. In the future, Niko would love to be a sports journalist.

--BOYS--

**Saya**, male 16, South Korea (KOR 4-H)—Saya enjoys listening to music, drawing pictures, and playing the piano. His favorite subjects are science, music, and English. When he grows up, Saya wants to be an evolutionary biologist. Saya is looking forward to meeting his host family and learning everything he can about American culture.

**Hiroki**, male 17, Japan (LEX)—Hiroki is a member of the track and field club and English debate club at his school, where he discusses social issues and learns about others’ perspectives. In his free time, Hiroki enjoys karaoke, calligraphy, and going on road trips with his family. Hiroki is excited to experience major US holidays with his host family like Christmas and Thanksgiving. He appreciates the importance of volunteering and would like to become involved in many volunteer activities.

**Taisei**, male 16, Japan (LEX)—Taisei is very active and participates in track and field at his school. His favorite subjects are science, math and English. His parents describe Taisei as ‘an honest boy with a wonderful smile.’ He studies hard, likes to exercise, and helps with all the family chores. In America, Taisei would love to go camping with his host family, which is one of his favorite activities.

**Takumi**, male 16, Japan (LEX)—Takumi is a very outgoing boy with a great sense of humor. He is a member of the badminton club, and also goes snowboarding with his father. In junior high, he joined student council and gained many leadership skills. In his free time, Takumi enjoys karaoke, bowling, and cooking. His parents describe him as ‘smart, responsible, and always eager to do everything.’ He is eager to meet his host family, build a deep bond, and improve his English skills.

### Summer Outbound Program 2023

Each summer, American youth travel to several countries for one month. These cultural immersion trips mirror our inbound summer program. Current participating countries include Costa Rica, Japan, Norway, Taiwan, Romania, and Argentina.

If you are interested in hosting or learning more about the 4-H international exchange program, please email [carolyn.russo@wsu.edu](mailto:carolyn.russo@wsu.edu).



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## Leaders Council Meeting Monday, August 1st at 7 pm

Hybrid—In Person at the Extension Office and Zoom

Meeting ID: 972 5256 4505

Phone Call (long distance) +1 (253) 215 8782, 972 5256 4505#

## Fairgrounds Clean-Up Day



July 30th from 8 am until 2 pm

Please head to the Fairgrounds website to sign-up.

Help is needed with painting, weeding, and cleaning in general—bring some tools!!

## Educational Posters & Record Books

Record Books and Educational Posters will be judged prior to being displayed at the fair this year. Educational Posters and Record Books need to be dropped off at the Extension Office by July 29th. They will be available for collection at the 4-H Building at the Fairgrounds on August 15th.



4-H Grant County  
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(509) 754-2011 ext. 4301

### LINKS

[Friday Update Archive](#)

[Grant County 4-H](#)

[4-H Tuesday News](#)

[WSU 4-H Youth Development Program](#)

[4HOnline Registration](#)

[Virtual 4-H Programs and Resources](#)

[Youth Livestock Producers](#)

[Report Your 4-H Volunteer Hours](#)

[Volunteer Training](#)

[Washington 4-H Volunteer Orientation Modules](#)

[WSU Put the Child First](#)

[4-H Forms & Materials](#)

[Financial Forms](#)

[4-H Club Officer Resources](#)

[4-H Policies and Procedures Handbook](#)

[Scholarship Information](#)

[Information for Members, Volunteer Leaders, and Parents](#)

[Animal Ownership Dates](#)



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