



# UMass Extension 4-H Program

April 1, 2022

Weekly NewsBlast

The UMass Extension 4-H E-NewsBlast is sent to all UMass 4-H families and volunteers. Unless otherwise noted, all virtual programming is available to 4-H members everywhere, no matter where you live or what club or group you belong to! Check these sites and your local county Facebook page for more details and for updates to programs: <https://ag.umass.edu/mass4h> and <https://www.facebook.com/Mass4H/>

Look for archived NewsBlast issues at <https://ag.umass.edu/mass4h>

## 4honline – Be sure to re-enroll

Remember: You must be registered as a current 4-H member in order to take part in any activities, contests or events. Need assistance completing your registration or joining for the first time? Contact your local 4-H office (see the list at the end of the NewsBlast). Returning members, go to <https://v2.4honline.com/#/user/sign-in>

## UMass Extension 4-H Program Safety Precautions

As of Wednesday, March 9, the University has lifted the indoor mask requirement. This means that when meeting indoors, 4-H members and volunteers are no longer required to wear masks.

Individuals are welcome to wear masks at their own discretion and without question. Masks are recommended for individuals or anyone in their household who have a weakened immune system or an increased risk for severe illness. Individuals who are not fully vaccinated and boosted should also continue to wear masks indoors.

With this transition, we encourage everyone to respect the choices that individuals will make about their own masking. The university also recognizes that COVID-19 presents a fluid public health situation, and we may need to require face coverings in the future should guidance change. Thank you for your cooperation in supporting health, safety and wellbeing within our 4-H community.

## National 4-H Congress – Still time to Apply

**National 4-H Congress —November 25-29, 2022 - Atlanta**  
**Application Deadline: May 20, 2022**



Teens who want to learn more about National 4-H Congress can join a Zoom information session on Wednesday April 6 at 7:00PM, hosted by former participants, 4-H staff, and chaperones. Teens, parents, and 4-H volunteers are welcome to join to find out more about this opportunity, even if you don't intend to apply! Register at <https://umass-amherst.zoom.us/meeting/register/tJloceihpjlsG9w1pcT-lggZxVfzYl3qFufI> Once you register, you will receive a confirmation email containing the link and any additional information you need for the session.

National 4-H Congress is for teens between ages 15-18. Find out more about the UMass 4-H application process at [https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/nationaltrip\\_application\\_2021.pdf](https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/nationaltrip_application_2021.pdf)

## 4-H Safe At Home

Be safe, be responsible, while Home Alone! Are you a 4-H member who is ready to be home alone? What can you do when you are home by yourself? What snacks can you make, or activities might you do? What does it take to be safe at home?

Join this virtual program held on Wednesdays from 4:30-6 PM, starting April 27<sup>th</sup>, through May 18<sup>th</sup>, 2022. This series is designed for all youth ages 10 and older. Contact VaShon Hiltbold with questions at [vwallace@umass.edu](mailto:vwallace@umass.edu) Use the following link to register: <https://forms.gle/7Vgph5MgByffrRRw5> We look forward to seeing you there!

## 4-H Dog Academy – May 14



The UMass 4-H Dog Committee is hosting an all-day 4-H Dog Academy on Saturday, May 14th from 9AM-5PM at the Marshfield fairgrounds. This will be a fun day of learning, socializing, and working with dogs. The Dog Academy is open to all UMass 4-H members who would like to learn about showmanship, obedience, agility, dog safety, and basic training. The program will include both beginner and advanced tracks, as well as options for those that do not have a dog or do not feel comfortable bringing their dog. The cost for the day is \$25.00 and includes lunch, a t-shirt, and instruction from professional trainers. Please register in 4H Online: <https://v2.4honline.com/#/user/sign-in> under the events tab and mail a rabies certificate and check to Meg McDermott. **Please make the check payable to: MA 4-H Dog Committee**, UMass Extension, ATTN: Meg McDermott; 7 Midstate Drive Suite 102, Auburn, MA 01501

Please reach out to Meg McDermott, [memcdermott@umass.edu](mailto:memcdermott@umass.edu) or Cathy Acampora, [acampora@umass.edu](mailto:acampora@umass.edu) with any questions.

---

### Explore UMass Conference

Save the Dates of June 26-28 for the Explore UMass conference for enrolled UMass Extension 4-H members ages 12 through 16. Explore UMass is an overnight 4-H conference held on the UMass Amherst Campus that offers hands-on workshop tracks and overnight accommodations in campus dorms.

The complete schedule is not finalized; however the fan favorite tracks of Food Science and Veterinary Science will be back. Thanks to the support of the Massachusetts 4-H Foundation the cost each participant will be responsible to pay a reduced registration fee of \$100, which is about half of the actual total cost! If you feel you may want to attend but may need financial support, you can reach out to your local Advisory council or contact your local 4-H educator for additional information about scholarships.

Youth participants must be 12 years old by June 26th 2022 or attending grades 7-11 for the 2021-2022 school year. This year, Explore UMass is open to those enrolled in the Massachusetts 4-H program only. Contact Kim Pond with any additional questions you may have.

---

### UMass 4-H Facebook Page

Thanks to all those who responded to our Facebook survey informing us about what you would like to see on our page. We are rolling out a new format to keep you informed about upcoming dates and activities, showcase our youth, clubs and volunteers and continue to share resources. Here is what you can expect each day:

Monday – Healthy Lifestyles with a focus on mental health, but also exercise and nutrition

Tuesday - Deadlines, tips, record book reminders, and icebreakers

Wednesday – Animal Science and Agricultural Information

Thursday – Civic Engagement, including club officers, community service, teen leadership and clubs in the news

Friday – Science, Engineering and Technology

Find the UMass Extension 4-H Facebook page at <https://www.facebook.com/Mass4H>

---

### Animal Science Programs

Contact Carrie Sears with any questions or to register for any events below at [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

#### Animal Science Meetings, Workshops and Contests

April 3 – State 4-H Goat Meeting Zoom Meeting – 7:00pm

April 4 - Regional 4-H Horse Show Zoom Meeting – 6:30pm

April 7 – 4-H Dairy Day Committee Zoom Meeting – 7:00pm

April 9 – State 4-H Senior Horse Communications Contest – St. Williams, Tewksbury

April 16 – Rhode Island Sheep Workshop – 9am-1pm – Richmond, RI

April 19 – State 4-H Dairy Day – The Big E, Mallary Arena, West Springfield

April 19 – Beef Advisory Zoom Meeting – 7:00pm

April 20 – State 4-H Dairy Advisory Zoom Meeting – 7:00pm

April 23 – State 4-H Horse & Hippology Contest – St. Williams, Tewksbury

#### HOLD THE DATES

May 7 – State 4-H Rabbit Workshop – The Big E, West Springfield

June 11 – UMass Dairy Cattle Academy

June 18 & 19 – UMass Exploring Veterinary Science – UMass Hadley Farm, Hadley

## UPCOMING ANIMAL SCIENCE EVENTS

**UMass 4-H Dairy Day** – April 19 - 10:00am-2:00pm – Mallary Arena – West Springfield. Dairy Bowl, skillathon, and judging tips plus much more. Join your 4-H friends for a fun day of dairy cattle related topics. Registration information will be available online on April 8 at <https://ag.umass.edu/mass4h/clubs-programs/animal-science-program/beef-dairy-cattle>

### 2022 UMass 4-H Beef Academy

New format this year. Zoom sessions will be held every Monday evening starting on April 18-May 16. The in-person event will happen on May 21 at the Three County Fairgrounds in Northampton, MA where you will bring your heifer or steer. Activities will include, fitting & showmanship, team fitting contest, livestock judging and the bovine obstacle course. Brochure will be available on the MA 4-H beef page starting on April 11.

Zoom Sessions: All will be held at 7pm. Please email Carrie Sears at [ccsears@umass.edu](mailto:ccsears@umass.edu) for the link.

April 18 – Dr. Katie Beltaire, UMass – Animal Health-Parasites

April 23 – Dr. Joe Emenheiser, UConn – Meat cuts and quality.

May 2 – Steer and Heifer Nutrition

May 9 – Dr. Katie Beltaire, UMass – How to read medicine labels, Basic First Aid Kit and animal vitals.

May 16 – Ask the Chef – Simple recipes, food safety and prepping meals.



### Highly Pathogenic Avian Influenza (HPAI) in Massachusetts

See MDAR's recommendations here. <https://www.mass.gov/.../biosecurity-for-your-.../download> Report sick or dead birds: domestic 617-626-1795; wild 508-389-6300.

### Important Dates for Animal Science Projects:

If you plan on showing your animal project at 4-H fairs, please note the following deadlines. All forms are located on the specific species pages.

Verification and Model Lease Forms:

Due by **May 1** to your local 4-H Office – Dairy and Beef cattle

Due by **June 1** to your local 4-H Office – Goat, Sheep, Swine, Alpaca, and Llamas

Due by June 1 to your local 4-H Office - Dog Verification Form located at <https://ag.umass.edu/mass4h/clubs-programs/animal-science-program/dogs>

**Horse** – HORSE VERIFICATION form: Need to complete only if you plan on showing at the New England 4-H Horse Show (Big E) in September. Please complete the Horse Verification Form located at <https://ag.umass.edu/mass4h/clubs-programs/animal-science-program/horses>

### Sheep Day

Rhode Island 4-H is sponsoring a Sheep Day on April 16 from 9am-1pm at the Washington County Fairgrounds, [78 Richmond Townhouse Road, Richmond, RI](https://www.richmondri.com/). 4-H youth ages 5-18, open to beginner to expert level (adults may attend). Registration required by April 11<sup>th</sup> to be eligible for door prizes. Register at <https://web.uri.edu/4h/>

### New England 4-H Shows

The 4-H livestock, horse and dog shows at this time will be back with the Big E Fair in September. The dorms will also be available to our delegates. Each of the species committees are reviewing their show schedules and determining the number of days the delegates will be at the fair. Right now it looks like the 4-H shows are going to be held during their regularly scheduled weekends. We will keep you updated as soon as the schedules are finalized.

---

## Tractor Supply Paper Clover Campaign

Tractor Supply Company Spring Paper Clover campaign will take place between April 27-May 8. Customers can donate \$1 and purchase a paper 4-leaf clover to support the 4-H program. Each state 4-H program receives 90% of the funds raised, with National 4-H Council receiving 10%. All funds are designated to be used for leadership programs only. We have been using these to help defray costs of national 4-H congress, conference, academies, and other programs.

This spring, 4-H members will be allowed back in stores to present information about their projects and the 4-H program. They are allowed to ask for donations from the public. Check with Carrie Sears regarding regulations for 4-H members to bring any animals to this event. Also, be sure to inform your 4-H members to check with their local store if they wish to be present during the paper clover campaign.

---

## Career Exploration Series

April 6	Shannon Hulst & Greg Berman  Registration link: <a href="https://bit.ly/3mXqgwn">https://bit.ly/3mXqgwn</a>	Water – What’s the big deal? We drink it, bathe in it, swim in it, and get rained on...what else is there to know?  Water is a powerful force, therefore there are several careers that address its many facets and the challenges of living near it. Do you know what a floodplain is? Have you heard of shoreline change/erosion? How do rising sea levels affect living near the ocean, or the water you drink? Join the Career Exploration Zoom to learn about how Shannon Hulst and Gregory Berman both work on Cape Cod in Massachusetts to tackle these issues and more!
April 20	No CES	April school vacation week
May 4	Kevin Podkowka  Registration link: <a href="https://bit.ly/36nGWbg">https://bit.ly/36nGWbg</a>	Forester with the Massachusetts Department of Conservation and Recreation (DCR)  Kevin became a Forester 25 years ago because he loved being outside. As a forester he has planned and supervised numerous logging operations, fought wildfires, served as a team member for major hydrologic restoration projects, worked with critically endangered species, helped build forest access roads, planned and supervised reforestation projects, planned and supervised large scale exotic vegetation control projects, and the list goes on.  As a management forester Kevin is responsible for directing activities on state owned lands that meet the goals and objectives mandated by DCR. Log on to find out more about this and what a Forester does!

### Independent Members

Some newer 4-H Members may not yet be enrolled in a club or group. All independent members are invited to attend a zoom meeting with 4-H educators. Until they become affiliated with a club, independent members will meet as a group to ensure that they have a 4-H experience of the highest quality, learning about existing clubs, programs and activities, and state & county programs. Hands-on activities will be part of the meetings and the group will conduct project work.

No matter where you are in the state, if you are a 4-H member not affiliated with any club or group, join us on April 13, 2022, at 6:30pm via Zoom. Sign up here for Zoom link <https://forms.gle/NVbT4G2XNmP25LUo6> If you have questions, contact [ywallace@umass.edu](mailto:ywallace@umass.edu)

### Other Opportunities to Explore



**Gardening At Home:** visit the 4-H at Home website to find lots of information and hands on activities for growing plants and herbs at home. <https://4-h.org/about/4-h-at-home/gardening-at-home/#!/post-content> These projects include all instructions, a list of materials needed, and are geared for grades 3-8. You can also download the series of 6 lesson activities for later projects. Have fun and be sure to enter some of your completed items in our upcoming fairs this summer!

### UConn 4-H STEM DAY

4-H members ages 13-18 are invited to attend the UConn 4-H CSI program on April 23 from 9:00-2:30 at the UConn Storrs Campus. The fee is \$20 for enrolled 4-H members and \$25 for non-4-H youth. The fee includes a boxed lunch and t-shirt. Learn about the technology involved in real-life crime solving situations! Put your own problem-solving skills to the test! The Registration deadline is April 8. Contact Nancy Wilhelm at 860-486-4127 [nancy.wilhelm@uconn.edu](mailto:nancy.wilhelm@uconn.edu) or Pamela Gray, 860-373-0357 [pamela.gray@uconn.edu](mailto:pamela.gray@uconn.edu).

## UMass Extension 4-H Offices and Contact Information:

Contact the 4-H person you wish to meet with prior to visiting to ensure they are scheduled to be in. Thank you.

State 4-H Office: 100 Venture Way, Suite 334; Hadley MA 01035

Linda Horn, UMass Extension 4-H Program Director [lrhorn@umext.umass.edu](mailto:lrhorn@umext.umass.edu)

Carrie Sears, 4-H Animal Science Program Manager – [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

Deb Comeau – State 4-H Administrative Assistant – [dcomeau@umext.umass.edu](mailto:dcomeau@umext.umass.edu)

Western MA: Franklin, Hampshire, Hampden and Berkshire Counties

100 Venture Way, Suite 334; Hadley MA 01035

Angelica Paredes, 4-H Educator – [angelica@umext.umass.edu](mailto:angelica@umext.umass.edu)

Lauren DuBois, Urban 4-H Educator – [ldubois@umext.umass.edu](mailto:ldubois@umext.umass.edu)

Lizmarie Ulloa, Urban 4-H Program Assistant - [llopezortiz@umext.umass.edu](mailto:llopezortiz@umext.umass.edu)

Central and Southeastern MA: Auburn 4-H Office: 7 Midstate Drive, Suite 102; Auburn MA 01501

Bristol and Norfolk Counties:

Cynthia A. Bushey, 4-H Educator – [cabushey@umass.edu](mailto:cabushey@umass.edu)

Kim Henderson, Administrative Assistant – [khenders@umext.umass.edu](mailto:khenders@umext.umass.edu)

Worcester County:

Meg McDermott, 4-H Educator – [memcdermott@umass.edu](mailto:memcdermott@umass.edu)

Martina Jasiewicz, Administrative Assistant – [mjasiewicz@umext.umass.edu](mailto:mjasiewicz@umext.umass.edu)

State 4-H STEM Program Manager:

Kim Pond – 4-H SET Program Manager – [kima@umext.umass.edu](mailto:kima@umext.umass.edu)

Northeastern MA: Essex, Middlesex & Suffolk Counties:

UMass Mt. Ida Campus, Hallden Hall; 100 Carlson Avenue, Newton, MA 02459

VaShon Wallace-Hiltbold, Acting 4-H Educator – [vwallace@umext.umass.edu](mailto:vwallace@umext.umass.edu)

Pam LeFave, Program Assistant – [plefave@umext.umass.edu](mailto:plefave@umext.umass.edu)

Debbie Beaubien, Administrative Assistant – [debbieb@umext.umass.edu](mailto:debbieb@umext.umass.edu)

Nancy McCarthy, Program Assistant – [nmccarthy@umext.umass.edu](mailto:nmccarthy@umext.umass.edu)

Plymouth County: 44 Obery Street, Plymouth MA 02360

Molly Vollmer, 4-H Educator: [mvollmer@umext.umass.edu](mailto:mvollmer@umext.umass.edu)

Cathy Acampora, 4-H Educator: [acampora@umext.umass.edu](mailto:acampora@umext.umass.edu)

Meghan Riley, Ag Extension Educator: [mriley@plymouthcountyma.org](mailto:mriley@plymouthcountyma.org)

Tia Quinn, Administrative Assistant: [tquinn@plymouthcountyma.gov](mailto:tquinn@plymouthcountyma.gov)

Barnstable County: Box 367, Barnstable MA 02630

Sandi Shepherd-Gay, Barnstable County Youth Extension Educator:

[sandi.shepherdgay@barnstablecounty.org](mailto:sandi.shepherdgay@barnstablecounty.org)

Dawn Johnson, Administrative Assistant: [dawn.johnson@barnstablecounty.org](mailto:dawn.johnson@barnstablecounty.org)



UMass Extension is a unit of the Center for Agriculture, Food & the Environment in the College of Natural Sciences. UMass Extension is an equal opportunity provider & employer, United States Department of Agriculture cooperating. Contact your local UMass Extension office for information on disability accommodations or the UMass Director if you have concerns related to discrimination, 413-545-4800 or refer to [www.extension.umass.edu/civilrights](http://www.extension.umass.edu/civilrights).