



# UMass Extension 4-H Program

January 14, 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>

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## 4-H World Changers: Learn to Code

Ohio and Vermont 4-H are joining forces once again to bring you another opportunity to learn to code! In this series you will learn to create your own custom chatbot! A chatbot is a computer program that simulates conversations with a real person and is a simple form of Artificial Intelligence. You will be using the Trinket coding platform to write and run your chatbot in a web browser using the Python programming language. Join us to learn Python and create your own chatbot!

The group will meet weekly on Thursday evenings from February 3 - March 10 at 7-8PM. Visit <http://go.uvm.edu/4hcoding> to register for the next Learn to Code course **by Feb. 1.**

If you have any questions, please reach out to [Lauren.Traister@uvm.edu](mailto:Lauren.Traister@uvm.edu)

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## Animal Science Programs

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

### Animal Science Meetings, Workshops and Contests

January 14 -16 – Northeastern Poultry Congress, Eastern States Exposition, W. Springfield, MA

January 17 - 7:00pm Zoom - How to Determine Carcass Quality – Laura Marek

January 19 – 6:30pm State 4-H Horse Annual Meeting Zoom

January 19 - 6:30pm New England 4-H Horse Committee Meeting Zoom

January 22 – Rabbit Workshop – Eastern States Exposition, W. Springfield, MA

January 27 – 7:00 - Horse Chat Zoom

February 5 – Western MA Regional 4-H Horse Mini Roundup – 100 Venture Way, Hadley, MA. Registration Form [https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2022\\_western\\_ma\\_4-h\\_regional\\_horse\\_mini-roundup.pdf](https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2022_western_ma_4-h_regional_horse_mini-roundup.pdf)

### Northeastern Poultry Congress

January 14-16, Eastern States Exposition, West Springfield, MA Free admission.

Website <http://www.poultrycongress.com/>

### Career AGsperience Program

Unlock the Mysteries and Learn the Untold Secrets of Preparing for a Successful Career. Explore: Planning, Resume Development Internship Acquisition, Interviewing Skills Business Etiquette, Agriculture Related Careers and Beyond. Open to any youth between 13-18 years old.

FREE PROGRAM • 6:30-7:45pm January 12-February 16, 2022 (Wednesday Nights) REGISTER

AT: [https://docs.google.com/forms/d/e/1FAIpQLSdguolQyPXu2NMyKpkfX3In1a1hUoknd2wFYJGwaYuSAKC\\_Tw/form/Response](https://docs.google.com/forms/d/e/1FAIpQLSdguolQyPXu2NMyKpkfX3In1a1hUoknd2wFYJGwaYuSAKC_Tw/form/Response)

**BIG E 4-H STEER SHOW** – The entry deadline is fast approaching (February 1st) and we will need to get your steer(s) tagged with the official Big E RFID tag. Please contact me by January 20<sup>th</sup> if you plan on entering a steer(s) at [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

A question was asked regarding whether the Big E RFID tag on the health paperwork is considered to be the official RFID. Carrie Sears checked with the Big E and their response is No. Steers need to have in their own RFID premise tag along with the assigned Big E one. Steers must be owned by the exhibitor with no leasing is allowed.

## Massachusetts 4-H Rabbit Workshop

Scheduled for January 22<sup>nd</sup> at the Big E in West Springfield, MA.

For more information and to sign-up go to [https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2022\\_state\\_4-h\\_rabbit\\_workshop.pdf](https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2022_state_4-h_rabbit_workshop.pdf)

## UConn 4-H Goat Workshop

Hold the date – April 2<sup>nd</sup>. Details to be announced in February.

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### SAVE THE DATES for these Workshops in the Central and Southeast!

#### Visual Presentations: Central-Southeast Region (Worcester, Norfolk, and Bristol Counties)

being held on March 5, 2022 at the Norfolk Agricultural High School in Walpole.

Registration will be open from 1/21-2/18. Zoom VP Q&A sessions are offered Wednesday, 1/26 at 7 PM and Sunday, 2/6 at 3 PM. **Stay tuned for the registration link and more information in next week's NewsBlast.**

Please reach out to one of the Central-Southeast 4-H Extension Educators with questions: Meg McDermott at [memcdermott@umass.edu](mailto:memcdermott@umass.edu) or Cynthia Bushey at [cabushey@umass.edu](mailto:cabushey@umass.edu).

#### Hippology and Horse Bowl Contest -Central-Southeast Region (Worcester, Norfolk, and Bristol Counties)

Calling all 4-H members in Norfolk, Bristol, and Worcester Counties who are working on horse projects this year!

Please register **NO LATER THAN Wednesday 1/19** for this year's event, using this

link: <https://forms.office.com/r/6ea7Fu3uvh>

This year's contest is being sponsored by the Norfolk County Horse Leaders Association and is currently set to take place in person on Saturday, 1/22 at the Norfolk Agricultural High School in Walpole beginning at 9 AM but *may need to shift to a virtual format*. More details about the contest can be found here: [Hippology & Horse Bowl Information Sheet](#)

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### Career Exploration Series

This series is designed to connect youth with professionals from a variety of careers and strives to find a diverse representation of the many choices that youth have for their futures. Presenters discuss what they actually do on a day-to-day basis, what they had to do to be in the position they are in, and what opportunities and/or sidetracks they took along the way. Participants will not only hear from the professionals but be able to ask questions, make comments, participate, or just listen. As many participants will tell you, some careers are much different than you thought they may be! (Don't judge a book by its cover!)

January 19	Shannon McKain Motivational Speaker & 4-H Alum  Registration link: <a href="https://bit.ly/3EUIWnv">https://bit.ly/3EUIWnv</a>	Shannon McKain is a Keynote Motivational Speaker, consultant, and entrepreneur based in Dallas, Texas. She seeks to help companies and individuals live their best lives through leadership, team-building and personal development.  After graduating from William Jewell College with a double major in Communications and Political Science, Shannon developed her own brand as a 4-Her, NFL Cheerleader, Pryor Leadership Fellow, TV personality, TedX speaker and entrepreneur. She also spent two weeks living on a canoe in the Everglades (twice). She has been seen on CBS, NBC, ABC and you may know her from the Dude Perfect show on Nickelodeon.  When not on the road speaking, Shannon enjoys reading, spending time with her cats, and binge-watching the latest shows.
February 2	Kim Concra Nutritionist  Registration link: <a href="https://bit.ly/33b3slx">https://bit.ly/33b3slx</a>	I have a both undergrad and graduate degrees in Human Nutrition and am a licensed nutritionist (LDN) in MA. My earlier nutrition career included eight years with the WIC (Women, Infants and Children Nutrition program). Now 15 years at Barnstable County in our Cape Cod Cooperative Extension, my position is as Nutrition and Food Safety Specialist. I work with some SNAP-ed programs, municipalities and non-profits doing nutrition programming, am co-chair of the Cape Cod Hunger Network working with food pantries and meal sites, and I teach food safety to food service workers through ServSafe courses. I've worked with UMass food science to offer food safety programs to those interested in started a food business, too!
February 16	Maeve Kiley AmeriCorps	Maeve Kiley is spending a year of service with AmeriCorps Cape Cod where members are assigned to various different roles within the environmental sector. As a team, AmeriCorps works on local projects

	Registration link: <a href="https://bit.ly/3Gex5B2">https://bit.ly/3Gex5B2</a>	related to natural resource management, environmental education, volunteer outreach, and disaster emergency response. Individually, she serves with the Cape Cod Cooperative Extension as an Aquifer Educator responsible for outreach programs to connect with the community and preserve the Cape Cod Aquifer. As a recent graduate, this program is a fantastic stepping stone into the environmental field and a great entry level opportunity to explore various sectors of environmental work.
March 2	Dr. Thomas Russell  Registration link: <a href="https://bit.ly/3nobcbt">https://bit.ly/3nobcbt</a>	Thomas P. Russell Silvio O. Conte Distinguished Professor Polymer Science and Engineering Department Visiting Faculty, Materials Sciences Division Lawrence Berkeley National Laboratory  More info coming...
March 16	Larry Dapsis Entomologist  Registration link: <a href="https://bit.ly/3G5wVMp">https://bit.ly/3G5wVMp</a>	Entomologist since age 5. B.S. Environmental Science & Biology at Fitchburg State University and M.S. Entomology at the University of Massachusetts – Amherst. Forty years of professional pest management experience including Vegetables, Cranberries and Household Insects. Joined Cape Cod Cooperative Extension in 2011 as Deer Tick Project Coordinator and Entomologist and is a member of the Barnstable County Tick-Borne Disease Working Group.
April 6	Shannon Hulst & Greg Berman  Registration link: <a href="https://bit.ly/3mXqgwn">https://bit.ly/3mXqgwn</a>	Shannon Hulst is Deputy Director of Cape Cod Cooperative Extension as well as Floodplain Specialist and Community Rating System (CRS) Coordinator for Barnstable County, MA through Cape Cod Cooperative Extension and Woods Hole Sea Grant. She is a Certified Floodplain Manager® with a Master's degree in Marine Affairs from the University of Rhode Island and serves on the board of the Massachusetts Association for Floodplain Management. Shannon assists communities, businesses, and residents with Community Rating System (CRS) and flood-related technical assistance with an overall goal of improving flood resiliency. This includes assistance with federal, state, and local regulations; working with local boards and Commissions; doing public outreach; tracking storms; GIS mapping; and many other flood-related activities.  Gregory Berman is the Coastal Processes Specialist for Woods Hole Sea Grant program at the Woods Hole Oceanographic Institution. He earned a B.S. in Marine Geology from Eckerd College and his M.S. in Geological Oceanography from the University of South Florida. His professional certifications include Professional Geologist (PG), Geographic Information Systems Professional (GISP), and Certified Floodplain Manager (CFM). He provides technical assistance and extension education programs for coastal communities on topics including shoreline change, erosion control alternatives, coastal hazards and hazard mitigation analyses, sea level rise, storm surge, dune restoration techniques, and other coastal resources management issues.

### STEAM Festival

The STEAM Festival is for all 4-H members; it is not only about Science, Engineering and Technology, but also incorporates Animals, the Arts, Crafts, Photography and more!

Here is a NEW addition to the 2022 STEAM Festival - Shoebox Parade!  
Don't toss out that shoebox or other small box that you have in your home. Use it for this fun activity and enter it in the STEAM Festival!

Take your box and create a float with the theme "Celebrating Trees" for the Arbor Day Foundation's 150th Anniversary. Do you BeLeaf it? More details will be posted in the premium book, but remember, you will need to include a write up and some pictures. Check out this site for some photos and ideas:

<http://blogs.ifas.ufl.edu/cals/2021/10/08/celebrating-the-2nd-annual-cals-shoebox-parade/>



## **Heroes Wear Scrubs (HWS) UMass 4-H Virtual IMPACT program**

Heroes Wear Scrubs is back again this spring. This program is a partnership between UMass 4-H and the UMass Amherst Elaine Marieb School of Nursing. The sessions will be led by nursing students with a UMass 4-H Educator present at all times. A wide variety of topics will be discussed, and participants will have a voice in some of the topics covered. There will be two tracks happening at the same time, one for juniors (8-13), one for seniors (14-18).

- Who: Youth 8-18 years of age
- When: Wednesdays, 3:30-4:30 PM, February 16 - April 6 (No meeting on March 16) 7 sessions in total.
- Registration deadline is Monday, February 14. REGISTER EARLY, SPACE IS LIMITED to 10 juniors & 10 seniors
- Registration link: <https://bit.ly/3qJePJB>

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### **UMass 4-H Community Service-Learning Initiative (CSL) Kickoff Food Insecurity**

Join us on Tuesday, January 18 at 7:00 PM, via Zoom, for the kickoff of the CSL initiative. At the kickoff you will hear from people involved in helping with food insecurity and learn ways that you, your family, and/or your club can make a difference in your local community. You will also hear about other UMass 4-H programs that will be occurring and address different aspects of food insecurity over the next few months.

The link to register for the kickoff is: <https://bit.ly/3rs1r06>

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### **4-H Safe At Home**

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 Tuesdays from 4:30-6 PM, from January 18th-February 8th, 2022. This series is designed for all youth ages 10 and older. Contact VaShon Hiltbold with questions. Use the following link to register: <https://forms.gle/7Vgph5MgByffrRRw5>  
Be Safe; be responsible while Home Alone!

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### **Western Mass Teen Leaders Needed**

You may have read an article asking for teens to help with the Berkshire Youth Fair and thought, "But I don't live in the Berkshires." THAT'S OK! Fair meetings are held via Zoom, and the fair itself is a one-day event on the third Saturday in August. Help is needed planning the fair, to set up prior to, on the day of the fair, and possibly on the day after for clean-up. This fair is very unique because teens are the main fair board in all of the leadership positions. The fair is open to all youth, 5-18, regardless of their 4-H membership status. The fair itself is this club's project!  
[The next Zoom meeting will be Monday, January 31, 7:00 PM.](#) Please email Angelica at [angelica@umext.umass.edu](mailto:angelica@umext.umass.edu) if you would like to check out the meeting and possibly become part of the group.

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### **Register for 4-H**

Are you a new member? If so, contact your local 4-H office to get your paperwork and instructions for completing your registration. Are you a returning member? You can re-register and pay your annual participation fee right on 4-Honline! Here are the steps to follow:

- Go to <https://v2.4honline.com/#/user/sign-in> Be sure to use Google Chrome or Safari - not internet explorer
- Check to see that the email in your profile is current! If it has changed you need to update it in 4honline. Need help, or forgot your password? Reach out to Kim Pond for assistance.
  - Update your health form, club and project information and click through until you hit final "submit" button. You will get an automated response your re-enrollment was submitted so you know it went through and ready for the office to approve.
  - Find resources and tips for using 4honline at <https://ag.umass.edu/mass4h/about/4h-online>
  - For Payment: When you are In 4honline please select "Non-Electronic" payment and proceed to the end regardless of payment method. You will then be directed on where to mail your check or pay by credit card. You do not pay directly to 4honline, but instead pay at the 4-H portal <https://ag.umass.edu/mass4h/membership-payment>

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### **4-H Dog Project Clinic – IMPORTANT CHANGE!**

The UMass Extension 4-H State 4-H Dog Committee has made the difficult decision to move the Handling Clinic scheduled for January 23<sup>rd</sup> in Charlton, MA to a VIRTUAL event taking place on Zoom on Sunday, January 23<sup>rd</sup>. We are working hard to virtually provide the same workshops that members have registered for. **The event will be scheduled from 10AM-1PM.** **If you have already registered, you will be getting an email with details for the event and your registration fee and rabies certificate will be mailed back to you.**

If you have not registered yet, but would like to attend the event virtually, please register in 4H Online OR email Meg at [memcdermott@umass.edu](mailto:memcdermott@umass.edu)

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## National 4-H Programs and Opportunities:

### APPLY FOR THE 2023 4-H YOUTH IN ACTION AWARDS

Any 4-H youth ages 15-19 are able to apply to be a 2023 4-H Youth in Action Award winner! Now is the chance for 4-H'ers across the nation to tell the National 4-H Youth In Action committee how they're impacting their communities through service and leadership. Four selected recipients will each earn a \$5,000 scholarship and an opportunity to serve as a national youth spokesperson. Learn more about the application process and set your calendar to apply by March 28, 2022. Go to <https://4-h.org/parents/4-h-youth-in-action-awards/>

### POWER OF PLANTS

Have you taken part in the UMass 4-H Extension programs about horticulture and plants? Here is another set of hands-on activities available through National 4-H Council and designed by the University of Georgia Extension. In this series of at-home activities you will explore how scientists study plants, grow them and change them to create new kinds of plants. This is a self-paced program – have fun and get ready for spring!! Find it here: <https://4-h.org/about/4-h-at-home/power-of-plants/>

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## Safety Measures and Precautions

UMass Extension 4-H continues to ask for your cooperation by wearing masks in any UMass building, including 4-H offices. In addition adult volunteers and youth members need to wear masks at any 4-H indoor club meetings or events, no matter the location. COVID guidance can change daily; following daily guidance of the CDC and UMass 4-H when holding 4-H club meetings is required. See below for more details. Thank you for helping to keep our 4-H members safe and healthy!

- Any 4-H club meetings or events held indoors: Masks must be worn by all participants and adults. All CDC/health guidance must be followed regarding social distancing at the time of the event or meeting.
- Any 4-H club meeting or event involving youth under 12: Masks must be worn by all participants and adults. Youth must be socially distanced according to CDC guidelines at the time of the meeting or event.
- Any outdoor 4-H club meetings or event: Masks must be worn by all participants and adults if youth under 12 are present. Youth must be socially distanced according to CDC guidelines at the time of the meeting or event.

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## 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  
Tom Waskiewicz, 4-H Educator – [waskiewicz@umext.umass.edu](mailto:waskiewicz@umext.umass.edu)  
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 Lopez Ortiz 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:

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)



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