



Massachusetts 4-H Program

January 15, 2021

Weekly NewsBlast

The UMass Extension 4-H E-NewsBlast is sent to all 4-H families and volunteers in Massachusetts. Your local 4-H office may add some additional information specific to your county or region. 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!

Winter Workshops: Starting this Weekend!

Are you enrolled for workshops at the upcoming statewide Massachusetts 4-H Winter Workshops? All workshops will take place on Zoom. If you are already registered, you should have received information and your workshop links already. If you have not, contact VaShon Wallace Hiltbold at vwallace@umext.umass.edu.

The Massachusetts 4-H website has the complete list of workshops on the Events tab.

Animal Science

Contact Carrie Sears with any questions or to register for zoom meetings at ccsears@umext.umass.edu

Upcoming Zoom Meetings:

- January 19 – Beef Ag Summit Planning Meeting – 7:00pm
- January 25 – Regional 4-H Horse Meeting – 7:00pm
- January 27 – State Horse Council Annual Meeting – 6:30pm

Upcoming Virtual Workshops:

January 28 – Poultry Workshop – 4:00pm Register at tinyurl.com/scizoompoultrysci
Register early since space is limited.

Animal Nutrition Workshop Series: Sponsored by Kent/Blue Seal Feeds

- January 26 - Equine Nutrition - Explore the digestive process with Mackenzie Chauncey - Gut Bucket presentation – 7:00pm
- February 2 - Beef Nutrition - 7:00pm
- February 9 - Rabbit Nutrition - 7:00pm
- February 16 - Sheep/Goat Nutrition – 7:00pm
- February 23 - Poultry Nutrition – 7:00pm

Animal Science Related Topics-

We are looking for your thoughts and input for workshops you would like to see offered that can be held via Zoom! Email Carrie with your ideas ccsears@umext.umass.edu Thank you!



Dog Safety Bitmoji Classroom

Learn about dog safety in this BitMoji classroom. Each week focuses on a different topic on dog safety and responsible ownership.

- Week 1 – Overview about Dog Safety
- Week 2 - Holiday safety for your dog
- Week 3 - Dog interactions
- Week 4 - How to read your dog
- Week 5 - Choosing the right dog for you

Contact Cathy Acampora if you are interested in joining this classroom acampora@umext.umass.edu

****NEW****

2021 Massachusetts State 4-H STEAM Festival

The Massachusetts State 4-H STEAM festival celebrates the Massachusetts 4-H Google Partnership and all our 4-H members who are Makers! Exhibitors must be 4-H members who are enrolled and in good standing in the Massachusetts 4-H Program starting in September of 2020 through present. This includes Cloverbuds (ages 5-7), Juniors (ages 8-13) and Seniors (ages 14-18).

A variety of classes and lots will be offered including, but not limited to, art, computer science, crafts, engineering and design, horticulture, performing arts, Science, engineering and technology.

All classes and lots will be posted through the FairEntry program; a link and instructions will be provided on the UMass Extension 4-H website on January 25th. The closing date for entries is February 25.

Any photos, videos or other items you submit will be uploaded through that program. Watch the Massachusetts 4-H Facebook page for examples and instructions! Any items you make or create on your own, as part of a 4-H project, through the Winter Workshops or in any other way can be entered. All entries will be judged and virtual ribbons will be awarded. The Awards program is scheduled to take place on Sunday March 14 (Pi Day!)

Adults, parents, or volunteers interested in assisting with this event or being a judge should contact Kim Pond at kima@umass.edu.

Massachusetts 4-H Creative Writing and Art Contest

The Year Without a Summer - 4-H Projects in a Pandemic. In 1816, the Northern Hemisphere experienced a year where summer never really came. From China to Canada it was bitterly cold; the ground froze in June and the crops never grew. Life was strange, hard, and scary for millions of people. But even in the worst times, beauty can emerge. The debris of volcanic ash in the air created blazing sunsets that inspired painters. The lack of feed and oats for horses led to the invention of the bicycle. The ensuing bad weather caused a group of poets and writers stay inside where they wrote ghost stories that include *Frankenstein* and *Dracula*.

In 2020 many of us also experienced a year where summer didn't seem like summer. No horse shows, no club meetings, no 4-H Fairs. Like our ancestors, we too stayed home and looked for ways to occupy ourselves. We taught our dogs new tricks, learned to sew masks for our community, attended virtual symposiums and classes. We worked on our projects, individually but never alone, and wrote our records to show what we'd done for the 4-H community we love.

We encourage 4-H members to take part in "**The Year Without a Summer: 4-H Projects in a Pandemic**", a new creative writing event. You will be able to share your own perspective regarding the ways that you have interacted with your project during the pandemic. Submit your entry in any of the following categories:

- Poetry of no more than 50 lines
- Short stories of no more than 1000 words
- Artwork that tells a story about this summer from your project's perspective.

This contest is open to all registered Massachusetts 4-H members of any age. When judged, one winner will be selected from each of the categories. Deadlines are listed below; a full flyer is on the Massachusetts 4-H website.

Remember:

- All entries, whether short story, poem, photo, or artwork, should be from the point of view of your project. Need some help brainstorming ideas? Email Angelica at angelica@umext.umass.edu for assistance
- The deadline for all submissions is March 1, but if you need assistance with written entries (short story/poem), submit them **no later than** Feb. 1 to receive feedback and assistance. You will get information back with suggestions, ideas, questions, etc., to help with your final submission.
- Winners will be announced at the 2021 State Visual Presentations!

4-H 101: Volunteer Professional Development Series

Our popular 4-H 101 series is winding down! Final sessions are listed below. Contact either VaShon Wallace at vwallace@umext.umass.edu or Tom Waskiewicz at waskiewicz@umass.edu to receive the zoom link.

Upcoming Sessions: All begin at 7:00PM

Recognizing 4-H'ers Accomplishments – January 19

Making Action Plans – January 26

4-H Across America-2021

Form a team of 4 people and get ready to virtually exercise your way across America from Boston and back, visiting as many states as you can in the "lower 48."

- All states in the lower 48 are included (Not Alaska or Hawaii)
- The program begins on January 1 and end on March 31
- Each team must select a Team Captain. The team captain is responsible for the following things:
 - Collect time exercised from each member of the team
 - Collect time exercised by each team member and convert the time to miles. A conversion chart will be provided
 - Keep a record of the team's miles each month
 - Submit the team's total miles to the 4-H educator at the end of each month

Each team member will track their daily exercise mileage, whether by walking, jogging, biking, riding, rollerblading, skiing, swimming or by participating in any type of exercise. Team members will submit exercise time to their team captain. Team captains will also document where the team is located on the map at the end of the month. Teams will be asked to complete one of three different activities to show what they learned. More information will be provided during a series of workshops that will be held throughout this event, including Story Mapping, nutrition and healthy eating, stress management, injury prevention, teaming up with pets and time management.

Be sure to send the team Captain's name and email, name of the team and names of team members to Tom at waskiewicz@umext.umass.edu by January 1, 2021

Upcoming Teen and Volunteer Programs

4-H Club Leaders and Volunteers! Start your 4-H year with seven ready-to-go club meeting agendas detailing a family kick-off, team building, officer elections, public speaking and more. Learn how to adapt in-person activities to a virtual setting and strategies for including Cloverbuds. Find it at go.osu.edu/clubmeetingtoolkit from The OHIO State University 4-H Program.



Two new programs are being planned for 4-H teens and volunteers throughout the Northeast!

- February 4, 7-8PM for 4-H Teens. Meet and greet with 4-H teens from throughout the Northeast. Compare what you are doing, gain some new ideas.
- February 24, 7-8PM for 4-H volunteers. Attend a workshop on organizing and running an Impact program. (some areas call it a SPIN program)

The registration links will be listed here soon.

Career Exploration Zoom Series

You must register to attend any session in this series. To register, contact Angelica Paredes at angelica@umext.umass.edu; provide her with the session you wish to attend, your name, club or school, county and state where you are enrolled if a 4-H member.

February 3	Mushroom Montoya	<p>Guest Speaker: Architect, Author, and Shaman Mushroom Montoya</p> <p>Mushroom Montoya is an example that not all careers follow a linear path. After high school, he spoke to a guidance counselor at a local university that informed him there were only three colleges in California (at that time) that offered an architecture program. The guidance counselor sent him to speak with the chair of the civil engineering department; civil engineers and architects work closely together. There he received a long list of math and engineering courses he should take. He was disappointed</p>
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		<p>because he didn't like math, and as a result, he changed his mind. He changed his major to English, started taking classes, including his first ever art class. He fell in love with art and changed his major.</p> <p>Mushroom was soon drafted into the Viet Nam war, serving two tours. Upon his return he completed his associate degree in art and transferred to the architecture school at the University of New Mexico. Part of that choice was because that University was the only one at the time with courses in solar energy. He spent the next 30 years as an architect. Some of his projects as an architect include: The largest sleep study center for the Veterans Medical Center in Long Beach, the first hangar for the B1 Bomber, office buildings, dining facilities, childcare centers, numerous office remodels, an FBI photo lab, courtrooms, jails, secret places, medical facilities and more.</p> <p>Buildings were not the only things Mushroom was creating. He took his experiences in Viet Nam and wrote his first book, "Viet Nam Body Count", fictionalizing the book but relying on firsthand knowledge. His second book, "Koln Letters" is a mystery novel that answers the historical question, "Why did the Roman Emperor, Nero, blame the Christians for the fire in Rome?" The novel takes place in Koln and Bonn, Germany, A monastery in France, and in Seattle, Washington.</p> <p>As a Shaman, Mushroom witnessed so much destruction during his time in Viet Nam, he decided he also wanted to be a person who heals. As a bereaved father he advocates for organ donation. As an adoptive parent, he advocates for adoption, especially of older children who all too often don't get adopted.</p>
Feb 17	Tim Swanson	<p style="text-align: center;">Wilderness Survivalist Owl Eyes Wilderness Survival</p> <p>Tim is the founder of Owl Eyes Wilderness Survival, a nature connection and wilderness survival school for people of all ages. He holds a double Bachelor's degree in Adventure Education Leadership and Adventure Therapy (Unity College). He is a Level 1 Certified Animal Tracker (CyberTracker) and a Wilderness First Responder (SOLO). He is passionate about educating our children/teens/adults about nutrition, natural awareness, equality, and hopes to spread his love of nature through the practice of wilderness survival. owleyeswilderness.com</p>
March 3	Glenn Hiltbold	<p style="text-align: center;">Director of Actuarial Services - Safety Insurance</p> <p>Glenn Hiltbold is currently the Chief Actuary at Safety Insurance, the fourth largest automobile insurer in Massachusetts. An actuary applies math and statistical methods to many of the business questions that an auto and homeowner's insurance company faces.</p> <p>For example:</p> <ul style="list-style-type: none"> • What should we charge a family or individual for auto insurance for a year? How do you do this when the "premium" is usually paid up front, but claims can come months, or sometimes even years later. • How much should an insurance company set aside to cover claims that have happened to somebody, but the insurance company doesn't know about them yet? • How can an insurance company protect itself from a hurricane, a severe arctic winter and other natural disasters and not go out of business? <p>Glenn will discuss how he became an actuary, touching on the exams that are needed as well as the qualities and talents that he looks for when he is looking to hire a new actuary.</p>
March 17	Bob Metcalfe	<p style="text-align: center;">Wildlife Tracker</p> <p>Bob Metcalfe is a naturalist and licensed guide with a lifelong interest in local wildlife and the habitat that is essential for their survival. He is an instructor at Boston Outdoor School, the education coordinator for The Saugus River Watershed Council and a member of the Maine Wilderness Guides Association.</p> <p>Through his business, New England Discovery, Bob offers programs in wildlife observation and photography, animal tracking and habitat exploration to adults and school children. www.newenglanddiscovery.com</p>

Find All Upcoming 4-H Workshops and Events:

Check the 4-H Website at <https://ag.umass.edu/mass4h> for more details on all upcoming programs and events.

Adding your animal projects to your 4honline account

You may have noticed a new *animal category* on the left side of your profile when you log into 4honline. If you used that feature last year you will see we have simplified the forms so there is less to add, thanks to Carrie Chickering-Sears and Kim Pond! These online forms have all the necessary information and dates you will need for entering fairs, including the online fairentry program used last summer. You can find a guide for families which includes screen shots on the 4-H website in the "About 4honline section."

2021 National 4-H Conference – Virtual Event for Teens

This year's National 4-H Conference will be a virtual event held on April 10-15, 2021. Participants will be assigned to round table groups and discuss a topic that will be assigned. The Conference will have all the primary elements that an in-person event would have, including speakers, workshops, youth voice opportunities, topic briefing development and presentation, interaction with Capitol Hill and USDA officials and fun mixers and recreation. The virtual platform will employ the best practices that we have learned thus far about working in this space. Don't worry, delegates will NOT bon on Zoom all day, every day for the six day conference!

Teens 15 and up who are interested should apply to Kim Pond at kima@umass.edu by Monday January 25th.

You need to include:

1. Cover letter

2 A resume (1 page preferred, 2 pages maximum) or a Completed 4-H Experience Sheet – This is not your 4-H Summary Sheet in your records.

- The 4-H Experience Sheet answers these 4 questions on a separate sheet of paper
 1. Briefly describe the leadership experiences that you have had in the 4-H program and through other organizations/school.
 2. Why do you feel it is important to develop communication skills?
 3. How will you apply your leadership experiences/skills to benefit the 4-H program in the next 2 years?
 4. Discuss any Community Service work that you have done and how it has impacted you and/or your community.
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4-H At Home

4-H At Home is a collection of educational activities that families and 4-H members can do at home. Explore all of the activities at <https://4-h.org/about/4-h-at-home/>

New Year's Wish Pillow: Grades: 3-8. Estimated Time: 30 minutes

Supplies: Piece of fabric (about 12" x 12"), Paper and pen to write with, Glue gun or yarn and a needle (ask an adult to help), Markers or paint (to decorate), Buttons, beads, sequins or anything else to decorate your pillow!

Activity Steps: Follow these steps to craft a decorative pillow stuffed with your goals. Before you start, you might be asking yourself, "Why stuff a pillow with goals?" Good question! New Years is an ideal time to think about goals because they motivate you both in the short term and for the long term. The act of writing them down is like mapping out a better future. Plus, when you get specific, you can measure (and celebrate) your success as you go.

1. Fold your piece of fabric in half so that there is an opening at the top.
2. Now, use the hot glue gun to glue the side and bottom into place. Watch out – that glue is so hot that it can burn your skin, so be very careful!
3. Next, cut the piece of paper into strips. Fold the paper in half, then fold that doubled-over piece into short sections, similar to how a fan is folded. Then cut across the middle seam, and then cut each half of the smaller seams into strips.
4. With your pen and paper, write out your goals for the new year.
If you get stuck, use these categories for ideas: health and fitness, your future career, education, friendships, family, creativity, saving money, community projects. But don't confuse goals with values. "Be kind to animals" can be an ongoing value you have, while "volunteer at the animal shelter" is something specific you can check off your list in the new year.
5. Now, use the strips of paper to stuff your pillow. The more wishes and dreams, the better!
6. When finished, use the glue gun to seal up the remaining seam.
7. Personalize! Decorate your wish pillow with whatever you want and have on hand – sequins, colored feathers, you name it!

Find photos and more details about this activity at

<https://4-h.org/wp-content/uploads/2020/11/4H-At-Home-Holiday-Activities-Wish-Pillow.pdf>

4-H Re-Enrollment

Contact your local 4-H educator or administrative assistant if you need assistance re-enrolling in 4-H! Also check our website for detailed directions at this link: <https://ag.umass.edu/mass4h/about/4h-online>

4-H Office Contacts:

The 4-H Program is operating and available to answer questions. Reach out to your local office by email. Phone numbers are available at the 4-H Website at <https://ag.umass.edu/mass4h/about/office-locations-contacts>

State 4-H Office: Linda Horn, Interim Director lrhorn@umext.umass.edu
Carrie Sears, 4-H Animal Science Program Manager – ccsears@umext.umass.edu
Kim Pond – 4-H SET Program Manager – kima@umext.umass.edu
Deb Comeau – State 4-H Administrative Assistant – dcomeau@umext.umass.edu

Western MA (Franklin, Hampshire, Hampden and Berkshire Counties):
Tom Waskiewicz, 4-H Educator – waskiewicz@umext.umass.edu
Angelica Paredes, 4-H Educator – angelica@umext.umass.edu
Lauren DuBois, Urban 4-H Educator – ldubois@umext.umass.edu
Lizmarie Lopez Ortiz, Urban 4-H Program Assistant - lopezortiz@umext.umass.edu

Southeastern MA (Bristol and Norfolk):
Meg McDermott, 4-H Educator – memcdermott@umass.edu
Kim Henderson, Administrative Assistant – khenders@umext.umass.edu

Central MA (Worcester County):
Meg McDermott, 4-H Educator – memcdermott@umass.edu
Martina Jasiewicz, Administrative Assistant – mjasiewicz@umext.umass.edu

Northeastern MA (Essex, Middlesex, Suffolk):
VaShon Wallace-Hiltbold, Acting 4-H Educator – vwallace@umext.umass.edu
Pam LeFave, Program Assistant – plefave@umext.umass.edu
Debbie Beaubien, Administrative Assistant – debbieb@umext.umass.edu
Nancy McCarthy, Program Assistant – nmccarthy@umext.umass.edu

Plymouth County:
Molly Vollmer, 4-H Educator: mvollmer@umext.umass.edu
Valerie Schell, 4-H Educator: vschell@umext.umass.edu
Cathy Acampora, Administrative Assistant: acampora@umext.umass.edu

Barnstable County:
Dawn Johnson, Administrative Assistant: dawn.johnson@barnstablecounty.org

Massachusetts 4-H is an extension program at the University of Massachusetts. UMass 4-H follows the Massachusetts Governor's regulations for the re-opening of the state as well as the governance of the University of Massachusetts. Although guidelines for numbers of people who can gather have relaxed a bit for the state, the University guidance still states that no in-person 4-H meetings or activities are to take place at this time. This means our clubs and groups still may not meet in person. We will continue to monitor the situation and will allow in-person club meetings and activities to occur when university guidelines have been completed. We hope that your groups will continue to meet virtually and use some of the many programs, contests, and links that we have to offer online.



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