



# UMass Extension 4-H Program

January 21, 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>

## 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

**January 22 – Rabbit Workshop In-Person Postponed – Virtual Session (January 22 & 23) via Zoom.**

January 27 – 7:00pm Horse Chat Zoom

January 31 – 6:30pm Western MA Regional 4-H Horse Committee 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)

### State 4-H Horse Contests – Hold these Dates

March 27 – State 4-H Horse Judging - Grafton

April 9 – State 4-H Senior Horse Communications Contest – Tewksbury

April 23 – Hippology & Horse Bowl – Tewksbury

### New England 4-H Horse Committee News

The 2022 New England 4-H Horse Show Rule Book is being finalized and will be posted in early February on the UMass 4-H website Horse page.

**New England 4-H Horse Judges School** – April 23 & 24 at Mt. Holyoke College, South Hadley, MA. If you are interested in being on the New England 4-H Judge's List, this is a must attend event. Youth can audit the workshops and learn about horse judging.

**The New England 4-H Horse Show** is scheduled to be back at the Big E in September. No dates have been set for when it is being held at this point. A **NEW change** is in place in order to show. A youth participant now must have their state verification form turned in by May 1<sup>st</sup>. Previously, the date was April 1<sup>st</sup>.

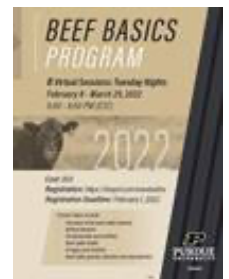
### Horse Judging Virtual Camp

Ready to fine tune some horse judging skills, or just learn more about it? Join us for Horse Judging Camp starting February 7. Four sessions will be held with University Judging Coaches and Instructors. Each topic has virtual content, as well as a live meeting with the instructors for discussion and practice. To enroll click on this link: <https://catalog.extension.org/product?> NOTE: Interested youth should contact their local 4-H Educator to see the availability of funds to offset the \$50 fee for the program.



### Beef Basics Program

If you want to learn more about the beef industry, this course will be a plus for 4-H members and leaders. If 4-H members are interested in applying and need assistance with the registration fee, please contact your local 4-H Educator.



### Career AGsperience Program

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

This is a free program and will be held at 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 the weekend of January 22nd if you plan on entering a steer(s) at [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

The question was asked if the Big E RFID tag count on the health paperwork as the official RFID. In checking with the Big E, the answer 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 allowed.

#### **UConn 4-H Goat Workshop**

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

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### **Visual Presentation Updates and Workshops**

**NEW INFORMATION:** All county and state VP program contests will be held by Zoom for 2022. For those 10 or older, either posters or PowerPoint/Google Slides can be used in any category. Visual Presentation categories are divided into three age divisions (age determined Jan. 1): Cloverbuds, ages 5-7 Juniors, ages 8-13 Seniors, ages 14-18. Cloverbuds may enter at the county level; they may not participate at the state level. Cloverbuds receive participation awards only. Pre-registration is required for each competition.

Registration information will be sent soon through your county 4-H office.

#### **February 2** – 6:30PM Visual Presentations Workshop via Zoom

Learn how to set up your VP, tips on making your visual aids, presenting tips and how to start working on your VP. Taught by Cathy Acampora, Plymouth County Educator. Email Cathy to sign up [acampora@umass.edu](mailto:acampora@umass.edu)

**March 5** – Virtual Visual Presentations for Western Mass, and the Central and Southeast Regions ( Berkshire, Hampden, Hampshire, Franklin, Worcester, Norfolk, and Bristol Counties) - Registration is open from 1/21-2/18. Reach out to one of these 4-H educators with questions: Meg McDermott at [memcdermott@umass.edu](mailto:memcdermott@umass.edu), Cynthia Bushey at [cabushey@umass.edu](mailto:cabushey@umass.edu), or Angelica Paredes at [angelica@umext.umass.edu](mailto:angelica@umext.umass.edu)

Zoom VP **Q&A sessions** are offered Wednesday, 1/26 at 7 PM and Sunday, 2/6 at 3 PM.

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### **4-H World Changers: Learn to Code**

Learn to code and create your own custom A.I. device. 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! Thanks to Ohio and Vermont 4-H programs for providing this program.

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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### **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>

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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 clubs 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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## 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>

### 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!)

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  Registration link: <a href="https://bit.ly/3Gex5B2">https://bit.ly/3Gex5B2</a>	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 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

		<p>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.</p> <p>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.</p>
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## 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! The 2022 Fair book will be posted and open for entries in February.

Here is a NEW addition to the 2022 STEAM Festival

**The Animal Science Model class is replacing the Hero Model Class.** Design a model of a barn, paddock or event using the Schleich, Breyer or other small animals in your collection. For example, your model could be a versatility course, obstacle for horses, a dog agility course, a chicken coop, or dream barn. What else can you create?



You can review last year's book here to get ideas of items you might

enter: [https://ag.umass.edu/sites/ag.umass.edu/files/news/pdf/steam\\_festival\\_book\\_kp.pdf](https://ag.umass.edu/sites/ag.umass.edu/files/news/pdf/steam_festival_book_kp.pdf)

The Shoebox parade was mentioned last week; here is information one more time: Don't toss out that shoebox or other small box that you have in your home.

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/>

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## Register for 4-H

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 below) for assistance. Follow these steps if you are already a member and wish to re-enroll.

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 – This Weekend!

The UMass Extension 4-H State 4-H Dog Committee will hold the dog Handling Clinic virtually this Sunday, January 23. **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 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

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:

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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