



UMass Extension 4-H Program

January 28, 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>

Scholarship Opportunities:

Did you know...

There are many scholarship opportunities for 4-H members. Some are program or county specific; others are available to any 4-H member. Be sure to look at the scholarship page on the 4-H website to learn more.

Kent Lage Leadership Award Scholarship:

The Kent Lage Leadership Award is presented in honor of the late Kent Lage to two 4-H members who have demonstrated outstanding leadership qualities, including public speaking abilities and a background in community service activities. The first place award will be a \$1,000 scholarship and second place will be a \$500 scholarship. This award is a scholarship to further your education. To be eligible you must

- Have been a member of MA 4-H for a minimum of four years
- Be currently enrolled if age eligible and still in high school
- Currently be a senior in high school or freshman in college
- Plan to go on for higher education or post-secondary school education/training
- Complete the application requirements and submit on time (March 15, 2022)

For more information and to obtain the application form, go to

<https://www.mass4hfoundation.org/for-families-clubs/grants-and-awards/>

2022 UMass 4-H Annual STEAM Festival

The STEAM Festival is for all registered UMass Extension 4-H members. Classes include Science, Engineering and Technology, Animals, the Arts, Crafts, Photography and more! The STEAM Festival entry book is available at this link: <https://ag.umass.edu/mass4h>. Here is a sample of the classes you can enter; contact Kim Pond or Lauren DuBois with questions.

Science: Greenhouse, Garden Design, Science Experiment, Space Project, and Science miscellaneous

Technology: Scratch Coding, Webpage Design, Hackathon, 3-D Printed design, Video, Robot (electric), and tech. miscellaneous

Engineering: Rube Goldberg, Cardboard Arcade, Paper Chair Design, Catapult/Trebuchet, Robot (non-electric), Lego structure, and engineering miscellaneous

Art: Mission Patch, Challenge Coin, Upcycled Art, STEAM Collage, Quilt, functional upcycle project, Shoebox float, and art miscellaneous

Math: Tangrams, Analog Game, and math miscellaneous



Summer Camps

It's not too early to start thinking about summer activities and camps. If you're thinking your child may be interested in attending one of the five 4-H camps this summer, be sure to apply for a Massachusetts 4-H Foundation Campership! The Foundation gives out many camperships each year, and they are not need-based. Visit the [Foundation website](#) for the application. There are five 4-H camps located throughout the state. Learn more about Camp Farley, Camp Leslie, Camp Middlesex, Camp Howe and Camp Marshall on the UMass 4-H extension website at <https://ag.umass.edu/mass4h/4-h-camps>.

National 4-H Program Delegates

Congratulations to the following 4-H teens for being selected as Massachusetts 4-H delegates to the following National 4-H events.

National 4-H Conference: National 4-H Conference is the United States Secretary of Agriculture's premier youth development opportunity. This program engages teens in a variety of workshops and activities, including providing input and recommendations for the 4-H Youth Development Program, meeting with legislators, and developing a plan of action to bring back to their states. Participants are from throughout the United States, U.S. territories and Canadian Provinces. This year's conference will be held in Bethesda Maryland from March 19-24. 4-H educators Cynthia Bushey and Molly Vollmer will attend as chaperones.

Congratulations to our 2022 4-H Delegates! From Essex County: Margaret Turpel and Claire Turpel. From Middlesex County: Harrison Sachs. From Plymouth County: Owen Golden, Ella Griswold, and Elsie Woodland. From Worcester County: Thomas Scalera

Massachusetts 4-H Facebook Page Survey

Help us determine content for the Massachusetts 4-H Program Facebook page! We are reviewing our page and the topics we covered over this past year and want to hear from you! Help us to improve the page and bring topics that you are interested in seeing posted for our leaders, parents and members to use. Once you finish the survey you can choose to submit your email to be entered into a drawing to win one of three \$10 Dunkin Donuts Gift Cards. Find the survey at

<https://www.surveymonkey.com/r/2X3P39G>

Animal Science Programs

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

Animal Science Meetings, Workshops and Contests

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

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 1st. Previously, the date was April 1st.

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/1FAIpQLSdguolQyPXu2NMyKpkfX3ln1a1hUoknd2wFYJGwaYuSAKC_Tw/formResponse

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

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 2nd. Details to be announced in February.

Visual Presentation Updates and Workshops

Your local 4-H office will reach out with information about local Visual Presentation contests. All events will be held by Zoom in 2022. This year, all participants ages 10 or older can choose to enter using either posters or PowerPoint/Google Slides 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.

February 2 – 6:30PM Visual Presentations Workshop via Zoom – open to all 4-H members, parents and volunteers. 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

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; reach out to one of these 4-H educators with questions: Meg McDermott at memcdermott@umass.edu, Cynthia Bushey at cabushey@umass.edu, or Angelica Paredes at angelica@umext.umass.edu

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

Heroes Wear Scrubs (HWS)

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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Career Exploration Series

Learn about a wide variety of professions in this series. Presenters work in the field they are discussing, talk about their jobs on a day-to-day basis, and how their life path led them to that job. 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!

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| February 2 | <p>Kim Concra Nutritionist</p> <p>Registration link: https://bit.ly/33b3slx</p> | <p>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!</p> |
| February 16 | <p>Maeve Kiley AmeriCorps</p> <p>Registration link: https://bit.ly/3Gex5B2</p> | <p>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.</p> |
| March 2 | <p>Dr. Thomas Russell</p> <p>Registration link: https://bit.ly/3nobcbt</p> | <p>Thomas P. Russell Silvio O. Conte Distinguished Professor Polymer Science and Engineering Department Visiting Faculty, Materials Sciences Division Lawrence Berkeley National Laboratory</p> <p>More info coming...</p> |
| March 16 | <p>Larry Dapsis Entomologist</p> <p>Registration link: https://bit.ly/3G5wVMp</p> | <p>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.</p> |
| April 6 | <p>Shannon Hulst & Greg Berman</p> <p>Registration link: https://bit.ly/3mXqgwn</p> | <p>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.</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> |

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>

Carrie Myers named new Executive Director for the Massachusetts 4-H Foundation

The Massachusetts 4-H Foundation has appointed Carrie Myers to serve as its Executive Director, effective January 3, 2022. Carrie brings over 20 years of experience in fundraising and delivering programs to youth development organizations. Most recently, she served as Director of Advancement for the North Carolina Outward Bound School where she led and consolidated the development, communications, sales, and marketing teams. She designed and implemented a comprehensive, results-oriented advancement plan while there. Myers previously held leadership positions with the Girl Scouts Carolinas Peaks to Piedmont Council and the YMCA of Greater Toledo. She has also consulted with various organizations with a focus on strategic planning and professionalizing their fundraising programs.



Ms. Myers stated, "I look forward to strengthening the annual giving program, creating new relationships with funding sources, forging innovative partnerships, and growing the endowment. I am excited to play an integral role in growing and enhancing the Foundation's commitment to support young people through helping to fund a variety of inclusive, accessible programs. I am impressed that 4-H has developed a broad base of experiential learning curricula on topics ranging from the traditional animal and agricultural sciences to climate change, food safety, global food security, sustainable living, and STEM programs in robotics and coding."

We look forward to working with Carrie. Congratulations!

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
Carrie Sears, 4-H Animal Science Program Manager – ccsears@umext.umass.edu
Deb Comeau – State 4-H Administrative Assistant – 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
Lauren DuBois, Urban 4-H Educator – ldubois@umext.umass.edu
Lizmarie Ulloa, Urban 4-H Program Assistant - 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
Kim Henderson, Administrative Assistant – khenders@umext.umass.edu
Worcester County:
Meg McDermott, 4-H Educator – memcdermott@umass.edu
Martina Jasiewicz, Administrative Assistant – mjasiewicz@umext.umass.edu

State 4-H STEM Program Manager:
Kim Pond – 4-H SET Program Manager – kima@umext.umass.edu

Northeastern MA: Essex, Middlesex & Suffolk Counties:
Mt. Ida Campus, Halden Hall; 100 Carlson Avenue, Newton, MA 02459

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: 44 Obery Street, Plymouth MA 02360
Molly Vollmer, 4-H Educator: mvollmer@umext.umass.edu
Cathy Acampora, 4-H Educator: acampora@umext.umass.edu
Meghan Riley, Ag Extension Educator: mriley@plymouthcountyma.org
Tia Quinn, Administrative Assistant: tquinn@plymouthcountyma.gov

Barnstable County: Box 367, Barnstable MA 02630
Sandi Shepherd-Gay, Barnstable County Youth Extension Educator:
sandi.shepherdgay@barnstablecounty.org
Dawn Johnson, Administrative Assistant: dawn.johnson@barnstablecounty.org



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