



# UMass Extension 4-H Program

January 7, 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>

## Happy New Year!!

Welcome to 2022! Lots of new programs are in the works as well as the return of many other exciting events. This year we plan to continue some virtual programs and meetings as well as hold a variety of in person programs and events as long as conditions permit. The 4-H Team looks forward to working with all of you this year!

Our long time Educator, Tom Waskiewicz, will be retiring on January 25<sup>th</sup> after 40 years as a UMass 4-H Educator! Tom has been in many different roles throughout his career, most recently being the lead educator for Berkshire, Franklin, Hampshire, and Hampden Counties. See the information below if you would like to attend a Retirement Zoom for Tom.

### Mr. Tom Waskiewicz's Retirement Zoom Thursday, January 13, 7:00 PM

Join us in wishing Mr. Tom Waskiewicz well as he transitions into retirement after 40 years with UMass 4-H. This gathering will allow you the opportunity to hear Tom tell a "Mr. Tom" story, to participate and give him your message as he leaves, or just listen to what all the others say and enjoy the moment. <https://umassamherst.zoom.us/j/97527698292>

### 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 13 – 7:00pm Horse Chat Zoom **POSTPONED** UNTIL January 27
- 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 – 7:00pm Horse Chat Zoom
- February 5 – Western MA Regional 4-H Horse Mini Roundup – 100 Venture Way, Hadley, MA

#### 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. This free program will be held at the following times:

- 6:30-7:45pm January 12-February 16, 2022 (Wednesday Nights)
- Register Here:  
[https://docs.google.com/forms/d/e/1FAIpQLSdguolQyPXu2NMMyKpkfX3In1a1hUoknd2wFYJGwaYuSAKC\\_Tw/formResponse](https://docs.google.com/forms/d/e/1FAIpQLSdguolQyPXu2NMMyKpkfX3In1a1hUoknd2wFYJGwaYuSAKC_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 Carrie Sears by January 20<sup>th</sup> if you plan on entering a steer(s) at [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

To clarify: The question was asked if the Big E RFID tag count on the animal health paperwork as the official RFID. The Big E has indicated that it does not. Steers must have their own RFID premise tag along with the assigned Big E one. Steers must be owned by the exhibitor with no leasing 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)

### Career Exploration Series

This series is designed to connect youth with professionals from a variety of careers. The program 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  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/3nobcvt">https://bit.ly/3nobcvt</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	Entomologist since age 5. B.S. Environmental Science & Biology at Fitchburg State University and M.S. Entomology at the University of

	Registration link: <a href="https://bit.ly/3G5wVMp">https://bit.ly/3G5wVMp</a>	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.

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### STEAM Festival



The second annual UMass 4-H STEAM Festival is in the works! 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! Look for some exciting new classes that will be available in 2022. Be sure to keep an empty shoebox to use when making the new shoebox parade float! The theme for the parade will be announced soon. Watch for the workshop listings for upcoming Winter Workshops in January and February where there will be some classes you can take and enter the completed item into the STEAM Festival. This year the STEAM Festival is also getting some inspiration from special anniversaries such as

- 200th Anniversary of Fredrick Law Olmsted
- 150th Anniversary of Arbor Day
- 100<sup>th</sup> Anniversary of the Boston Weavers Guild
- 2022 is also the UN year of glass

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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
  - 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 second CSL initiative this 4-H year. 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/3rslr06>

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### UMass 4-H Babysitter's Instructor Training (virtual)

Calling all newly interested and formerly trained UMass 4-H volunteers interested in being able to teach the UMass 4-H Babysitter's program. This two-hour training is being offered in two time slots on Tuesday, January 11, from 10 AM - Noon or 6:30 - 8:30 PM. \*Attendance at only ONE of the trainings is mandatory. This training is only being offered to screened UMass 4-H volunteers and Librarians from Massachusetts Public Libraries.

To register: <https://bit.ly/2ZQpDfE>

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### "Bite-Size" 4-H 101 for Adults

This four-part zoom series has been developed specially for adults in 4-H! That means volunteers, parents, guardians, grandparents, donors and other interested adults. The series takes place every Thursday in January from 7-8PM. You are invited to attend one, several, or all sessions.

You will have the opportunity to become familiar with the following topics and to be part of discussions where we can all learn from each other.

- Introducing Youth Development & The Essential Elements
- Understanding 4-H Youth Development Delivery
- Life Skills and the Experiential Learning Model & Knowing and Using 4-H Curricula
- Club Basics & Putting the Experiential Learning Model to Practices

To register, please click on this link: <https://forms.gle/sN9zMhRj2dBDNJJs6>

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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 clubs project!  
[The next Zoom meeting will be Monday, January 31, 7:00 PM.](https://forms.gle/7Vgph5MgByffrRRw5) 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-Online! 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**

Save the date for the UMass Extension 4-H Program Dog Committee's Handling Clinic on Sunday, January 23, 2021 from 10am-4pm at Pack of Paws Training Facility located at 26 Trolley Crossing Rd, Charlton MA 01507. The cost is \$10 for the day. We will have packaged drinks and snacks available for purchase, but please bring your own lunch.

Sign up on 4Honline <https://v2.4honline.com/#/user/sign-in>. Registration closes January 7, 2022 – Classes are limited in size and are first come, first served, so don't be late!

Once you are logged in, follow these directions:

Under Events tab: Log in to 4Honline, click on your name and click "View" On the left tab, click on "Events" on the right click on the button that says, "Register for an event" and sign up!

Be sure to have your check made out to "MA 4-H Dog Committee." Mail your check and dog's rabies certificate to Meg McDermott at the UMass Extension 4-H Office, 7 Midstate Drive, Suite 102, Auburn, MA 01501.

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### **National 4-H Summit Opportunities for Teens:**

**National 4-H Agriscience Summit in Bethesda, MD:** The National 4-H Agriscience Summit in Bethesda, MD (right outside of Washington D.C) will take place on March 10-13, 2022. Teams from across the county will attend workshops, develop local plans/project and interact with industry professionals and develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. High School teens interested in the opportunity are encouraged to apply by January 7th, 2022 to Carrie Chickering-Sears [ccsears@umass.edu](mailto:ccsears@umass.edu) Applications can be found at <https://ag.umass.edu/mass4h/clubs-programs/leadership>

### **National 4-H Conference in Washington D.C.** March 19-24, 2022

Participants in National 4-H Conference work together in the four weeks prior to the conference to prepare briefings on important topics. During the conference, delegates will virtually present their prepared briefings to federal officials in Washington, D.C. Delegates also participate in workshops that increase their knowledge, resources, and skills while discussing topics affecting youth and 4-H programming nationwide. There will also be time to make appointments on Capitol Hill with their Congressional delegation. Delegates not only learn while at the conference: they are empowered to create positive social change in their communities and have the opportunity to practice and apply their skills in a real-world setting. Applications are found at <https://ag.umass.edu/mass4h/clubs-programs/leadership> and are due to Kim Pond ([kima@umass.edu](mailto:kima@umass.edu)) by January 7, 2021.

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### **4-H Winter Workshops**

**For workshops at all locations,** 4-H program and UMass protocols for events during COVID will be in place, including wearing masks at this event. Thank you for helping to keep our 4-H community safe and healthy! Workshop topics are wide-ranging, and will include Careers in the Animal Science Field, The 4-H World, An Introduction to Ozobots, Bunny 101, Poultry, 3-D Printing, What's Your Personality? Quilting, and many more. Not all workshops are available at all locations. Registration forms are available through the person listed below. These workshops are open to enrolled volunteers and youth.

### **Northeast Region:**

- Saturday January 22
- Contact Pam LeFave to register

### **Western Mass:**

- Saturday, January 29<sup>th</sup> at Hopkins Academy in Hadley
- This is planned as an in-person event; however we will continue to monitor the COVID numbers and may need to reschedule or hold the workshop virtually if necessary.
- Contact Angelica Paredes to register

### **Southeast Region/Worcester/Plymouth County:**

- Saturday, March 5
  - Contact Molly Volmer for information
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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:

Be sure to call or email the person you wish to visit at any 4-H office to be sure that the office will be open. 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, 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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