Updates for July 10, 2020

The UMass 4-H E-NewsBlast is sent to all 4-H families and volunteers throughout the state. The information in this NewsBlast is the same no matter where in the state you live. Each county may have additional information added that is specific to that county or region. Unless otherwise noted, all virtual programming is available to 4-H members throughout the state, not matter what county you live in or are enrolled in.

Club and Group Financial forms are due on August 1! See more information below to join a Zoom for assistance.

Ruby Morris Scholarship

Eastern States Exposition, the Big E, has will not be awarding The Ruby Morris scholarship this year due to the CORONA-19 virus and the cancellation of the Big E. However, all eligible Massachusetts 4-H members will be able to apply for this scholarship in 2021. Any applications submitted this year will automatically be considered for 2021.

Congratulations

The 4-H Youth in Action Program recognizes four confident young leaders from throughout the country with unique perspectives in the 4-H core pillar areas: agriculture, civic engagement, healthy living and STEM. This year over 125 applicants were considered for these prestigious awards.

Although they were not named as finalists, we want to recognize and congratulate three Massachusetts 4-H teens who applied and were considered for these awards. We are all proud of their efforts, taking the time to apply, and for representing our 4-H program so well! Our applicants are Cynthia Shaw from Worcester County representing Agriculture, Nicholas Ryan from Plymouth County representing Civic Engagement, and Fiora Laina Caligiuri-Randall from Berkshire County, representing Healthy Living.

VIRTUAL MASSACHUSETTS 4-H STATE FAIR UPDATE

The classes are all set for the Virtual Massachusetts 4-H State Fair – we know you are anxious to see what they are! The Massachusetts 4-H Virtual State Fair Book is being compiled and will have all the information you need. You will be able to enter very soon. Meanwhile, be sure to double check that you are able to access your 4-H Online profile so that you will not have any issues.

Follow these steps:
Login to 4honline  http://4honline.com  with your email and password.

1. If this is your first time logging on, or if you forgot your password, just select the “I forgot my password” box. A new password will be sent to you. If you cannot remember your email, contact your local 4-H office or Kim Pond for assistance. See the list of contacts at the end of the Blast.

2. If you get an error or need assistance please reach out now to your local 4-H office for support. A list of offices and contacts is at the end of this NewsBlast. We may have entered your email incorrectly, or you may have a different email than you originally used to set up this account.

3. Once you enter 4hOnline, check to be sure all of your information is correct. Update your projects as well.

4. You may also input information about your animals into the system.

Remember to update your 4-H record book! Are you using paper record sheets available at https://ag.umass.edu/mass4h/programs/communications-program/record-keeping? Or are you doing online records available at http://recordbookapp.com/?
Here are some things to work on with records:

- Add any new projects, and delete those you no longer participate in.
- Have your goals changed as a result of COVID-19? Update these.
- Are your activities from the winter such as winter forum and visuals written in?

Information and support materials for 4honline and online records are in the “About” section on our website at mass4h.org as well as information on Record Books.

Leadership Training for Ages 11-18

There are two sessions left to the Leadership Training series. The ZOOM workshops will be held every Tuesday from 3:00-4:00PM. To register, email VaShon Wallace at vwallace@umext.umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu

Upcoming sessions: July 14 Session 3 Working with Others; July 21 Session 4 Communication Cues

Animal Science Updates and Online Sessions:

Animal Science Toolkit - Explore the activities offered at the Purdue University site

Welcome to the 4-H State Virtual Horse Gallop!
Do you ride a horse, have a horse, love horses or interested in horses? Here is a chance to learn, have fun, meet, and gallop with other 4-H members across the state who feel the same way.

There are four events open to Cloverbuds, Juniors and Seniors. Learn about breeds, make treats, do a scavenger hunt, design your own trail course (be careful you may find one of your obstacles incorporated into a 4-H Horse Show!) and play some games. Each event will earn you a prize. The first event will be emailed to you on Monday, July 13th. Then we will gallop together via a Zoom call on Thursday from 6:00 PM to 7:00 PM. Hope to see you for the gallop on July 16th. Additional dates will be held on July 23, July 30, and August 6.

To register, contact Deborah Beaubien at debbieb@umext.umass.edu or Nancy McCarthy at nmccarthy@umext.umass.edu. You will be asked to provide your email address, 4-H club and county. Zoom login information will be sent on each Monday prior to that week’s event.

Looking forward to galloping with you!

Additional Zoom Sessions: Contact Carrie Sears if you have questions at ccsears@umext.umass.edu
State Roundup Jr Horse Bowl Practice – July 15th at 6pm
State Jr Horse Bowl Contest – July 18th at 8:30am
Details will be emailed out to registered participants

MASSACHUSETTS 4-H YOUTH VOTER REGISTRATION WORKSHOP

Are you interested in how to vote or why you should be civically engaged?

This workshop is geared to 4-H members ages 15 and up, and covers the voting process in Massachusetts, how the current Pandemic has affected elections, and what you can do to make an impact, even if you are unable to vote.

Did you know that the voter registration age in Massachusetts is 16, even though you cannot vote until you are 18?

The information session will be led by Justin, a 4-H Teen Leader and a summer Young Farmers program counselor for the Sunny Rock 4-H Program of Norfolk County, and will be held on Tuesday evening, July 28, from 8:00 p.m.-approximately 9:15p.m.

YOU MUST PREREGISTER; those who register will receive a verification email which will include the meeting link and password to gain access to the session. Email 4-H Educator Jay Field by July 24 at jfield@umext.umass.edu
4-H alumni are also welcome to attend!

4-H Youth Garden Project

Still want to learn more about gardening? Contact email Meg McDermott at megmcdermott@umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu to find out how. Master Gardeners provide information about everything
from soil preparation to pruning! Create a garden that will be judged by members of the Massachusetts Farm Bureau.

All 4-H youth are invited to sign up; even if you missed a session or two you can still participate. Youth gardening has many benefits that include engaging all of the senses, encouraging healthy eating, enhancing fine motor development, introducing scientific concepts, Fostering family bonding, learning responsibility, learning to plan and organize, becoming environmental stewards, developing math skills, learning patience, and more!

For 4-H Volunteers

Webinar: Staying Connected with Youth
Join this one hour regional Share Fair to network with other 4-H volunteers in the Northeast Region. Share your ideas, learn what others are doing, and find ways to support our youth. This will take place on Thursday, July 16, from 7:00-8:00 pm. Please register in advance for this meeting by going to: http://go.uvm.edu/4hshare After registering, you will receive a confirmation email containing information about joining the meeting. Brought to you by the North East Volunteer Specialists and the NE Region COVID-19 Volunteer Support Work Group.

Zoom for Adults and Youth
Kim Pond will host Monday Night Zoom sessions for adults and youth to review how to access your 4-H Online account, update projects and walk through an online records. Sessions will be held weekly on Monday evenings from 6-7PM through July 20. Contact Kim at kima@umext.umass.edu for the Zoom link.

Annual Financial Reports Due!
Club, advisory group, and fair group financial reports are due to local 4-H offices by August 1. All forms can be found at https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/annual_club_report_and_financial_form_0.pdf. Contact your local educator if you need assistance completing the form or need to have one sent to you. A Zoom session will be held on Tuesday July 14 at 7PM for those needing assistance. Contact Linda Horn at lrhorn@umext.umass.edu for the Zoom link.

State 4-H Photography Contest
The deadline is almost here for the State 4-H Photography Contest. Submit your photos electronically by July 25! Rules and submission information has been updated and can be found at https://ag.umass.edu/mass4h/forms-applications/contest-forms. ALL PHOTOS should be sent in digitally to ma4hset@gmail.com. Review the contest information on the link above to be sure you send in all the details about each photo entered. If you have already mailed in your photo (we did receive a few!) don’t worry; you do not have to re-submit. And, consider entering some of your photos to the Virtual Massachusetts 4-H State Fair as well!

Career Exploration Zoom Series
Join this highly popular series to learn more about a wide range of careers. Talk with an expert and find out what it takes to work in that career. Everyone is welcome to attend, no matter your age or project area, or even if a 4-H member! Invite a friend to attend too! Contact Angelica Paredes at angelica@umext.umass.edu to obtain the Zoom link and passcode.

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<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Bio</th>
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<tr>
<td>July 15</td>
<td>Dr. Barbara Malkas</td>
<td>Barbara Malkas has served as an educator for over 32 years in the roles of science teacher, school administrator, district administrator, deputy superintendent, and superintendent. In each of her districts and roles, she has strived to improve the quality of education for all students, particularly those representing underserved populations. Her own experiences in education contribute to her belief that education is the key to lifelong satisfaction and meaning. Barbara Malkas holds a Bachelor of Sciences in Chemistry from St. Joseph’s College of Brooklyn, New York, a Master of Science degree in Science Education from St. John’s University, and a doctorate in Educational Leadership from the Sage Colleges of Albany.</td>
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<td>July 22</td>
<td>Yoanna Maitre DVM</td>
<td>Dr. Yoanna Maitre grew up in Brookline, MA and was an active 4-Her in Norfolk County. She majored in Biology and played varsity soccer at Boston University and graduated from Tufts University School of Veterinary Medicine in 2002. Dr. Maitre owns Berkshire Ambulatory Veterinary Services, a solo mobile large animal practice in the Berkshires. She also provides small animal relief veterinary services to several hospitals in western MA and upstate NY. Dr. Maitre is also a Veterinary Medical Officer with the National Veterinary Response Team (NVRT), a federal team that is activated in the event of a disaster or national special security event.</td>
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<td>July 29</td>
<td>Art Canterbury</td>
<td>Art started out as an intern/emergency firefighter with the Great Dismal Swamp NWR, then to a position as a Forestry Technician/Wildland Firefighter for the USFS. He completed several assignments to the Savannah Coastal Refuges complex and the Carolina Sandhills NWR. He was qualified to operate bull dozers, Marsh Masters, farm tractors and many other pieces of heavy equipment during this time. He worked at the Devils Lake Wetlands Management District in northeast North Dakota as a Supervisory Range Technician/Firefighter, then District Fire Management officer in Huron, South Dakota.</td>
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<td>Sept. 2</td>
<td>Senator Anne Gobi</td>
<td>Anne M. Gobi was first elected as State Representative of the 5th Worcester District in 2001 and as State Senator in 2014. A native of Spencer and Worcester County, Gobi began her college education at Worcester State College with a B.S in History. To continue her education at Massachusetts School of Law for her J.D, Gobi taught at Leicester Public Schools as a history teacher and also at Nichols College as an Adjunct Professor for Political Science.</td>
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<td>August 5</td>
<td>Sarah Sportman</td>
<td>Dr. Sarah Sportman holds a B.A. in History from Union College (1999), an M.A. in History/Historical Archaeology from the University of Massachusetts Boston (2003), and a Ph.D. in Anthropology from the University of Connecticut (2011). She has worked as an archaeologist for 20 years, studying the archaeology and history of Euro-American and pre-colonial Native American groups in New England and New York. Dr. Sportman worked as a cultural resource management archaeologist for many years, working for several firms across the region, including Archaeological and Historical Services, Inc. (AHIS/PAST) and the Public Archaeology Laboratory, Inc. (PAL) before accepting the position of Connecticut State Archaeologist in 2020.</td>
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<td>August 12</td>
<td>Sheriff Bowler</td>
<td>Prior to his election as Sheriff in November of 2010, Sheriff Bowler was a 24-year veteran of the Pittsfield Police Department, serving as a Detective since 1988. He was a key player in solving some of the city’s largest crimes, including narcotics offenses, kidnapping, sexual assaults, armed robberies and homicides. In addition to his work in the Detective Bureau, he served in the Drug Unit and as an Arson Investigator. Sheriff Bowler was also an Assistant Deputy Superintendent-Security Affairs at the Berkshire County Jail and House of Correction from 2000 to 2002, where he played an instrumental part in moving the inmates from the former jail on Second Street to the new facility on Cheshire Road. In addition to the Berkshire County Jail and House of Correction, Sheriff Bowler operates the Berkshire County Sheriff’s Communications Center in Pittsfield, providing fire, police and ambulance emergency 911 and non-emergency communications for 23 communities in Berkshire and Hampden County 24 hours a day. As chief law enforcement officer in Berkshire County, Sheriff Bowler oversees an average daily inmate population of nearly 200. In addition to the operation of the Berkshire County Jail and House of Correction and the Communications Center, he oversees the Sheriff’s Office Uniform Division, the Civil Process Division and the Berkshire County Sheriff’s Underwater Search and Rescue Team.</td>
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<td>August 19</td>
<td>Dr. Jay Pasachoff</td>
<td>Jay Pasachoff is Field Memorial Professor of Astronomy and Director of the Hopkins Observatory at Williams College, Williamstown, Massachusetts. A veteran of 72 solar eclipses, he is Chair of the International Astronomical Union’s Working Group on Solar Eclipses. His recent research includes studies of the dynamics of the solar corona. He also studies the atmosphere of Pluto through observation of stellar occultations and participated in the occultation study of Arrokoth that led to the diversion of NASA’s New Horizons spacecraft to image it on January 1, 2019, with the farthest-from-Earth photograph ever taken. His current eclipse research is supported by the Solar Terrestrial Program of the Atmospheric and Geospace Sciences Division of the U.S. National Science Foundation. His Pluto/Arrokoth research has been supported by NASA. Pasachoff received the 2003 Education Prize of the American Astronomical Society, the 2012 Janssen Prize of the Société Astronomique de France, the 2015 Richtmyer Lecture Award from the American Association of Physics Teachers, and the 2019 Klumpke-Roberts Award from the Astronomical Society of the Pacific. Pasachoff was born in Manhattan, grew up in the Bronx, and attended the Bronx High School of Science before Harvard for his A.B. and Ph.D. He was a postdoctoral fellow at Harvard and Caltech before coming to Williams College. One junior-high student from Pittsfield who interviewed him in a career discussion went on to become a NASA astronaut who flew into space 4 times!</td>
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<td>August 26</td>
<td>Erika Hamilton</td>
<td>Erika is a professor in the Department of Microbiology at UMass Amherst. Her background is in studying how germs like viruses and bacteria make us sick, and how our bodies work to fight off these invaders. In her presentation, she will talk about microbes like bacteria and viruses and the fascinating lives they lead. These microbes have a huge influence on us (the current coronavirus pandemic is a great example of this), and understanding this influence is essential to improving our lives. She’ll also talk about what it means to be a scientist, the steps to take to become one, and the many different career opportunities open to scientists.</td>
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Sen. Gobi has been a steadfast advocate for the constituents of the 5th Worcester District and now the Worcester, Middlesex, Hampden & Hampshire District. She and her staff are always available to help those in need to get the help that they have a right to. She has also been a devoted voice for the towns in the district, assisting with grant applications, state assistance, and legislative matters that benefit the district.

Sen. Gobi was chosen by Senate President Spilka to serve as Senate Chair of both the Joint Committee on Environment, Natural Resources and Agriculture and the Joint Committee on Higher Education. She was also appointed as Vice-Chair of the Joint Committee on Public Service and as a member of the Senate Committee on Ways and Means. Her priorities include land conservation, clean energy, clean water, support for veterans, economic development (especially in rural communities), and support for public education, food security and support of farmers, and reducing costs for municipalities.

Massachusetts 4-H Virtual Sewing Project
Registration Deadline July 10

Anyone wanting to explore clothing arts can sign up for this series of Zoom sessions held on Thursday evenings from 7-8PM. The presenter at each session will provide details for that topic. At the end of the sessions, participants can enter up to three items: clothing, knitting, & crocheting.

Youth will share their knowledge about how they constructed their garment with a written narrative (see the July 9th workshop for details.) Participants will be graded on the item, the creativity in the project, and the narrative. Narratives should not more than 150 words.

Session Dates:
- **July 16**- Upcycling/refurbishing/embellishing. Learn how to reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original. Led by 4-H Club Leader of the Crafty Critters 4-H Club, Nancy Roy
- **July 23**- How to photograph/position your items so that they are displayed to highlight the design, intricacy, and details of your work. Led by 4-H Club Leader of the Crafty Critters 4-H Club, Nancy Roy

**Answer the following questions when writing your narrative:**
- Why did you choose this item?
- Why did you choose the accessories you used?
- What did you learn while constructing this item? What was most challenging?
- Include the cost of the project materials used.
- List your 4-H club, age, years with sewing/knitting/quilting experience.

All items should be submitted via photos to VaShon Wallace @ vwallace@umext.umass.edu by July 30. Be sure to include this information when submitting:
Your name, address, age, email, name of your 4-H club or group, Years you have been sewing/knitting/quilting/crocheting.

Email VaShon Wallace for more details, or to submit your items here: vwallace@umext.umass.edu

More Summer Learning Resources

**Coding with Python**

Interested in learning to Code beyond Scratch? Join this Zoom to learn Python language and what you can create with it. Python is easy for beginners to learn, and at a more advanced level can be used for websites and web applications. Zoom sessions will start on Wednesday July 15 from 7-8PM.

Find out more by contacting Kim Pond at kima@umext.umass.edu

**Print your own Game Pieces:**

Try making your own pieces for a board game using TinkerCad and a 3-D printer. Go to this link for instructions and picture assistance. Maybe this will be an entry for the virtual fair! [https://www.instructables.com/id/Board-Game-Key-Piece-Made-With-TinkerCAD/?utm_source=newsletter&utm_medium=email](https://www.instructables.com/id/Board-Game-Key-Piece-Made-With-TinkerCAD/?utm_source=newsletter&utm_medium=email)
From PBS:
Avoid the "summer slide" and keep the spirit of curiosity alive with these informal, anytime learning resources. This collection of videos and activities encourages students in grades PreK-12 to spend the summer asking questions, spinning stories, and exploring all the ways that learning can be fun. Summer resources include math, reading, nature, science, arts, engineering, and more! Go to https://cptv.pbslearningmedia.org/collection/summer-learning-collection/

Learn about Bees!
Take a look at this short video created by a UMass undergraduate working with Honey Bee Extension Educator Hannah Whitehead at the Center for Food Agriculture and the Environment
https://m.youtube.com/watch?v=xuC9cUOPOJc

Virtual Babysitting Classes are being offered to learn how to become a certified babysitter. Cost is $25. Contact Valerie Schell to sign up vschell@umass.edu or sign up on the website https://plymouthcounty4h.org/babysitting-programs

Camp In A Box. Receive the materials with activities and instructions for a wide variety of fun summer projects. Attend a zoom class for instruction and information. Cost is $25. Sign up on the Plymouth County 4-H website.

Virtual Dog Club Starts June 22. Do you want to join a dog club and learn how to train your dog? The Cave Canem Dog Club is virtual. Starts June 22, but registration is ongoing. For more information visit the website at https://plymouthcounty4h.org/virtual-dog-club

Can Can Robot Design Challenge. Design a robot that will draw on a sheet of paper using a battery, motor, plastic cup, and a few other materials! Through this challenge, youth will experiment with and learn about the engineering design process and electrical power. They will plan, build, test, modify, and record results on the Can - Can robot Challenge worksheet. Suggested for Grades 4-12. Order Deadline July 13 Zoom Class July 20 Sign up on the website https://plymouthcounty4h.org/can-can-robot-kit

Marshmallow Catapult. This hands-on challenge guides youth through engineering a catapult to launch a marshmallow 6+ feet. Kids design the catapult with basic materials using only weights and gravity as the power source. During the activity, they learn about form, function, design, and the manufacturing process. Order Deadline July 20. Zoom Class July 27. Sign up on the website https://plymouthcounty4h.org/marshmallow-catapult-kit

Animal Ambassador Program ages 8 and up:
Life in the Ocean Tuesdays in July from 8-9:30 am Cost $25. Learn about habitat, human wildlife interactions, dietary needs and more. Sign up on the website https://plymouthcounty4h.org/animal-ambassador-program

Backyard Wildlife. Thursdays in July from 8-9:30 am via zoom. Learn about wildlife in your backyard, habitat, human/wildlife interactions, dietary needs and more. Sign up on our website https://plymouthcounty4h.org/animal-ambassador-program

Virtual Teen Leadership Program This program meets every Tuesday at 3 pm via Zoom for 1 hour. Topics include resume writing, government, leadership, interview skills, money matters and community service. Sign up on the website https://plymouthcounty4h.org/teen-tuesdays-leadership Free for 4-H members $25 for Non members

For Cloverbuds:
Story time live on Facebook. Join Merida the pet therapy dog for a new story each week. Many come with a lesson or animal information. Every Tuesday at 11:30 am on Plymouth County 4-H Facebook page and 4 pm on Fridays on her page Meridacollie where she will read a dog story and demonstrate some dog training tips or dog safety tips.

Potpourri of Activities to Explore from other States

4-H at Home – University of Vermont
4-H members from any state are able to take part in the activities offered through this link: 4-H @ Home page

CLOVERBUDS CONNECT CHALLENGE - Issued each Friday and are geared toward youth in grades K-2. Coverbuds watch a video that demonstrates an activity and then we challenge you to do the same! Try that activity and record yourself in action and share it back! We're using a password protected system called Flipgrid, only open to those who want in! Email kimberly.griffin@uvm.edu to sign up and get an access code!

POTIONS, SPELLS, & MAGICAL KINGDOMS CAMP - July 20, 21, 22, 23, 10:00am-11:00am, Afternoon check in from 3:30pm-4:30pm. Step into the world of the mystical from your own home and learn about creating magic out of the ordinary. Send invisible messages, build an imaginary realm, and wave wands with fellow wizards. Daily adventures, games, and challenges await! For ages 8-13. Registration Link: https://www.surveymonkey.com/r/potions_spells
ANIMAL SCOOPS - JULY 15 (Pets), 22 (Horses), 29 (Goats), August 5 (Poultry) from 9:00-10:00am
Join us for 4 interactive and enjoyable animal topic sessions. Included activities: Trivia, videos and recipes. Share what you know and learn something new. Appropriate for ages 8-18. Pre-registration is required. Just click on the following link by the Tuesday, before each session and the link to join the Zoom meeting will be emailed to you.

GARDENING: EATING WHAT WE GROW - July 21st, August 4th, August 18th from 10:00-11:00am
Join these fun interactive sessions to explore what plants eat, how to grow and harvest them, soil science, sunshine, recipes, and more! Appropriate for ages 8-18. Register here.

DESIGN YOUR DREAM FARM - July 28th and 30th, August 4th and 6th from 2 p.m. to 3 p.m.
Decide what kind of farm you would like, learn about considerations for land use, and make a plan for your dream farm. Learning will take place through games, exploration of a soil survey tool, and some individual activities. A presentation of farm designs will be the culminating event. Registration here.

SUMMER OF SCIENCE - Enjoy a summer filled with science! Join us Wednesdays from 1:00-2:00 pm at our weekly virtual science cafe where you will meet a scientist, learn about their work, and get to ask questions. Open to youth entering grades 7-12 in the Fall; runs June 24 - August 12. To register to this event, head to https://www.uvm.edu/extension/youth/announcements. Registration links are listed under each date and topic.

Louisiana 4-H Professional Development Series for Teens is for teens; you do not have to be a 4-H member to participate. The series is an opportunity to engage and learn from industry leaders and prepare themselves as adults. Younger members may sign up; however the topics are targeted towards high school-aged youth. Sessions will take place on Tuesdays during July via Zoom, and the topics are as follows:

- Mental Health
- Career Readiness
- Money Management
- Marketing Yourself/Being the Best Version of Yourself

To receive the link and password, individuals must register at least 24 hours before each session. For more information and to register for each session, visit https://bit.ly/2XTHiiM. Adults are more than welcome to register as well, understand you will not receive the link to join unless you register.

Learn about Massachusetts wetlands and the animals that call them home with Mass DEP Environmental Analyst Carlos Fragata, who is also a 4-H volunteer from Plymouth County! Go to the YouTube link here to see the video. https://youtu.be/CZxQZbP_a2M. Look for more videos at https://wildlandstrust.org/


Visit Museums throughout the World: Go to https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours to visit a variety of museums in Seoul, Paris, Berlin, Amsterdam and more! Think about creating a story about your visit or making a Story Map! Caution: this site may contain some ads.

Virtual Dairy Farm Tours: https://www.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.shtml For young people ages 4 to 9, watch our tour from Dutch Hollow Farm; for ages 10-13, watch tour from Will-O-Crest Farm. High school kids can enjoy tour from JoBo Holsteins Farm

Natural Resources Management Academy for youth entering grades 7-12 at the University of Vermont. Are you interested in the environment and ready to explore more in depth? The academy takes place via online presentations and allows you to continue to learn at home with additional activities. Learn more and register at www.surveymonkey.com/2020NRMA.

From National 4-H: 4-H at Home – Explore educational activities for younger children and teens. New activities are available each week and archived projects are available online as well. Go to https://4-h.org/about/4-h-at-home/
Animal Heat Stroke - Important Information to Know:

**Heat Stroke**

**Know The Signs**

- **Brain**: Seizures
- **Eyes**: Glassy eyes, Fearful expression
- **Heart**: Racing heart
- **Body**: High body temperature
- **Mouth**: Heavy panting, Excessive drooling, Red or purple gums and tongue, Vomiting
- **Legs**: Collapsing or staggering

**How to keep your dog cool on hot days**

- Restrict exercise
- Never leave in car, hot room or sun trap
- Ensure drinking water and a cool, shaded spot is always available
- Walk early in the morning or later in the evening
- Spray with cool water

**Steps to take if you’re worried your dog has heat stroke**

- Move somewhere cool
- Offer small amounts of tepid water
- Using wet towels, douse with cool (but never, ever cold) water
- Place in the breeze of a fan
- Contact your vet or, out of hours, your nearest VetNow pet emergency clinic straight away

**Heat Stroke Statistics**

- **50%**: Average survival rate of dogs diagnosed with heat stroke
- **2°C**: This small increase in a dog’s body temperature is all it takes for heat stroke to kick in
- **38.5°C**: Dog’s normal body temperature
- **43°C**: At this body temperature a dog’s organs begin to fail
- **6°C**: Average temperature white cars are cooler than black cars after being left in the sun for an hour
- **15 minutes**: It can take for a dog to die of heat stroke
- **60**: Amount of days it can take for dogs to acclimate to temperature changes

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Be prepared this summer. 
Save your pet emergency service number now: vetsnow.com/summer
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

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

Central MA (Worcester County):
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Massachusetts 4-H is an extension program at the University of Massachusetts. Because of this, not only do we follow the Governor’s regulations for the re-opening of the state, but our program also needs to follow the governance of the University. 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.