



Massachusetts 4-H Program

Updates for June 12, 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; however, your county office may add some information specific for your county or region.

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 are offering online.

To the 4-H Community:

There is a lot of concern about recent developments throughout the country. As protests sweep across our country, it is time for all of us to step up and use our voices to create an America where all humans are seen as equal. Massachusetts 4-H is sharing the statements of Jennifer Sirangelo, President & CEO of National 4-H Council, regarding recent racial injustices.

"The last few days have been challenging for all of America. Like many, I was overcome with emotions as I witnessed the video footage of George Floyd's final breaths. My thoughts and prayers immediately went out to the African American community, especially young people of color, who endure the pain and injustice of racism again and again with each senseless death. George Floyd is not an isolated case. We are painfully reminded of other lives lost unjustly like Ahmaud Arbery, Breonna Taylor, Philando Castile, Freddie Gray, Sandra Bland, Eric Garner, Trayvon Martin, and Michael Brown to name a few of the thousands who have died. Each of these tragedies is a stinging reminder of the systemic racism all people of color endure today in countless small and large doses that are so common that now – it is simply expected.

Many faiths and belief systems embrace a divine element inherent in all humanity. In my faith tradition, we believe that all human beings are equally beautifully and wonderfully made in the image of God. Therefore, all lives have value, meaning and purpose simply because we are present in this world and have a bit of the divine in our design. It's this belief system that guided me to a 20-year career in positive youth development and to 4-H where we believe that all young people, no matter their beliefs, backgrounds, or color of their skin, can create positive change in their communities today and deserve the opportunity to prepare for life and work with meaning, purpose and positive impact.

As protests sweep across our country, it is time for all of us to step up and use our voices to create an America that finally fulfills our mission to stand as "one nation under God, indivisible with liberty and justice for all." Most importantly, we do this for young people. The wisdom, clarity and humanity of our young people is THE hope for a brighter future for our country. It is our responsibility as adults and mentors to show up as allies and mentors who can lift their voices and empower them to address the challenges they face head-on. At National 4-H Council, we will always believe in them, we will always tell their stories, and we will always work to create opportunities for those hardest to reach and who need us the most."

To hear the diverse voices of 4-H youth and Cooperative Extension 4-H leaders from around the country about what equity means to them, go to https://www.youtube.com/watch?time_continue=8&v=VZNpdgv0FIs&feature=emb_logo

VIRTUAL MASSACHUSETTS 4-H FAIR for 2020

This has been a very unusual and challenging year for everyone on multiple levels. One difficult decision which all of the Massachusetts 4-H fair boards made was to not hold in-person fairs this summer in order to ensure our 4-H members would be safe. Because of this, the 4-H staff has been working towards holding a virtual 4-H fair for 2020. Although the virtual fair will not have all of the classes and entry opportunities that an in-person fair would have, there will be many animal and non-animal classes to choose from.

The virtual fair will take place on August 15, with registration occurring online a couple of weeks prior to that. Although you will have lots of questions, please be a little patient and keep watching for more details in the upcoming weeks. We are working hard behind the scenes to get all the information ready for you to review and to register for the event.

UPDATE! CHANGES to State 4-H Photography Contest

Do you have a digital camera or a phone with a camera? Then you can enter the State 4-H Photography Contest. Rules and submission information has been updated this week, 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 required details about each photo entered. Entries are due by Saturday, July 25.

4-H World Changers for Middle and High School Girls From Ohio State University

EVERY WEDNESDAY | JULY 1 THROUGH AUGUST 5 | 2 - 3 P.M. EST

In 4-H, we believe in the power of young people. Through self-chosen projects, kids are paired with mentors and given opportunities to lead. These projects and experiences bring out their potential, their passions, and their drive to help others as we empower them to become true leaders. So what better way to help close the gender gap in science, technology, engineering and mathematics than to join the movement to change the image of what a programmer or scientist looks like and does.

Register:

<https://go.osu.edu/4hworldchangerssignup>

Location: VIRTUALLY from your own home! Event link will be given upon completion of registration.

Cost: FREE!

Details: Designed for middle & high school girls. We will welcome EVERYONE who has an interest in STEM, coding and making a positive impact in their community!

Contact information: Margo Long, 4-H Extension Educator, long.1632@osu.edu

Potpourri of Activities to Explore

Healthy Living: 4-H Favorite Recipes

What's better than cooking at home? Making meals that are both inspired and easy to make. This collection of recipes from the 4-H community hits those marks on every page. Featuring nearly 50 recipes from 4-H'ers, supporters, and 4-H alumni, including celebrity chef, author, and Tennessee 4-H alumna Carla Hall, the Fresh Chefs digital cookbook includes healthy everyday recipes and celebratory dishes for youth and families to enjoy. Dig in to discover recipes for every occasion! Download the cookbook by visiting <https://4-h.org/parents/healthy-living/cookbook/>. Share some photos of recipes you make with us on our Facebook page at <https://www.facebook.com/Mass4H/>

Consumer Science: Sewing - Looking for some sewing projects? Visit the Nancy Zieman sewing blog at <http://www.nancyzieman.com/blog/i-sew-for-fun/i-sew-for-fun-kids%e2%80%99-camp-sewing-roundup/>

Computer Science Hackathon: Want to be part of a Hackathon? The goal of a hackathon is to create a functioning software or hardware product by the end of the event, improve another person's code, or incorporate it into a new project. Join the virtual Computer Science Virtual Hackathon through Penn State University beginning June 20. This is open to youth ages 8-18 there is no cost or registration fee. The kickoff event will introduce coding with Scratch and reveal the challenge. To register, visit <http://www.cvent.com/d/jnqhn5/1Q>. Registration deadline is June 18.

PBS Resources:

Avoid the "Summer Slide" with Camp PBS LearningMedia

Whether you're looking for music and dance activities, science experiments, family-friendly adventures, or learning about dinosaurs (plus more!), you will find media and activity resources in the Camp PBS LearningMedia collection. [Explore the Collection](#)

Find more activities and resources at . <https://cptv.pbslearningmedia.org/>

Scholarships

There are many 4-H Scholarship opportunities found on the UMass 4-H Webpage at <https://ag.umass.edu/mass4h/forms-applications/scholarship-applications> Some scholarships are for particular county programs; others are available statewide. Deadlines are coming up *FAST!* The Big E Morris 4-H Scholarship is available this year to a MA 4-H member who has been a participant at Eastern States Exposition at least once. The application deadline is August 1.

Career Exploration Zoom Series

Week 3 of the Career Exploration Series will feature three graduate students at Yale University. They have an interesting story to tell about how they came to be studying at Yale and where they are headed in their careers. All are welcome to attend, no matter your age or project area. Contact Angelica Paredes at angelica@umext.umass.edu to obtain the Zoom link and passcode.

JUNE	17	Yale Graduate School Trio	Three Yale Graduate Students will discuss how they all ended up in the same graduate program. All three were in the Peace Corps in completely different parts of the world, but their different journeys will inspire you. We can ask them where they see themselves ending up, but they will be the first to tell you that if an opportunity arises for a detour...they're likely to take it.
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4-H Youth Garden Project

You can still sign up for the Zoom introductory lessons on basic gardening methods. These will be led by Massachusetts Master Gardeners and will include information about garden and soil prep, weed/pest/disease management, container gardening, watering, fertilizing, pruning and more! Gardens will be judged virtually in late July-mid August by members of the Massachusetts Farm Bureau. Participants will be given guidelines in mid-July on the types of photos/videos to send the judges. All 4-H youth are invited to sign up now. 4-H'ers can grow fruits, vegetables, flowers, or field crops. This project has two categories: garden/crop (10' x 10') and raised bed/container gardens. Youth gardening has many benefits that include

Engaging all of the senses.
Enhancing fine motor development.
Fostering family bonding.
Helping learn skills of planning and organizing.
Developing math skills.

Encouraging healthy eating.
Introducing scientific concepts.
Teaching responsibility.
Creating environmental stewards.
Teaching patience.

Contact Meg McDermott at megmcdermott@umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu

Animal Science Updates and Online Sessions:

State 4-H Horse Roundup for Senior Contestants:

Practices prior to Contest:

Friday, June 12 – 3:00pm – Communications

Wednesday, June 17 – 6:00pm – Horse Bowl

Contest Dates/Times:

Saturday, June 13 – 8:30am- Horse Judging

Sunday, June 14 – 10:00am - Communications

MA 4-H dairy youth compete in virtual Georgia Invitational 4-H Dairy Bowl Contest.

Senior team places 2nd overall. Members: Hampshire County – Rachel Meacham Hampden County – Katelyn Poitras

Norfolk County – Dan & Trevor Clapp Worcester County – Cindy Shaw

Junior team places 3rd overall.

Members: Hampden County – Dakota Phelon Hampshire County – Dominic Crochier and Stanley Meacham
Congratulations!

Livestock Producers

The Coronavirus Food Assistance Program (CFAP) has money available for people raising cattle, hogs, and sheep. To see if you qualify, please contact your local USDA Farm Service Agency or the website at <https://www.farmers.gov/cfap>

Virtual Horse Show – State Line Tack

The State Line Tack Seclusion Showdown Online Horse Show Series 4-H Edition, provides 4-H'ers in equine programs across the 4-H system with the opportunity to continue to share their love of horses with a virtual community, even while they may not be able to be near their horse. Join any of the weekly classes. Participate in any or all using photo entry, select your class and follow the specific session instructions. Check the link for all the sessions:

<https://www.statelinetack.com/content/partnerships/seclusion-showdown-4-h-edition/>

Session #4: June 16th-22nd - Ranch Horse Pleasure (Current 4-H and Alumni), In-Hand Trail (under 46") (Current 4-H and Alumni), Trail (4-H 18 & under), Trail (Alumni)

NEW PROGRAM COMING SOON:

Massachusetts 4-H is working with a 4-H alumni to offer an online coding program for teens introducing the coding language of Python. Python is a scripting language and is used to program to control sensors for science research, developing websites, robots and more. For those that have done block coding with Scratch or for Robotics, this is a great next step. Our program also has Arduino units which will be available for loan to those involved in this program in order to complete their projects. During this program, a resource which may be new to some called GitHub will be explained as a way to save and share your work with others. Think of it as a Google Drive for Coders!

Dates to mark in your calendars: Tuesday June 16 at 7pm: A Q&A session for youth and parents/adults who may be interested in learning more about this program.

Tuesday June 23, from 3-4PM – Start of the program!

Massachusetts 4-H CS teens looking to learn more, and others who are interested can contact Kim Pond at kima@umext.umass.edu to sign up and get the Zoom link. If there is enough interest, more sessions will be opened.

4-H Remote Skills Camp for Teens – Online

The 4-H Remote Skills Camp for teens is a month-long camp that costs \$30. This camp equips teens with skills and tools needed for college and career readiness in the 21st century and consists of nine core modules, delivered in a self-paced, online format. Earn this certificate in 30-35 hours (7-9 hours per week over 4 weeks). Teens will learn the best practices of being a remote workers and have unique opportunities to participate in live Q&As with remote workers at NASA, Microsoft, and more. Sign up today at <https://remoteworkcertificate.com/camp/>

There will be live Q&A with remote workers from NASA, Microsoft, and more. This is a blended certificate course, combining online work with interactive workshops. This educational program is designed to equip youth with college and career readiness skills and tools while introducing them to remote work concepts. Specific objectives and outcomes for each part of the course are identified at the beginning of each set of modules. The program consists of nine core modules, delivered in a self-paced, online format. Earn this certificate in 30-35 hours (7-9 hours per week over 4 weeks)!

Resources for Learning at Home

University of Vermont Summer of Science: Join each Wednesday from 1-2PM for a virtual science café where you will meet scientists, learn about their work, and participate in informal discussions. Registration is required to obtain the Zoom link: www.uvm.edu/extension/youth/announcements. Sessions begin on June 24 and continue weekly through August 12. Topics include Fighting COVID 19 with supercomputers, Protein Modification, Pollinators, Watersheds, Veterinarians, Neurons, Fermentation, and Bacteria. Find out more by clicking the link

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/>

Virtual Farm Tours: <https://www.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.stml>

STEAM Activities from MIT

MIT Full STEAM Ahead is a collection of resources for teaching and learning online. Choose from K-12 resources and packages, workforce learning, Higher education and more. New learning opportunities come out each week! Watch the video and look through the downloadable package. Go to <https://fullsteam.mit.edu/>.

To create music and sounds, go to: <https://fullsteam.mit.edu/week-4-package-making-music-and-sounds/>

4-H Office Contacts:

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

State 4-H Office: Linda Horn, Interim Director - lrhorn@umext.umass.edu
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