



Massachusetts 4-H Program

Updates for June 19, 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.

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. Watch for an email with more details in the next few days.

VIRTUAL MASSACHUSETTS 4-H STATE FAIR

Have you heard the news that the Massachusetts 4-H Program is providing a Virtual Fair for our members this year? This is exciting for all our 4-H members who have been busy working on their projects this year. Before registration opens for the Virtual 4-H State Fair, there are a few things you will need to do, especially if this was your first year in Massachusetts 4-H. You will be using your 4honline login to register for the virtual fair, so it is important that you go through these steps as soon as possible to be sure you are all ready to log in to the fair portal.

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.

Another thing you may want to work on is your 4-H record book! Are you using paper record sheets available at <https://aq.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.

Navigate 4-H Online – Zoom Session

Join Kim Pond for a Zoom session where you can learn to navigate the 4-HOnline system. Not sure where to log in? How to reset your password? Need help updating projects or deleting old information? Be sure to join Kim this coming Monday, June 22 at 6:00PM. Contact Kim for the link at kima@umext.umass.edu

Career Exploration Zoom Series

Upcoming sessions of the Career Exploration Series will feature an Environmental Analyst, a doctor of Osteopathic medicine, a school superintendent, a large animal veterinarian, and more. 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.

JUNE 24	Kelley Freda	Kelley has been an environmental analyst for the Department of Conservation and Recreation, Division of Water Supply Protection for over 15 years. Prior to that she was a Watershed Ranger for the same agency. Currently her job focuses on the protection and monitoring of the Wachusett Reservoir Watershed lands in Central Mass to ensure high quality drinking water for 3 million Massachusetts residents (Boston and surrounding cities and towns within the Massachusetts Water Resources Authority service area).
JULY 1	Dr. Tuttle	<p>Dr. Tuttle is a Neuromusculoskeletal medicine specialist at Berkshire Medical Center, her office and clinic are located at Berkshire Osteopathic Health. After completing her undergraduate education Dr. Tuttle worked for several years as a homeless outreach case manager in Westchester County New York and as a research coordinator at New York University. She attended medical school at New York College of Osteopathic Medicine and then completed a residency program in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine in the Bronx. She has been practicing in the Berkshires for two years in duration.</p> <p>Dr. Tuttle practices traditional Osteopathic Manipulative Medicine. Osteopathic Manipulative Medicine is a “hands-on” diagnostic and therapeutic science. It is based on three main principles:</p> <ol style="list-style-type: none">1. The body is a unit.2. The body has the ability to heal itself.3. Structure and function are interrelated and influence one-another. <p>The goal of an osteopathic treatment is to find structural changes and apply manipulation to those areas to relieve tension and decrease pain, swelling, anxiety, headaches etc. She will discuss what it takes to go to medical school, the various choices you can make, doing a residency, and much more!</p>
JULY 8	Al Averill	State Soil Scientist, USDA Natural Resources Conservation Service (NRCS) NRCS is the federal agency that provides conservation planning and financial assistance at the local level to reduce soil erosion, and maintain water quality. NRCS is also responsible for the inventory and classification of the nation's soil resources. As an NRCS soil scientist Al maps and classifies soils, contributes to a data base from which soil suitability and limitations for land use and management are generated, conducts site investigations for conservation practice designs, identifies wetlands, and promotes a better understanding and appreciation for soils – we can't grow without them.
JULY 15	Dr. Barb Malkas	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.
JULY 22	Yoanna Maitre, DVM	Dr. Yoanna Maitre, traveling large animal veterinarian that travels to farms to see her patients. She was a Massachusetts 4-H Member!
JULY 29	Art Canterbury	More information soon!
AUGUST 5	Sarah Sportman	Archeologist – more details to come

AUGUST 12	Sheriff Bowler	Sheriff Tom Bowler, Berkshire County House of Correction
AUGUST 19	Dr. Jay Pasachoff	<p>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.</p> <p>Dr. 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.</p> <p>Dr. 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!</p> 

Reminder: 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 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. Entries are due by Saturday, July 25. If you already mailed in your photo (we did receive a few!) don't worry; you do not have to re-submit.

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 Crotcher 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>

Potpourri of Activities to Explore

Healthy Living: 4-H Favorite Recipes

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 have made with us on our Facebook page at <https://www.facebook.com/Mass4H/>

Also, find some additional fun summer recipes at <https://www.cabotcheese.coop/blog/recipes-for-summer>

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](#).

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/>

Go to <https://crazylittleprojects.com/sewing-tips-beginners-pros/> to find some sewing tips for beginners and pros. And find some free downloadable patterns at <https://crazylittleprojects.com/category/sewing-patterns/>

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 or when someone improves another person's code or incorporates 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.event.com/d/nqhn5/1Q>

Join the **Secret Clover Quest Virtual Escape Room Challenge**. Our friends at UConn 4-H have created this adventure. Solve puzzles and find the secret clover stash. To play, go to <https://forms.gle/EKucA2LsGUtqrnW6>

Environmental Education Exploration:



U.S. Fish and Wildlife Service

Teacher Resources

Classroom Materials and Curricula

<https://www.fws.gov/refuges/education/teachersResources.html>

All resources, lesson plans and student activity guides are FREE to download!

Sample Resources linked from the Teacher Resources page:

- The Compass to Nature (All Grades) - Techniques and philosophy for teaching in the outdoors from the Prairie Wetlands Learning Center in Minnesota. Outlines four components and ten outdoor activities for connecting students with nature.
- Conservation Connect Series (Grades 3-12) - A web-based video series produced by the U.S. Fish and Wildlife Service, featuring the great outdoors, wildlife species and conservation careers. Several six-to-eight episodes feature conservationists and wildlife footage.
- Wildlife Webcams (All Grades) - Live feeds from various wildlife cameras at National Wildlife Refuges across the Northeast.
- Schoolyard Habitat Guide (All Grades) - A how-to style planning guide for transforming your school grounds into a place that engages the entire school community in habitat restoration.
- Fish and Aquatic Conservation, Environmental Education Resources (All Grades) - Links to worksheets, activity books, and curriculum.
- Junior Ranger, Let's Go Fishing! (Grades 3-7) - Activity booklets available at participating National Fish Hatcheries, National Wildlife Refuges and National Parks.

4-H Youth Garden Project

Zoom introductory lessons on basic gardening methods have begun! 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; 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!

To sign up for Youth Garden Project, email Meg McDermott at megmcdermott@umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu

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

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/>

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 – lhorn@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):

Meg McDermott, 4-H Educator – memcdermott@umass.edu
Martina Jasiewicz, Administrative Assistant – mjasiewicz@umext.umass.edu

Northeastern MA (Essex, Middlesex, Suffolk):

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:

Molly Vollmer, 4-H Educator: mvollmer@umext.umass.edu
Valerie Schell, 4-H Educator: vschell@umext.umass.edu
Cathy Acampora, Administrative Assistant: acampora@umext.umass.edu

Barnstable County:

Judy Vollmer, 4-H Educator: jvollmer@barnstablecounty.org
Dawn Johnson, Administrative Assistant: dawn.johnson@barnstablecounty.org



UMass Extension is a unit of the Center for Agriculture, Food & the Environment in the College of Natural Sciences. UMass Extension is an equal opportunity provider & employer, United States Department of Agriculture cooperating. Contact your local UMass Extension office for information on disability accommodations or the UMass Director if you have concerns related to discrimination, 413-545-4800 or refer to www.extension.umass.edu/civilrights.

UNIVERSITY OF MASSACHUSETTS AMHERST