



Massachusetts 4-H Program

Week of June 26, 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.

While things may appear to be quiet at *Massachusetts 4-H*, we are working very hard behind the scenes to plan for the new 2021 4-H year. Enrollment packets are being updated, planning continues for virtual events and programs, and we are getting ready for future in-person events, although at the present time we still cannot meet in person. All of the 4-H staff is still working remotely; we're being safe and hope you are too!

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

The 4-H educators and staff are busy working on the Massachusetts 4-H Program Virtual Fair. Classes are being put together for both animal and non-animal exhibits; information will be coming out soon to everyone. 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://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

Why is it important for you to learn about leadership? How does it apply to life? Leadership is one of the core areas of focus within the 4-H program. There are a wide variety of activities associated with leadership development, all focused on improving the quality aspects of a leader through reflection, explanation of leadership principle, and personal experiences. This program is recommended for 4-H members ages 11-18. Participants will experience sessions that include:

- Developing confidence in your leadership potential and your own sense of identity.
- Improving self-esteem.
- Enhancing communication skills in sharing, reflecting and discussion.
- Understanding the importance of diversity and improving ability to relate to others.
- Learning effective decision making methods and experiencing problem-solving scenarios
- Learning group social skills.
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ZOOM workshops will be held every Tuesday from 3:00-4:00PM. To register, To register, email VaShon Wallace at vwallace@umext.umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu.

June 30 Session 1 Understand leadership: Understanding Leadership and Leadership Characteristics

July 7 Session 2 My Role as a leader: Role Models; What Kind of Leader Am I?; What Are My Values?; and Values in Decision Making

July 14 Session 3 Working with others: Conflict Communication; Controlling Conflict; Conflict Consequences; and Conflict Consultants

July 21 Session 4 Communication: Am I A Good Listener?; Liar, Liar!; and Communication Cues



****NEW** 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. Reserve Tuesday evening, July 28, from 8:00 p.m.- approximately 9:15p.m to be part of this session.

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 Volunteers: Webinar Opportunity Staying Connected with Youth

Looking for ideas to support youth in your clubs and programs during this time of social distancing? All 4-H adult volunteers are welcome to join this one hour regional Share Fair to network with peers in the Northeast Region. Share your ideas, learn what others are doing, and find ways to support our youth.

This event occurs 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.

Career Exploration Zoom Series

Upcoming sessions of the Career Exploration Series will feature a wide range of careers. 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.

<p>JULY 1 Dr. Tuttle</p>	<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>
<p>JULY 8 Al Averill</p>	<p>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.</p>
<p>July 15 Dr. Barb Malkas</p>	<p>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.</p>
<p>July 22 Yoanna Maitre, DVM</p>	<p>Dr. Yoanna Maitre, traveling large animal veterinarian that travels to farms to see her patients. She was a Massachusetts 4-H Member!</p>
<p>JULY 29 Art Canterbury</p>	<p>More information soon!</p>
<p>AUGUST 5 Sarah Sportman</p>	<p>Archeologist – more details to come</p>
<p>AUGUST 12 Shreriff Bowler</p>	<p>Sheriff Tom Bowler, Berkshire County House of Correction</p>

<p>AUGUST 19 Dr. Jay Pasachoff</p>	<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 Bronx High School of Science before Harvard for his A.B. and Ph.D. He postdoctoral fellow at Harvard and Caltech before coming to Williams College. One junior-high student from Pittsfield who interviewed him in a discussion went on to become a NASA astronaut who flew into space 4</p> <div data-bbox="1133 401 1372 646" data-label="Image"> </div> <p>the was a career times!</p>
<p>AUGUST 26 Erika Hamilton</p>	<p>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.</p>

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:

Zoom Sessions Scheduled June 27-July 1. Email Carrie Sears for the links to each event at ccsears@umext.umass.edu

State Senior Hippology Contest-June 27 – 8:30am

State Roundup Awards Ceremony for Senior Contestants – July 1 – 7pm – open to coaches, 4-H staff and State HAC members. Link to be emailed on June 26.

Idaho 4-H offers various animal science videos. Topics range from animal care to poultry breeds. Visit <https://www.uidaho.edu/extension/4h/projects>

PLYMOUTH COUNTY VIRTUAL 4-H EVENTS

Due the COVID-19 pandemic the East Middleboro 4-H Fair is cancelled for 2020. Please stay tuned for fair plans for 2021

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 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. For more information visit the website <https://plymouthcounty4h.org/virtual-dog-club>

Tie Dye TShirt Challenge Order Deadline June 22. Zoom Class June 29. Design your own Patriotic Tie Dye Shirt. Join Plymouth County 4-H in celebrating Plymouth's 400th year anniversary by making a Red White and Blue Tye Dye shirt. You will be provided with all the materials to make this shirt including a Plymouth County 4-H summer program t-shirt. Provided t-shirt needs to be used for contest. They will design their own patriotic 4-H t-shirt. Submit picture of your individual t-shirt by July 3, 2020 for judging. Top three youth will be featured on our Facebook page and given award at our Fall Festival on October 3, 2020 <https://plymouthcounty4h.org/tye-dye-t-shirt>

Kids in the Garden Soil Test Kit. Ages 8-14. This kit includes soil test kit for Ph, Nitrogen, Potassium and Phosphorus, instructions, activities, experiments and helpful information to make your garden flourish. Also includes bean seeds. Learn how and why to test your soil and ways to make your plants thrive. Order Deadline June 29 Zoom Class July 9. Sign up on the website <https://plymouthcounty4h.org/soil-test-kits>

Bristle Bot Bee Youth learn about the process of honey bee pollination and the many foods that we grow that depend on them such as apples, oranges and strawberries. They also learn about the importance of beekeeping and research positions that will ensure we have bees to keep pollinating our food crops in the future. Participants will build their own battery-powered honey bees, plant supplied seeds to encourage planting flowers that are great sources of pollen and nectar for bees. Order Deadline July 6. Zoom Class July 13. Sign up on the website <https://plymouthcounty4h.org/bristle-bot-bee-kit>

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 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 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

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

Conservation and the Environment: The National Conservation Training Center Museum and Archives houses films, photos, and documents about the heritage of wildlife conservation. The 2020 Conservation History journal features women in conservation. Go to <https://nctc.fws.gov/history/Documents/2020-Conservation-History-journal.pdf> to access the journal online. Read more about conservation history at <https://nctc.fws.gov/history/>

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.stml> 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.cvent.com/d/jnqhn5/1Q>

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/EKucA2LsGUtqrmNW6> or contact maryann.fusco@uconn.edu.

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.

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/>

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 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)!

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
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
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Northeastern MA (Essex, Middlesex, Suffolk):
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