



Massachusetts 4-H Program

Updates for May 29, 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 are located, however your county office may add some information specific for your county or region.

This week you will find information about new programs, including Career Exploration and Youth Gardening. There are some new links and information in the Animal Science and Healthy Living areas as well. The Massachusetts 4-H Facebook page continues to have updates, photos, and other links at <https://www.facebook.com/Mass4H/> Thank you to all 4-H youth, parents, and volunteers for all you are doing to keep your projects active, while working remotely and for your participation in the online learning sessions. Continue to stay safe and healthy.

***NEW* - Career Exploration Zoom Series**

Join one or more of these interactive Zoom sessions to learn about a variety of careers. All are welcome to attend, not matter your age or project area. This is a great opportunity to explore new ideas, learn about the education or job experience that might be needed to work in these fields, and have a question and answer session with the presenter. Contact Angelica Paredes at angelica@umext.umass.edu to obtain the Zoom link and passcode. The first three sessions are listed here; this series will continue throughout the summer.

JUNE	3	Angelina Mangiardi	Program Coordinator, First Descents For over a decade Angelina was a member in Massachusetts' 4-H clubs: showing animals, organizing fairs, and taking on new club roles. From her experiences in 4-H and the lessons she learned, Angelina ended up studying, living, and working in New York City, Tanzania, Alaska, and Hawai'i. She has a B.S. in Environmental Science, Policy, and Social Change and is now living in Denver, CO. Angelina works as a Program Coordinator at First Descents, a non-profit that provides outdoor adventures for young adults impacted by cancer and other serious health conditions.
JUNE	10	Dr. Beltaire	Doctor of Veterinary Medicine Dr. Katie Beltaire has been a large animal veterinarian for over 15 years. She has worked in private practice and served as a reproductive specialist at the Cornell University Hospital for Animals. Dr. Beltaire currently teaches Animal Science and provides veterinary care for the farm animals at the University of Massachusetts-Amherst.
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 (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.

***NEW* 4-H Youth Garden Project**

4-H members from across the state are invited to sign up for a summer garden project. Now is the time to plant, if you haven't already. 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.

In June, optional zoom introductory lessons on basic gardening methods (garden prep, soil prep, weed/pest/disease management, container gardening, watering, fertilizing, pruning, etc.) will be led by Massachusetts Master Gardeners for all youth participants. 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.

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

Healthy Living

Breadmaking has become a new pastime for people during the pandemic. For part of your healthy living project, find out about sourdough! What is it, how does it work, and why don't you need yeast? Here is a Sourdough recipe to try:

From Washington State University, The Bread Lab <http://thebreadlab.wsu.edu/unsifted/>

Make Your Own Sourdough Starter

1. Measure out equal parts flour and water in a small bowl.
2. Stir until well mixed.
3. Leave the mixture out at room temperature covered with a loose-fitting lid or towel.
4. Feed the starter with 1-2 Tbsp. each of flour and water every day in the morning and at night and stir until mixed.
5. You should start to see bubbles in the starter in about 3-5 days depending on the environment where you live. After 5 day your starter is probably active and ready to use.
6. If you don't think you'll be baking for a few days, you can store your starter in the refrigerator and feed weekly or continue to store at room temperature and feed daily.

Sourdough Maintenance

There are many ways of keeping a sourdough starter alive. The most important criteria in choosing one is that it fits your schedule, not the opposite. Sourdough starters are a community of microorganisms that, thanks to its diversity, thrive with minimum inputs such as water and flour. Thus, doing harm to your starter will be more difficult than you might imagine.

Starter Feeding:

- $\frac{3}{4}$ cup / 100 g whole wheat flour
- $\frac{1}{4}$ cup / 70 g water
- 1 tsp / 5 g starter (seed)

Mix water and starter until the starter is dissolved. Add flour and mix until you get a homogeneous dough. Let it rest for 10 hours at room temperature or put it in the refrigerator.

Such a starter can be kept in the refrigerator for up to two weeks before requiring some attention (repeat the above-mentioned steps). In case you forgot to feed your starter, discard the dark, watery substance on top, take a teaspoon of what is left and add flour and water as written above.

When you intend to bake with your starter, it is a good practice to feed it instead of using it straight from the refrigerator. Suppose you will be making an Approachable Loaf: 10 hours before you plan on mixing the dough take a tablespoon of starter, dissolve it in $\frac{1}{2}$ cup lukewarm water and add $1\frac{1}{4}$ cup whole wheat flour. Mix and let it rest. You will be able to tell when the starter is ready to be used by its characteristic sour flavor and scent and by the presence of many air bubbles.

Curiosities:

The amount of time that is required for the starter to go through the amount of flour that you have added to it will depend on:

- Stiffness of the starter → The runnier the starter the faster it will turn sour and be ready to be used. You can make a runnier starter by adding more water.
- Temperature → The warmer the temperature of the environment where you place the starter, the more active the starter will be, hence require less time to be ready to be used.

- Amount of seed starter → The higher the amount of the seed starter you add (in the recipe outlined above is 1 teaspoon) the less time it will need to ferment.

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 #3: June 2nd-8th - Color (Current 4-H and Alumni), Solid Color (Current 4-H and Alumni), Hunter Under Saddle (4-H 18 & under), Hunter Under Saddle (Alumni)

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)

Animal Science Updates and Online Sessions:

Animal Science Resources

[Explore Animal Science Careers – Cornell University](https://animalcareers.cornell.edu/)

<https://animalcareers.cornell.edu/>

[Livestock and Horse Resources – Texas A&M](https://animalscience.tamu.edu/youth-projects/#horse)

<https://animalscience.tamu.edu/youth-projects/#horse>

[Poultry Judging – Florida Extension](https://animal.ifas.ufl.edu/extension/youth/livestock/poultry-judging/) <https://animal.ifas.ufl.edu/extension/youth/livestock/poultry-judging/>

[Meat Animal Quality Assurance – Wyoming 4-H Program](http://www.wyoming4h.org/park4h/wp-content/uploads/2017/01/study-guide.pdf)

<http://www.wyoming4h.org/park4h/wp-content/uploads/2017/01/study-guide.pdf>

[Sheep Resources – North Carolina State University](https://youthlivestock.ces.ncsu.edu/youthlivestock-resources/youthlivestock-sheep/)

<https://youthlivestock.ces.ncsu.edu/youthlivestock-resources/youthlivestock-sheep/>

[Swine Resources – North Carolina State University](https://youthlivestock.ces.ncsu.edu/youthlivestock-resources/youthlivestock-swine/)

<https://youthlivestock.ces.ncsu.edu/youthlivestock-resources/youthlivestock-swine/>

Zoom Series for May 28-June 3

Pet Therapy – May 28 – 7-8pm – Curry & Elsie Woodland on Miniature Horses as therapy animals. (same zoom link as previous sessions)

Hippology – June 1 – 6-7pm – Coach Cait Beachell Robinson

Horse Bowl – June 2 – 6-7pm – Coach Rose Blomgren

If new to the Zoom sessions, please email Carrie for the link at ccsears@umext.umass.edu

Some Resources to Keep Handy:

The 2020 Massachusetts State 4-H Animal Health Regulations

https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2020_ma_animal_health_fair_rules-co19.pdf

The New England Fair/Shows CVI Requirements:

https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/ne_fairs_shows_cvi_requirements_2020_co-19.pdf

How to Set up your animal:

[https://docs.google.com/presentation/d/1Zt3-](https://docs.google.com/presentation/d/1Zt3-fDJJKgcSm2JmpCv8IDc4Ai0E3Rj7iqqwfV5IP44/mobilepresent#slide=id.g2be8d72b7_0295)

[fDJJKgcSm2JmpCv8IDc4Ai0E3Rj7iqqwfV5IP44/mobilepresent#slide=id.g2be8d72b7_0295](https://docs.google.com/presentation/d/1Zt3-fDJJKgcSm2JmpCv8IDc4Ai0E3Rj7iqqwfV5IP44/mobilepresent#slide=id.g2be8d72b7_0295)

Virtual Goat Show and Judging Contest sponsored by an outside group. Your dairy goat must be a registered ADGA animal. See the rules and information on:

https://virtualdairygoatshow.weebly.com/?fbclid=IwAR2TjCWCiCaJeMM8nGSv1ZM7jf_SL-tBCdkFfufAhAfJCgyY_FOIJEdu_Mk

Verification Forms

During these unusual circumstances, and in order to help facilitate project verification, a 4-H leader can send an email to their county office confirming the project verification. All parent/guardian and youth signatures **MUST** appear on the 2020 verification forms (lease). Scanned forms, photos of forms and hard copy forms will be accepted for 2020.

The same form is also used for leased animals. Please contact your county 4-H office or Carrie Sears if you have questions. **Due Dates:** Livestock (not dairy) and Dog – June 1

4-H Across America

Many teams have already signed up to virtually make their way across America with this new Healthy Lifestyle program! 4-H Across America allows 4-H members, volunteers, and families virtually exercise their way across America from Boston, Massachusetts to Sacramento, California. This program is open to *everyone*; those in 4-H, including youth, volunteers, parents, and 4-H supporters. Ask a friend to join you on your journey! "4-H Across America" will take place from May 15-October 1.

- Create a four-person team, and give yourselves a team name. If you can't field a full four-person team, submit your registration and we will place you on a team. Use this form. Registration deadline is May 15th.
- Every team that completes the "virtual" journey across America will receive a medallion for each team member.
- Each team member will keep track of exercise mileage – whether by walking, jogging, biking, riding, rollerblading, skiing or swimming - any type of exercise as long as you can track the mileage. The only allowable countable mileage is exercise via walking, jogging/running, horseback riding, using an elliptical, biking and swimming or team sports.

On the last day of each month from May 15 to October 1, the team captain will submit their team's total mileage. You will be on the honor system. We will communicate with the team captain, if there are updates or questions

To register your team and find out more, go to <https://ag.umass.edu/mass4h/news/4-h-across-america-2020-exciting-exercise-challenge> or contact one of these 4-H Educators: Tom Waskiewicz, Meg McDermott, or Jay Field.

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.

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

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/>

Birdwatching Bingo - <https://uofi.box.com/s/lbyen2tv5ewnobz1mgp3twy3c58uzvy>. Or, participate in a 4-H Bird Identification challenge at <https://uofi.box.com/s/w3iar8kxy8rrms30na0rn97x2wzvbngr> From Illinois 4-H

4-H Butterfly Adventures – Click here: [Watch the transformation!](#)

Biotechnology Activities. Learn about soy ink, bioplastics, create biofuel, becoming 'green' at home, and more. <https://4-h.org/parents/curriculum/agriculture/#!biotechnology-activities>

Wind Power is found at <https://4-h.org/parents/curriculum/wind-energy/>

Some fun **coloring pages** from West Virginia 4-H: <https://extension.wvu.edu/youth-family/4h/publications/coloring-sheets>

Visit the **U.S. Forest Service Site** at <https://www.fs.usda.gov/learn/kids>. Lots of activities and things to discover about Recycling, Outdoor Adventures, Plants and Animals, Wildflowers, and more!

National Weather Service/NOAA

Need help while kids are at home with you? Check out lessons, games, and videos to keep them engaged in science. Click on the link to get things started. <https://www.weather.gov/learning>

CBS News Steve Hartman teaches online classes on character, empathy, friendship and altruism in this video series. Find them at <https://www.cbsnews.com/feature/kindness-101-steve-hartman/>

Activities for home or in the Garden: – <https://backpocketlearning.org/>

Search and explore a variety of projects, crafts or recipes. You can also search by age and time allotment.

United States Environmental Protection Agency

Lesson Plans, Teacher Guides and Online Environmental Resources for educators and parents. Find an array of environmental and science based lesson plans, activities and ideas from EPA, other federal agencies and external organizations.

<https://www.epa.gov/students/lesson-plans-teacher-guides-and-online-environmental-resources-educators>

Public Television – WGBY

FROM WGBY's SITE:

Below are links to overview materials for the special World Channel Educational Broadcast blocks during the weeks of June 1 and 8. These blocks of programming are provided as a resource for students in grades 6-12 with little or no internet access, and can also be used to augment digital materials being used for at-home learning.

Webinar overviews are pre-recorded to watch at your convenience. You can access presentation slides, resource documents, and overview recordings for in this [Google folder](#).

Simply look for the sub-folder dated for the week you are interested in. Curriculum topics are highlighted in red and links to other resources are included.

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):
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