Massachusetts 4-H Program

February 19, 2021

Weekly NewsBlast

The UMass Extension 4-H E-NewsBlast is sent to all 4-H families and volunteers in Massachusetts. Unless otherwise noted, all virtual programming is available to 4-H members everywhere, no matter where you live or what club or group you belong to!

Check these sites, and your local county Facebook page, for more details and for updates to programs:
https://ag.umass.edu/mass4h
https://www.facebook.com/Mass4H/

Animal Science
Contact Carrie Sears with any questions or to register for any of the events below at ccsears@umext.umass.edu

Zoom Meetings & Workshops

Monday, February 22 – 6:30pm – Regional 4-H Horse Meeting
Monday, February 22 – 7:30pm – Ag Summit Delegates Team Meeting

Tuesday, February 23 – 7:00pm – Poultry Nutrition Workshop with Blue Seal Feeds Rep McKenzie Courtney
Wednesday, February 24 – 7:00pm – Ag Summit Presenters Team Meeting
Friday, February 26 – 7:00pm – Ag Summit Presenters #2 Team Meeting

National 4-H Horse Communications Team:
For youth trying out for the National Communication Teams: Youth can present at the State 4-H Visual Presentations in the horse categories but must be actively enrolled in a horse club prior to the State 4-H Visual Presentations in order to be considered to be eligible for the National Communications Team. Youth can join clubs virtually now so this should not be a barrier for a youth if a club is not in their immediate area.

2021 Team Coaches Application
Now on-line at https://ag.umass.edu/.../team_coaches_application_2021_1.pdf
Every three years, we post the Horse Team Coach positions. This year it is the Horse Team Communications Coach and Horse Judging Coach. Our current coaches can reapply. Deadline is March 2, 2021. Please contact Carrie with questions

Upcoming Virtual Horse Workshops

February 25 at 7:00 pm – Learn about the Thoroughbred Breeding Industry with Dr. John McDermott from Granville, NY. Dr. McDermott raises Thoroughbred horses at his Seldom Still Farm plus runs a successful large animal veterinary practice that specializes in cattle and horses. Dr. McDermott is a MA 4-H alum in the horse program and won the State Horse Judging Contest when he was a member. He is a graduate of Cornell Veterinary School.

April 1 at 7:00PM - Robin Hutton, author of the book Sgt. Reckless will present writing about horses and her activism in support of horses that worked for the U.S. military. Website: https://sgtreckless.com/

Norfolk County Virtual Horse Contests will be held on Saturday, February 20, 2020 at 7:00 PM. This is open to 4-H members across the state.
- Hippology will begin promptly at 8:30AM
- Horse Bowl will begin at 1PM.
- Horse Judging will be held on Sunday, February 21, 202 and will begin at 8:30AM.
To register for the contest and to obtain the link, please email Meg at memcdermott@umass.edu
An practice session will be held at 7PM on February 17. Contact Meg McDermott for more details.

*NEW* Zoom Python Coding

The UMass Robotics Team will lead a Zoom session introducing coding using Python. Participants will write a short and simple simulator code using this programming language or use a “fill in the blanks” method using pre-created code while learning the concepts. The session is designed for grades 7-12 and will be held on Thursday March 11 at 7:00PM

Registration deadline is March 5. Email Tom Waskiewicz at waskiewicz@umext.umass.edu
4-H & MA FARM BUREAU TRIVIA NIGHT!

Save the date of Monday, April 19th for the first Trivia Night with Co-hosts Dr. Weston Brown and Tom Waskiewicz. Watch for further updates! Sponsored by 4-H and the Massachusetts Farm Bureau

Present a 4-H IMPACT or SPIN program – Find out How!

A 4-H Impact program is a short term learning experience that is between 6-8 hours long. The class can take place all at once or be spread out over several weeks. Some examples are the 4-H Babysitting Training, Gardening series, Bitmoji classrooms, and more. Adults ages 21 and over are invited to attend a session on next Wednesday evening, February 24 from 7-8PM to learn what is involved in conducting a short term SPIN or Impact program. Hosted by New Jersey 4-H. Register for the one hour session on February 24 from 7-8PM at https://go.rutgers.edu/h9kcm9j9

Life: Ready for YOUR World
For teens ages 12-18

It’s inevitable, you will grow up and become an adult! This new series is set up to offer some important things everyone should know about life. There will be 3 sessions to this series; you are encouraged to sign up for all, but you can sign up for any single session or any combination of them too. The sessions will be held on Tuesday evenings from 7-8PM. Click here to register https://forms.gle/U8sqNaAGbHziH2Wm8 This program is a collaboration between Massachusetts, Connecticut and Rhode Island 4-H Programs.

Session 1 – Living
3/9 - Moving out & Moving in
3/16 - Clean, Neat & Organized
3/23 - You’ve got to EAT
3/30 - What’s in your toolbox?
4/6 - Self Care

Session 2 - Finances
4/13 - Banking
4/20 – Expenses and Bills
4/27 - Budgeting
5.4 – Credit/Schmedit

Session 3 - Education/Career
5/11 - Exploring YOUR path
5/18 - Applying to college/jobs
5/25 - Volunteering & Networking
Life can be hard, let's try to make it a little easier with some important lessons.

Winter Sowing Class – Make a Mini-Greenhouse

There is sewing, and then there is sowing! Although the words sound the same, they mean very different things. In this class, you will learn how to make a mini greenhouse using a gallon jug. This is an easy way to sow, or plant, your seeds! You will only need a plastic gallon jug, the kind from milk or juice. Sow your seeds the easy way without using electricity. There is less watering too!

The class takes place on March 11 at 7PM via Zoom. To sign up and obtain the link, contact Cathy Acampora at acampora@umext.umass.edu

STEAM Bitmoji Classroom Part 2

The 4-H Bitmoji STEAM Classroom is back for 2021! The classroom is for all ages; however, this year’s content is best suited for middle school to high-school aged youth (11-18 yrs.), and not recommended for Cloverbuds.

4-H Educator Lauren DuBois’s Bitmoji Classroom will be uploaded at noon on Mondays. This class will focus on Citizen Science. How can we become better advocates for our world?

We will learn about Recycling, upcycling, minimalism, green washing, biodiversity, water conservation, drones, reducing our carbon footprint and more! A better future starts with us, and it starts now with education and little changes we can make in our daily lives. Try out fun hands on activities and learn from experts in their field of study. All classrooms are self-paced and are accessible at your convenience. If you took part in previous STEAM Bitmoji Classroom activities, you will receive an email with information. If you want to sign up for the first time, email ldubois@umass.edu for an invitation link to join.
Heroes Wear Scrubs

Join UMass 4-H and the UMass Amherst College of Nursing in a new collaborative program! This 8-session series will be facilitated by UMass Amherst nursing students and will visit topics ranging from putting together a First Aid kit to what it takes to become a medical professional.

This program will take place on Wednesdays from 3-4PM on Zoom starting on March 3. There will be two tracks, one for 4-H seniors ages 14-18 and one for 4-H juniors, ages 8-13. Both will occur simultaneously in two different Zoom breakout rooms.

Register by contacting Angelica Paredes at angelica@umext.umass.edu. Deadline to register is Friday, February 26, 2021. Sessions will occur on Wednesdays. Dates are March 3-April 21, 3-4 PM (8 sessions).

Visual Presentations All Counties and Regions

ALL county, regional and state Visual Presentations will be held virtually using Zoom. Details will be provided by your 4-H Educator as you register. Read below for details about each area. Youth can participate in other regions if they are unable to attend the VP date in their own.

Judges: If you would like to be a judge for the VP’s, please reach out to Kim Henderson at khenders@umext.umass.edu.

Plymouth County:
- Registration Deadline – Monday March 15. There are three ways to register:
  - Sign up on 4honline at https://v2.4honline.com, OR
  - Complete the registration form found on the UMass 4-H website, OR
  - Contact Cathy Acampora at acampora@umext.umass.edu.

Worcester, Norfolk, Bristol counties Visual Presentations and Info Sessions
- VP’s will occur on Saturday, March 13th and Sunday, March 14th. Opening ceremonies will begin at 9:30AM and the judging will start at 10AM.

A VP information session will be held on Saturday February 27 at 10AM. To obtain the link and answer any questions, contact Meg McDermott at memcdermott@umass.edu. This information session is open to all MA 4-H members.

Dates for Additional VP Contests are below. Contact your local educator for information about registration. All registered 4-H members can participate in any one of these events if you are not able to attend on the date in your county or region.

- March 6 – Essex County
- March 13 – Middlesex County
- March 13 – Western MA (Hampshire, Hampden, Franklin and Berkshire Counties)
- April 10 & 11 – State VP Event (those qualifying at the county or regional level will be contacted)

Pi Day Activity - Sunday March 14 at 3pm

Sunday March 14 is Pi Day! Take a break from visual presentations or other 4-H or school projects and join us to celebrate Pi Day. Remember to have a slice of your favorite pie as a snack!

Register at:
https://umass-amherst.zoom.us/meeting/register/tJAqcOCvrj8jHtL3vzfNLHt_oy-JgWXhq5v

Be sure to take part in our fun poll about Pies at https://www.surveymonkey.com/r/W9NQKBG

MATERIALS you will need:
1. Different sized circular objects. (Ex: jar lid, quarter, bucket, etc.) (for Pi Day fun, get different sizes of pies such as moon pie, oatmeal cream pie, etc.)
2. Ribbon (can also use twine or string)
3. Scissors
4. Ruler
5. Calculator

Spinning Your 4-H Story Part 2, Telling your story

Contact Angelica Paredes to register.

Did you know you can now do storytelling as part of the 4-H Visual Presentations competition? Workshop leader, Dr. Gail N. Herman will lead you through lots of activities such as:
- Learn how to tell stories from an animal’s point of view or even from a sewing machine or a needle’s point of view.
- Engage in creative activities with faces and voices.
- How to personify a non-animate object and create an interesting story!
Create a story by telling how you got interested in your project, or an idea you had!

The group will have fun with six word stories, learn about and use an ‘opposite machine,’ learn about folk stories, and more.

Don’t Delay – have some fun! Dates for the workshops are:
- Feb. 18, 7:00-8:00 PM
- Feb. 25, 7:00-8:00 PM

Dr. Gail N. Herman is on the Board of Directors for the National Storytelling Network. She has performed for and taught well over 1,000 students. Gail loves working with students to create and to tell stories with expression. Presently she has a class in Haiti, and has taught students and teachers at Leslie University, Wesleyan University, UConn, and Frostburg University. She has also performed for students on 4 continents.

Wacky Winter Wildlife Bit Moji Series

How do some of our local wildlife animals adapt to life in a New England Winter? In this 4 part series, learn how animals adapt and handle life in the snow and cold. The series will focus on some rodents, large mammals, reptiles, and birds commonly found in New England. The series begins on March 1. Contact Cathy Acampora to sign up and obtain your link at acampora@umext.umass.edu

2021 Massachusetts State 4-H STEAM Festival

Information about Massachusetts 4-H STEAM Festival can be found on the Massachusetts 4-H Website at https://ag.umass.edu/mass4h/news/first-ma-4-h-steam-festival. Watch for an announcement indicating when the Fair Entry site will be open for you to upload your projects. Meanwhile, check the Fair Entry book on the website and work on creating some entries! The book has some additional resources and information to help you prepare. Categories include

- Art: Mission Patch, Challenge Coin, Hero Poster/Display, Planet Design & STEAM Collage
- Computer Science: Coding, Hackathon, Web page Design & 3-D printing
- Craft: Analog Game, Wearable Art, Space Project & COVID-19 Hero Truck Model
- Engineering & Design: Rube Goldberg Catapult, Cardboard Arcade & Paper Chair Design
- Horticulture: Garden Design & Indoor Gardening/Greenhouse
- Performing Arts: Video
- S.E.T: Robot original or kit & Science Experiment
- Sewing & Textiles: Upcycling, Wearable Technology, Cosplay, Quilt Design & Finished Quilt

Remember:
- Exhibitors must be MA 4-H members who are enrolled and in good standing in the Massachusetts 4-H Program starting in September of 2020 through present. This includes Cloverbuds (ages 5-7), Juniors (ages 8-13) and Seniors (ages 14-18).
- All classes and lots are posted on the Massachusetts 4-H website and in the FairEntry program.
- STEAM Festival entry book will be posted in the NewsBlast and on the UMass 4-H Website – watch for updates!
- The event will be open for entries in February.
- Any items you make or create on your own during this 4-H year, as part of a 4-H project, through the Winter Workshops, or in any other way can be entered.
- All items will be judged, and virtual ribbons will be awarded.
- Special Awards will be given for top Junior and top Senior
- The Awards program is scheduled to take place on Sunday March 14 (Pi Day!)

Massachusetts 4-H Creative Writing and Art Contest

The Year Without a Summer - 4-H Projects in a Pandemic.

4-H members are encouraged to take part in “The Year Without a Summer: 4-H Projects in a Pandemic”, a new creative writing event. You will be able to share your own perspective regarding the ways that you have interacted with your project during the pandemic. Submit your entry in any of the following categories:

- Poetry of no more than 50 lines
- Short stories of no more than 1000 words
• Artwork that tells a story about this summer from your project's perspective.

This contest is open to all registered Massachusetts 4-H members of any age. When judged, one winner will be selected from each of the categories. Deadlines are listed below; a full flyer is on the Massachusetts 4-H website.

Remember:
• All entries, whether short story, poem, photo, or artwork, should be from the point of view of your project. Need some help brainstorming ideas? Email Angelica at angelica@umext.umass.edu for assistance
• The deadline for all submissions is March 1, but if you need assistance with written entries (short story/poem), submit them no later than Feb. 1 to receive feedback and assistance. You will get information back with suggestions, ideas, questions, etc., to help with your final submission.
• Winners will be announced at the 2021 State Visual Presentations!

Jump into Spring - Community Service
“Our Hands to Larger Service”

Traditional community service projects may be difficult to conduct during this time. Here are some community service ideas for February through April that individuals or clubs can work on!

**Youth in Foster Care Pillow Project:** Often, youth in foster care do not have their own luggage to hold their personal items, so let's show them some love! Pillowcases are often used by these young people to carry their belongings when they are placed in a home. Massachusetts 4-H has coordinated with an organization in Western MA to donate pillowcases made by 4-H members. However, if you do not live in that area, you can reach out individually or on your own to local agencies to make donating easier! Watch for drop off locations in May.

• We are working with 4-H Volunteer Leader Katherine Aubry-McAvoy to schedule a zoom session on learning how to sew a pillowcase then apply your new skills to making pillowcases for youth in foster care. Details about the date and time for this Zoom is coming soon.
• If you are not able to attend the Zoom, or want to get a head start, watch some tutorials on YouTube such as this one: [https://www.youtube.com/watch?v=xEHFXEtWAUU](https://www.youtube.com/watch?v=xEHFXEtWAUU)
• Non-sewers could decorate a pillow
• Write a note/card to go along with your donation
• Brainstorm other items that youth/teens would like to receive and do a collection drive.
• You can also collect/donate new duffle bag/suitcases

**Gardening Community Service:** Attention Gardeners - are you planting your garden? Consider planting a row to donate to your local food pantry. Before you plant, reach out and see what your local pantry could use - we know you don't want an excessive amount of zucchini! *[Remember to weigh what you donate for your records.]* Clubs with several families gardening can coordinate and grow different crops. You may also consider growing some flowers to attract pollinators and create bouquets for a local nursing home.

**Earth Day April 22nd and Arbor Day April 30th:** Consider these community service ideas:
• Make a change in your daily habits to have a positive effect on climate change
• Look at the carbon footprint of your project, hobby, or shopping habits
  o Do you buy local?
  o Do you use seasonal fruits and vegetables that don't require shipping from far away?
  o Stop using straws and other plastics and one time use materials
  o Visit a thrift shop for clothes, toys, and books
  o Try doing a meatless Monday or other day of the week.
  o Cut down on potential excessive amounts of emails in your inbox, which uses server space and energy.
• Plant a tree
• Upcycle something you no longer need or have outgrown and don't forget you can enter it in the STEAM Festival

**MARS Base Camp STEM Club**

Did you watch the Perseverance rover land on Mars February 18? Even if you did not, there is still time to participate in a series of workshops on this topic and other fun STEM activities. The workshops will run from February 18 through March 25 from 4:00 – 5:15 pm and are being offered to 4-H members across CT, MA, R.I. [Find the full sized flyer at http://cag.uconn.edu/ces/4H/sidebar/index_238_3394596071.pdf](http://cag.uconn.edu/ces/4H/sidebar/index_238_3394596071.pdf).

Questions can be directed to Marc Cournoyer at marc.cournoyer@uconn.edu.
## Career Exploration Series

Register to attend any of the sessions by contacting Angelica Paredes at angelica@umext.umass.edu. Be sure to provide her with the session you wish to attend, your name, club or school, county and state where you are enrolled if a 4-H member.

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<tr>
<th>Date</th>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>March 3</td>
<td>Glenn Hiltpold</td>
<td><strong>Director of Actuarial Services - Safety Insurance</strong>&lt;br&gt;Glen Hilltpold is currently the Chief Actuary at Safety Insurance, the fourth largest automobile insurer in Massachusetts. An actuary applies math and statistical methods to many of the business questions that an auto and homeowner's insurance company faces.&lt;br&gt;For example:&lt;br&gt;- What should we charge a family or individual for auto insurance for a year? How do you do this when the “premium” is usually paid up front, but claims can come months, or sometimes even years later.&lt;br&gt;- How much should an insurance company set aside to cover claims that have happened to somebody, but the insurance company doesn’t know about them yet?&lt;br&gt;- How can an insurance company protect itself from a hurricane, a severe arctic winter and other natural disasters and not go out of business?&lt;br&gt;Glen will discuss how he became an actuary, touching on the exams that are needed as well as the qualities and talents that he looks for when he is looking to hire a new actuary.</td>
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<td>March 17</td>
<td>Bob Metcalf</td>
<td><strong>Wildlife Tracker</strong>&lt;br&gt;Bob Metcalfe is a naturalist and licensed guide with a lifelong interest in local wildlife and the habitat that is essential for their survival. He is an instructor at Boston Outdoor School, the education coordinator for The Saugus River Watershed Council and a member of the Maine Wilderness Guides Association.&lt;br&gt;Through his business, New England Discovery, Bob offers programs in wildlife observation and photography, animal tracking and habitat exploration to adults and school children. <a href="http://www.newenglanddiscovery.com">www.newenglanddiscovery.com</a></td>
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<td>April 3</td>
<td>James McDermott</td>
<td><strong>Musician</strong>&lt;br&gt;James McDermott has been chasing sounds for as long as he can remember. Since the age of six he has been obsessed with all things “noise.” Pots and pans to his first electric guitar and drum set, music has consumed his life. Throughout middle and high school, he studied mandolin, tenor banjo, drum set, guitar and bass, in genres spanning across traditional Celtic to pop to trap, jazz and R&amp;B. After defining a base and mastering the fundamentals of western popular music, he states that he “received the privilege of studying songwriting and music business marketing at Berklee College of Music in Boston, MA, graduating in 2013.”&lt;br&gt;Throughout college and the years since graduation he has accumulated a total of six years live touring experience with his first professional music project, Bay Faction. Playing markets throughout the entire United States, Canada and England have taught him the ins and outs of what it means to live off art in today’s entertainment industry. James’ first love is songwriting, and he’s inspired every day to do just that.</td>
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| April 17 | Dr. Jennifer Hayden Epperson | **Executive Director, Kinship Radio Network, MN - Author**<br>Helping others reach their potential is Jennifer’s passion. Currently, she serves as the Executive Director of Kinship Radio Network in Minnesota. Previously, she was Moody Radio's Director of Research and Learning and has been station manager of both WRMB-89.3 FM (Moody Radio) and WFIG-1500 AM (Blount Communications) after getting her start in her native state of Rhode Island at WARV 1590-AM, Warwick. She is also the current Chairperson of the NRB’s (National Religious Broadcasters) Radio committee.<br>Jennifer has worked and taught in international contexts and spent five years as the Executive Producer of TWR’s Women of Hope radio program. In 2012, she completed a doctorate in organizational leadership and has taught leadership and radio on the university level. Jennifer released her first book, *The Pioneer’s Way: Leading a Trailblazing Life that Builds Meaning for Your Family, Your Community, and You* in October 2020.<br>Jennifer's own 4-H experiences figure prominently in her book *The Pioneer’s Way*. As a long-time member of the 4-H public speaking program,
Healthy Farms – Healthy Agriculture

Are the lessons we are learning from COVID applicable to your animal science projects with youth? Join the webinar Lessons from COVID and Your Animal Science Projects on February 25 at 8:00 PM Eastern time to hear from Extension educators about the lessons we have learned from the COVID experience—as a zoonotic disease affecting humans globally—and how this pandemic applies to the spread and prevention of farm animal diseases as well.

Our presenters will discuss the impacts of farm animal diseases such as avian influenza, and how youth biosecurity education can encourage positive change in behaviors to prevent and manage the spread of diseases. Farm animal biosecurity is the practice of preventing or reducing the introduction of diseases and pests, and is a whole farm approach for assessing, prioritizing and addressing the risks to herd and flock health.

Many livestock diseases of importance are currently active in the U.S. and other countries; we must do all we can to protect livestock from disease threats. We want feedback on the effectiveness of new biosecurity education tools and resources from the Healthy Farms Healthy Agriculture (HFHA) project. We also want to gather suggestions about other approaches to increase youth producers’ biosecurity competence.

Presenters:
• Pam Watson, 4-H Youth Development Agent, Washington State University
• Susan Kerr, DVM, PhD, Professor Emerita, Department of Animal Science, Livestock and Dairy Extension Specialist, 4-H Educator, Washington State University
• Julie Smith, DVM, PhD, Healthy Farms Healthy Agriculture Project Director, Associate Professor, University of Vermont

Register in advance for this webinar:
• https://uvmextension.zoom.us/webinar/register/WN_7ppaIW9uR6KycUcPN36aBQ

Contact us if you have questions about this event:
• Joanna Cummings - joanna.cummings@uvm.edu

4-H Across America-2021

Teams already are walking, hiking, jumping, and skipping across America! There is still time to form a team and exercise to any other place in the country! Want to join? Contact Tom Waskiewicz at waskiewicz@umext.umass.edu or visit https://ag.umass.edu/mass4h/news to get more information.

Be sure you are registered in 4-H Online

Contact your local 4-H educator or administrative assistant if you need assistance in becoming a Massachusetts 4-H member or re-enrolling if you are a current member of 4-H. Also check the 4-H website for detailed directions at this link: https://ag.umass.edu/mass4h/about/4h-online
JOIN IN: NASA STEM ENRICHMENT OPPORTUNITIES

The Perseverance Mars rover landed on Mars on **February 18**. Don't miss out on NASA's STEM enrichment opportunities this week! **Register now** to participate in NASA's Mission to Mars Student Challenge. To get started, watch the recorded **STEM Enrichment Training** or check out step-by-step instructions for the **Straw Rocket** activity. Interested in more Mars exploration fun? It's not too late to check out **Mars Base Camp**. 4-H's 2020 STEM Challenge kit.

**Virtual Experience for Equine Affaire Enthusiasts!**

**Equine Affaire will be a FREE virtual event this year on April 8-11, 2021**

Log on with Equine Affaire for a new and exciting virtual equine event! Equine Affaire in Ohio is going entirely online at **www.equineaffaire.com** on April 8-11, 2021. You can also join the fun by following @equineaffaire on **Facebook** and **Instagram**. No tickets needed. The event will include digital learning, shopping, interviews and more

**Learn to Code this Summer with Girls Who Code. – a Virtual Program**

**Girls Who Code** is an international non-profit group leading the movement to close the gender gap in tech. Girls and non-binary students can get a start in tech by applying to Girls Who Code's **Virtual Summer Immersion Program (SIP)**! During this FREE, 2-week virtual program, current 9th - 11th grade girls will learn the computer science skills they need to make an impact, get an inside look into the tech field, while being virtually hosted by influential companies like Twitter, AT&T, Bank of America, Walmart, and more. Participants will learn to code in a supportive environment and make lifelong friendships that encourage them to be brave, take risks, and stand up for what matters to them. SIP is FREE and need-based stipends of up to $300 are available to those who qualify.

The early acceptance deadline for priority consideration is coming up on February 17th, and the general acceptance deadline is March 19th. Apply today at [girlswhocode.com/sipapply](http://girlswhocode.com/sipapply). Want to learn more? Join our **informational webinars**!

**Meet the 4-H Team!**

Each week we will feature some of the individuals who are part of the Massachusetts 4-H Team. This week say hello to two of the four people who work in the Northeast region.

**VaShon Wallace-Hiltpond** is currently the interim 4-H Northeast Regional Educator for Middlesex, Essex and Suffolk counties. Her office is located at the Mt. Ida UMass campus in Newton.

Currently, VaShon oversees all of the 4-H programming efforts that occur in this region, including traditional 4-H programs and club work, new efforts, and virtual programming. Together with her staff, which includes Pam LeFave, Nancy McCarthy, and Debbie Beaubian, many new virtual programs and trainings have taken place over the past year. She facilitates workshop sessions on topics such as 4-H 101, Babysitter trainings, Youth Leadership, officers' trainings and other life skills workshops. VaShon is a team member of the Northeast Regional SPIN committee.

Previously, VaShon's work has focused on urban programming and on several grants, including the Children Youth and Families at Risk, the 4-H Military Partnership and Operation Military Kids grants. She has been working for UMass extension for 23 years, and recently became a member of the 4-H Foundation board.

VaShon has been married to her husband Glenn, whom she met just a week after starting her positions in 4-H, for almost 23 years! She is the mother of 3 children, a son, Kendall and 2 daughters Destiny and Angela. She spends her free time with her family and their 2 dogs, Lovele and Sir Nigel, watching movies and doing crafts. She loves to travel and meet new people.

**Pam LeFave** is the Program Assistant for Middlesex County; her office is located on the Mt. Ida Campus in Newton. Pam began work in this position in 2001. Before being employed with 4-H, Pam was a parent volunteer for eleven years, assisting with her son’s club and as a judge for visual presentations, for records, and at the Middlesex County 4-H Fair.

The elements of her job she most enjoys are getting to know volunteers as she works with them through the application process, training youth and adult members in VPs and 4-H Records for presentation and judging, and planning Awards and Winter Forum Events. Having the opportunity to see young people grow and become leaders is her most cherished part of the program overall.
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](https://ag.umass.edu/mass4h/about/office-locations-contacts)

State 4-H Office: Linda Horn, Interim Director [lhorn@umext.umass.edu](mailto:lhorn@umext.umass.edu)
Carrie Sears, 4-H Animal Science Program Manager – [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)
Kim Pond – 4-H SET Program Manager – [kima@umext.umass.edu](mailto:kima@umext.umass.edu)
Deb Comeau – State 4-H Administrative Assistant – [dcomeau@umext.umass.edu](mailto:dcomeau@umext.umass.edu)

Western MA (Franklin, Hampshire, Hampden and Berkshire Counties):
Tom Waskiewicz, 4-H Educator – [waskiewicz@umext.umass.edu](mailto:waskiewicz@umext.umass.edu)
Angelica Paredes, 4-H Educator – [angelica@umext.umass.edu](mailto:angelica@umext.umass.edu)
Lauren DuBois, Urban 4-H Educator – [ldubois@umext.umass.edu](mailto:ldubois@umext.umass.edu)
Lizmarie Lopez Ortiz, Urban 4-H Program Assistant - [llopezortiz@umext.umass.edu](mailto:llopezortiz@umext.umass.edu)

Southeastern MA (Bristol and Norfolk):
Meg McDermott, 4-H Educator – [memcdermott@umass.edu](mailto:memcdermott@umass.edu)
Kim Henderson, Administrative Assistant – [khenders@umass.edu](mailto:khenders@umass.edu)

Central MA (Worcester County):
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Massachusetts 4-H is an extension program at the University of Massachusetts. UMass 4-H follows the Massachusetts Governor’s regulations for the re-opening of the state as well as the governance of the University of Massachusetts. 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.