



Mass Extension 4-H Program

February 3, 2023

Upcoming 4-H Calendar of Events

Date	Title	Location	Link (for registration or attendance)	Deadline to Apply/ Register
2/4	Western MA Regional 4-H Horse Roundup	100 Venture Way, Hadley	www.regional4horse.com	1/28
2/5	Central Southeast Regional Horse Judging Contest	Norfolk Aggie	https://forms.office.com/r/a0n9sGgwB7	2/1
2/8	Career Exploration Speaker	Zoom 7 PM	https://bit.ly/CES2-8-2023 to register	
2/11	Babysitters Basics Course	9-4:30 Hadley	Registration form	2/8
2/12	State 4-H Dairy Calf Sale Committee Meeting	11 AM	Big E Ag Office, West Springfield, MA	
2/13	4-H Discovery Club Meeting	Zoom 7 PM	Registration Link for new members	2/10
2/15	State Horse Committee	Zoom 7 PM	Contact Carrie Sears for details	
2/20	Dairy Judging		Contact Carrie Sears for details	
2/21	Horse Chat	Zoom 7 PM	Horse Chat Zoom Link	
2/22	Aerospace Workshop for Military Youth	12-3 PM	Joint Base Cape Cod gabriel.j.agaman@uscg.mil	
2/26	VP Judge Training	Zoom 2 PM	Judge training registration link	
2/26	Dairy Youth Bowling Event		Contact Carrie Sears for details	
2/28	VP Judge Training	Zoom 6:30 PM	Judge training registration link	
3/4	Regional VP Day	Zoom 9 AM	Register in 4honline	
3/10	Regional VP Day	Zoom 5 PM	Register in 4honline	
3/12	Regional VP Day (if needed)	TBA	Register in 4honline	
3/14	STEAM Festival Awards	Zoom 7 PM		
3/20	4-H Discovery Club Meeting	Zoom 7 PM	Registration Link for new members	3/17
3/25	State 4-H Horse Round-up	Athol H.S.		
3/26	State 4-H Horse Round-up	Athol H.S.		
4/1	Sr State 4-H Horse VPs	TBD		
4/1	State VP Day	Zoom 9 AM		
4/5	VP Awards Ceremony	Zoom 6:30 PM		

4-H Program Updates

2023 National 4-H Ignite Summit Delegates Selected!

The 4-H delegates have been selected to attend the March 2023 National 4-H Ignite Summit in Washington, D.C. The Ignite Summit is a 4-day experience where high-school aged teens connect, and find their spark by exploring the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-being.

Congratulations to:

Agriscience: Colleen Kielbania, Harrison Sachs and Margaret Turpel

Healthy Living: Faith Motta and Hope Motta

STEM: Sam Jackson and Miru Kunst

4-H Educators Meg Riley and VaShon Wallace-Hiltbold will serve as the chaperones



Visual Presentations

Registration is open for regional VPs through 4honline. All 4-H members will choose one day to participate, and all counties will continue to be able to send up to two junior representatives and two senior representatives per visual presentation category to State Visual Presentation Day. VPs are virtual on Zoom this year:

- Saturday, March 4, 2023 9AM
- Friday, March 10, 2023 5PM
- Sunday, March 12, 2023 is reserved if needed.

Important Information on Club and Advisory Checking Accounts

We have noticed that some banks are now charging maintenance fees for interest bearing checking and/or savings accounts if they fall below a \$500.00 balance in the individual account. The maintenance fees can range from \$3.00 to \$8.00 based on the bank and far exceed the interest you will receive. To avoid the maintenance fee, switch to a non-interest-bearing account, or sometimes referred to as small non-profit checking or savings.

Get Involved!

Career Exploration Series

Matt Hale, Design Researcher at iRobot

Why do the robots we use look the way they do? What if the way you want a robot to look on the outside doesn't work with the engineering on the inside? Matt Hale from iRobot deals with just that and more. He could be at his desk, in the lab, or traveling around to study how well iRobots are doing and make any necessary recommendations.

Have you ever thought about working in the world of robots? Interested? Join us!

Wednesday, February 8, 2023, 7PM via Zoom Register: <https://bit.ly/CES2-8-2023>

4-H Babysitters Basics

Are you 11-18 years old? Attend our 4-H Babysitters course!

This course will prepare youth to become capable, caring, and responsible babysitters and how to handle different situations while babysitting.

Participants will be provided with a 4-H babysitting guide and other babysitting supplies. Upon completion of this course, participants will receive a Babysitter's ID card and a certificate of completion.

Date: February 11, 2023 (snow date February 12th)

Time: 9 AM - 4:30 PM (youth must attend the full day)

Location: 100 Venture Way, UMass Amherst, Hadley, MA

Cost: **Free for enrolled 4-H youth and Military Youth**; \$35 for non-4-H members

Make checks payable to the MA 4-H Foundation and mail to:

Va Shon Wallace/Mt. Ida Campus, UMass Amherst/100 Carlson Ave./Newton, MA 02459

[Registration required by 2/8/23](#). For more information contact Va Shon Hiltbold at vwallace@umass.edu.

USDA APHIS AgDiscovery

Take this chance to get a first-hand look at the many exciting career paths in agriculture!

AgDiscovery is a free summer outreach program to help teenagers explore careers in agricultural sciences. As an AgDiscovery student, you'll live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate

in character and team-building activities; and join in many other fun and educational events. This year, 22 colleges and universities are participating in AgDiscovery. Each school's program focuses on a specific area of interest to our Nation's agriculture. Information is available at https://www.aphis.usda.gov/publications/aphis_general/bro-agdiscovery.pdf

Deadline is March 31st [Click here for Application details](#). This event is sponsored by USDA APHIS. If selected, families will be responsible for the flight cost and any incidentals. This is a highly competitive program so start now on your application!

Animal Science Programs & Updates

Horse Chat Series

All horse lovers are invited to attend. Open to both youth and adults. This series is held via Zoom at 7:00 PM. If you are not able to make a session, recordings will be available for your viewing. Please email Carrie Sears at ccsears@umass.edu for a copy of horse chat recordings. <https://umass-amherst.zoom.us/j/96799760249>



2/21: Horse Chat will host Linda Crabtree. Ms. Crabtree is a Reiki practitioner/teacher and a Certified Equine Acupressure Practitioner. She was a therapeutic riding instructor for 10 years. In 2010, she started her own business, Circle of Peace, with a focus on the well-being of the equines in equine assisted services (EAS) centers. Ms. Crabtree will share and demonstrate a few methods from her Grooming with Gratitude class that you can practice with the equines in your life that will help them feel better and will encourage a deeper connection between you and your equine.

Animal Verification Forms

Now is the time to print off your Animal Verification Forms to plan for the upcoming show season. Lease Forms are also due at the same time. Animal Verification Forms are to be completed for all livestock, dogs, and horses that you plan to show at a 4-H fair, dog academies, and/or Big E 4-H Shows. *Note:* Lambs and kids born after June 1st are still eligible to show based on your fair's requirements, but you will still need to file a Verification Form on them once they are born.

Verification Forms are due to your county/regional 4-H office by the following dates:

- April 10th – Horse (only if planning to show at the Sept. New England 4-H Horse Show at the Big E)
- May 1st – Dairy Cattle, Beef Cattle, and Working Steers
- June 1st – Goat, Sheep, Llama, Alpaca and Swine, Dog

Links to Verification and Lease forms:

- [Livestock Verification Form](#)
- [Livestock Lease Form](#)
- [Beef Lease Form](#) (Youth cannot show a leased steer at the Big E)
- [Horse Verification Form](#)
- [Dog Verification Form](#)



Careers in Veterinary Medicine

Have you ever thought that you would like to be a veterinarian? Love animals, but not sure what opportunities there are in the field? Check-out this series of veterinarians sharing their specialties.

<https://vetmed.tamu.edu/peer/careers-in-veterinary-medicine/>

Livestock Skill-a-thon & Judging Group

A new livestock skill-a-thon and judging group is starting to form. In January 2023, we will kick-off some Zoom events and hold in-person sessions in the spring. The skill-a-thon contest is designed to give 4-H members with beef, swine, goat, sheep and alpaca/llama projects a format for enhancing their education. Stations may include but are not limited to: anatomy/body parts, breeding and reproduction, feeds and nutrition, current events, diseases, equipment identification, forage id/judging, quality assurance, breeds, fiber, marketing, meats (retail id and judging), and keep/cull decision making. The Ohio Learning Kits are available in some of these project areas and they are a great club activity to prepare for skill-a-thon contests. Contact your local 4-H office. If interested in participating in the sessions on the livestock skill-a-thon, please contact Carrie Sears at ccsears@umass.edu

Save the Dates!

State 4-H Horse Show – June 24 & 25 – Three County Fairgrounds, Northampton, MA

Western Regional 4-H Horse – September 8-10, 2023 at the Three County Fairgrounds in Northampton, MA

Be sure to contact Carrie Sears at ccsears@umass.edu with any animal science questions.

STEM Programs & Updates

2023 UMass 4-H STEAM Festival



Fair entry is now open! Start submitting your entries today! Participants may upload entries as they complete their projects, so there is no need to wait until you have completed all your projects before beginning to submit.

<https://steam-festival.fairentry.com/Fair/SignIn/18092>

The 2023 STEAM Festival Book is [available on our website](#). Inside the book, along with classes, you will find links to resources and videos.

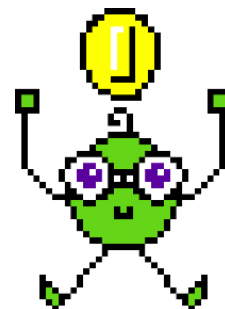
Hold March 14th at 7 PM for the STEAM Festival Awards! We are now also recruiting judges. Direct your questions to kima@umass.edu.

NERD Summit

Are you interested in Technology?

Check out the NERD Summit at UMass Amherst **March 17-19**.

The 3-day, jam-packed schedule for NERD Summit 2023 is now posted. Find topics from code camp, drawing with pixels, Lego and learning, websites and more! [Click here](#) to review the schedule, order tickets, get hotel and parking info, and more!



Girls Who Code Opportunities



Girls Who Code invites current high school students who identify as girls or non-binary to apply for their *free summer programs*:

- **2-week, introductory Summer Immersion Program (SIP)** hosts current 9th-11th graders in live, virtual classrooms led by industry-leading companies like EA, Pfizer, and ViacomCBS. Students learn HTML, CSS, and JavaScript while getting an inside look into the tech industry. Plus, all SIP students can apply for grants up to \$500.
- **Self-Paced Program** offers independent study and real-world projects for current 9th-12th graders to earn beginner-level badges in HTML, CSS, and JavaScript for web development or an intermediate-level badge in Python for cybersecurity.

All participants can also access exclusive alumni benefits and career support for life, including pre-internship programs, Hiring Summit, virtual mentoring, and GWC Talks webinars for career tips and strategies.

Apply to one or all our programs with the same form! Programs are available June 17 - August 12. Learn more [on our website](#) or [in a webinar](#), and [apply here as soon as possible](#)! Students get priority consideration when they apply by **February 16, 2022**. Regular-decision applications are due by **March 18, 2022**.

Community Service Opportunities

GotSneakers Fundraiser

Madelyn Germain, a junior at Norfolk County Agricultural High School and a member of the 4-H Discovery Club, is doing a [GotSneakers](#) Fundraiser. GotSneakers is an organization that collects and recycles old athletic sneakers to help the environment. Their work helps to reduce CO₂ emissions released in the manufacturing process, reduce the release of toxic chemicals from incinerating sneakers thrown away, and reduce the number of sneakers that sit in landfills never breaking down. Every pair of sneakers donated will earn a certain amount of money no matter the condition. We will happily take a pair of old, worn-out sneakers that are no good anymore, sneakers that are too small, or new sneakers that you don't quite like!

The proceeds will go to [The Trustees of Reservations](#). The Trustees of Reservations are a non-profit organization that works to conserve and preserve over 100 natural and historic places in Massachusetts. The Trustees protect a variety of sites including hiking trails, historic places, beautiful gardens, and farms for the public to explore and enjoy. Check it out, you might have a site in your town!

There will be a donation box at each of the 4H offices and at Kemp Hall at the Norfolk Agricultural High School. We can't wait to receive your donations!

Pedal Thru Youth

In collaboration with Pedal Thru Youth, 4-H clubs have been invited to help assemble 1000+ Winter Survival Bags, which will get distributed to law enforcement cruisers. We have set the first assembly/media day for **Saturday, Feb 4th 10am-1pm at the Pedal Thru Youth Eastfield Mall location.**

Youth volunteers, including 4-Hers, will form an assembly line and stuff packs. Around noon, law enforcement will begin receiving the bags and various news media will be present highlighting this "hand off" and interview kids/volunteers etc.

Share your 4-H club spirit! 4-H green and club shirts are encouraged. Contact Sarah Bonini at dressarah@comcast.net for more information.

National 4-H Partner Opportunities

JoAnn Fabrics

Did you know JoAnn Fabrics partners with 4-H? [Click here](#) to find out how to register for a JOANN 4-H Reward Card to receive 15% off all purchases you make on materials for your 4-H projects! JoAnn's donates a percentage of all purchases made using a rewards card to 4-H.



CALLING ALL 4-H'ers!

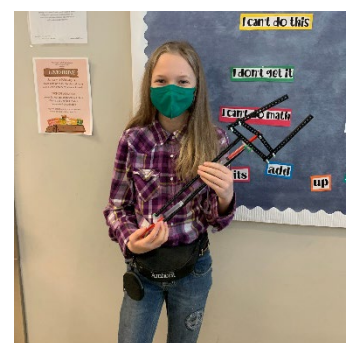
We're looking for 4-H'ers who want to share their 2023 project journey with the Georgia Boot audience. Trailblazers will be required to provide Georgia Boot with photos and progress updates throughout various project stages to be used on Georgia Boot's social media channels, email, and website. Four winners will receive a prize package valued at \$500. The package consists of a free pair of Georgia Boots (up to \$200), a \$200 gift card to a local farm & ranch or hardware store of their choosing, and Trailblazers merchandise.

Interested in being a Georgia Boot Trailblazer? Simply [fill out the form](#) and attach a picture of a current or past 4-H activity by February 24th, 2023. We will contact the winners by March 21, 2023 via email

4-H Youth Having Fun!

Winter Forum

The Middlesex Advisory Council (MAC) in conjunction with 4-H UMass Cooperative Extension sponsored this year's Winter Forum on Saturday, January 28th at the Middlesex Collegiate Charter School. It was a day filled with 32 engaging hands-on workshops. Thank you to all who gave of their precious time and talents – it is appreciated. It was amazing to see all the 4-H youth and their families smile, laugh, learn, bond, and create!



4-H STEM Aerospace Ambassadors

Last month Barnstable County 4-H mentored an Introduction to Aerospace Workshop at Joint Base Cape Cod. The workshop was conducted by Kim Pond, Mass 4-H STEM Program Director and hosted by Barnstable County 4-H and the staff at the Youth Center on base. It was a fun time had by all as the youth built and flew gliders while learning about concepts of flight.

[Read more here!](#)

Massachusetts 4-H Foundation

Club Grant for New 4-H Clubs

We are pleased to add a new club grant option to the Foundation's Grants Program. This specific grant is for \$150 and is available to new 4-H clubs to support start up needs such as meeting space cost, t-shirts, sweatshirts, program supplies, etc. **Deadline 3/31/23** [Club Grant for New 4-H Clubs Form](#)

Kent Lage Leadership Scholarship

Two scholarships are awarded annually to 4-H members or alumni who have demonstrated outstanding leadership qualities. The award was made possible by Charlesbank Capital Partners and is in memory of Kent A. Lage, a lifelong supporter of 4-H and President of the Foundation's Board of Trustees from 2012-2016. Applications for the Award are now open and **due March 15, 2023**.

4-H Camperships

Visit the 4-H Foundation website for information regarding camperships for the Massachusetts 4-H summer camps. These camperships are not need-based and applications are open to all enrolled 4-H members. **Deadline 3/31/23**

Carrie Myers
Executive Director
cmyers@mass4hfoundation.org
508-881-1244



Massachusetts **4-H** Foundation
FOSTERING YOUTH DEVELOPMENT

4-H Health Safety Policy

Winter is upon us and so is cold, flu, and respiratory illness season. We are taking this time to remind you of the UMass Amherst Covid Policy and to clarify expectations.

UMass 4-H Policy on testing positive for Covid and isolating as consistent with UMass Amherst Policy:
<https://www.umass.edu/coronavirus/isolation-and-quarantine-guide>

Calculating Isolation:

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least five days.

Days to Isolate:

- Day 0, first day of symptoms OR day the positive test was taken, whichever is earlier
- Days 1-4, continue to isolate
- Day 5, last day of isolation if asymptomatic or symptoms are improving
- Day 6, leave isolation (if you are able to wear a mask at all times when around other people, including in your household, through day 10). You may remove your mask prior to day 10, if you have had two negative tests taken 48 hours apart

Youth and volunteers may return to 4-H activities with a mask on Day 6 if they are asymptomatic. Please do not attend events if you are sick. Admittance to 4-H events is up to the discretion of the organizer. Attendees who are symptomatic may be denied entry or asked to leave.

UMass Extension 4-H Offices and Contact Information

State 4-H & Western MA Office: *Berkshire, Franklin, Hampshire, & Hampden Counties*

100 Venture Way, Suite 334; Hadley MA 01035

Carrie Sears, 4-H Animal Science Program Manager – ccsears@umext.umass.edu

Angelica Diaz-Heyman, 4-H Educator – angelica@umext.umass.edu

Lauren DuBois, Urban 4-H Educator – ldubois@umext.umass.edu

Lizmarie Ulloa, Urban 4-H Program Assistant – llopezortiz@umext.umass.edu

Central Southeast MA Office: *Worcester, Norfolk, & Bristol Counties*

7 Midstate Drive, Suite 102; Auburn MA 01501

Cynthia A. Bushey, Southeast Region 4-H Educator – cabushey@umass.edu

Kim Henderson, Southeast Region Administrative Assistant – khenderson@umext.umass.edu

Meg McDermott, State 4-H Interim Director & Worcester County 4-H Educator – memcdermott@umass.edu

Martina Jasiewicz, Worcester County Administrative Assistant – mjasiewicz@umext.umass.edu

Kim Pond, 4-H SET Program Manager – kima@umext.umass.edu

Northeastern MA Office: *Essex, Middlesex & Suffolk Counties*

UMass Mt. Ida Campus, Miller Hall; 100 Carlson Avenue, Newton, MA 02459

Heather Thibodeau, 4-H Educator – hthibodeau@umass.edu

Va Shon Wallace-Hiltbold, 4-H Educator – vawallace@umext.umass.edu

Debbie Beaubien, Administrative Assistant – debbieb@umext.umass.edu

Nancy McCarthy, Program Assistant – nmccarthy@umext.umass.edu

Plymouth County Office: *Plymouth County*

44 Obery Street, Plymouth MA 02360

Molly Vollmer, 4-H Educator: mvollmer@umext.umass.edu

Cathy Acampora, 4-H Educator: acampora@umext.umass.edu

Meghan Riley, Ag Extension Educator: mriley@plymouthcountyma.org

Cheryl Mechan, Administrative Assistant: cmechan@umass.edu

Barnstable County Office: *Barnstable County*

Box 367, Barnstable MA 02630

Sandi Shepherd-Gay, Barnstable County Youth Extension Educator: sandi.shepherdgay@barnstablecounty.org

Laura Notarangelo, Administrative Assistant: laura.notarangelo@barnstablecounty.org

The UMass Extension 4-H E-NewsBlast is sent to all UMass 4-H families and volunteers. 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> and <https://www.facebook.com/Mass4H/>. Archived editions can be found at <https://ag.umass.edu/mass4h>. The NewsBlast is sent to family emails unless specific requests are made.



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