



## Upcoming 4-H Calendar of Events

Date	Title	Location	Link (for registration or attendance)	Deadline to Apply/ Register
1/21	4-H Rabbit Workshop	Smith Voc/Ag HS	<a href="https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2023_state_4-h_rabbit_workshop_0.pdf">https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2023_state_4-h_rabbit_workshop_0.pdf</a>	1/13
1/23	Hippology Contest Prep	Zoom 7 PM	<a href="https://umass-amherst.zoom.us/j/94376350477">https://umass-amherst.zoom.us/j/94376350477</a>	
1/24	Horse Communications Contest Prep	Zoom 7 PM	<a href="https://umass-amherst.zoom.us/j/94376350477">https://umass-amherst.zoom.us/j/94376350477</a>	
1/26	VP Judge Training	Zoom 6:30 PM	<a href="#">Judge training registration link</a>	
1/26	Horse Bowl Contest Prep	Zoom 7 PM	<a href="https://umass-amherst.zoom.us/j/94376350477">https://umass-amherst.zoom.us/j/94376350477</a>	
2/1	Visual Presentation Q & A	Zoom 6:30 PM	<a href="https://umass-amherst.zoom.us/j/93436656991">https://umass-amherst.zoom.us/j/93436656991</a>	
2/4	Western MA Regional 4-H Horse Roundup	100 Venture Way, Hadley	<a href="http://www.regional4horse.com">www.regional4horse.com</a>	1/28
2/5	Central Southeast Regional Horse Judging Contest	Norfolk Aggie	<a href="https://forms.office.com/r/a0n9sGgwB7">https://forms.office.com/r/a0n9sGgwB7</a>	2/1
2/8	Career Exploration Speaker	Zoom 7 PM	<a href="https://bit.ly/CES2-8-2023">https://bit.ly/CES2-8-2023</a>	
2/21	Horse Chat	Zoom 7 PM	<a href="https://umass-amherst.zoom.us/j/96799760249">https://umass-amherst.zoom.us/j/96799760249</a>	
2/26	VP Jude Training	Zoom 2 PM	<a href="#">Judge training registration link</a>	
2/28	VP Jude Training	Zoom 6:30 PM	<a href="#">Judge training registration link</a>	
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		
3/25	State 4-H Horse Round-up	Orange, MA		
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		

## Visual Presentations

Details regarding the UMass Extension 4-H Visual Presentation Program were sent out via email to enrolled members last week. Some of these details are included below. Please check the full communication for more event information.

VPs are virtual on Zoom this year. We will host two first round virtual Visual Presentation Days:

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

State Visual Presentation Day and the Horse Communications contest are both being held on Saturday, April 1, 2023.

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.

Registration will be through 4-H Online. **Registration will open on Wednesday, February 1st, 2023.**

## 4-H Teen Leaders Impacting Their World



Margaret Turpel of Essex County has been working diligently on a civic engagement project since attending both National 4-H Congress and National 4-H Conference, two leadership events held annually for 4-H teens.

Inspired by her 4-H peers from other states, Margaret became interested in pursuing legislative action regarding excused school absences for youth attending sanctioned 4-H events that require them to miss school. Currently in Massachusetts, the decision to excuse these absences rests with individual schools.

Margaret has reached out to state representatives to sponsor a bill that will put 4-H on equal footing with school sports and clubs. If this bill were passed into law, 4-H students would have the same consideration that student-athletes and club members get when absent for school-authorized activities such as games and field trips.

Margaret has secured the support of two representatives, marking an important step in this legislative process. For more information about this project, visit the Massachusetts 4-H Foundation website: <https://www.mass4hfoundation.org/take-action-for-4-h-youth/>

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Congratulations to Susan Barrows of the Upton Hoofbeats 4-H Club in Worcester County! Susan has been selected to serve as a member of the 2023 National 4-H Congress Design Team.

Susan and seven of her 4-H peers from around the country were selected through a comprehensive and competitive application process. This team will work with event organizers for ten months to plan and facilitate the next National 4-H Congress in Atlanta, GA in November 2023.

National 4-H Congress is a five-day annual event bringing together nearly 1,000 4-H teens from across the United States and its territories. Congress includes speakers, workshops, leadership training, networking opportunities, tours of Atlanta, and community service.

Susan attended National 4-H Congress this past November where she represented UMass Extension 4-H as a member of the Youth Leadership Team. Susan says, "I'm most excited about the opportunity to meet people from all over the country and be surrounded by my fellow 4-Her's!"



# Animal Science Programs & Updates

## Animal Program Zoom Meetings & Workshops

### 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](mailto: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.

## Preparing for the 2023 Horse Roundup Contests

Last week to attend a coaches training! Youth, parents and leaders are strongly encouraged to attend. All are scheduled for 7:00pm with the same link <https://umass-amherst.zoom.us/j/94376350477>

- **Hippology with Coach Cait Robinson:** Monday, January 23<sup>rd</sup>
- **Horse Communications with Coach Darlene Welch:** Tuesday January 24<sup>th</sup>
- **Horse Bowl with Coach Rose Blomgren** Thursday, January 26<sup>th</sup>

## Central Southeastern Region 4-H Horse Judging Contest

This year's Central Southeast Regional Horse Judging Contest will be held at **Norfolk Agricultural High School on Sunday, February 5, 2023**. This event is sponsored by the Norfolk Horse Leaders Association and is open to all fully enrolled 4-H youth members in Worcester, Norfolk, Bristol, Plymouth, and Barnstable Counties who are participating in horse or horse lovers projects this 4-H year. There is no registration fee to participate in this event. The registration deadline is February 1, 2023. <https://forms.office.com/r/a0n9sGqwB7>

## 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](mailto:ccsears@umass.edu)

## Big E 4-H Beef Steer Show

The **entry deadline is fast approaching (February 1st)**, and we will need to get your steer(s) tagged with the official Big E RFID tag. Please contact me by January 15th if you plan on entering a steer(s) at [ccsears@umass.edu](mailto:ccsears@umass.edu) You must be 12 years old as of January 1<sup>st</sup> to enter. The question was asked if the Big E RFID tag count on the health paperwork as the official RFID. In checking with the Big E, the answer is No. Steers need to have in their own RFID premise tag along with the assigned Big E one. Steers must be owned by the exhibitor with no leasing allowed.

## 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](mailto:ccsears@umass.edu) with any animal science questions.**

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## Get Involved!

### 2023 UMass 4-H STEAM Festival



2023 STEAM Festival Book available on our website:  
Inside the book along with class you will find links to resources and videos.

Hold March 14<sup>th</sup> at 7 PM for the STEAM Festival Awards! We are now also recruiting judges.  
Direct your questions to [kima@umass.edu](mailto:kima@umass.edu).

### 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**.

### Career Exploration Series

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

# Community Service Opportunities

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](mailto:dressarah@comcast.net) for more information.

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## Massachusetts 4-H Foundation

### 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.

Carrie Myers  
Executive Director  
[cmyers@mass4hfoundation.org](mailto:cmyers@mass4hfoundation.org)  
508-881-1244



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

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## Updated 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.

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## 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](mailto:ccsears@umext.umass.edu)

Angelica Diaz-Heyman, 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 Ulloa, Urban 4-H Program Assistant – [llopezortiz@umext.umass.edu](mailto: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](mailto:cabushey@umass.edu)

Kim Henderson, Southeast Region Administrative Assistant – [khenderson@umext.umass.edu](mailto:khenderson@umext.umass.edu)

Meg McDermott, State 4-H Interim Director & Worcester County 4-H Educator – [memcdermott@umass.edu](mailto:memcdermott@umass.edu)

Martina Jasiewicz, Worcester County Administrative Assistant – [mjasiewicz@umext.umass.edu](mailto:mjasiewicz@umext.umass.edu)

Kim Pond, 4-H SET Program Manager – [kima@umext.umass.edu](mailto: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](mailto:hthibodeau@umass.edu)

Va Shon Wallace-Hiltbold, 4-H Educator – [vawallace@umext.umass.edu](mailto:vawallace@umext.umass.edu)

Debbie Beaubien, Administrative Assistant – [debbieb@umext.umass.edu](mailto:debbieb@umext.umass.edu)

Nancy McCarthy, Program Assistant – [nmccarthy@umext.umass.edu](mailto:nmccarthy@umext.umass.edu)

### **Plymouth County Office:** *Plymouth County*

44 Obery Street, Plymouth MA 02360

Molly Vollmer, 4-H Educator: [mvollmer@umext.umass.edu](mailto:mvollmer@umext.umass.edu)

Cathy Acampora, 4-H Educator: [acampora@umext.umass.edu](mailto:acampora@umext.umass.edu)

Meghan Riley, Ag Extension Educator: [mriley@plymouthcountyma.org](mailto:mriley@plymouthcountyma.org)

Cheryl Mechan, Administrative Assistant: [cmechan@umass.edu](mailto: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](mailto:sandi.shepherdgay@barnstablecounty.org)

Laura Notarangelo, Administrative Assistant: [laura.notarangelo@barnstablecounty.org](mailto:laura.notarangelo@barnstablecounty.org)

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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.



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