



Massachusetts 4-H Program

Updates for July 3, 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!

VIRTUAL MASSACHUSETTS 4-H STATE FAIR UPDATE

We are almost ready!! We are putting the final touches on the fair entries and very soon you will be receiving a Massachusetts 4-H Virtual State Fair Book with all the details about divisions, classes, and how to enter! Meanwhile, be sure to double check that you are able to access your 4-H Online profile so that you will be able to enter with no issues.

Kim Pond will host Monday Night Zoom sessions for adults and youth to review how to access your 4-H Online account, update projects and walk through an online records. Sessions will be held weekly from Monday July 6-Monday July 20 from 6-7PM. Contact Kim at kima@umext.umass.edu for the Zoom link.

You can follow these steps on your own:

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.

Remember to update 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.

Print your own Game Pieces

Try making your own pieces for a board game using TinkerCad and a 3-D printer. Go to this link for instructions and picture assistance. Maybe this will be an entry for the virtual fair!

https://www.instructables.com/id/Board-Game-Key-Piece-Made-With-TinkerCAD/?utm_source=newsletter&utm_medium=email

Animal Science Updates and Online Sessions:

State Horse Roundup - Senior Results. *Congratulations* to all our senior contestants who participated in the virtual contests. A special thank you to our coaches who helped prepare the youth for the contests – Darlene Welch (Communications); Heather Chmura and Channon Ames DiCiurcio (Judging); Rose Blomgren (Horse Bowl) and Cait Beachell Robinson (Hippology). Thank you to the volunteers who helped out with the contests and Annie Blizniak and Carolyn Ritter for all their time on proofing the tests.

Results are as follows:

Horse Judging:		
Place	Name	County
1	Ava Barrows	Plymouth
2	Giana Biagioni	Middlesex
3	Nicole Hannigan	Hampshire
4	Julianne Toste	Bristol
5	Caitlin Maloney	Middlesex
6	Hannah Denison	Middlesex
7	Elizabeth Scalera	Worcester
8	Niamh Grehan	Norfolk
9	Thomas Scalera	Worcester
10	Amalia Ficociello	Middlesex

Horse Bowl:		
Place	Name	County
1	Nora Tripp	Middlesex
2	Hannah Denison	Middlesex
3	Hannah Swanson	Middlesex
4	Tate Mason	Hampshire
5	Sarah Cerone	Hampden
6	Caitlin Maloney	Middlesex
7	Thomas Scalera	Worcester
8	Nicole Normandin	Hampshire
9	Nina Carmody	Hampshire
10	Julianna Applegate	Hampshire

Hippology		
Place	Name	County
1	Caitlin Curry	Middlesex
2	Nora Tripp	Middlesex
3	Tate Mason	Hampshire
4	Sarah Cerone	Hampden
5	Nicole Normandin	Hampshire
6	Hannah Denison	Middlesex
7	Julianna Applegate	Hampshire
8	Caitlin Maloney	Middlesex
9	Julianne Toste	Bristol
10	Marissa Tse	Hampshire

Public Speaking		
Place	Name	County
1	Giana Biogioni	Middlesex
2	Nora Tripp	Middlesex
Team Presentations		
Place	Name	County
1	Grace Blaufus	Middlesex
	Andrew Zeng	
2	Charlotte Ferillo	Middlesex
	Hannah Swanson	

Visual Presentations		
Place	Name	County
1	Hannah Denison	Middlesex
2	Caitlin Curry	Middlesex
3	Fiona Moll	Essex
4	Ava Barrows	Plymouth
5	Elizabeth Scalera	Worcester
6	Allie Cassarino	Middlesex
7	Miles Wilson	Norfolk

CONFORMATION CLASS PLACINGS		
Place	Name	County
1	Ashley Braren	Norfolk
2	Caitlin Maloney	Middlesex
3	Miles Wilson	Norfolk
4	Giana Biagioni	Middlesex
5	Julianne Toste	Bristol

PERFORMANCE CLASS PLACINGS		
Place	Name	County
1	Ava Barrows	Plymouth
2	Giana Biagioni	Middlesex
3	Julianne Toste	Bristol
4	Nicole Hannigan	Hampshire
5	Janna Goodwin	Middlesex

ORAL REASONS		
Place	Name	County
1	Ava Barrows	Plymouth
2	Giana Biagoni	Middlesex
3	Hannah Denison	Middlesex
4	Nicole Hannigan	Hampshire
5	Julianne Toste	Bristol

State 4-H Horse Roundup Contests

Junior Horse Judging Practice - July 8 at 6:00pm – Zoom link to be sent

Junior Horse Judging Contest – July 11 at 8:30am- Zoom link to be sent

New Virtual Program: “Imagine Your Story – Our World”

Who can participate: Open to families, libraries, camps and out-of-school providers

How to participate: Register with Kim Pond kima@umext.umass.edu

*Receive a list of simple supplies to have on hand to follow along or replicate

*For sites with limited resources we also have some funding to provide kits

When this will take place: Three different Session; each session meets for 5 weeks

Session 1- Saturdays 2-3pm starting on July 11th through August 8th

Session 2 - Wednesdays 10:30-11:30 starting July 15th- August 12th

Session 3 - Thursdays 6-7pm starting July 16th - August 13th

New Programs Coming Soon! Watch for Information

Exploring Our World -

What can archeology tell of us of how other people lived? What are polymers and how do we use them? What can nature show us about building? Join UMass 4-H and be a scientist and explore our Big Blue World and Image Your Earth Day Story for the 50th Anniversary.

Virtual 4-H State Horse Gallop Events -

Watch for a 4 week series of 4H State Horse Virtual Gallop Events. Meetings will take place on Thursday evenings from 6 to 7 starting July 16. Sign up coming next week!

Coding with Python

Interested in learning to Code beyond Scratch? A new evening Zoom session will be starting up soon to learn Python. It is easy for beginners to learn, and at a more advanced level can be used for websites and web applications. Find out more by contacting Kim Pond at kima@umext.umass.edu

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, and will be held on Tuesday evening, July 28, from 8:00 p.m.- approximately 9:15p.m.

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: Two Opportunities

Webinar: Staying Connected with Youth

Join this one hour regional Share Fair to network with other 4-H volunteers in the Northeast Region. Share your ideas, learn what others are doing, and find ways to support our youth. This will take place 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

Kim Pond will host Monday Night Zoom sessions for adults and youth to review how to access your 4-H Online account, update projects and walk through an online records. Sessions will be held weekly from Monday July 6-Monday July 20 from 6-7PM. Contact Kim at kima@umext.umass.edu for the Zoom link.

State 4-H Photography Contest

A reminder to enter your photos in the State 4-H Photography Contest; we have already received several! The deadline for submissions is July 25! 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. If you have already mailed in your photo (we did receive a few!) don't worry; you do not have to re-submit.

Career Exploration Zoom Series

Upcoming sessions of the Career Exploration Series will feature an Environmental Analyst, a doctor of Osteopathic medicine, a school superintendent, a large animal veterinarian, and more. 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.

July 8	Al Averill	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 I map and classify soils, contribute to a data base from which soil suitability and limitations for land use and management are generated, conduct site investigations for conservation practice designs, identify wetlands, and promote a better understanding and appreciation for soils – we can't grow without them.
July 15	Dr. Barbara Malkas	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.
July 22	Yoanna Maitre DVM	Dr. Yoanna Maitre grew up in Brookline, MA and was an active 4-Her in Norfolk County. She majored in Biology and played varsity soccer at Boston University and graduated from Tufts University School of Veterinary Medicine in 2002. Dr. Maitre owns Berkshire Ambulatory Veterinary Services, a solo mobile large animal practice in the Berkshires. She also provides small animal relief veterinary services to several hospitals in western MA and upstate NY. Dr. Maitre is also a Veterinary Medical Officer with the National Veterinary Response Team (NVRT), a federal team that is activated in the event of a disaster or national special security event.
July 29	Art Canterbury	Art started out as an intern/emergency firefighter with the Great Dismal Swamp NWR, then to a position as a Forestry Technician/Wildland Firefighter for the USFWS. He completed several assignments to the Savannah Coastal Refuges complex and the Carolina Sandhills NWR. He was qualified to operate bull dozers, Marsh Masters, farm tractors and many other pieces of heavy equipment during this time. He worked at the Devils Lake Wetlands Management District in northeast North Dakota as a Supervisory Range Technician/Firefighter, then District Fire Management officer in Huron, South Dakota (where 7 years of -40° was enough). He then moved to Cambridge, Maryland and worked as the Zone FMO for the Mid-Atlantic fire zone. The zone consisted of Maryland, Delaware, Pennsylvania, New York and New Jersey. He was stationed at the Blackwater NWR and managed the wildfire and prescribed fire needs for 23 field stations. He has worked on wildland fires in 35 states in the U.S. and also supported hurricane response in New York and New Jersey. Art also served as a Division Supervisor and Safety Officer on the Southern Area Red team. The Red team is a Type 1 Incident Management Team that serves the United States. In April 2016 he began as the USFWS Northeast Regions Fire and Emergency Management Coordinator. He also serves as a member of the NFLT (National Fire Leadership Team) for the USFWS, member of the Northeast Regional Strategic Committee and serve as a Commissioner for the Northeast Forest Fire Protection Compact. As a Regional Fire Management Coordinator, he is required to qualify as a wildlife biologist for the U.S. Fish and Wildlife Service.
August 5	Sarah Sportman	Dr. Sarah Sportman holds a B.A. in History from Union College (1999), an M.A. in History/Historical Archaeology from the University of Massachusetts Boston (2003), and a Ph.D. in Anthropology from the University of Connecticut (2011). She has worked as an archaeologist for 20 years, studying the archaeology and history of Euro-American and pre-colonial Native American groups in New England and New York. Dr. Sportman worked as a cultural resource management archaeologist for many years, working for several firms across the region, including Archaeological and Historical Services, Inc. (AHS/PAST) and the Public Archaeology Laboratory, Inc. (PAL) before accepting the position of Connecticut State Archaeologist in 2020.
August 12	Sheriff Bowler	Prior to his election as Sheriff in November of 2010, Sheriff Bowler was a 24-year veteran of the Pittsfield Police Department, serving as a Detective since 1988. He was a key player in solving some of the city's largest crimes, including narcotics offenses, kidnapping, sexual assaults, armed robberies and homicides. In addition to his work in the Detective Bureau, he served in the Drug Unit and as an Arson Investigator. Sheriff Bowler was also an Assistant Deputy Superintendent-Security Affairs at the Berkshire County Jail and House of Correction from 2000 to 2002, where he played an instrumental part in moving the inmates from the former jail on Second Street to the new facility on Cheshire Road.

		<p>In addition to the Berkshire County Jail and House of Correction, Sheriff Bowler operates the Berkshire County Sheriff's Communications Center in Pittsfield, providing fire, police and ambulance emergency 911 and non-emergency communications for 23 communities in Berkshire and Hampden County 24 hours a day.</p> <p>As chief law enforcement officer in Berkshire County, Sheriff Bowler oversees an average daily inmate population of nearly 200. In addition to the operation of the Berkshire County Jail and House of Correction and the Communications Center, he oversees the Sheriff's Office Uniform Division, the Civil Process Division and the Berkshire County Underwater Search and Rescue Team.</p>
August 19	Dr. Jay Pasachoff	<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>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>Pasachoff was born in Manhattan, grew up in the Bronx, and attended the Bronx High School of Science before Harvard for his A.B. and Ph.D. He was a postdoctoral fellow at Harvard and Caltech before coming to Williams College. One junior-high student from Pittsfield who interviewed him in a career discussion went on to become a NASA astronaut who flew into space 4 times!</p> 
August 26	Erika Hamilton	<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>
Sept. 2	Senator Anne Gobi	<p>Anne M. Gobi was first elected as State Representative of the 5th Worcester District in 2001 and as State Senator in 2014. A native of Spencer and Worcester County, Gobi began her college education at Worcester State College with a B.S in History. To continue her education at Massachusetts School of Law for her J.D, Gobi taught at Leicester Public Schools as a history teacher and also at Nichols College as an Adjunct Professor for Political Science.</p> <p>Sen. Gobi has been a steadfast advocate for the constituents of the 5th Worcester District and now the Worcester, Middlesex, Hampden & Hampshire District. She and her staff are always available to help those in need to get the help that they have a right to. She has also been a devoted voice for the towns in the district, assisting with grant applications, state assistance, and legislative matters that benefit the district.</p> <p>Sen. Gobi was chosen by Senate President Spilka to serve as Senate Chair of both the Joint Committee on Environment, Natural Resources and Agriculture and the Joint Committee on Higher Education. She was also appointed as Vice-Chair of the Joint Committee on Public Service and as a member of the Senate Committee on Ways and Means. Her priorities include land conservation, clean energy, clean water, support for veterans, economic development (especially in rural communities), and support for public education, food security and support of farmers, and reducing costs for municipalities.</p>

Leadership Training for Ages 11-18

Did you forget to sign up for the 4-H Leadership Training series? Even though the first session was on June 30th, you can still sign up for additional sessions. 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 by June 26th.

July 7 Session 2 My Role as a leader; July 14 Session 3 Working with Others; July 21 Session 4 Communication Cues

Massachusetts 4-H Virtual Sewing Project Registration Deadline July 10

Those interested in sewing or other clothing arts can sign up for this series of Zoom sessions. The sessions will be held on Thursday evenings from 7-8PM. The presenter at each session will provide details for that topic. At the end of the sessions, participants can enter up to three items: clothing, knitting, & crocheting.

Youth will share their knowledge about how they constructed their garment with a written narrative (see the July 9th workshop for details.) Participants will be graded on the item, the creativity in the project, and the narrative. Narratives should no more than 150 words.

Session Dates:

- **July 9**-How to accessorize/how to write a description/narrative of the item made.
Led by 4-H Educator, VaShon Wallace & 4-H Club Leader of the Montague Stitchers, Kathryn Aubry-McAvoy

- **July 16**-Upcycling/refurbishing/embellishing. Learn how to reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original. Led by 4-H Club Leader of the Crafty Critters 4-H Club, Nancy Roy
- **July 23**-How to photograph/position your items so that they are displayed to highlight the design, intricacy, and details of your work. Led by 4-H Club Leader of the Crafty Critters 4-H Club, Nancy Roy

Answer the following questions when writing your narrative:

- Why did you choose this item?
- Why did you choose the accessories you used?
- What did you learn while constructing this item? What was most challenging?
- Include the cost of the project materials used.
- List your 4-H club, age, years with sewing/knitting/quilting experience.

All items should be submitted via photos to VaShon Wallace @ vwallace@umext.umass.edu by July 30.

Be sure to include this information when submitting:

Your name, address, age, email, name of your 4-H club or group, Years you have been sewing/knitting/quilting/crocheting.

Email VaShon Wallace for more details, or to submit your items here: vwallace@umext.umass.edu

More 4-H Programming!

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>

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

National 4-H STEM Summit for Teens

The 4-H STEM Summit will be going virtual in 2020. This event is for high school students, grades 9-12. 4-H Summits are sponsored by National 4-H Council and provide opportunities to learn technical skills, participate in hands-on activities and workshops, and engage with nationally recognized leaders. This year, the theme will be related to Solar System Exploration. Tentative dates are Friday night Nov 6 through mid-day Sunday Nov 8th. If you are interested in being considered for this event, contact Kim Pond at kima@umext.umass.edu.

Louisiana 4-H Professional Development Series for Teens is for teens; you do not have to be a 4-H member to participate. The series is an opportunity to engage and learn from industry leaders and prepare themselves as adults. Younger members may sign up, however the topics are targeted towards high school-aged youth. Sessions will take place on Tuesdays during July via Zoom, and the topics are as follows:

- Mental Health
- Career Readiness
- Money Management
- Marketing Yourself/Being the Best Version of Yourself

To receive the link and password, individuals must register at least 24 hours before each session. For more information and to register for each session, visit <https://bit.ly/2XTHiiM>. Adults are more than welcome to register as well, understand you will not receive the link to join unless you register.

Learn about **Massachusetts wetlands** and the animals that call them home with Mass DEP Environmental Analyst Carlos Fragata, who is also a 4-H volunteer from Plymouth County! Go to the YouTube link here to see the video. https://youtu.be/CZxQZbP_a2M. Look for more videos at <https://wildlandstrust.org/>

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](#).

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.

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

Still want to learn more about gardening? Contact email Meg McDermott at megmcdermott@umass.edu or Tom Waskiewicz at waskiewicz@umext.umass.edu to find out how. Master Gardeners provide information about everything from soil preparation to pruning! Create a garden that will be judged by members of the Massachusetts Farm Bureau.

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!

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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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.



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