

Congratulations 2023 Graduates!



Best wishes to our 4-H Alumni who are graduating college and moving on to the next chapter in their life stories and to our 4-H Seniors graduating high school, heading into a trade, branch of service, or to further education. Congratulations to all Massachusetts 4-H members past and present! We Salute YOU!

Thanks also to the 4-H community of volunteers, parents and staff who helped these graduates along in their 4-H journeys. Their 4-H involvement has helped them to develop skills, knowledge, attitudes, and habits that will enable them to be productive members of the community. And they leave behind a program that is better because of their involvement.

Head to gather knowledge, skills, and attitudes for success.

Heart to form meaningful relationships with others.

Hands to serve their communities and learn by doing.

Health to make healthy choices in mind and body.

Upcoming 4-H Calendar of Events

Date	Title	Time & Location	Registration Info or Zoom Link
6/3	Franklin County 4-H Horse Show	Craig Memorial Equestrian Center, 470 Long Plain Rd. Leverett, MA	Show Book
6/8	Livestock Judging	Zoom 7:00 PM	
6/14	Career Exploration Series	Zoom 7:00 PM	Registration Link
6/21	State 4-H Horse Advisory Meeting	Zoom 7:00 PM	
6/24-6/25	State 4-H Horse Show	Three County Fairgrounds, Northampton, MA	Show Book
6/25-6/27	Explore UMass	UMass Amherst	4honline
7/8	Hampshire County 4-H Fair	Cummington, MA Start time: 9 AM	
7/22	Hampden County Fair	ESE, Mallory Building West Springfield, MA	Fair Book
7/28-7/30	Worcester County 4-H Fair	Spencer Fairgrounds	Fair Book
8/4-8/6	MA State 4-H Dairy Show	Franklin County Fairgrounds, Greenfield	
8/18-8/28	Marshfield Fair	Marshfield Fairgrounds	
8/25-8/27	Middlesex County Fair	Middlesex County Fairgrounds, Westford, MA	
9/2-9/3	East Middleboro Fair	Thompson Street East Middleboro, MA	
9/8-9/10	Western Regional 4-H Horse Show	Three County Fairgrounds in Northampton, MA	

Approaching Deadlines

Event/Application	Deadline	Link or Contact Info
Verification forms due: Goat, Sheep, Llama, Alpaca and Swine, Dog	6/1	Livestock Verification Form , Livestock Lease Form , Dog Verification Form
Worcester County 4-H Fair Class Entries Due	7/3	memcdermott@umass.edu

Important Enrollment Reminder

All 4-H members that would like to exhibit at 4-H fairs **must be officially enrolled or re-enrolled in 4-H by June 1st**. Please contact your regional 4-H Office with any questions.

Get Ready for Fair Season!

Biosecurity Measures

The 4-H fairs and shows will be starting next month so now is the time to refresh yourself on biosecurity measures you should take with your animals when going to or returning from an event.



Here are a few good resources for you to check-out:

Livestock: <https://www.baycounty-mi.gov/Docs/CitizenCorps/BiosecurityForLivestockExhibitors.pdf>

Poultry: <https://www.ohiopoultry.org/Backyard-Flocks/index.cfm>

Equine: <https://www.usef.org/forms-pubs/KR7Md0c5tCw/biosecurity-measures-for-horses-at-home>

Animal Showing Health Requirements

If you plan on showing your project animal, now is the time to review the latest health requirements for fairs!

The 2023 MA Animal Health Regulations for Fairs & Shows are now on-line on the MA 4-H website on each species page along with the New England Fairs Health Requirements.

Poultry Exhibitors - You will need to have your flock tested and banded prior to the first show. Contact Megan Megrath, Poultry Inspector, Animal Health Division via email at Megan.Megrath@mass.gov or by phone at 617-626-1798



Animal Verification Forms

Now is the time to print off your Animal Verification and Lease Forms to plan for the upcoming show season. 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.

Youth must complete and submit their verification forms and make sure they are enrolled in the corresponding animal project in 4honline so they receive timely and important updates as they arise. Remember, a 4-H member can join multiple clubs, but only one per project area. Verification Forms for the New England Horse show and Dairy and Beef have passed. Verification forms for Goat, Sheep, Llama, Alpaca and Swine, Dog are **due to your county/regional 4-H office by June 1st.**

Links to Verification and Lease forms:

- [Livestock Verification Form](#)
- [Livestock Lease Form](#)
- [Dog Verification Form](#)

Plan Your Summer at the Fairs!

Please check this section frequently over the next several NewsBlasts. Updated information about 2023 fairs across MA this summer and early fall will be provided as it becomes available. Check out more information on Massachusetts Agricultural Fairs [here](#).

Hampshire County 4-H Fair

The 2023 Hampshire County 4-H Fair will be held **Saturday, July 8th** in Cummington, MA starting at 9 AM. It will showcase youth achievements learned throughout the year.

Hampden County Fair

Save the date for the 70th Anniversary of the Hampden County 4-H Fair at the Mallary Complex at the Eastern States Exposition in West Springfield, MA on **July 22nd**. See the [fair book](#) for details. Some highlights include revamped classes throughout with updated points, newly expanded STEM category (section 26, page 63), 70th Anniversary Shoebox Float Parade Challenge (page 64), Pedal Thru Youth Bike Rodeo RETURNS! 12PM Ceremony & Goat Milking Competition featuring state representatives, mayors, and other dignitaries. News media will be here!

Worcester County 4-H Fair

Worcester County 4-H Fair will be held at the Spencer Fairgrounds **Friday, July 28th - Sunday, July 30th**. The 4-H fair is open to all counties and all Massachusetts 4-H members. Families are welcome to spend the weekend in campers or tents; camper hookups are available Please check out the [fair book](#) and [contact Meg McDermott](#) for more information.

Marshfield Fair

August 18th- 28th Marshfield Fairgrounds

Middlesex County Fair

August 25th- 27th at Middlesex County Fairgrounds in Westford, MA. Stay tuned for details!

East Middleboro 4-H Fair

September 2nd - 3rd at East Middleboro 4-H Clubhouse, Thompson Street (route 105). The fair is open September 2nd from 8:30 AM - 6:30 PM and September 3rd from 9:00 AM - 5:30 PM.

Get Involved!

Important Reminder for All Clubs

4-H clubs planning fundraisers or community events need to contact their local 4-H Educator to notify them prior to the event. Some events may require you to submit an American Income Life Special Risk Policy available at <https://www.aillife.com/specialriskdivision/activityreport>. If you have questions, please reach out to your regional 4-H Educator.

Are You Interested in Joining a 4-H Gardening Project in Norfolk, MA?

Please contact Cynthia Bushey at cabushey@umass.edu if you and some of your friends would like to participate in a gardening & food insecurity project starting this June in Norfolk, MA. Working with a 4-H volunteer, youth will grow and harvest vegetables for donation to those in need. You will learn how to prepare raised beds and how to care for various plants.

Exploring Veterinary Science Academy

The 2023 UMass Exploring Veterinary Science Academy registration is open! Join us **June 3 - 4** at the UMass Horse Farm, Hadley, MA where you will work with veterinarians and undergraduate pre-vet students in hands-on workshops.

[Click here](#) for information and to register.

Explore UMass!

Explore UMass is an overnight program held on the UMass Amherst Campus from **June 25-27, 2023** for MA 4-H Members going into the 7-11 grades for 2023-2024 school year. Participants arrive at 2pm on Sunday and leave 1:30pm on Tuesday. Registration is through [4honline](#) and cost is \$200.00 or \$100.00 for all active MA 4-H members thanks to the Massachusetts 4-H Foundation and Tractor Supply Company through the Fall Paper Clover campaign. Directions on payment will be sent upon completion of registration. Registration will be approved once payment is received. In early June a packet will be sent with directions and what to bring. Those in the Veterinary Science track will also receive a liability release. Tracks/Session choices:

Food Science	Have you ever wondered how your food is prepared, processed, and packaged? How can you make food tastier and healthier? Food scientists answer these questions and many more as they develop the food we eat every day from farm to fork. Get hands-on with food science; join the lab table to create and eat! (Select only one session.)
Veterinary Science	Participants in the Veterinary Science track will learn what life is like as an undergrad PreVet major. You will explore what classes you should be taking from college students to help you prepare for your undergrad studies. Hands-on workshops dealing with anatomy, basic clinical skills such as taking vitals and animal restraint, parasite id plus much more. Participants will be working with small livestock (goats and sheep) as well as horses. You will be working with animals so coveralls will be provided. No sandals, open-toed shoes or flip flops will be allowed. Only sneakers, boots or enclosed shoes. (Select only one session.)
Health Science	Exploring Healthcare Science: Learn to take vital signs and understand their meaning. Explore body mechanics used in lifting and moving a patient or objects around the house. Get your feet wet in the Nursing Clinical Simulation Laboratory and test your knowledge with a simulation. No sandals, open-toed shoes or flip flops will be allowed. Only sneakers, boots or enclosed shoes. (Select only one session.)
Engineering	Engage with a registered architect and certified urban planner who works at UMass Amherst. You'll do a fun hands-on design activity and learn about this career field.

UMass Extension Career Exploration Series

"What would you do if your best dog ever became paralyzed overnight? Euthanize or make her some wheels to get around while she healed?"

~Leslie



Sometimes life throws you a curve and changes the course of your life! During our next Career Exploration Series event, come meet and learn from Leslie Grinnell, President of [Eddie's Wheels](https://www.eddieswheels.com).

Wednesday, June 14, 2023

7-8 PM via Zoom

Registration link: <https://bit.ly/CES6-14-23>

Join the GIS Mappers!

The graphic is a promotional poster for the Massachusetts 4-H Program Youth GIS Mappers event. It has a white background with a green and yellow chevron border. On the left, there is an illustration of a hiker with a backpack. In the center, the text "MASSACHUSETTS 4H PROGRAM" is written in a small, black, sans-serif font. Below this, the main title "JOIN THE MA 4-H YOUTH GIS MAPPERS!" is written in a large, bold, yellow, sans-serif font. To the right of the title is a small illustration of a world map with red location pins. Below the title, there is a paragraph of text: "Do you have an interest in exploring your community, learning about computer science, and developing key skills in a fun and interactive way? Join us!". Below this paragraph, the text "OPEN TO YOUTH AGES 13-18" and "NO MAPPING OR COMPUTER SKILLS REQUIRED!" is written in a bold, yellow, sans-serif font. At the bottom left, there is a green four-leaf clover logo with the letters "H" on each leaf. In the center, there is a line of text: "Interested in joining the team? Contact Kim Pond for more information: kimaeumext.umass.edu". Below this, there is a line of text in red: "(Also in search of speakers and project leaders already skilled in GIS mapping and community exploration!)". On the bottom right, there is an illustration of two people looking at a large tablet displaying a map.

National 4-H Conference

Attention 4-H teens! Massachusetts 4-H will be sending delegates to the 2024 National 4-H Conference in Washington D.C. in Spring 2024. The specific dates for the conference have not yet been released, but [look here](#) to learn more about this amazing experience!

We will begin the application process this summer. Stay tuned for more details and for the date of an upcoming information session.

Military Appreciation Month

Military Appreciation Month was introduced in 1999 by Sen. John McCain to encourage Americans to reflect on the sacrifices made by soldiers, sailors, and all current and former military personnel. May culminates with a celebration of Memorial Day, which is set aside to honor military members who have passed away. Here is a list of sites to learn more about Memorial Day and other national holidays and celebrations:

- History of Memorial Day <https://www.history.com/topics/holidays/memorial-day-history>
- Learn more about the different Holidays and celebrations at: <https://www.veteranaid.org/blog/2016/06/30/thedifference-between-memorial-day-independence-day-and-veterans-day/>

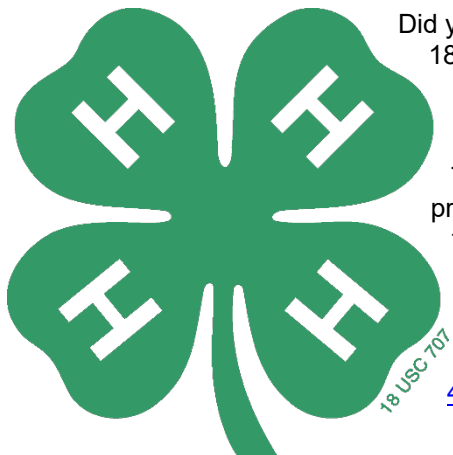
June 14th is Flag Day!

Want to learn more about the flag: how it is to be displayed, folded, raised/lowered and when the time comes, how to properly disposed of a flag? The American Legion Flag website has many resources on the meaning and handling of the American flag. <https://www.legion.org/flag>

Additional Flag Resources & Activities:

- Displaying the Flag with Images: <https://www.va.gov/opa/publications/celebrate/flagdisplay.pdf>
- Flag Folding Activity: <https://www.extension.purdue.edu/4-H/docs/volunteer/resources-and-development/civic-engagement/4-h-civic-engagement-flag-ceremonies-lesson-plan.pdf>
- Flag Etiquette for 4-H Meetings: <https://walworth.extension.wisc.edu/files/2011/02/Flag-Etiquette-for-4-H-Meetings.pdf>

4-H Clover Fun Fact



Did you know the 4-H Name and Emblem are a Federal Mark, protected by 18 USC 707? These protections place the 4-H emblem in a unique category of protected emblems, along with the U.S. Presidential Seal, and Smokey the Bear!

This means if you are using the 4-H clover as part of a club banner, fair project, or club t-shirts, you can't change how the clover looks or remove those little letters and numbers in the bottom right corner.

Learn more!

[History of the 4-H Clover](#)

[Short Version of 4-H Clover Use Guidelines](#)

[4-H Name & Emblem Handbook](#)

Animal Science Programs & Updates

Updated Sheep & Goat Resources

Some new updated resources on sheep and goats are available at:
<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/animal-science/sheep-and-goats>

State 4-H Horse Show Entry Book

The State 4-H Show is back! The committee has planned a fun-filled weekend. You can show one day or stay the weekend. The show is **June 24-25, 2023** at the Three County Fairgrounds in Northampton, MA. A great show to attend! The entry book is now on-line at https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2023_state_4-h_horse_show_book.docx.pdf.

Horse Shows

Franklin County 4-H Horse Show — June 3 — [Entry Book](#)

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

Western Regional 4-H Horse Show – September 8-10 — Three County Fairgrounds, Northampton, MA—
[Entry Book](#)

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

STEM Programs & Updates

Do you want to conduct a short-term STEM project with your club or others? For more information contact Kim Pond at kima@umass.edu

4-H Volunteer Stories

Thank you, 4-H volunteers! April is National Volunteer Appreciation month and in 4-H we know that the amazing work we do is not possible without all of our dedicated volunteers! To honor our volunteers, we would like to post volunteer stories and pictures routinely on the MA 4-H Facebook page. In these stories we would like to hear about what 4-H means to you, how you have seen it positively impact the lives of youth and volunteers, and your favorite part of 4-H.

If you would like to feature a volunteer (with their permission) or be featured, please send stories and any photos to Martina Jasiewicz mjasiewicz@umext.umass.edu.

Community Service

Season 2 of the Seasons of Giving Program

Thanks to all who participated in the first Season of Giving Community Service Program. Club Leaders should have received the items they requested. The second season (mid-January to mid-April) has wrapped up and club leaders should have received the link to submit any community service they have done.



What is the Four Seasons of Giving Program?

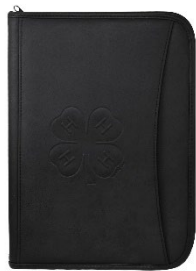
Service to others has always been an important part of the 4-H club program. One part of the 4-H pledge states, "I pledge my hands to larger service." An entire section of the 4-H Summary Record is dedicated to the documentation of community service done by each 4-H member.

4-H groups often conduct community service projects in local communities where they meet. These projects include community beautification, collecting donations for food pantries, raising money for charities, volunteering in nursing homes and donating needed items to hospice and hospitals, to name just a few.

Find the details about our current list of ideas and incentives: [2022-2023 Four Seasons of Giving](#).

Club leaders will receive an email at the end of each season when it is time to report their results. Thanks in advance for contributing to this statewide effort!

If this is your club's first time participating, the first season options are available for your club to choose from (see past NewsBlasts or the Four Seasons of Giving link above for more information). If this is your club's second season of participation this year, you have leveled up! Your club will have these prize options to choose from:



Zippered Portfolio



Scrapbook Kit & Cards



Gavel



Tote with Club Name

More information is on the website along with ideas for community service:
<https://ag.umass.edu/mass4h/clubs-programs/community-service>

National 4-H Youth Opportunities

True Leaders in Equity Institute



National 4-H Council is pleased to offer the True Leaders in Equity Institute from July 10-13, 2023, in Bethesda, Maryland. The Institute prepares youth and adult teams—leaders in the Cooperative Extension System—to become change agents championing equity-related issues. **The application deadline is June 1st at 5:00 PM ET.** [Register Here.](#)

Massachusetts 4-H Foundation

2023 Shirley Kane Memorial 4-H Golf Tournament

The Massachusetts 4-H Foundation will hold its 21st annual Shirley Kane Memorial 4-H Golf Tournament on Monday, September 11th at the Holden Hills Country Club.

The golf tournament supports ALL Massachusetts 4-H programs, including animal science, STEM, visual presentations, and more! Plus, it's a fun time. Enjoy a great day of golf, and then stay and socialize at a casual BBQ.

To sponsor or play, please [visit the Foundation's website](#). We hope to see you there!

Club Grants 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. [Club Grant for New 4-H Clubs Form](#)



Massachusetts **4-H** Foundation

FOSTERING YOUTH DEVELOPMENT

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.



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