



## UMass Extension 4-H Program

November 18, 2022

### Upcoming 4-H Calendar of Events

Date	Title	Location	Link (for registration or attendance)	Deadline to Apply/ Register
Open Now	National 4-H IGNITE Summit Applications	N/A	<a href="https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2023_national_agri-science_summit.pdf">https://ag.umass.edu/sites/ag.umass.edu/files/pdf-doc-ppt/2023_national_agri-science_summit.pdf</a>	1/6
Open Now	4-H Foundation Art Contest	N/A	<a href="mailto:cmymers@4hfoundation.org">cmymers@4hfoundation.org</a>	11/28
11/21	4-H Discovery Club Meeting	Zoom	<a href="https://forms.office.com/r/e7C8Rp8BDV">https://forms.office.com/r/e7C8Rp8BDV</a>	11/19 (new members)
11/22	State 4-H Dairy Advisory Meeting	Zoom	<a href="mailto:ccsears@umext.umass.edu">ccsears@umext.umass.edu</a>	
12/1 12/8 12/15	Online Babysitting Course	Zoom	<a href="https://forms.gle/ssF5DYNTXwbvQp1T7">https://forms.gle/ssF5DYNTXwbvQp1T7</a>	11/22
12/5	<i>Where's the Food</i> Webinar	Zoom	<a href="mailto:tateace@aol.com">tateace@aol.com</a> , 240-475-0273	prior to 12/5
12/18	Horse Chat	Zoom	<a href="https://umass-amherst.zoom.us/j/96799760249">https://umass-amherst.zoom.us/j/96799760249</a>	
12/19	4-H Discovery Club Meeting	Zoom	<a href="https://forms.office.com/r/e7C8Rp8BDV">https://forms.office.com/r/e7C8Rp8BDV</a>	12/17 (new members)
12/20	Horse Chat	Zoom	<a href="https://umass-amherst.zoom.us/j/96799760249">https://umass-amherst.zoom.us/j/96799760249</a>	
1/16	Horse Chat	Zoom	<a href="https://umass-amherst.zoom.us/j/96799760249">https://umass-amherst.zoom.us/j/96799760249</a>	
1/21	4-H Rabbit Workshop	Smith Voc/Ag HS	Coming soon	

See details on calendar events below and keep on the lookout for more dates and details in the next NewsBlast!

### Massachusetts 4-H Foundation

#### What is the Massachusetts 4-H Foundation?

The Massachusetts 4-H Foundation provides marketing and raises funds for the 4-H program. Donations to the Foundation support programs including science & technology, animal science, 4-H Fairs & Scholarships, teen participation in National 4-H conferences, club grants, & MORE! If you have a question about club grants, giving to the 4-H program, creating an endowment, or stories you would like to share about your 4-H experience that we can share for marketing purposes, please contact the Foundation.

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



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

## MA 4-H Foundation Holiday Artwork Contest!

The Massachusetts 4-H Foundation is hosting a contest for Holiday Artwork! We are looking for artwork from 4-H participants that we can use for this year's holiday card. Winners will receive 10 Holiday Cards with their artwork and a \$40 Amazon gift card. Submissions must be received in a .JPEG or .PDF format and print/color must be dark enough for reprint. Email your artwork to Carrie Myers: [cmyers@mass4hfoundation.org](mailto:cmyers@mass4hfoundation.org) **SUBMISSION Deadline is Monday, November 28th**

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## Get Involved!

### The 4-H Babysitters Training Course

Are you interested in taking care of younger children, being a parent's helper or the go-to neighborhood babysitter? The 4-H Babysitters Training Course teaches youth ages 11 and older what they need to know to be caring, trustworthy, responsible, and competent babysitters. Youth will make their own Babysitting Bag filled with supplies and materials, become familiar with child development, nutrition, safety & First Aid, and earn their Certificate of Completion. *Registration and attendance of all sessions is required.* **Space is limited.** For more information contact Va Shon Hiltbold at [vwallace@umass.edu](mailto:vwallace@umass.edu)

#### Online Babysitting Course

Dec 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup> from 4:30-6 pm via Zoom

Cost \$25 (free for enrolled 4-H members and Military youth)

Register here by 11/22/22 <https://forms.gle/ssF5DYNTXwbvQp1T7>

Checks should be made out to the MA 4-H Foundation and mailed to

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

### STEAM Festival



November is here and we are gearing up to kick off the 2023 4-H STEAM Festival next month. We are looking to add a few categories and for a new theme for the "ShoeBox Parade" so send your ideas to Kim Pond at [kima@umass.edu](mailto:kima@umass.edu)  
We are looking to add a category on pixelation and creating a repeating design. Start planning your entries now by looking over [last year's book](#) and help make this our best year yet!

### Statewide 4-H Discovery Club

Join us! Youth across MA have an opportunity to connect with each other and with 4-H Educators and talented adult volunteers to explore interesting topics and engage in 4-H programs across the state. The 4-H Discovery Club meets monthly via Zoom and is open to youth who are new to 4-H as well as youth already enrolled in their local clubs throughout the state. For questions, contact Cynthia Bushey at [cabushey@umass.edu](mailto:cabushey@umass.edu). To join our next meeting register here: <https://forms.office.com/r/e7C8Rp8BDV> (members who already enrolled in Discovery Club do not need to register again).

### New 4-H Records Launch this Month!

What do you want to work on in 4-H this year? Be thinking about your project ideas and keep notes about what you have been doing. The new records packets are expected to be released the week after Thanksgiving. Please stay tuned for these new records materials as well as upcoming program trainings for club leaders, members, families, and judges.

### New 4-H Volunteer Orientation

The 4-H Extension Educators have developed a statewide orientation training for new 4-H volunteers. This training is part of the application and onboarding process for new 4-H volunteers and will be offered monthly. If you are a new volunteer, or if you are a returning volunteer who would like to attend this orientation to stay informed on recent policy and procedure changes in the 4-H program, please contact your regional 4-H educator to register for an upcoming training.

## 4-H Re-enrollment Instructions

Log into 4honline at <https://v2.4honline.com/#/user/sign-in>.

- Re-enroll all members and adult volunteers in your family.
- Review the code of conduct.
- Confirm or update your listed clubs and projects:
  - only list a project once (select the club associated best with that project).
  - you cannot be in the same project area in two different clubs, counties or states.
- Once re-enrolled, follow the directions on accessing the "Membership Payment" portal for MA 4-H to *complete the process*. (The payment portal is located on the UMass 4-H website and not in 4honline)

## Want to “Be in the Know” on All Things Ag in MA?

Subscribe to MDAR's newsletter! The *Farm and Market Report* is MDAR's bi-monthly newsletter which includes the Commissioner's Column, program and grant updates, workshop and educational updates, USDA News, along with a Calendar and Classified section. It is distributed to the agricultural community in Massachusetts. We encourage anyone looking for Massachusetts news related to agriculture to subscribe. We also post events each week on our Calendar, as well as on Facebook, Twitter, and Instagram. If you would like to receive updates as well as the bi-monthly Report, please send blank email to [subscribe-agr-farmandmarketreport@listserv.state.ma.us](mailto:subscribe-agr-farmandmarketreport@listserv.state.ma.us). Here is a link to the most recent report: <https://www.mass.gov/doc/farm-and-market-report-10-21-22/download>

## Community Service Opportunities

It is great to hear about all the community service already happening across the state! Please share your success, pictures and tips with your regional 4-H Extension educator so that we can share with others. The *Seasons for Giving* program has been updated, so track your club's community service projects! The link for clubs to report will be released in early January and your club can report their community service to earn some 4-H Swag/Club items. As a reminder, 4-H Clubs cannot directly collect monetary donations for another organization, but you can share a link or QR code for people to use to make direct donations to another organization.

### Donations Welcomed for the Festival of Giving Trees

The MA 4-H Discovery Club will be entering a tree in this year's Festival of Giving Trees in Southbridge, MA (<https://sparklingtrees.com/>). In its 25<sup>th</sup> year, this holiday tree raffle raises money for three organizations that support cancer research. The Discovery Club is donating a *4-H Winter Fun* tree and we are seeking donations of new items to include under the tree that fit a *winter family fun* theme (think board games, hot chocolate, family movies, outdoor snow toys, hats, gloves...). If your club is interested in collecting items for donation to this community service project, please contact Cynthia Bushey at [cabushey@umass.edu](mailto:cabushey@umass.edu) for details on item pick up/delivery. **The deadline for donating items is November 22<sup>nd</sup>.**

### 4-H Club Community Service Tips & Ideas

Here are some tips from 4-H Educator and Club Leader Cathy Acampora:

#### Collecting Items for Veterans

1. Contact your local veteran's center, home, VA or VFW and **ask what is needed**.
2. Print out a list of *specific* items with 4-5 items on each label.
3. Cut up the list.
4. Gather some 4-H bags from your local office or decorate some of your own.
5. Contact a local store that sells the items you need and set up a table out front.
6. As people enter the store hand them a list and a bag and ask them if they would like to say thank you to a veteran by purchasing one or more extra items. Then they have the list and a bag to put them in.
7. You collect the bags and say thank you as they exit the store. (Could give a 4-H sticker too.) Consolidate the items in the bags and reuse the bags and lists.
8. You can also make a flyer and post your event on social media with a date, time and location and list of needed items.

#### Collecting Items for Animal Shelters

1. Contact your local shelter and **ask what is needed**.
2. Set up a *stuff a truck* or *jam a van* event in the parking lot of Walmart or a store that sells what you need and follow the same procedure outlined above for donations for Veterans.

## Cozy Toes

1. Purchase fleece and cut into scarf sized pieces.
2. Cut fringe on the ends and wrap the scarf around a pair of socks and a pair of gloves.
3. Tie with ribbon and a kind note of hope.
4. Contact a local homeless shelter to donate.

## Food Justice

With inflation on the rise and costs of meeting basic needs rising with it, food insecurity is a real concern. Family budgets are getting harder and harder to stretch and will be strained further as heating costs go up and the holiday season approaches. See more information on [food justice](#) and consider these community service ideas for ways your club can support families in your community:

**Food drives/collection:** Partner with a local food pantry or food bank and collect donations of non-perishable food items. Keep in mind that 4-H clubs may not directly raise funds for another organization or donate cash. You can, however, donate time, goods, and services (maybe make posters to spread the word and raise awareness about food insecurity in your school or around your community)

**Project New Hope:** November is the Month of the Military Family and there are several local Food and Baby Pantries for military Veterans: <https://www.projectnewhopema.org/veterans-support-programs/sullys-food-pantry/> donations for Project New Hope may also be dropped off in the collection box located in the Auburn 4-H office.

### **Where's the Food Webinar:**

Help improve access to healthy food in your community, especially for families with healthy food access issues. Join us for a webinar presentation on **December 5<sup>th</sup> at 8:30 ETA** by the National Youth Team who have designed and tested the tools for mapping healthy food locations in their own communities. Learn how to help pilot test *Where's the Food* by collecting and analyzing healthy food locations in your county/state. Contact Tom Tate at [tateace@aol.com](mailto:tateace@aol.com) prior to 12/5 to register or visit [www.wheresthefood.us](http://www.wheresthefood.us) for more information on how to get involved!

## 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. The series kicked-off on November 15th with Leora Barry discussing her *Transitions in Motion Program* and her career in the therapeutic riding field. <https://umass-amherst.zoom.us/j/96799760249>



Photo: Allie Cassarino

12/18: Allie Cassarino is a UMass Extension 4-H alum and an equine major at SUNY Cobleskill equine major. She is currently interning in Maryland at Great and Small Stables as a volunteer coordinator.

12/20: UConn Polo Team – Learn about this exciting sport and how the members became involved on the collegiate level.

1/16: Linda Underwood from Circle of Peace will discuss equine Reiki and massage therapy.

### The 41st Massachusetts 4-H Rabbit Workshop

Saturday, January 21st, 2023 from 10 AM - 2 PM at the Smith Vocational Agricultural High School in Northampton, MA. Watch for the workshop packet and registration information on December 1st on the MA 4-H website. A great lineup of speakers and topics are planned for 2023!

### Animal Science Resource

Animal science club members and leaders should check out the following website that gives you a wide variety of activities to do with all age levels: <https://animalsmart.org/animal-science>

## Premise ID's

If you are new to purchasing a project dairy or beef animal, now is the time to get your premise id. First step is to contact Carry Shulock Sexton at The MA Division of Animal Health – [carry.shulock-sexton@mass.gov](mailto:carry.shulock-sexton@mass.gov) or call 857-348-3922. Carry will assign you a premise id which you will need before you order your RFID tags for your cattle. RFID tags are becoming a requirement some of the larger shows in the state and throughout the country. It is a way to track the movement of the animal if sold or exhibited at fairs. RFID tags can be ordered from your respective breed associations. Important - you must have the 840 number on the electronic button tag. Please remember this when ordering. If you have any questions, please contact Carrie Sears at [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu).

## National 4-H Horse Contest Coach and Assistant Coach Positions

There are currently openings for coaches and assistant coaches for the National Hippology and Horse Bowl teams. See our website for more information and direct questions to Carrie Sears.

## Save the Dates!

State 4-H Horse Roundup – March 25, 2023. Confirmation pending. Location TBD

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

## National 4-H News & Opportunities

### National Youth Summit Series

The National Youth Summit Series is in its eleventh year and brings together some of the best and brightest students to focus on the 4-H STEM Pillars. Designed for high school students in grades 9 – 12, the 2023 IGNITE Combo Summit provides opportunities to learn technical skills, participate in hands-on activities, workshops and learn from leaders in the field.



[Applications](#) for the MA 4-H Delegation to the IGNITE Summit in Washington D.C. on March 9-12, 2023 are now being accepted. We are looking to send youth/adult teams for all three tracks this year (Agri-science, Healthy Living, and STEM). Youth can find details on how to apply on [our website](#) and any interested volunteer can reach out to [Carrie Chickering Sears](#) or [Kim Pond](#).

Applicants must submit their application by **Friday, January 6th**. Interviews will start on Friday, January 13th. Email application to Carrie Chickering-Sears [ccsears@umass.edu](mailto:ccsears@umass.edu).

### Military Family Month

Traditionally, the president signs a proclamation recognizing military service and declaring November as Military Family Month. Over the month, military families are honored and recognized for their commitment and contributions in support of our nation. Military families know what it means to serve. Every day, they get up and support their service member, standing by during long trainings and deployments. To learn more visit <https://www.military.com/military-family-appreciation-month>

Massachusetts has a long history of service and we have 4-H clubs at Joint Base Cape Cod and Hansom Air Force Base. Across the state, we have over 100 members and volunteer who have a family member who has served or is currently serving in the military. To learn more about the 4-H Military Partnership visit: <https://ag.umass.edu/mass4h/clubs-programs/4-h-military-partnerships>

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## Celebrating UMass 4-H Youth

4-H youth are doing amazing things! If your members of you club are up to something great, please share! We would like to highlight UMass Extension 4-H clubs and their members in our bi-weekly NewsBlasts. Please reach out to Cynthia Bushey at [cabushey@umass.edu](mailto:cabushey@umass.edu) if you would like to have your club featured in an upcoming edition of our newsletter.



### Eastern National 4-H Horse Round-up

Congratulations to our UMass 4-H youth who performed extremely well at this year's Eastern National 4-H Round-up in Louisville, KY!

*(MA team pictured at top, Sophia H. and Susan B. pictured right)*



#### Hippology Team

*8th overall team problems, 10th overall on team stations*  
Cait Beachell, Coach

Elizabeth Scalera  
Eva Hourigan  
Hannah Wolman  
Emma Pannone

#### Horse Judging Team

*13<sup>th</sup> Overall in categories and overall team*  
Heather Chmura, Coach

Nicolina Guerriero  
Amanda King  
Mariana Mujica  
Alison St. George

#### Horse Communications Team

*National Team Champions*  
Darlene Welch, Coach

Susan Barrows and Sophia House  
*—1<sup>st</sup> Place Team Presentation*  
Samantha Nappi—*2<sup>nd</sup> Place Individual Speech*  
Charlotte Ferillo—*2<sup>nd</sup> Place Individual Presentation*

#### Horse Bowl Team

*5<sup>th</sup> Place Team Overall*  
Rose Blomgren, Coach

Nora Tripp—*Reserve Champion Individual*  
Hannah Denison  
Sophia Fabrizio  
Hannah Swanson

## UMass Extension 4-H Program Safety Precautions

4-H clubs and groups are able to meet with no mask restrictions at this time. Individuals are welcome to wear masks at their own discretion and without question. Masks are recommended for individuals or anyone in their household who have a weakened immune system or an increased risk for severe illness. Individuals who are not fully vaccinated and boosted should also continue to wear masks indoors. We encourage everyone to respect the choices that individuals will make about their own masking. The university also recognizes that COVID-19 presents a fluid public health situation, and we may need to require face coverings in the future should guidance change. Thank you for your cooperation in supporting health, safety, and wellbeing within our community.

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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)

Sean Charles, Western MA Region Administrative Assistant – [sccharles@umass.edu](mailto:sccharles@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: [mvolmer@umext.umass.edu](mailto:mvolmer@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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