



# Massachusetts 4-H Program

November 24, 2020

SPECIAL EDITION

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This special edition of the Massachusetts 4-H NewsBlast contains some recipes you might try, ideas for additional community outreach, and details about some upcoming events. To see all upcoming events, please refer to last week's NewsBlast or view it on the UMass 4-H website.

The entire 4-H staff and educators wish each of you a Happy Thanksgiving! We are all thankful during this holiday for the great 4-H volunteers, parents, and of course 4-H members throughout the state!

### Try Some New Recipes this Holiday Season

You may have your holiday dinner already planned, or may be looking for some new ideas for future dinners. Here are some great resources to check into.

**Butterball Turkey Talk Line:** Have any questions or concerns about cooking your turkey? You can call the Turkey Hot-Line from 9am-7pm daily and on Thanksgiving from 6am-6pm. Call **1-800-288-8372**. You can also text the hotline and talk to experts 24/7 at **844-877-3456**.

**UMass Extension Nutrition Program Recipes** - <https://extension.umass.edu/nutrition/recipes/>

This site has everything including appetizers, breakfast, soups, snacks and drinks, sides, main dishes, desserts, microwave meals, kid friendly recipes and more! The Extension Nutrition staff have shared a few of their favorites for you to try – they especially recommend the No Bake Peach Crisp (you can substitute apples, too!) and the Butternut Squash Soup. To see a list of all the recipes on line go to <https://extension.umass.edu/nutrition/recipes/all-recipes>

<https://extension.umass.edu/nutrition/recipes/butternut-squash-soup> - The staff recommends adding cooked and mashed White Northern beans to this recipe for extra protein

<https://extension.umass.edu/nutrition/recipes/creamy-broccoli-soup>

<https://extension.umass.edu/nutrition/recipes/turkey-chili-pasta> - for that leftover turkey!

<https://extension.umass.edu/nutrition/recipes/roasted-corn-salsa> - Roasted corn salsa

<https://extension.umass.edu/nutrition/recipes/no-bake-peach-crisp> - substitute apples or other fruit if desired!



fruit if



<https://extension.umass.edu/nutrition/recipes/chocolate-mousse> - uses silken tofu instead of whipped cream

**Recipe From 4-H Staff:** This recipe is great for using leftover pumpkins and is a treat for your cats! Don't forget your feline family over the holidays.

**Cat muffins** – [https://petcentral.chewy.com/pumpkin-mini-muffins-cat-treat-recipe/?utm\\_source=facebook&utm\\_medium=social+ads&utm\\_campaign=23844982118050043&utm\\_content=23845817597600043&utm\\_term=All&fbclid=IwAR0ty4VOzX9f6OhzbdBHLOTNom52e5PFnBudX7sg7q\\_pwg2HJ72U-F2pZjE](https://petcentral.chewy.com/pumpkin-mini-muffins-cat-treat-recipe/?utm_source=facebook&utm_medium=social+ads&utm_campaign=23844982118050043&utm_content=23845817597600043&utm_term=All&fbclid=IwAR0ty4VOzX9f6OhzbdBHLOTNom52e5PFnBudX7sg7q_pwg2HJ72U-F2pZjE)

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## Veterans Food Pantry – Worcester and Westfield

Do you know someone who is a current, retired or veteran member of the United States military, National Guard, Reserves (Army, Navy, Air Force, Marines and Coast Guard); including Gold Star families? Some service members or veterans are struggling to put healthy food on their tables, many for the first time. All are eligible to obtain food items at the food pantries in Westfield and Worcester. Proof of Military Service is required.

Share the contact information below with any Individuals you know who may need assistance in one of these cities. They can pre-register at either location by calling the following pantries or contact William H. (Bill) Moore, Executive Director at 508-762-9738

### **Worcester Food Pantry Project New Hope Inc.**

70 James Street Suite 157  
Worcester, MA. 01603  
Office: 774-243-7859

### **Westfield Food Pantry open Monday - Friday Project New Hope Inc.**

Hampton Pond Plaza #9  
1029 North Road/Route 202  
Westfield, MA. 01085  
Office: 413-315-3873

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## Winter Workshops

Winter Workshops will be held virtually on January 16, 17, 23 and 24, 2021 using Zoom. Each day will be divided into four sessions, with a total of sixteen choices throughout each day. Choose to attend any sessions you find interesting, whether they are all on one day or spread out among the four days. Be sure to read the descriptions carefully as materials will be provided for some of the sessions. Choose from a wide range of informative and craft workshops – there is something for everyone!

Dates: January 16, 17, 23 and 24, 2021

Times: Sessions begin at 10am and end at 2pm

Cost: Free to 4-H members and volunteers who are registered in 4-H Online at the time of Winter Workshop registration.

\$30 for non-registered members or others. The fee covers all four days of sessions.

Registration Deadline: December 7, 2020

Find all the detailed information on the Massachusetts 4-H Website at <https://ag.umass.edu/mass4h>

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## Community Service: A Season of Thanks and Service

### **GREENING things up with Community Service this December**

Club and families are invited to join these learning Zoom's to learn how to make a Seasonal craft using greens. Sign up to get zoom link: [kima@umass.edu](mailto:kima@umass.edu)

Clubs: Discuss a local community group that might benefit from a little Thank-you or show of appreciation such as a Nursing home, Essential Workers, Veterans or Shut-ins. (Feel free to put kits together for your families.) Your members can gather virtually with others and follow along then deliver their creations to their destination.

**December -5<sup>th</sup> -1-2:30pm – Moss Tree Workshop-** Nancy Garrabrants will lead this workshop to make a Holiday Moss Tree. Supply list is below along with pictures.

### **SUPPLY LIST**

- Styrofoam cone – An 11.8" is used for the demonstration; however, 8.8" would work & have a smaller surface to cover.
- Select gauge 24 wire, either paddle or spool wire in a color(s) of your choice. Wire is used to wrap around cone to secure the moss, as well as to add decorative elements to the cone.
- 1 bag of Preserved Sheet Moss (bag at Joanne's is marked 110in3)
- Container large enough to hold the cone securely
- Ribbon, optional

- Decorative items

You can make your own decision to select a decorating theme and colors. The photos show examples

of decorated trees. One moss tree has a natural, woody theme with star anise, red berries and white globe amaranth dried flowers with assorted cones, lichen and twigs collected in the woods. The second example has multiple strands of red, green and clear beads imitating holiday lights with bigger, single beads mimicking ornaments with tiny bows. Red & gold wire were used.



#### DECORATING THEME/IDEAS:

Consider incorporating your heritage into the tree.

Winter wonderland- colors of blue, white & silver with snowflakes, silver jungle bells, blue beads

Traditional red & green

Peppermint Candy – red & white

Jingle bells

White Christmas

Decorate the tree in your favorite color

What theme will you select not on this list?



**DECORATIVE ITEMS:** There are limitless options for you to consider. These items will get

you thinking: bells, small ornaments, fruits, berries, silk flowers, beads, seashells, old jewelry, small Santa's, tiny toys, small poinsettias, reindeer and whatever you choose. While in the store group together your selections to see if the various sizes work well together. Items that are too large and overpower the other pieces selected should be eliminated or find a smaller size. Check out the Dollar Tree store for holiday decorations, colored wire & ribbon. Joanne's & Michaels have larger selection of Styrofoam cones, wire, mosses and decorations.

**December 19:1-2:30pm** – Kim Pond, SET Liaison will show us how to make a simple corsage/boutonniere. Learn about some of the evergreens and natural materials around us. Follow along as we walk through the process and then there will be time for you to work on your creations and grab a cup of hot cocoa before coming back to share.



Supplies Needed: Green floral tape or twine, hat pin or large quilting pin, 1ft ribbon ¼- ½ inch wide and an assortment of real/artificial greens, berries, or pinecones, small hand held pruners, newspaper to cover your work space. Greens that are flat such as cedar work well.

#### Upcoming Sessions:

Activities for our 4-legged shelter friends is coming soon! Look for this in mid-December. We are currently lining up speakers and presenters. If you would like to lead an activity over Zoom showing how to make an item for a shelter cat or dog, reach out Kim Pond. This is a great opportunity for a leadership or community service activity.

See more on the Massachusetts 4-H Events webpage!

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### November 30 Due Dates

**4-H Records** are due in your local 4-H office postmarked by midnight, Monday, November 30. Contact your local 4-H educator for details regarding methods for sending records (electronic, mailed, etc.)

**Key Award Applications** Submit your 2020 Key Award application by regular mail or by email to your local 4-H office or educator by midnight November 30. The form is available at <https://ag.umass.edu/mass4h/youth/awards-scholarships> .

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### Animal Science

**Beef Workshop Zoom Session** - November 24 – 7pm - Fitting your Project Animal with Amy Roberts. Contact Carrie Sears for the link.

## Agri-Science:

The 2021 National Agri-Science Summit will take place online from March 5 to March 7, 2021. This National 4-H Youth Summit provides an opportunity for 4-H members in grades 9-12 to develop the skills and knowledge needed for the challenges facing agriculture, food security and sustainability. The Summit emphasizes hands-on educational experiences led by experts in the agricultural community. **Deadline to register is December 7.** If you are interested in finding out more, plan to attend the information session on Monday, November 23<sup>rd</sup> at 7pm. For the Zoom link, contact Kim Pond [kima@umext.umass.edu](mailto:kima@umext.umass.edu) or Carrie Sears [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)

## Quiz Bowl Opportunity:

All Beginner and Intermediate Horse, Goat and Sheep youth have an opportunity to participate in a virtual quiz bowl practice! Click on the link for the contest you wish to take part in – be mindful of the registration deadline of December 11. This program is being run by the University of Vermont Collegiate 4-H Club

- Sheep and Goat Quiz Bowl Practice Registration Link: <https://www.surveymonkey.com/r/J8MV2Vz>
- Horse Quiz Bowl Practice Registration Link: <https://www.surveymonkey.com/r/JK3ZBK5>



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## COVID-19 Community Craft Workshop Series

Sign up for the last hands-on workshop in this online series. Sessions take place on Tuesdays from 3 to 4PM. Contact Lauren DuBois at [ldubois@umass.edu](mailto:ldubois@umass.edu) to receive the zoom link.

**Session 4- November 24, 2020, 3-4 pm:** 4-H Youth Facilitator: Imanni Hayes

- Project: Cloud Dough
- Supplies needed: ½ cup lotion, food coloring, 1 cup cornstarch, spoon and a mixing bowl.



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## Bitmoji Classroom – Plants and Engineering

The November Bitmoji classrooms are still open for registration!

Lauren DuBois, Springfield Educator and Kim Pond, State SET Educator, lead a team of teen 4-H members to present weekly activities, games, challenges and more. The focus of the classroom activities is Science, Engineering and Technology.

The Bitmoji classroom is geared for grades 4-7; however, younger members may enroll and participate with parental assistance. View more information on the Massachusetts 4-H webpage. Contact Lauren DuBois at [ldubois@umext.umass.edu](mailto:ldubois@umext.umass.edu) to register and receive your Google classroom link.



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## 4-H 101: Volunteer Professional Development Series

**4-H 101:** All 4-H volunteers and parents are invited to attend one, some, or all of the sessions during the volunteer professional development series. Each session begins at 7:00PM on the Tuesday evenings listed below. To register and receive the Zoom link, contact either VaShon Wallace, [vwallace@umext.umass.edu](mailto:vwallace@umext.umass.edu) or Tom Waskiewicz, [waskiewicz@umext.umass.edu](mailto:waskiewicz@umext.umass.edu).

### Series 2: Engaging Youth 4-H- All sessions begin at 7:00PM

Lesson 4 Putting the Experiential Learning Model to Practice – November 24

### Series 3: Creating 4-H Clubs- All sessions begin at 7:00PM

Lesson 1 4-H Club Basics – December 1

Lesson 2 Starting 4-H Clubs – December 8

Lesson 3 Conducting Club Meetings – December 15

Lesson 4 Planning the 4-H Club Year – December 22



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## 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](mailto:lrhorn@umext.umass.edu)  
Carrie Sears, 4-H Animal Science Program Manager – [ccsears@umext.umass.edu](mailto:ccsears@umext.umass.edu)  
Kim Pond – 4-H SET Program Manager – [kima@umext.umass.edu](mailto:kima@umext.umass.edu)

Deb Comeau – State 4-H Administrative Assistant – [dcomeau@umext.umass.edu](mailto:dcomeau@umext.umass.edu)

Western MA (Franklin, Hampshire, Hampden and Berkshire Counties):

Tom Waskiewicz, 4-H Educator – [waskiewicz@umext.umass.edu](mailto:waskiewicz@umext.umass.edu)

Angelica Paredes, 4-H Educator – [angelica@umext.umass.edu](mailto:angelica@umext.umass.edu)

Southeastern MA (Bristol and Norfolk):

Meg McDermott, 4-H Educator – [memcdermott@umass.edu](mailto:memcdermott@umass.edu)

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

Central MA (Worcester County):

Meg McDermott, 4-H Educator – [memcdermott@umass.edu](mailto:memcdermott@umass.edu)

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

Northeastern MA (Essex, Middlesex, Suffolk):

VaShon Wallace-Hiltbold, Acting 4-H Educator – [vwallace@umext.umass.edu](mailto:vwallace@umext.umass.edu)

Pam LeFave, Program Assistant – [plefave@umext.umass.edu](mailto:plefave@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:

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

Valerie Schell, 4-H Educator: [vschell@umext.umass.edu](mailto:vschell@umext.umass.edu)

Cathy Acampora, Administrative Assistant: [acampora@umext.umass.edu](mailto:acampora@umext.umass.edu)

Barnstable County:

Judy Vollmer, 4-H Educator: [jvollmer@barnstablecounty.org](mailto:jvollmer@barnstablecounty.org)

Dawn Johnson, Administrative Assistant: [dawn.johnson@barnstablecounty.org](mailto:dawn.johnson@barnstablecounty.org)

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Massachusetts 4-H is an extension program at the University of Massachusetts. UMass 4-H follows the Massachusetts Governor's regulations for the re-opening of the state as well as the governance of the University of Massachusetts. 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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