

**Upcoming Events**

**August**

August 1-3rd—Athens Fair

August 1st—Athens Fair 4-H Horse Show

August 2nd—Athens Fair 4-H Working Steer Competition

August 1st—Skowhegan Fair 4-H Horse Show Registration Due

August 7th—16th—Skowhegan Fair

August 7th—Skowhegan Fair 4-H Horse Show

August 10th—4-H Day Parade & Demonstrations @ Skowhegan Fair

August 29th—September 1st—Harmony Free Fair

**September**

September 1st—Extension Office closed for Labor Day

September 12-14—New Portland Lions Fair

September 14-20—Farmington Fair

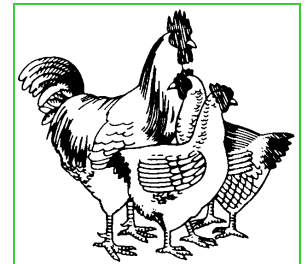
September 19-21—Common Ground Fair

September 12-28—The Big E Springfield, Massachusetts

September 28—October 5—Fryeburg Fair

**This Issue:**

- Calendar of Events
- Club News
- County 4-H News
- State 4-H News



**Remember the 4-H Day Parade**

- Line up at the Race Track at 11:00 AM
- Sunday, August 10th

**Demonstrations at Barn Show Ring after Parade**

<b>Goat</b>	<b>1:00</b>	<b>Sheep</b>	<b>1:45</b>
<b>Dairy</b>	<b>1:15</b>	<b>Horse</b>	<b>2:00</b>
<b>Beef</b>	<b>1:30</b>		

# Somerset County 4-H Club News

Hurdling 4-ward

Cole Cornell



Meeting date: June 13th

We went on a field trip to the Bar Harbor Oceanarium. We had lunch on the ocean side picnic tables before we took the field trip. Once we got to the Oceanarium, we took an outdoor nature tour and learned about the ocean, marshland, trees, and small marshland animals. Next we took a tour of the lobster hatchery, which was very interesting. We got to see a mother lobster who had over 5000 eggs under her tail, and we got to see a very small baby lobster under a microscope. We also went to the touch tank and held sea stars, sea cucumber, moon snail, sea urchin and horseshoe crabs. Next we learned a lot about the lobster which was fun. The drive home was very long.

Meeting date: June 20th

We meet at the Kiwanis Club in Madison. We discussed the club display and what we wanted to teach the folks that would come to see it at the fairs. We worked on record sheets and on fair cards. We also did a craft, which we will put into the fairs.

## Somerset County Outdoor Safety Classes in August

- In Madison, contact Jermone Richard @ 426-2082. Hunter Safety classes on August 4 & 6 6-9pm and August 9th 8-3 pm.
- In Skowhegan, contact Don Perrine @ 660-6382. Hunter Safety classes on August 12 & 14th 6-9 pm and August 16th 8—4:30 pm.



# 4-H Skowhegan Fair News



## Schedule of 4-H Events at the Skowhegan State Fair

Monday, August 4th—Exhibits to 4-H Hall—Beginning at 4:00 PM (Please call to schedule)

Tuesday, August 5th—Exhibits to 4-H Hall—8:00 AM to 6:00 PM (Please call to schedule)

Wednesday, August 6th—4-H Hall Exhibits Judged

Thursday, August 7th—4-H Horse Show beginning at 8:30 AM @ Livestock Coliseum

Thursday, August 7th—4-H Working Steer Show and Eastern States Tryouts beginning at 10:00 AM @ Barn Show Ring

*Sunday, August 10th — 4-H Day at the Fair*

*4-H Day Parade—line up at 11:00 AM; Parade at 11:30 @ Racetrack*

*4-H Demonstrations @ Barn Show Ring beginning at 1:00 PM*

Sunday, August 10th—4-H Dairy Goat Show beginning at 3:00 PM @ Barn Show Ring

Monday, August 11th—4-H Dairy Cattle Show beginning at 12:30 PM @ Barn Show Ring

Tuesday, August 12th—4-H Beef Heifer & Steer Show beginning at 1:00 PM @ Barn Show

Wednesday, August 13th—4-H Swine Show beginning at 6:00 PM @ Swine Barn

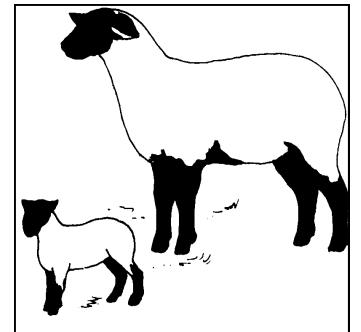
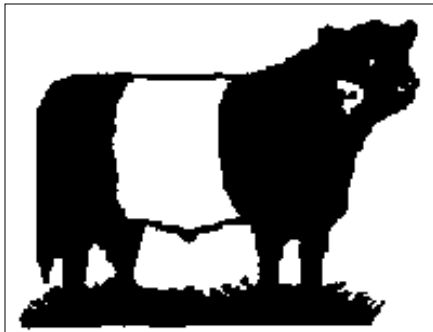
Friday, August 15th—4-H Sheep Show beginning at 10:00 AM @ Sheep Show Ring



*Dates your 4-H Membership Card  
will allow you free admission to  
the Skowhegan State Fair are as  
follows:*



*August 7th, August 10th,  
August 11th,  
August 12th, August 13th,  
August 15th*



## ***Health and Safety Tips for You and Your Animals***

If you stop to think about the best ways to keep your animals healthy, it isn't hard to figure out that a fair situation presents one of the more risk-filled environments. However, the following common sense practices will help assure the good health of your animals.

### ***Before the Fair:***

- Check to make sure your animals have all the 4-H required vaccinations in time to be effective when fair time arrives.
- Only bring animals in the best of health to the fair! Sick animals presents a risk to other animal and may get sicker due to the stress of being at the fair.
- Minimize stress on animals coming to the fair by making sure animals are well fed and watered and in a clean comfortable environment at home and that they receive the same feed they will be eating at the fair. If you know that the water they will be drinking will be different than their usual source, add a bit of molasses, Koolaid or Jello to the water for a few days before the fair. You can then do the same thing at the fair to cover the taste of different water.
- Since 4-H members often share trailering, it is especially important to make sure trailers are cleaned and disinfected before and after each use.

### ***During the Fair:***

- Make sure there is plenty of clean bedding and lots of air movement to keep animals comfortable.
- Make sure there is plenty of clean water available and that animals get the same feed as at home.
- Keep younger animals separated from older ones even if they are from the same barn.
- Do not allow nose to nose contact between animals from different farms and of different species.
- Do not share water tubs or feed containers.
- If you share any grooming equipment, disinfect it each time it is used on a different animal.
- Sharing wheelbarrows, pitchforks, shovels, etc. can easily spread diseases through manure and contaminated dirt. Shared equipment should be thoroughly cleaned and disinfected. Pay close attention to wheelbarrow tires and boots.
- A cheap, readily available and effective disinfectant is 5 tablespoons of bleach per one gallon of water. This can be used to spray or dip items. It is important to thoroughly clean equipment before it is disinfected, leave the disinfectant on for a period of time, and to rinse it afterwards.
- Practice good personal hygiene—wash your hands with soap and water after working with your animals. Keep your clothes, shoes and boots free of manure. Change your clothes before going to do chores at your farm.
- Discourage fair visitors from petting your animals as they can transmit infections between animals by petting more than one. If people do pet your animals, remind them to wash their hands or visit the station with hand cleaner that should be available near the barn.

### ***After the Fair:***

- When you get your animals home, isolate them from the rest of your animals for two to four weeks. Watch carefully for any signs of disease or anything else that doesn't seem right.
- Thoroughly clean and disinfect anything that has been to the fair before you use it around your animals.
- Make sure animals are comfortable, well-fed and watered—minimizing stress will help them ward off any infections.

Based on information from: Bio-Security and Fairs: What You Need to Know, Iowa State University Extension

Animal Health Considerations Before, During and After the Fair, Cornell Veterinary Medicine Biosecurity for Youth Livestock Exhibitors, Ohio State University Extension Fact Sheet

*Thanks to Laurie Barlett, Houlton 4-H Program for sharing this page with us from the July issue of the Aroostook County News*

# 4-H, Good Character, and Showing at the Fair

Fair season is upon us and 4-H members are busy getting their projects, demonstrations and animals ready for exhibit. Remember that you will be showing something else at the fair, *your character*.

Using good character is one of the most important parts of the 4-H program.

All 4-H members are expected to "exhibit" the following 6 pillars of character!

1. **Trustworthy:** Having your own animals for show, returning what you borrow, and making sure that your market animals meet food safety standards are all ways to show trustworthiness.
2. **Responsible:** Animals have fresh water, food, a clean space, and are under control.
3. **Respectful:** Treat all 4-H members, volunteers, and the public politely. Answer questions respectfully even when you've heard the question 100 times already. Treat judges and other fair officials courteously, accept judges' decisions gracefully, congratulate members who win classes, and stay calm and positive when things don't go your way.
4. **Fairness:** 4-H members do their own work, and never submit anything as their own that was done by others. Follow the rules and treat all fellow competitors as you want them to treat you.
5. **Caring:** Sharing your knowledge and equipment with younger members. Do not engage in rough behavior where someone could get hurt, or pull pranks.
6. **Good citizenship:** Be in their areas you are supposed to be in and keep it neat and attractive. Be on time for shows and events, and follow the 4-H rules of the fair.

*Every 4-H member should make sure what you "show" of yourself is blue ribbon quality!*

*Many thanks for our friends at Hancock County 4-H for this information that is based on their July issue of 4-H Happenings.*

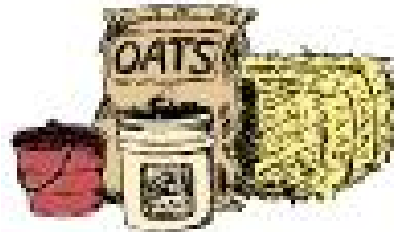


# Interesting Stuff to Know

## Switchel or Haymaker's Punch

Switchel originated in the West Indies, and became popular as a summer drink in the American Colonies in the late 1600's. By the 1800's, it had become a tradition to serve it to thirsty farmers at hay harvest time.

Ingredients: 1 gallon water  
2 c. sugar  
1 c. molasses, honey or maple syrup  
1/2 c. apple cider vinegar  
1 tsp ginger



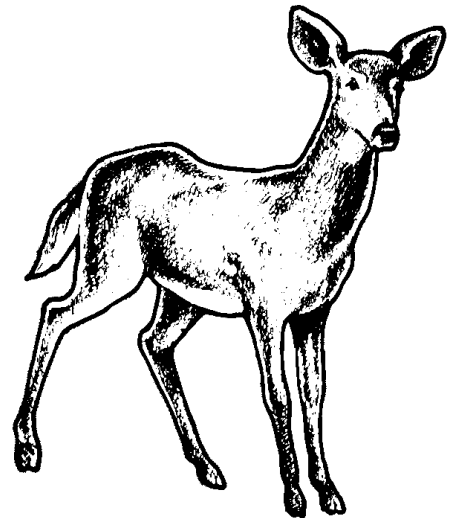
Heat ingredients in 2 c. water. Dissolve. Add rest of water. Stir and chill well.

From Uncle Phaedrus, Finder of Lost Recipes at [www.hungrybrowser.com](http://www.hungrybrowser.com)

**Try a batch when you have a long, hot work day planned!!**

## If You Care...Leave Them There!

This is a great resource describing what should be done when a person has a desire to "rescue" wildlife. It describes what to do with a baby bird, nest of squirrels, young foxes, birds, fawns and baby raccoons and the laws protecting these animals. Please download this from <http://mainegov-images.informe.org/ifw/education/wildlifepark/pdfs/ifyoucarebrochure.pdf>—the wildlife section of the Maine Inland Fish & Wildlife site.



It is wonderful to want to help, but wild animals may do better on their own with the support of local game wardens and animal rescue centers. There are two people in Somerset County who actually rehab wild animals. If you are unable to download this brochure, contact the Somerset County Extension Office at 474-9622 to get a copy. We also have the name and numbers of the wildlife rehabilitators in Somerset County.

## More Interesting Stuff

### Homemade Ice Cream in a Coffee Can

This is a great recipe for a hot summer day when folks want a sweet treat.

Recipe from University of Nebraska-Lincoln Extension

#### Eggless Vanilla Ice Cream

1 c. sugar

2 c. whipping cream or half and half

2 tsp vanilla

Combine ingredients and stir briskly about 2 minutes until sugar is dissolved. Put in a one pound coffee can and secure lid with duct tape. Place the 1 pound can into a 3 pound coffee can. Surround with crushed ice and rock salt and place the lid on the 3 pound can. Kids can sit on the ground 3 to 4 feet apart and roll the can back and forth. Roll for 8 to 10 minutes. Check ice cream. If it isn't hard, add more ice and rock salt and roll for another 8 minutes. For variations, try 2 tablespoons chocolate syrup or 1/4 cup strawberries.

Remove lids and serve in bowls. Note: bowls work better than cones with this ice cream.

Should serve 4-6 people

### Wilderness/Survival Camp

August 8-10 at Bryant Pond 4-H Camp

\$30.00—Registration Deadline August 1st

Open to teens ages 13 and up as well as parents. Come to Bryant Pond 4-H Camp and learn how to survive kit, gain water safety/boating experience, build a primitive shelter and make some primitive tools throughout the weekend. Come and have fun. Bring a friend and learn skills that will be with you for a lifetime. Call 1-800-287-1481 for a registration packet.

### National 4-H Trips

Nine 4-H'ers have been selected to attend the National 4-H Congress and National 4-H Conference this coming year. Delegates will attend Congress in Atlanta, November 20 to December 2nd or the Conference in Washington, D.C. March 28—April 2, 2009.

There are no attendees from Somerset County although 4-H'ers from Hancock, Cumberland, Penobscot, Franklin, Aroostook, Oxford, and Kennebec will be attending. Perhaps someone from Somerset County will apply to participate in these programs next year.

# State 4-H News

## Eastern States Poster Contest

**Attention:** Any **Beef** Project Member or **Dog** Project Member

There is a New England Beef 4-H Poster, Ad or Logo Contest and a Dog Poster Contest. This is to promote information and/or interest in the beef and/or dog project. This is open to members who are too young to come to The Big E with their animals as well as interested youth who do not have an animal to bring to ESE.

To participate in either or both of these contests, you must be either a 4-H member in a beef or dog project.

To receive more information on these non-animal events, please visit the Eastern States Exposition web site at: [www.thebige.com](http://www.thebige.com) > Agriculture > 4-H > 2008 4-H packets then scroll down for beef packet 2 or dog packet. If you would like to receive this information directly, contact Donna Flint at [dflint@umext.maine.edu](mailto:dflint@umext.maine.edu) or telephone her at 1-800-287-1535.

### New Information for Cloverbuds

A new information sheet called "Maine Cloverbuds and Animals" has been posted on the Maine 4-H website under the Cloverbud Resources. This contains lots of suggestions for activities that Cloverbuds could do with animals as well as the guidelines for Cloverbud work with animals and in public events such as show rings clinics. You can find this information on the 4-H Website at:

<http://www.unext.maine.edu/4h/cloverbud/animalsactivities.htm>



### Maine 4-H Days Lost & Found

Several items were forgotten at Maine 4-H Days at the Windsor Fairgrounds the weekend of June 27–29th. To claim you lost items, please call the State 4-H Office and ask for Jessy or Michaele at 1-800-287-0274 or email at [mbailey@umext.maine.edu](mailto:mbailey@umext.maine.edu)

- Rubbermaid drinking water cooler
- Child's fleece vest, purple
- Child's sweatshirt, gray/ blue New Balance
- Umbrella



# State 4-H News

## Eastern States Bus Trip September 27, 2008

It's time to reserve seats for the buses traveling to Eastern States Exposition (ESE or also called the "Big E") in West Springfield, Massachusetts for Maine Day on Saturday, September 27, 2008. This one-day trip is sponsored by the Maine Trustees of the Eastern States Exposition to encourage Maine 4-Hers who don't presently participate in events at ESE to see the activities that go on for 4-H youth in hopes to bolster their enthusiasm to participate in the future. Two buses are reserved for us and the northernmost bus will originate in Bangor and they will stop at several points on I-95. Seats fill up quickly, and we will begin taking registrations on **Monday, August 11, 2008**.

All youth must go with a chaperone, but since this event is primarily for youth; seats are limited to no more than two adults per child. The bus ride and admission to the "Big E" are free, but all individuals on this trip are expected to march in the parade at 5 pm. Wear a 4-H tee shirt if you have one and for clubs to bring their club banner to display during the parade.

Items to bring along with you are: light snacks, water, a good book, youth-appropriate movies (there is a DVD/VCR on the bus), a pillow, and a blanket. There will be rest stops along the way. Other items to consider bringing: clothing to identify your club, a comfortable pair of walking shoes, a hat with a visor, sun glasses, sun screen, a back pack, personal spending money, a camera, and a watch. If you have a cell phone, it will be helpful for logistics.

Please leave valuable items at home. Bus stops will be determined based on location of riders. Reservations must be made in writing or by e-mail to:

Jessy Brainerd  
103 Libby Hall  
University of Maine  
Orono, ME 04469-5741  
[jbrainerd@umext.maine.edu](mailto:jbrainerd@umext.maine.edu)

When you register, please give your name, address, home phone and cell phone number if you have one. Please give the names of all the people in your group and indicate if they are a child or adult. **Reservations are due by Friday, August 31, 2007**. A confirmation letter will be sent to you two weeks before the trip giving you the time and pick up location. Pick up will be early in the morning, but the return trip will be staggered. One bus will leave right after the parade; the second bus will leave after the evening events. When you register, let us know if you'd like to return on the early or late bus.

For questions, you may contact Jessy Brainerd or Michael Bailey at 800-287-0274 or 581-3877

## Somerset County Office

7 County Drive,  
Skowhegan, ME 04976-4209  
Phone: (207) 474-9622  
1-800-287-1495 (in Maine)  
FAX: (207) 474-0374

## 4-H Staff



**Debra Kantor**

**4-H Educator**

dkantor@umext.maine.edu  
Monday-Friday

*Debra Kantor*

**Reva Merrill,**

**4-H Program Aide**

rmerrill@umext.maine.edu  
Monday & Thursday

## Maine 4-H Youth Development

### Mission

To educate and empower Maine Youth through hands-on and community based experiences.

### Maine 4-H Youth Development Vision

Maine Youth acquire

↻ the knowledge,

↻ life skills,

↻ leadership abilities and attitudes

to help them succeed now and in the future through effective collaborations, hands-on

experiential education and self-directed learning.

**4-H Volunteers**



## **Somerset County 4-H**

5741 Libby Hall  
Orono, Maine 04469-5741

### **A Member of the University of Maine System**

**TDD number, 1-800-287-8957 or 1-800-287-1495**

*If you are a person with a disability and will need any accommodations to participate in any of our programs, please call the Somerset County Extension Office at 474-9622 or 1-800-287-1495 to discuss your needs. Please contact us at least 10 days prior to the event to assure fullest possible attention to your needs.*

### **University of Maine Non-Discrimination Statement**

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