



# 4-H on the Move...

Waldo County

A Newsletter for 4-H Families

November 2009

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## 4-H calendars online

Waldo County Calendar

[www.extension.umaine.edu/Waldo/4H](http://www.extension.umaine.edu/Waldo/4H)

State of Maine Calendar

[www.extension.umaine.edu/4h/calendar.htm](http://www.extension.umaine.edu/4h/calendar.htm)



<b>November 2009</b>	
REMINDER	<b>National 4-H Congress and Conference Portfolios.</b> If you would like feedback on your 4-H story and resume from 4-H staff, portfolios are due to Jane Haskell in the Waldo County Office on or before December 31st.
1	Animal Science Committee meeting
4	<b>Waldo County 4-H Leaders' Assoc. Mtg. - (no meeting on November 11th – Veterans Day)</b>
7	<b>4-H Volunteer Training (VOLT)</b> UMaine Extension Penobscot office 307 Maine Ave. Bangor, ME 04401-4331 9:30-3:30 donation \$5 bring lunch Please register: Phone: (207) 942-7396 or 800-287-1485
21	<b>Waldo County—Family Night (achievement night)</b>
21	<b>Family Volunteer Day</b> Designed to demonstrate the power of families who choose to volunteer together to support the communities in which they live and serve. <i>(Annual day of service, held on the Saturday before Thanksgiving)</i>
Nov 27-Dec 1	National 4-H Congress in Atlanta Georgia
<b>December 2009</b>	
Reminder	<b>Post Secondary Scholarship Applications are due to the Waldo County 4-H Staff</b> The Pine Tree State 4-H Foundation must receive the post secondary applications from county 4-H offices usually by the second Friday in March. The University of Maine Cooperative Extension Waldo County 4-H Staff asks those county 4-H youth submitting applications to submit early starting in December but no later than the third Friday in February.
9	<b>Waldo County 4-H Leaders' Assoc. Mtg. 6:30pm</b>
31	<b>National 4-H Congress and Conference Portfolios.</b> If you would like feedback on your 4-H story and resume from 4-H staff, portfolios are due to Jane Haskell in the Waldo County office on or before December 31st.
<b>January 2010</b>	
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2	Market Beef projects for Windsor and Fryeburg fair Intent to Sell forms due to their local Cooperative Extension Office
13	<b>Waldo County 4-H Leaders' Assoc. Mtg. 6:30pm</b>

# COUNTY NEWS

**Save the Date:** Waldo County 4-H Family Fun Night, **Saturday November 21st**

More information will be available soon.

## County 4-H Club

Are you interested in becoming a 4-H member, an independent 4-H member or want to meet other members from around the county? Would you like to participate in a county club once a month? If yes, please come join us for a program, some sharing time, and *the opportunity to participate in planning the direction of the county club.*

Each month we would have a planned activity, eventually chosen by the club members, some time to share what everyone is doing in their own projects, and some time for socializing and making new friends. We will notify you of 4-H opportunities that are coming up, help members learn how to run a meeting, and start to plan out activities that are of particular interest to the group members. All ages are welcome.

The next meeting will be ...

***Friday December 4th at Waldo County Cooperative Extension on Rt. 7 in Waldo.***

Youth (Cloverbuds) who are 5 - 8 years of age will meet with Jennifer Turnbull from 6PM - 7PM.

Youth who are 9 - 18 years of age will meet with Connie Tuller from 7 PM - 8:30 PM.

Meeting locations may vary depending on activities, field trips or project content.

Caring adults and older youth who are interested in sharing fun learning experiences (hobbies, interest and skills) with county 4-H youth are encouraged to email or call ...

Connie Tuller (youth 9 - 18 years of age) farmconn@aol.com or 223-5039

Jennifer Turnbull (youth 5 - 8 years of age) family@theturnbullclan.com or 722-3261

Please RSVP your attendance by Tuesday, December 1 to Connie or Jennifer Thank you.

If you are unable to make this meeting but interested, please contact Connie or Jennifer for more information.

Looking forward to seeing you there!

## Fund Raising Signs

Is it that time of year to begin or renew your club fundraising activities? Have you ever needed a sign? Well here is one that is available in various sizes that you can download and use. Remember if you are fundraising, be sure to let Joyce know prior to the event so we will have a record – in the event we get a call from the public questioning it.

Here is the direct link to the signs: [www.extension.umaine.edu/4h/forms/signs.htm](http://www.extension.umaine.edu/4h/forms/signs.htm)

**Reminder - Enrollment packets are due** in the office **by Thursday, December 31<sup>st</sup>** for all re-enrolling 4-H members and 4-H members enrolled in 4-H animal projects with a plan to show in the 2010 fairs.

**Absolutely no exceptions will be allowed after that date. ALL forms MUST** be returned in order for your re-enrollment packet to be complete.

## 4-H Volunteer Training Corner

VOLT is the Volunteer Ongoing Learning & Training Program, in order to be certified as a 4-H Volunteer, an individual must go through the entire Volunteer Certification Process, including the VOLT training – the process is outlined online: [www.extension.umaine.edu/4h/vol/process.htm](http://www.extension.umaine.edu/4h/vol/process.htm)

**Androscoggin/Sagadahoc** - Saturday, November 14<sup>th</sup> from 10:00 am – 2:30 pm at the Androscoggin/Sagadahoc Counties Office, 24 Main Street, Lisbon Falls. To register, please call 207-353-5550, or email [drickman@extension.umaine.edu](mailto:drickman@extension.umaine.edu)

**Penobscot County** - Saturday, November 7, 2009 or January 9<sup>th</sup>, 2010 from 9:30 am – 3:30 pm in Bangor at 307 Maine Avenue - 4-H Office from 9:30 to 3:30 each day. Bring a lunch, snacks available, donation of \$5 for notebook of materials - no one turned away for lack of funds. Reserve a space by contacting Theresa [tilton@extension.umaine.edu](mailto:tilton@extension.umaine.edu) or Barb [bbaker@extension.umaine.edu](mailto:bbaker@extension.umaine.edu) at 207-942-7396 or 1-800-287-1485.

## My Union Fair Experience

Excerpts from SAP Pail News

This summer I went to the Union Fair and The Windsor Fair.

At the fair my two sisters, my dad and my cousins all showed in the open show. An open show is where any one who has access or owns a cow can show. When you are in the show ring usually the judges look for how well you handle your cow, how well your cow has been cleaned, clipped etc and how well you present yourself and the cow. To prove to the judges that you can handle your cow you need to be able to lead it around the ring and have it walk with you, not ahead or behind you. You also need to show you are in control of your cow by having it stay calm and jump, kick or buck.

“How well your cow is clipped and cleaned is based on how good of a job you do.”

By: Elida Mehuren

Mornings were cold when we got up at 5:30. We had to feed the cows in any kind of weather. Some days we would have to show ... When you show cows you have to wear all white clothes. You try to make the cow look its best because the judge picks the best cow in the ring. They (the judge) look for long legs, a full body, and a long back.

You make the cows back look straight by using cosmetics to stand up the cows back hairs so that the back is not bumpy. You clip the cows with the shears to make it look fancy. To give the cow a full body you feed it beet pulp. The beet pulp swells up in the cow's stomach to make it big.

By Sadee Mehuren

“It (showing cows) is a lot of work but you get to stay at the fair all week and sometimes they hold big barbeques for the people who bring their cows.”

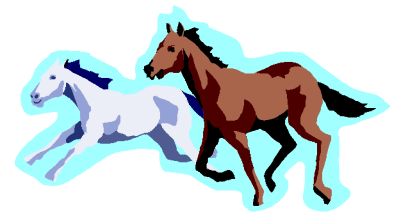
# What is the Best Way to Keep from Spreading the Virus through Coughing or Sneezing?

If you are sick, limit your contact with other people as much as possible. If you are sick, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

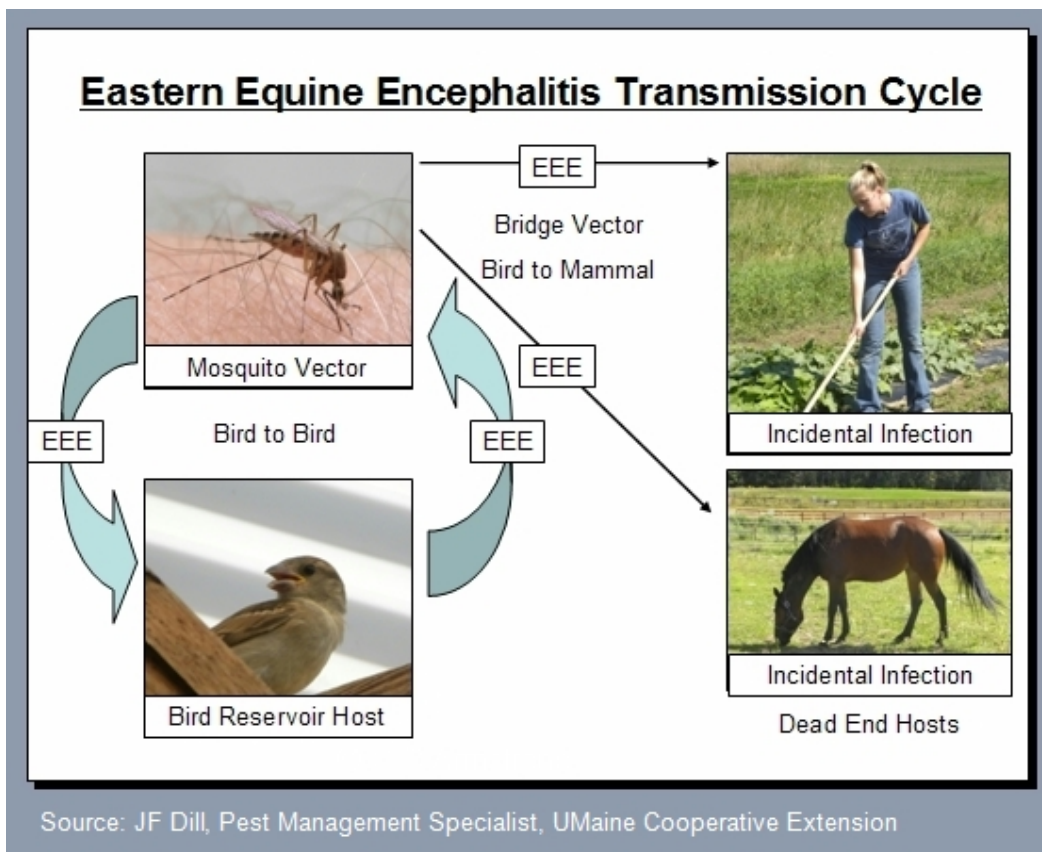
Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze. **If you don't have a tissue, cough into your sleeve.** If you do cough into your hands, wash them immediately or use hand sanitizer.

## STATE NEWS

### HORSE INFORMATION



**Horses – EEE Information** Do you know what to look for if you think your horse has EEE, Eastern Equine Encephalitis? If you vaccinated this spring, is your horse still protected? Take a look at this very interesting list of Frequently Asked Questions by Dr. Anne Lichtenwalner and Dr. Donald Hoenig on our website at: [www.extension.umaine.edu/4h/resources/horse/eee.htm](http://www.extension.umaine.edu/4h/resources/horse/eee.htm).



# MARKET BEEF & LAMB

## Market Beef & Lamb Forms

All 4-Hers in the Market Beef project who plan to raise a steer for the Windsor Fair or Fryeburg Fair, need to send in an **“Intent to Sell”** form to their County Cooperative Extension office by January 2, 2010. The forms are available at your county office and on-line at [www.extension.umaine.edu/4h/forms/beef/beefintent.htm](http://www.extension.umaine.edu/4h/forms/beef/beefintent.htm).

In January, you will be contacted about the time and place to tag your steer. The person tagging your steer will have an approval form for you to fill out and s/he will record your tag numbers. Your **approval form** for your Market Beef project is due in your county Cooperative Extension office on February 16, 2010.

Market Lamb “Intent to Sell” forms are available online at:  
[www.extension.umaine.edu/4h/forms/lambintent.htm](http://www.extension.umaine.edu/4h/forms/lambintent.htm),  
these forms are due to the county office by May 2, 2010.

# LIVESTOCK

## 2009-2010 Maine Association of Livestock Exhibitors Membership

The 2009-2010 Maine Association of Livestock Exhibitors membership form is now available on the 4-H website. Please note that when you send your form in, you are signing up for a membership in the Association, one of the benefits of membership is exhibitor liability insurance. For more information and access to the form, go to: <http://www.extension.umaine.edu/4h/forms/webdocs/maleform.htm>

# 4-H EVENTS

## Citizenship Washington Focus (CWF) July 3 - 10, 2010

Are you a teen (youth 15 and older) looking for a fun 4-H educational travel trip?

As a CWF delegate you will have fun learning about the democratic process and your role as citizens while experiencing our national capital. Delegates get the inside scoop about how government really works from prominent guest speakers and interact with Maine’s state senators and representatives and/or their staffers. Program fellows lead bill writing workshops, as well as a national issues forum and mock elections. There are congressional sessions that prepare youth for leadership now and in the future.

**Non-4-H and 4-H youth may attend this event with approval from the county office they represent. Generally this is a one-time experience, but youth may attend more than once but they will pay the full participation price. The 4-H Foundation does not provide scholarships to non 4-H members. If you are interested participating as a 4-H CWF delegate, now is the time to start planning how to fund your trip!**

For more information, visit [www.4hcwf.org](http://www.4hcwf.org) and contact your local Extension Office at [www.extension.umaine.edu/counties/county.htm](http://www.extension.umaine.edu/counties/county.htm)

## Want to Learn More About GIS?

Join us for the Second Annual Conference of Maine GIS Educators, November 13th in Carter Hall at Kennebec Valley Community College in Fairfield. The agenda, registration form, directions and other information are now available on the conference website: [http://megischamps.org/annual\\_mtg.html](http://megischamps.org/annual_mtg.html).

The meeting will include two hands-on workshops, a report on research on Maine's geospatial workforce, a poster session for sharing information about programs, projects and student work, and more. The conference will appeal to any educator interested in geospatial technology in Maine, including K-12 teachers, informal educators, and faculty in both private and public institutions of higher education.

## Youth Gardening Training Opportunity – “Kids Can Grow”

Frank Wertheim, Ellie Libby and Sue Tkacik will be offering a Train the Trainer on the “Kids Can Grow” youth gardening program at the Hancock County Office on December 1, 2009. **Click on** flier for details. We welcome groups of staff/volunteers (4-H and Master Gardener) interested in working together to pilot a new program in your region. We will be seeking Maine Community Foundation Grant Funds to support pilot projects.

The training team is also willing to come to another location if the date and location do not work out for you – and you have a team of staff and volunteers who want to take the training and pilot a program.

New “Kids Can Grow” pilot programs were launched in Waldo and Oxford Counties in 2009 through a Maine Community Foundation Grant; and the program has been adapted in Strafford County, NH by UNH Extension where they have been running successful a program for the past five years.

If you have questions feel free to contact Frank Wertheim, Ellie Libby or Sue Tkacik.

**Pre-registration Required:** Contact Joyce Fortier at the Hancock County office at (207) 667-8212 or 800-287-1479 (in Maine) or E-mail: [jfortier@extension.umaine.edu](mailto:jfortier@extension.umaine.edu)

## Technology

### Maine 4-H Online Creative Technology Club

Are you a writer, artist, techno buff? Do you want to learn about HTML, digital photography, journalism, or do you have something completely different in mind? Come explore your creative interests in a new on-line 4-H virtual club. This club is open to 4-H members of all ages through out Maine. It is a password protected site where you log in, read, watch or listen to the content, respond through writing or video or interact with the group or a mentor through conferencing. For more information or to join, Contact Salie Davis, 4-H volunteer, [saliecm@gmail.com](mailto:saliecm@gmail.com).

### Kid Ventures Jokes

**Q:** How does the Solar System hold up its pants?

**Q:** When do astronauts have lunch?

**Q:** What's the most popular snack on Mars?

After eating his first meal on the moon, the astronaut reported,” “The food was good, but the place lacked atmosphere.” credit source: [www.galaxymaine.com/SA/SA1.htm](http://www.galaxymaine.com/SA/SA1.htm)

## The Maynard F. Jordan Observatory

The Maynard F. Jordan Observatory is located next to the Memorial Union on the University of Maine campus. The Observatory is an integral part of the curriculum in the department of physics and Astronomy, and is frequently used by students, faculty, and the general public. It is the only public observatory in the state of Maine.



Open for Public Viewing on most CLEAR Friday and Saturday Nights from 8:00 to 10pm September through April, always call ahead to confirm.

**Everyone is Welcome! Call (207) 581-1348 for up to date viewing plans for each evening.**

## Clover Takes the Track for the First Time

"The appearance of the 4-H emblem on Jeff Gordon's car in the Chase for the NASCAR Sprint Cup is a wonderful salute to 4-H by DuPont, and an amazing way for us to begin National 4-H Week," said Donald T. Floyd, Jr., president and CEO of National 4-H Council. "Now, millions of current 4-H'ers, 4-H alumni and racing fans alike can watch with excitement as the clover takes to the track for the first time."

4-H National Youth Science Day was created to spark an early youth interest in science education and to combat a national shortage of young people pursuing science in college and future careers. Participants in this year's National Science Experiment will learn how cellulose and sugars in plants - such as corn, switchgrass, sorghum and algae - can be converted into fuel, and how alternative energies can be used in their own communities. Youth will create their own biofuel through Biofuel Blast, lead discussions about what they've learned, and see how their small creations are a part of a larger, global discussion.



"Research into biofuels and bio-based materials is an important area for our company, and we are proud to sponsor 4-H in their extraordinary effort to help young people understand one of the most important issues facing our nation today," said James C. Borel, group vice president, DuPont Agriculture.

Currently, more than five million youth across the nation take part in 4-H science, engineering and technology (SET) year-long programming that introduce youth to new areas of interest and help them explore environmental and scientific issues. 4-H SET programming span from robotics, rocketry, and computer science, to agricultural science, GPS mapping and renewable energy.

According to a longitudinal study by Tufts University, youth who participate in 4-H programs are more likely to get better grades in school, to seek out science classes, to see themselves going to college, and to contribute positively in their communities. In addition, 4-H youth have been shown to better resist peer pressure and are less likely to engage in risky behaviors.

credit source: [www.agrimarketing.com/show\\_story.php?id=56615](http://www.agrimarketing.com/show_story.php?id=56615)

# See the International Space Station!

The station can only be seen for a few minutes each night, so be quick!



## See the International Space Station

The International Space Station will be viewable in the night sky several times each night. The station can only be seen for a few minutes each night, so be quick! The times and directions as it is seen from Bangor, Maine are as follows:

Date	Rise Time	Set Time	Direction
November 21	5:06:33pm	5:09:02pm	SSW
November 22	5:31:57pm	5:09:02pm	SSW
November 23	4:23:06pm	4:25:10pm	SSW
November 23	5:58:04pm	6:00:24pm	W
November 24	4:48:33pm	4:50:59pm	WSW
November 25	5:14:42pm	5:17:00pm	W
November 26	4:08:18pm	4:09:39pm	ENE

For more detailed times for your specific area, please visit the Spaceweather Satellite Tracking page at

<http://spaceweather.com/flybys/>

For the times and directions as it is seen from Bangor, Maine go to [www.galaxymaine.com/SN/SN4.htm](http://www.galaxymaine.com/SN/SN4.htm)

# OTHER NEWS

## Great Opportunities for Service Learning Monetary Awards

4-H Eligible Monetary Service Learning Project Awards of \$1,000 or \$4,000 focused on STEM activities (science, technology, engineering, math). Time Warner Cable and the Maine Commission for Community Service are excited to offer Maine Schools and community programs, working with children (k-12), Service Learning Project Awards of \$1,000 or \$4,000 focused on STEM activities (science, technology, engineering, math). Projects should address a local community need while developing students' academic skills in the areas of science, technology, engineering, and mathematics. Projects should also provide students the opportunity to reflect on civic responsibility and the impact of their service. Applications are due on November 13, 2009 by 12noon. To access the application, go to the Commission website, [www.maineservicecommission.gov](http://www.maineservicecommission.gov).

TO READ THE COMPLETE NEWS RELEASE, GO TO  
[www.maineservicecommission.gov/news/release.php?nID=1360](http://www.maineservicecommission.gov/news/release.php?nID=1360).

For more information about 4-H SET contact Jen Lobley [jlobley@extension.umaine.edu](mailto:jlobley@extension.umaine.edu) or Christy Fitzpatrick [cfitz@extension.umaine.edu](mailto:cfitz@extension.umaine.edu).

For more information about Service Learning or 4-H Youth Community Action; contact Barb Baker [bbaker@extension.umaine.edu](mailto:bbaker@extension.umaine.edu).

## Local SAP Pail News Reader Calls UMaine Extension

Local *SAP Pail* news reader wanted to know more about youth in 4-H and the connection to living on a farm or needing animals to participate. Across Maine and the U.S., 4-H has a presence in both rural and urban areas.

Youth who are 5 - 18 years of age can participate in many activities through traditional 4-H clubs [which might focus on photography, citizenship and service learning projects, gardening, or animal project], after-school programs, in-school programs, or 4-H Maine Camps and Learning Centers (Tanglewood, Blueberry Cove and Bryant Pond). 4-H prides itself in supporting youth through positive youth development experiences while youth have *fun* learning, practicing and mastering skill sets for now and in the future.

Historically 4-H did start as a way for the land grant University Cooperative Extension program (Maine's land grant University is located in Orono at the University of Maine) to introduce youth to new agricultural ideas and practices based on research. Extension provides outreach education now as it did a hundred years ago. So the idea of working with youth nearly 100 years ago was a positive way to support families growing crops, produce, and raising animals. As farm youth were successful using researched agricultural ideas and practices, their families and neighbors started asking questions about what they did (making changes) to produce higher quality products, produce and animals. Working with youth helped establish a trusted and creditable Extension relationship for outreach education.

Continued to next page

Today while some 4-H members do own their own animals and live on farms, most do not. Most 4-H members, age nine and over, may have to lease livestock animals to participate in animal science projects. Imagine leasing an animal to learn how to take on the responsibility of working with it on a regular basis. 4-H encourages youth to explore activities and projects that interest them. A sampling of projects undertaken by 4-H members in Waldo county include Fitness and Sports [Dancing, Golf, Football, Basketball, etc.], Arts and Crafts, Bee Keeping, Gardening, Nutrition, Baking, Drama and Skits, Small Engines, Livestock, Knitting, Photography, Science, Sewing, Dogs, Bike and Fire Safety, Shooting Sports (Archery), Technology: Computers, GPS Systems (Geocaching). These types of 4-H projects adapt and fit the youth's interests and their family's finances and time.

The 4-H program guides 6 million young people across America in learning about leadership, citizenship and life skills. 4-H can be found in every county in every state, as well as the District of Columbia, Puerto Rico and over 80 countries around the world. The 4-H community also includes 3,500 staff, 518,000 volunteers and 60 million alumni.

Whether 4-H members show and fit livestock animals or enter projects in Maine's fair exhibit halls, the fair committee and the many fair goers appreciate the 4-H presence in Maine communities! Thank you *SAP Pail* news for supporting local 4-H youth as they demonstrate the important life skill of communication as they relate their 4-H experiences with the greater community. This is a skill they are mastering and will need to continue to master in the future – for today's youth are our tomorrow's leaders.

For your local University of Maine Cooperative Extension office go to [www.extension.maine.edu](http://www.extension.maine.edu)

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# 4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

## Maine 4-H Youth Development Mission

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.

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**Waldo County 4-H Leaders' Association Meetings** are the 2nd Wednesday of the month at 6:30pm unless otherwise posted at the UMaine Extension in Waldo County in the large conference room on the lower level. Parking in lower lot.

- Please submit agenda items to: Marilyn Schofield at [mschof@uninets.net](mailto:mschof@uninets.net)
- Conference Calling is available. To schedule a telephone conference line, please RSVP to Joyce Weaver one week prior

**Jane Haskell**  
Extension Educator  
[jhaskell@extension.umaine.edu](mailto:jhaskell@extension.umaine.edu)  
extension 1013

**Joyce Weaver**  
4-H Program Aide  
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Any person with a disability who needs accommodations for this program should contact Jane Haskell at 1-800-287-1426 to discuss their needs at least 14 days in advance.