



4-H Flash

A Newsletter for Washington County 4-H Participants

Washington County Demonstrations

The Washington County 4-H Demonstrations will take place on Saturday, April 5th at the UMaine Extension office on 34 Center Street in Machias at 3:00 p.m.

Registration deadline is **Friday, March 14th**. Please call the office at 1-800-287-1542 or email twood@umext.maine.edu to register. Please note the member's name, age and title of presentation.

Please see the insert for more specific information.

Never seen a 4-H Demonstration? Visit our website at <http://www.umext.maine.edu/Washington/washington4-H.htm> to view a demonstration!



March 1- 2008 Brain Power Engineers Week Expo
March 27- UMaine Day at the Legislature
April 5- Washington County Demonstrations
April 12- VOLT Training– Penobscot County
May 17-18- 4-H EDGE Weekend 2007 University of Maine campus
June 27-29- Maine 4-H Days
July 5-12- CWF

For a complete listing of what's happening in 4-H check out the 4-H Calendar Page at: <http://www.maine4h.umaine.edu/calendarpage.htm>.

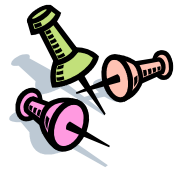
February 2008 Volume 3, Issue 2

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Washington County Bulletin Board Items



Cloverbud Activities Record

The new Cloverbud Activities Record form can be found on our Washington County 4-H website at: <http://www.umext.maine.edu/Washington/washington4-H.htm>

Instructions are listed separately. If you do not have access to the web, please call the office and we can mail copies to you. This replaces the Beginners Project Record forms which are no longer used.

The following **revised** rules will be used at all fairs

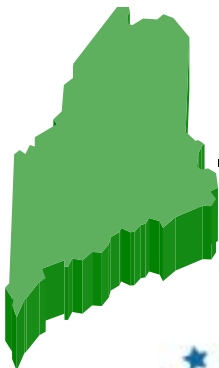
C.1.7 Regulations for 4-H Animal Shows at Maine Agricultural Fairs

1 "4-H Age" is defined as the age of the 4-H member as of December 31 of the current 4-H year. All ages below are "4-H Ages."

- 4-H exhibitors must be 9 through 18 years of age in order to show competitively in any 4-H animal show.
 - 4-H members age 8 may participate in non-competitive demonstration shows using a rabbit, dog, kid goat, non-market lamb, piglet, or non-market calf. One-on-one supervision by an adult or older teen is required. All participants will receive identical forms of recognition of participation. (See Cloverbud Policy)
 - 4-H members age 5 through 7 may participate in a skilathon, educational clinic or other public educational activity with one rabbit, dog, kid goat, non-market lamb or piglet, or calf. One-on-one supervision by an adult or experienced older teen having ultimate control of the animal is required. All participants will receive identical forms of recognition of participation. (See Cloverbud Policy)
2. All shows will require that exhibitors ages 9 through 18 present the standard Approval Form for 4-H Animal Shows.
 3. Each animal must be listed on only one member's approval form (with the exception of horse).
 4. Since animal approval forms document animal projects, Cloverbud members will not be required to use Animal Approval Forms for their animal activities.
 5. 4-H members ages 9 through 18 must fit any animals they show. Members ages 5 through 8 may assist an adult or older 4-H member in fitting their animal with the amount of hands-on participation related to the skills and abilities of the younger member.
 6. 4-H members 9 through 18 may use leased animals in 4-H shows.

NOTE: For the 2008 Fair season only, 8 year old members may continue to participate in competitive animal shows as they have done in the past if fairs choose to hold those classes for them.





Maine State 4-H News

1. Citizenship Washington Focus (CWF)

Start making plans now to visit our Nation's Capitol during the week of July 5-12, 2008. Citizenship Washington Focus is a leadership program conducted by the National 4-H Council for high school youth ages 15 to 18. Delegations of 4-Hers from across the country spend six days touring the city and attending leadership skill-building workshops. This summer, the Maine delegation will leave on Saturday July 5 and return on July 12. You will stay at the National 4-H Conference Center just outside Washington, DC. Visiting the most popular sites in Washington will be a part of the trip. Contact your county 4-H office to find out how to apply for this trip. Each county has their own selection process.



2. UMaine Day at the Legislature - 4-H Honorary Page Program

UMaine Day at the Legislature, Thursday, March 27th, is quickly approaching. Since legislators like to see 4-H members from their districts, 4-Hers [recommended age 13 or older] are encouraged to serve as Honorary Pages. The Maine 4-H program has reserved 20 spots for Honorary Pages.

What does a Page do? Pages hand out information to Representatives or Senators or place the paper information on their desks. They also hand phone and other messages to Representatives and Senators on the floor. To learn more about what Honorary Pages do, visit the website listed at the end of this article. If you are interested in serving as a page on March 27th, please contact Jane Haskell, Extension educator in Waldo County at 1-800-287-1426 x1013 or jhaskell@umext.maine.edu. She will be serving as the coordinator of the 2008 program. We will attempt to have pages from different parts of the state. Slots, representing different state senators and representatives, will be filled in the order they are received. If the slot for your legislative district has been filled, your name will be added to a wait list in the order it is received. If you are leaving a message, please be sure to say "I am interested in serving as a 4-H Page at the Legislature on March 27th". Your slot will be reserved if you leave your:

- full name - mailing address - county - phone number
 - email address - name of your school - name of your 4-H club
 - name of your Maine State Representative - name of your Maine State Senator
- 4-H Honorary Pages will be in the Capitol from 8:30am – 3:00pm. A parent or 4-H volunteer provides transportation and chaperoning. For a complete list of expectations and duties, visit the 4-H Honorary Page Program webpage at www.umext.maine.edu/Waldo/4H/Pages.

3. 2008 Brain Power Engineers Week Expo

Saturday, March 1, 2008 University of Maine Orono For more information go to www.EngineeringME.com Cost: \$2.00 per person donation suggested

BrainPower08
Inspiring the future



BrainPower08
Inspiring the future

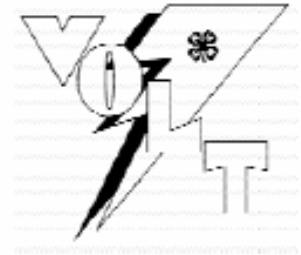




Maine State 4-H News

4. VOLT Training Corner

On the following Saturdays in 2008: April 12, July 12, and October 11 VOLT training will be held in Penobscot and Piscataquis Counties. Select one of those dates to attend from 9:30 am to 3:30 pm. Please bring your lunch, completed application forms, and a \$5.00 fee for the notebook and materials. No one will be turned away for lack of money. Location will usually be in Bangor at the Penobscot County Cooperative Extension office, 307 Maine Ave, but we may hold one in Piscataquis County in Dover if we have enough requests. So, register ahead of time by calling 942-7396 and speaking with Stacy (Barb, or Theresa).



5. 4-H Horse Project News

Happy New Year to all in the Maine 4H horse project. We would like to remind you of some up coming dates and ideas. See Maine 4H website for more information on these. Study groups will be offered starting in February at several high school sites throughout Maine. This is a chance for you to get together with others and study for the Eastern States Exposition (ESE) tryouts knowledge test or to gain more information for the National teams. April 1: All animal approval forms must be on file at the county office for ESE participation, and Intent to Participate at the ESE tryouts is also due on April 1. See Maine 4H web page for forms.

A 4H Horse Get-Together Day is being planned for later in March or April. Come meet others and learn about the state events: Maine 4H Days, Eastern States Exposition team, Communications, Horse Judging, Horse Quiz Bowl and Hippology teams.

Eastern States Exposition tryouts: will be open to teen leaders, riders and DRIVERS this year. You may only try out in one area. Packets must be postmarked by May 10. Tryouts will be held June 20, 21, 22 at the Skowhegan Fairgrounds.

6. Maine 4-H Days

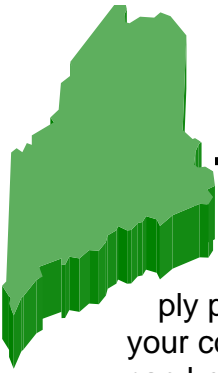
Mark you calendars now for Maine 4-H Days this summer at Windsor Fairgrounds, June 27, 28, and 29. It will be a weekend full of personal enrichment workshops as well as livestock events.

Camping is encouraged and entire families are welcome.

7. Meat Goat Seasonal 4-H Project

Do you want to raise two meat goat kids this year as a 4-H Project? If so, the University of Maine Cooperative Extension is launching a pilot project where 4-Hers purchase castrated buck kids from meat goat producers in Maine for the purpose of raising them to market weight for resale. If you are interested, you can find more information on the 4-H website at <http://www.umext.maine.edu/4h/resources/goat/seasonal.htm>. You can also contact Extension Educator, Richard Brzozowski at 1-800-287-1471 or rbrz@umext.maine.edu for more information.





Maine State 4-H News

8. National 4-H Trips

It is time to apply for the National 4-H Trips, **Conference** and **Congress**. To apply please fill out an application and submit your 4-H Story and your Resume. Mail your completed application to the State 4-H Office. Guidelines for writing your 4-H story can be found at <http://www.umext.maine.edu/4h/events.htm> and click on the event you wish to apply for.

You may also pick up an application at your local County Extension office. National 4-H Congress will be held in November in Atlanta and National 4-H Conference will be held in Washington DC in March 2009. Applications must be postmarked by April 15, 2008.



9. 4-H EDGE Weekend 2008

Don't forget to mark your calendars for...

The 4-H EDGE Weekend: Connecting Kids to Campus – May 17 and 18, 2008

The 4-H staff is hard at work on plans for this year's 4-H EDGE Weekend. The event promises to be bigger and (dare we say) better than last year! We look forward to a wide variety of workshops for all you 4-H members ages 11-15 along with the on-campus experience that we hope will set you on the track for college! Sleep in a residence hall, eat at the University Marketplace, take advantage of recreational activities, find out what interesting places are tucked away around the campus, and try out activities related to just some of the many majors and career paths available through the University.

Older youth, ages 16-18, are invited to a day-long set of sessions on Saturday that will prepare you for the college life that is right around the corner for you. Practice some of the skills you will need for admission, learn how to deal with some of the pitfalls of college life such as drug and alcohol abuse and (too) easy credit. Find out how to position yourself to receive scholarships and financial aid. Think the University of Maine is too close to home? Find out how UMaine can be a springboard to study across the nation and around the world! Of course, there will also be parent workshops. Get comfortable with the admission process.

Learn that application for financial aid does not need to be scary or impossible. Find out what your child needs to do to be "scholarship ready".

The registration forms will be ready about the beginning of March so watch the mail and save the date!! Get ready to get "connected to campus".





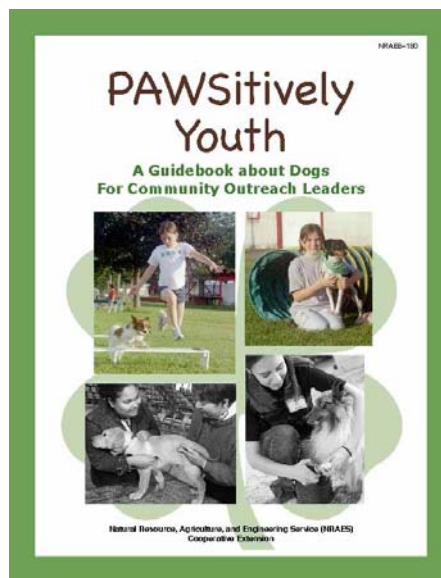
Maine State 4-H News

10. PAWSitively Youth Pre-Printing Specials

NRAES is preparing to publish PAWSitively Youth: A Guidebook about Dogs for Community Outreach Leaders.

The guidebook includes science-based information on behavior, anatomy, nutritional needs, breed characteristics, and over population issues that will be useful in developing excellent educational programs for youth ten and older. It will be available in March 2008.

For more information, including a two-page flier, sample pages, and a table of contents, go to www.nraes.org. You can place your order for books or sponsorship on NRAES secure web site. You can place your order for books or sponsorship on the NRAES secure web site.



11. Congratulations to Maine 4-H Dairy Judging Teams

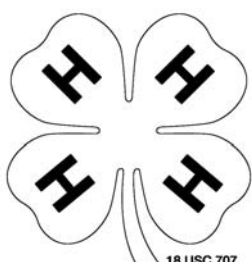
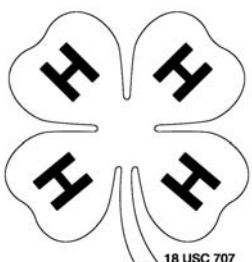
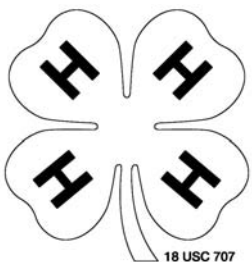
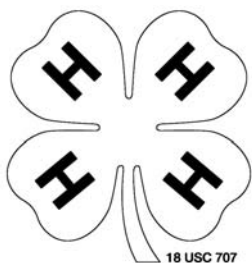
This year two 4-H Dairy Judging Teams represented Maine at national competitions. The first team went to the World Dairy Expo in Madison, Wisconsin, September 28 to October 3, 2007. The 4-Hers were Alison Moon of Freeport, Alyssa Kenny of Gray, Jessyca Rankin of Cornish, and Devon Dekoschak of Levant. Leanne Moon and Chris Kimball were their coaches.

The second dairy judging team participated in the North American International Livestock Exposition in Louisville, Kentucky November 3 and 4, 2007. Holly Whitcomb (Waldo, ME), Alan O'Brien (Windham, ME), Marjorie and Andrew Hardy (Farmington, ME) proudly competed as the Maine 4H Dairy Judging team. Betsy Bullard, Mary Briggs, and Henry Hardy coached the team in preparation for these National competitions. The team finished 16th out of thirty one 4-H dairy judging teams.



4-H Happenings

An informational source for 4-H leaders in Hancock and Washington Counties



How Is Service Learning Different from Community Service?

Service Learning has been defined as a type of experiential education that involves young people in both community service and education.

(Roehlkepartian, 1991)

Service Learning involves six key elements:

1. **Active, Integrated Learning** draws lessons from the experience of performing service work and enhances the knowledge, values, and skills of the participants.
2. **Youth Voice** engages youth in as many aspects of project planning as possible.
3. **High Service** meets a real need in the community; is age appropriate, well organized and gets things done.
4. **Collaboration** involves all stakeholders in the planning, execution and evaluation of the program.
5. **Reciprocity** provides benefit to the recipient and the provider of the service.
6. **Reflection** allows time for reflection before (to prepare), during (to troubleshoot), and after (to process).

Service Learning provides developmental opportunities that promote personal, social, and intellectual growth, as well as civic responsibility and career exploration. (Duckenfield and Swanson 1991)

Service Learning, as a form of experiential education, allows learning to occur through a cycle of action and reflection as youth work in collaboration with others through a process:

- applying what they are learning to community problems
- reflecting upon their experience
- achieving real objectives for the community
- achieving deeper understanding, competence, and skills for themselves

Most educators agree that Service Learning is a teaching strategy that applies education to student-identified community issues. As youth identify these issues, they learn that they are part of a community. Participants benefit by increasing their abilities and their self-confidence as well as enhancing their ability to work with people from diverse backgrounds. As an ongoing part of the process, youth frequently reflect on what they have learned about themselves, their community, and the problems they are seeking to address. In this way, youth develop a sense of caring for others and a better understanding of their role as active citizens.

For more information about Service Learning, check out our 4HCCS Service Learning curriculum guides for use with middle school and high school age youth at the Extension office or <http://www.n4hccs.org/>

Adapted from CA 4H Leader's Digest, University of California Cooperative Extension



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Washington County 4-H Webpage

<http://www.umext.maine.edu/Washington/washington4-H.htm>



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.

“To Make the Best Better”

“Learn by Doing”

Cooking with the Kids

Cherry Granola Hearts Healthy Holiday Recipe

Ingredients:

1/2 cup dried cherries or golden raisins
3 cups granola 1/2 cup all-purpose flour
1/2 tsp baking powder 4 tbsp butter or margarine, melted
1 large egg, lightly beaten 2 tbsp honey

Directions:

Preheat the oven to 350-degrees. Lightly grease two cookie sheets. In a small bowl, combine the dried cherries with enough hot tap water to cover. Set aside. In a large bowl, toss together the granola, flour and baking powder.
Stir in the butter, egg and honey until the mixture is evenly moistened. Drain the cherries and add them to the mixture, stirring until well combined. Scrape out the batter onto a clean surface and pat it into a 1/4-inch-thick rectangle.
Using a 1-1/2-inch heart-shaped cookie cutter, cut out cookies and place them 2 inches apart on the prepared cookie sheets. Reroll the scraps. Bake the cookies for 12 to 15 minutes, until they are golden brown around the edges. Transfer the cookies to a wire rack to cool completely.

Cooperative Extension, U.S. Dept. of Agri.
University of Maine, 5741 Libby Hall
Orono, Maine 04469-5741
OFFICIAL BUSINESS



Telecommunication Device for the Deaf (TDD) Phone Numbers 1-800-287-8957.

If you are a person with a disability and will need any accommodations to participate in any programs, please call the Hancock County Office at 1-800-287-1479 or Washington County Extension Office at 1-800-287-1542 to discuss your needs. Please contact us at least 20 days prior to the event to assure the fullest possible attention to your needs.

University of Maine Nondiscrimination Statement

In complying with the letter and spirit of applicable laws and in pursuing its own goals for diversity, the University of Maine system shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin, or citizenship status, age, disability or veterans status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the Director of Equal Employment Opportunities, 101 North Stevens, (207)581-1226.

What is a Demonstration?

It is an opportunity to show in 3 to 5 minutes a project that you know how to do. You take your audience step by step through to a finished project as you “show how” and “tell how.” Each demonstration includes a white poster 14” by 22.”



Who can do Demonstrations at the club level?

4-H boys and girls from the age of 5-8 as of January 1. This age will not be judged. Each will receive a participation ribbon.

4-H boys and girls from the age of 9-14 as of January 1. They are judged at this level.

Independents need to do their demonstration in front of an audience of their choosing.

Who can do Demonstrations at the county level?

The number of 9-14 year old winners from the club depends on the number of members in a club.

| <u>If your club has:</u> | <u>You can send up to:</u> |
|--------------------------|----------------------------|
| 1-12 members | 4 delegates |
| 13-16 members | 5 delegates |
| 17-20 members | 6 delegates |

Each club should choose an alternate that will attend finals in case someone doesn't make it.

The number of 5-8 year olds are chosen by the club leaders who feel they are comfortable enough to show to a larger audience. They are not judged but gain much from the experience.

What can I do for a Demonstration?

Here are some suggestions:

| | |
|--------------------------------------|-----------------------------------|
| <i>Make a First Aid Kit</i> | <i>Cooking</i> |
| <i>Make a simple craft</i> | <i>Setting the table</i> |
| <i>Prepare a package for mailing</i> | <i>Making a bird feeder</i> |
| <i>Display and care of the flag</i> | <i>Make a cookie-mix gift jar</i> |

Here is your chance to make everyone want to go home and try what you have demonstrated!

Date: Saturday, April 5

Place: Extension office, 34 Center Street in Machias

Time: 3:00 PM

Call the office by Friday, March 14th with the name of the demonstrators and the name of the demonstration for each individual.

For complete guidelines including judges score sheet go to web site

<http://www.maine4h.umaine.edu/demonstration.pdf>

or call the office at 1-800-287-1479.