



4-H Flash

A Newsletter for Washington County 4-H Participants

Welcome Diane Helder!

Hello everyone, I'm Diane Helder, the new 4-H Program Aide for Washington County. I'm looking forward to working with you and with our 4-H Youth Development Extension Educator, Jen Lobley. I'm a Washington County native who moved back here from Portland eight years ago to make sure my daughter Lucia, now 11, has roots as well as wings. Lucia has taken part in a number of 4-H summer day camps, and last year spent her first week at Tanglewood, which she loved.

I will be here on the job at 4-H for 20 hours a week for the next two years. One of my first tasks will be getting to know you all and hearing your ideas for making our great programs even better. Please don't hesitate to call me at 255-3345 or 1-800-287-1542, extension 13, or email me at dhelder@umext.maine.edu. You can also leave a message for me with support staffer Tara Wood if I am not in. I look forward to meeting and talking with you soon!



Diane Helder, 4-H Program Aide



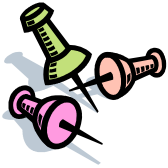
March 12- Multicultural Festival - 4:30-6:00 PM - Ellsworth High
March 12- UMaine Day at the Legislature
March 13- Applications for National 4-H Conference Due in Office
March 17, & April 14, & May 19- Horse Study Sessions
March 23- Harlem Globetrotters at the Bangor Auditorium
March 25- Ready Set Go Training - Ramada Inn Lewiston
March 31- New Deadline—ESE Dairy Goat Intent to participate
April 4- Washington County Demonstration Event
May 15-16- 4-H Edge Weekend at UMaine Campus (**New date**)
June 26-28- Maine 4-H Days at the Winsor Fairgrounds
June 26-28- Maine 4-H Days at the Winsor Fairgrounds
July 4-11- CWF

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

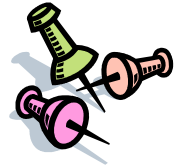
February 2009
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Washington County Bulletin Board Items



Horse Vaccination Statement 2009 - we have not changed the vaccination statement for horses participating in 4-H horse events in 2009. This is the statement we will use this year.

Please note that

- Rabies must be annual
- Coggins is good for three years unless the horse has been out-of state, then it has be done within a year.
- EVH-1 and Equine Influenza are tricky. Horse owners need to plan ahead for their last 4-H horse event of the year and not give the shot before six months before that event.

“4-Hers attending 4-H horse events in 2009 must provide proof of current, annual vaccination for rabies as well as a current Coggins test done by a veterinarian. EVH-1 and Equine Influenza are also **required**, horse owners may, however, administer their own EVH-1 and Equine Influenza inoculations and a sales receipt will be sufficient evidence for proof of vaccination.” EVH-1 and Equine Influenza are considered effective for six months. Plan the timing of your inoculations with your last event in mind.

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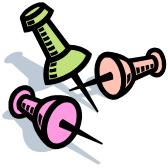
Flip N’ Flow - National 4-H Council has partnered with Nickelodeon's "Big Green Help" to create a brand-new, interactive online game--"Flip N' Flow"--featuring the network's animated boy-genius Jimmy Neutron. The game is in support of 4 H's Science, Engineering and Technology communication campaign to spark youth interest in science and prepare one million new young people for America's technology workforce.

Nickelodeon's "The Big Green Help" is a kid-led movement that provides information and tools to help explain climate change to young people, and connects them to energy-saving and earth-friendly activities in their everyday lives.

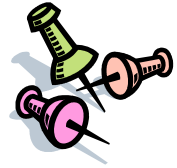
The "Flip N' Flow" game is available online at 4-H.org. Youth can play the game and access materials to share with friends. Check out this fun activity which gives youth and mentors the opportunity to learn about water conservation and challenges them to think about steps they can take to participate in going green!

Questions can be directed to Nancy Cole (301-961-2926) at National 4-H Council.





Washington County Bulletin Board Items



Wind Power Pilot Project- Open the newspaper or turn on the news and you might hear something about the possibilities of Wind Power. 4-H has a newly developed curriculum designed for middle school students to explore concepts around engineering and renewable energy. Youth at the Jonesboro Elementary School are trying out this new curriculum as a pilot site, providing feedback to the developers. They will try their hands at building model boats powered by wind, learn about wind speed, design pinwheels and construct wind turbines that will be able to lift a small load. If you have interest in learning more about the project or know of a teacher who might like to use the curriculum, please let us know. This would be a great series to use with homeschoolers!



Students at Jonesboro Elementary are working on creating boats to be powered by the wind.

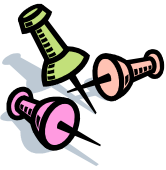
2009 4-H Robotics Expo-will take place on Saturday, March 21, 2009 from 9:00 a.m.—2:30 p.m. at Elm Street School, East Machias. Stop by and see what teams for area schools are doing with the project. In the morning, youth teams will have the opportunity to compete in a low-stress “science fair” format to share their creations with judges and the general public. Interested in getting involved with robotics? Check with your local school to see if they have a team or call the Extension office for more information on how to become involved!

Demonstrations Reminder— Each club should be holding their own club demonstrations during the month of February. The Washington County Demonstration event will be held on April 4th beginning at 2:00 p.m. at the office located at 28 Center Street in Machias. **Leaders be sure to call the office by February 20th with the name of the demonstrator and the name of the demonstration for the April 4th event.**

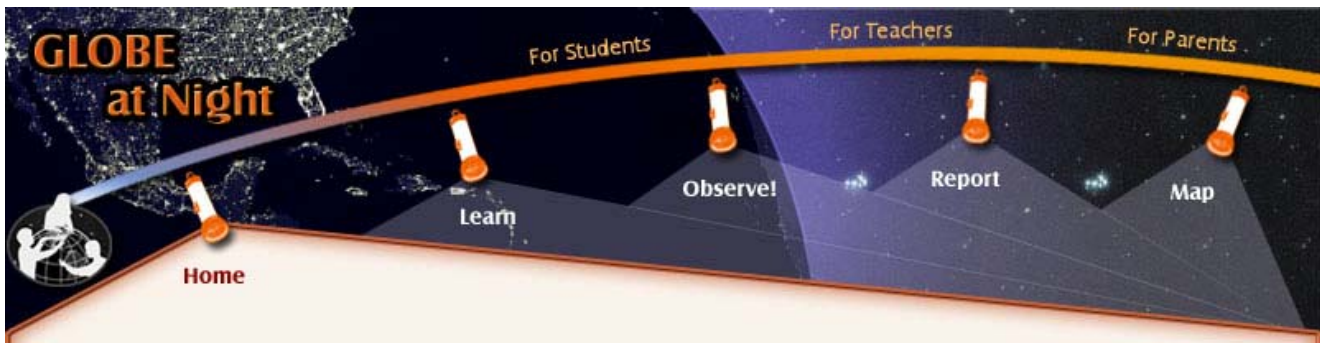
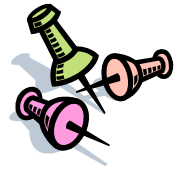
For tips, go to the website: <http://www.umext.maine.edu/4h/forms/projectrecord/demonstration.htm>. To view a demonstration, visit: <http://www.umext.maine.edu/washington/washington4-H.htm>

If you have any other questions, feel free to call the Extension Office at 255-3345 or 1-800-287-1542.





Washington County Bulletin Board Items



GLOBE at Night 2009- Here's an upcoming global event that can be done as a group, individual, or family event anytime over a 2 week period in March.

Mark your calendars for the GLOBE at Night 2009 event. March 16– 28, 2009

Thanks to everyone who participated in the 2008 GLOBE at Night campaign during February 25 - March 8, 2008 marked a monumental shift in human history when the number of people living in cities exceeded half the people on Earth. Because of the ambient light of urban landscapes, many city dwellers have never seen a sky full of stars. The 2008 campaign received measurements from **62** countries. Just over 4,800 of the measurements came from the United States, followed by 380 measurements from Hungary; and Romania, the Czech Republic, Costa Rica, and Spain each reporting over 100 observations. The final 2008 data sets are now available on the [Map](#) section.

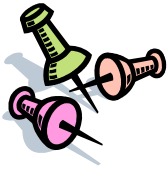
Go to [GLOBE at Night 2008 Results a Solid Step Toward IYA 2009](#) for more information about GLOBE at Night 2008 and the International Year of Astronomy (IYA) 2009.

Mark your Calendar for the **2009 GLOBE at Night campaign set for March 16-28**. Check the Globe at Night website for lessons, instructions, and more information. <http://www.globe.gov/GaN>

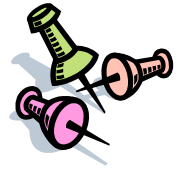
Five Easy Star-Hunting Steps:

- 1) Find your [latitude and longitude](#). (it's a great way for 4-Hers to practice their GPS skills)
- 2) [Find Orion](#) by going outside an hour after [sunset](#) (about 7-10pm local time).
- 3) Match your nighttime sky to one of our [magnitude charts](#).
- 4) [Report](#) your observation.
- 5) [Compare](#) your observation to thousands around the world.





Washington County Bulletin Board Items



Tanglewood 2009 Program Guides Available

Tanglewood 4-H Camp and Learning Center is a nonprofit organization partnering with the [University of Maine Cooperative Extension](#) to accomplish a common goal—"to leave no child or adult inside".

Tanglewood has been getting the people of Maine outdoors and teaching them to be respectful protectors of the Earth for more than 25 years, reaching over 3,500 youth and adults each year. Our programming is year-round, providing affordable nature-based experiences for all ages from two locations.

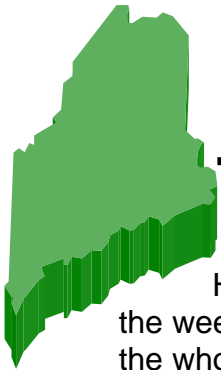
The 2009 Tanglewood Program Guides are now available. Please contact our office if you would like a copy sent to you. You may also visit www.tanglewood4h.org for more information.



Here in Washington County, A Naturalist Camp - 4H GPS/GIS is an alternative to Conservation Camp for ages 12 - 15, where campers will "Get Outdoors" to learn about our wildlife and their surroundings including woods, water, land and air. An ATV certification course will be included and a GPS/GIS course with actual lab time at UMM will be offered. Bring your cameras for tips on photography! COST: \$250.00 (4H members \$150.00) DATES: 7/5 - 7/10 For more information, please visit <http://www.greenlandpoint.com/Home.html>.

The Secret Life of Bees: 4-H Connection- Many of you may know that National 4-H Council has partnered with Fox Searchlight Pictures' feature film, "The Secret Life of Bees" to support 4-H's Science, Engineering and Technology communication efforts. Nearly 700 4-H professionals enjoyed this fabulous film, based on the novel by author Sue Monk Kidd, during an exclusive 4-H screening at the Galaxy III Conference in Indianapolis. This exciting partnership also revealed that Ms. Kidd is a 4-H alumna who credits her 4-H club experience in entomology and reading as a positive force in her life and career: "Wouldn't you know-- my history with 4-H has to do with books and bugs. So perhaps it is not completely surprising that I grew up not only to read books, but write them, and that one of those books was about the secret life of the Apis Mellifera." You can find out more about the film, read Ms. Kidd's full story, follow her on a special backstage tour, and view special souvenirs by visiting www.4-H.org. "The Secret Life of Bees" was released on October 17 to great reviews and is in theaters everywhere now. Please direct any questions to Nancy Cole (301-961-2926) at National 4-H Council.





Maine State 4-H News

1. Maine 4-H Days

Hold the date for Maine 4-H Days this year. Come to the Windsor Fairgrounds the weekend of June 26, 27, and 28 for a weekend filled with fun learning activities for the whole family. There will be various animal tracks, exciting enrichment tracks and this year we will add a volunteer track for 4-H leaders and parents.

2. National 4-H Congress and Conference Applications

Applications are now being accepted for the chance to attend the National 4-H Congress in Atlanta in 2009 and the National 4-H Conference in Washington in 2010. Congress is a five day leadership development conference where youth meet other 4-Hers from all over the country, learn new skills, participate in community service and enjoy special events. The National 4-H Conference is held at the National 4-H Conference Center just outside of Washington, DC in March where 4-H delegations from every state meet to share ideas and make recommendations for the future of 4-H. Delegates participate in activities that emphasize civic engagement, youth-adult partnerships, and professional development. If you are between the ages of 14 and 18, and would like to attend Congress in November 2009 or Conference in March, 2010, you can apply now. Deadline for your application is March 13, 2009 and more details can be found at www.umext.maine.edu/4h/events/natltripsletter.htm or contact your county Extension Office for details.

3. Horse Study Sessions

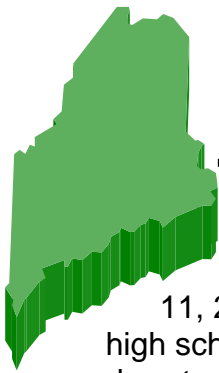
4-H Horse Members! Study sessions for horse knowledge have begun again. Study sessions will be done by video conference at various high schools throughout the state one Tuesday night of each month until May from 6-8pm. The study sessions will be held at eight different high schools around the state: Hampden Academy, Lewiston HS, Sanford HS, Oxford Hills HS, Houlton HS, Nokomis HS in Newport, Hall-Dale HS in Farmingdale and Mount Blue in Farmington. The dates are: March 17, April 14, and May 19.



Who should attend? Anyone who would like to learn more about horses or might be interested in the Eastern States Equestrian Team, the Communications Team, the Hippology Team, Horse Judging Team or the Horse Quiz Bowl Team. These will be interactive study sessions with other 4-Hers from all over the state.

Updates and cancellations will be on the website at <http://www.umext.maine.edu/4h/resources/horse/study.htm> or contact Kate Slattery at slatterk@sad44.org or 836-3217 for more information.





Maine State 4-H News

4. Citizenship Washington Focus (CWF)

Start making plans now to visit our Nation's Capitol during the week of July 4 to 11, 2009. **CWF** 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 July 4 and return on July 11, 2009. 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 will have their own selection process. Because of the reduction in investment funding within the 4-H Foundation, the expected cost this year could be as high as \$1300 per youth for this leadership experience.

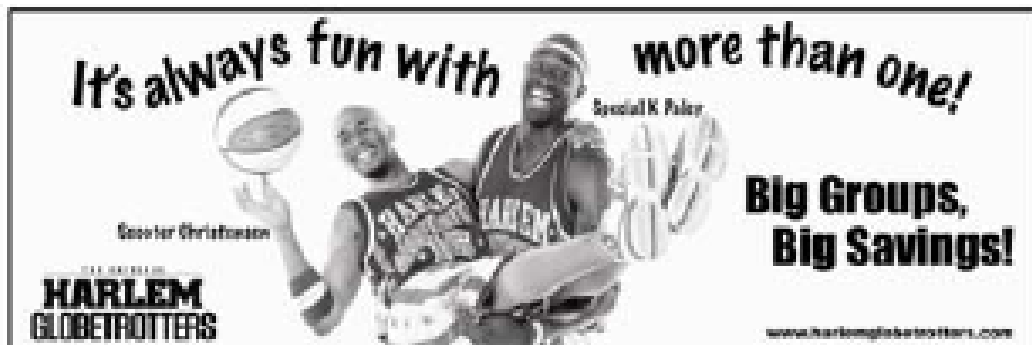
5. New Members to Animal Science Committee

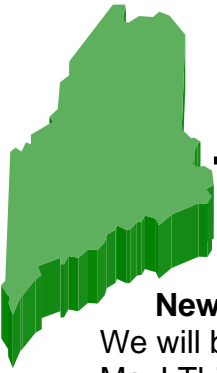
At the Animal Science Committee semi-annual meeting on November 1, 2008, **Amberosity Davis** was accepted as a new youth member to the Dog Committee. The Animal Science committee helps to develop and implement educational programs for Maine 4-H members interested in a particular animal species. You can learn more about the committee at www.umext.maine.edu/4h/manual/attach/ascmemresp.htm.

6. Harlem Globetrotters

Maine 4-Hers have an opportunity to buy bulk rate tickets to the Harlem Globetrotters basketball game at the Bangor Auditorium on Monday March 23, 2009. Discount tickets for 4-H members, volunteers and staff are \$16 each, as well as a \$.50 handling fee for processing and mailing the tickets. The game starts at 7:00 pm but we are invited to their SPIN Healthy Lifestyles program before the game at 5:30 pm.

4-H leaders and members can place an order for tickets at their County Extension office. Payment must be received when you order tickets by February 9, 2009. We are ordering early to get the best seats You can see the informational flyer on our website under What's New at <http://www.umext.maine.edu/4h/whatsnew.htm>. View the Harlem Globetrotters website at www.harlemglobetrotters.com.





Maine State 4-H News

7. 4-H EDGE: Connecting Kids to Campus May 15 – 16, 2009 University of Maine

New Time – same Great Conference!

We will be holding our 3rd Annual 4-H EDGE: Connecting Kids to Campus Weekend in May! This year we are going to be doing something new! After consulting with some of the youth and parents who attended last year, we have decided to hold EDGE as a Friday-Saturday event instead of Saturday-Sunday as we have in the past. One of the main reasons we want to do this is to provide time on Friday night for all of our participants to get to know each other by starting out with games and recreational events. We've heard from past participants that they finally just get to know everyone when it is time to go home – this way you can start making new friends right from the start.

We plan to have an even bigger selection of exciting and engaging workshops on Saturday May 16 along with the ever popular lunchtime panel.

For parents we are investigating on-campus housing for Friday night (don't worry, kids, they'll have their own building!) and Saturday parent workshops with both some old favorites and a variety of new offerings.

So if you are between the ages of 11 and 15 and want to check out what college might mean for you by spending time on campus and doing hands-on learning about some of the programs and classes offered at the University of Maine, save the date and watch for registration information in mid-March!

We're hoping to have 100 kids come to campus this year so you can help us recruit by telling all your friends about what is waiting for them at the University of Maine!

8. Ready Set Go Training: Supporting Military Children and Families

The Military Child Education Coalition's™ Living in the New Normal (LINN)™ training is a two-day professional development program that prepares school guidance professionals, educators and community members to recognize and address the issues facing children dealing with separation from a loved one or experiencing trauma, grief and loss due to the loss or injury of a loved one. It provides concerned adults with information to help support children during these times of uncertainty and gives them the framework to enable them to support families to ensure that their children have the tools to bounce back from life's storms and stressors. The MCEC's LINN™ efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be strengthened through deliberate encouragement

Date: March 25, 2009

Time: 8:30am – 3:30pm

Location: Ramada Inn Lewiston

Cost: \$25.00

Registration: Call 1-800-287-1481 to request registration form or your Extension Office

Deadline: March 17





Maine State 4-H News

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

UMaine Day at the Legislature, Thursday, March 12th, 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 25 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 12th, 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 2009 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 12th". Your slot will be reserved if you leave this complete information:

- full name
- age
- 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.

10. ESE Dairy Goat Intent to Participate NOTE: New Deadline

Maine Eastern States Dairy Goat Team The Dairy Goat Animal Science Committee wants to invite youth who are between 12 and 18 in 4-H years, and in at least their second year of the Dairy Goat 4-H project to tryout to be a part of the Maine ESE Dairy Goat team. Youth who are interested in this opportunity must submit an **intent to participate** by March 31, 2009. This form is available at: <http://www.umext.maine.edu/4h/resources/goat.htm>. Submitting an intent form does not guarantee a position on the team and does not commit a youth to participating.

Those who are unsure are encouraged to submit the form as it is required as part of the tryout criteria. *No late forms will be accepted.*

Tryout information will be available soon at the same website. If you have questions about the process please contact Jennifer Mellett, Activity Coordinator at 283-4098 or JenMellett@aol.com.



Jen Lobley

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Diane Helder, 4-H Program Aide

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Tara Wood, Support Staff

twood@umext.maine.edu

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

Strawberry Smoothie

Ingredients:

- 2 ice cubes
- 1 cup milk
- 1/3 cup cottage cheese
- 2/3 cup frozen strawberries
- 1 1/2 tsp sugar
- 1 tsp vanilla extract



Directions:

1. Pour all of the ingredients into the blender
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy

http://kidshealth.org/kid/recipes/recipes/straw_smooth.html

UMaine Cooperative Extension
28 Center Street
Machias, ME 04654



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.