



4-H Flash

A Newsletter for Washington County 4-H Participants



In the Spirit of Giving!

When you think of eight year olds and birthday parties, you think of friends, cake, ice-cream, and presents, right?

Not Julia Leighton, member of the Smiles and Buttons 4-H Club. She put a different twist on her recent birthday party. She still included her friends, the cake and the ice-cream, but asked for something different. "I decided I didn't need many presents," stated Julia. "Instead of bringing me a gift, I asked the people I invited to bring food for the food pantry." And bring food they did! Julia donated nearly 100 pounds of food to the food pantry located at the Centre Street Congregational Church in Machias. When asked if she would do this again, she said, "Oh yes! And one of my friends thought it was a really good idea and she wants to do it for her party!" As a 4-H member, Julia used her **hands, head** and a whole lot of **heart**. What a difference we can make in the world... starting with just one person and one idea at a time! Great job, Julia!



January 15 Office Closed– Martin Luther King Jr. Day
March 10 Washington County 4-H Demonstrations

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>

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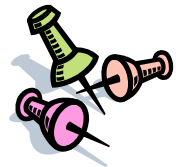
Colleen's Corner



Happy New Year! Thank you for getting your re-enrollment forms in. I am looking forward to visiting all clubs this year and hoping to add some new county events. March is just weeks away and I would encourage you all to gear up for the 4-H Demonstrations. This is a great opportunity for youth to tryout their public speaking abilities and to be the teacher. Start by helping youth chose a topic, talk to them about the basics of a good demonstration- information can be obtained from <http://www.maine4h.umaine.edu/demonstration.pdf>, and then allow for time for two to three youth to present their demonstration to other club members during each of your meetings in the upcoming weeks. Each club will be allowed to send up to three participants to the countywide event on Saturday, March 10. I hope to see you all there!



Bulletin Board Items



Insurance

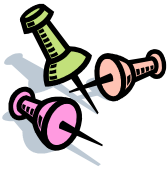
The Pine Tree State 4-H Foundation will provide the annual American Income Life accident insurance for all 4-H members and leaders in 2007. You must be re-enrolled by December 29th to be included in this offer. This is the annual \$1 per member and \$2 per member in the horse project that some of you currently utilize.

National 4-H Congress

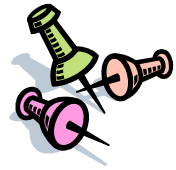
The National 4-H Congress was held November 24-28 in Atlanta, Georgia. Five delegates represented Maine: Erica Benson of Gorham, Sarah Flewelling of Pittsfield, Raymond Gushee-Frost of Fryeburg, Melissa Larrabee of Litchfield, and Stefan Winslow from Falmouth. These youth participated in leadership training workshops and attended large group assemblies with 1,000 other 4-Hers from across the United States. Delegates attended workshops designed to develop leadership skills as well as plenary sessions with outstanding speakers and entertainers. Delegates also participate in a service learning experience where they participated in hands-on service learning projects. There were several different tours of the city to choose from as well.

Delegates had an opportunity to participate in several different community service projects from helping out in several different Atlanta city schools to helping decorate Christmas trees for one of Atlanta's great displays. Erica Benson represented Maine at the dedication of the "Clover House," a house built by Habitat for Humanity together with funding from 4-H Congress delegates who have contributed for the past four years for a deserving grandmother and her family in Atlanta. All the states brought house-warming gifts for the family too. You can see a photo of the Clover house dedication at: <http://www.maine4h.umaine.edu/congress.htm>.





Bulletin Board Items Cont.



National 4-H Conference



The National 4-H Conference is a five day youth conference held at the National 4-H Conference Center just outside of Washington, DC on March 23 to 28, 2007. 4-H delegations from every state meet to share ideas and form 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 19, and would like to attend the National 4-H Conference in 2008, you can apply this spring. More details will be in your county newsletter.

Citizen Washington Focus

Start making plans now to visit our Nation's Capitol during the week of the 4th of July. **Citizenship Washington Focus** is a leadership program conducted by the National 4-H Council for high school youth ages 15 to 19. 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 June 30 and return on July 7, 2007. 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.



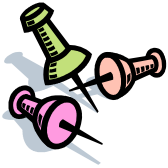
Maine State Hippology Program

THANK YOU FELLOW HORSE LOVERS for all your donations of tack, books, barn equipment and even one Shetland pony !!!! With your help this program has grown over the past 7 years and has sent teams to successfully compete at state, regional and national events. Some of the team members have gone on to work at big barns in Kentucky! Hold successful jobs in the field they love = HORSES.

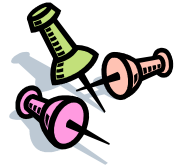
Once again I am seeking your generous nature; asking for donations of old, broken or no longer used tack, barn items, books, magazines anything we can use to education our 4-H youth. In the past we have had donations ranging from bits to a treadmill and every bit of it has been helpful. I would like to thank all the past donors, the Pine Tree State 4-H Foundation and hippology coaches for all the efforts and time spent on this worthwhile program. For more information about the program contact:

Cathy Thomas: Hippology@midmaine.com or call 207-582-0037.





Bulletin Board Items



4-H Project Records-Good News!

As you get started with the new 4-H year, now is the time to get started with your project record. We encourage each member to keep at least one project record throughout the year. These will become invaluable as members reach their teenage years and are able to apply for travel awards and scholarships. This year we have changed the Intermediate 4-H Project Record (for youth ages 9 and up) slightly in an effort to make them easier to use. Revisions include the following:

1. You only have to fill out one cover sheet with your basic information and record of leadership roles, community service and awards. So whether you do one project record or three, you only have to write the information once.
2. The project record has been set up sequentially. In other words, you won't be asked to write about what you learned in your project (a reflection question that takes place after completing the project) on the first page.
3. The financial record has been simplified and is only required if you are doing a livestock project. It is optional for other types of projects, depending on whether or not it makes sense for you.
4. You can download the project record from our Washington County 4-H website: <http://www.umext.maine.edu/Washington/washington4-H.htm> and print it off to fill in by hand OR you can save the document to your computer and type your information directly into the document.

More questions about project records? Don't hesitate to contact Jen or Colleen!

Discover the joy of hosting an exchange student

Maine host families are needed for Japanese high school age youth. Japanese delegates hope to spend a school year here and become part of a Maine family. They bring their own spending money and insurance. Hosting a student means more than making room in your family for a new member, and "room" goes beyond simple bed and board. Adults in the family become "parents" for the delegate; children become the delegate's siblings. In short, the family is expected to treat the exchange student as they do all other family members. Now more than ever, your family can make a difference by hosting an international student. Making the life-long dream of a student come true and contributing in a significant way to global peace and understanding. Host Families with children ages 11 to 18 are also needed for a month this summer. For more information contact Jill Coffren, 207-645-3248 or jcoffren@umext.maine.edu

Maine 4-H Days

Mark your calendars now for Maine 4-H Days this summer at Windsor Fairgrounds, **July 6, 7, 8, & 9**. It will be a weekend full of personal enrichment workshops as well as livestock events. Camping is encouraged and entire families are welcome.



4-H Curriculum

Have you ever used the 4-H curriculum with your club members? Why not try something new this year! All of our 4-HCCS curriculum is designed to be used experientially; through experiences where they can see, touch, smell and interact with the subject matter. The activity guides are filled with fun and engaging activities that have been designed and critiqued by professionals at land-grant universities throughout the United States.

The Extension office has sample curricula that you are welcome to preview before making a purchase. Or visit the website at www.n4hccs.org to see descriptions of the curriculum, sample lessons and additional on-line project resources. You don't have to be an expert in the project area to use the curriculum and it's a great way for you to learn along with the youth!



New Curriculum Now Available

Computer Power Unlimited- this series will help anyone who uses a computer learn something new! It provides youth new skills and challenges to increase their competence and value in the digital community regardless of their current computer skills.

Exploring 4-H Robotics- This robotics curriculum using the LEGO Mindstorms project is an ideal way to introduce science math, engineering and technology skills will teaching life skills. You learn to build and program a robot to perform increasingly difficult tasks.

Afterschool Agriculture- each of these theme-based guides contains 40 hands-on lessons designed to increase agricultural literacy while developing youths understanding, appreciation and application of science through a variety of agriculturally-based activities.

Other Curriculum Favorites

Keeping Fit and Healthy- Youth practice first aid skills, use a self-assessment tool to identify personal talent areas, and design their own personal fitness plan.

Microwave Magic- contains exciting youth activities that focus on using the microwave to prepare everything from simple snacks to complete meals.

Bicycle Adventures- start a bike club and learn essentials for riding safely, practice bike maintenance, and design a bike events and activities that the whole group can enjoy.

*** There are also guides available for animal projects: from meat goats and dairy cattle to horses and poultry, these are a great resource!**



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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

“Crunch Concert” Cones

Ingredients:

Ice cream cones with flat bottoms
Pretzel sticks, small crackers, popcorn
Crispy cereals - squares, O's, flakes, and
shapes
Dried fruits - raisins, craisins...
Nuts - almonds, walnuts, peanuts



Place serving spoons or tongs in each serving dish. Invite everyone to fill an ice cream cone with their choice of crisp grains, fruits and nuts. Wait until everyone has filled their cone and is seated before anyone eats. Don't speak just listen to the “crunch concert” made from the sound of chewing. Soon there will be giggles in the band. Serve with a natural toothbrush like celery and carrot sticks or sliced apples.

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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.

4-H Demonstrations-Mark Your Calendars!

It's not too early to start working on demonstrations with your club members. Our countywide demonstrations will take place on **Saturday, March 10, 2007**. This competition is for youth between the ages of 9 and 14. Younger youth, ages 5-8 are encouraged to participate at the club level for the experience and based on leader recommendation, may participate in the county event.

What's a 4-H Demonstration? A 4-H member chooses something they can explain to the audience while demonstrating the steps in the process. The demonstration should last about 3 minutes.

What would I talk about? Anything from techniques for frosting a cake or cleaning a saddle to making homemade dog biscuits or how to arrange flowers, as long as you can do it and explain what you are doing.

Does my demonstration have to be related to my 4-H project? No. If you are in the horse project, your demonstration does not have to be horse-related. It could be totally unrelated such as how to tie-dye socks.

As a leader, what is my role?

Leaders, now is the time to start talking about this event and reviewing the guidelines with club members.

Have club members begin to choose their topics.

Begin scheduling one or two people to do their demonstration for the club members during the next few upcoming meetings. You and the club members should provide feedback for areas of improvement. The club members will choose up to three people from their club to participate at the county event.

For more information, go to the Washington County 4-H website <http://www.umext.maine.edu/Washington/washington4-Hmem.htm> to review the Demonstration Guide. Call the office if you have more questions!

