



4-H Flash

A Newsletter for Washington County 4-H Participants

Welcome New Volunteer!



The Washington County 4-H program welcomes Tammy Carle, our newest 4-H leader. Tammy was a 4-H member as she was growing up and has had experience with the program in South Dakota, Minnesota, Connecticut and Massachusetts. Tammy looks forward to starting a club in the Princeton area. Her project areas of interest include dog, rabbits and poultry. Welcome aboard Tammy!

GIS Event-Right Here in Machias!

Are you working on a GIS mapping project at school with your class or on your own? If so, check out the inserted flyer. The GIS department at the University of Maine at Machias is hosting the first annual regional GIS competition. Enter your project in the poster contest and participate in fun GIS and geo-caching activities. Need more information? Check out the following link at <http://www.megischamps.org/>.

Update on 4-H Program Aide Position

We are currently in the process of reviewing applications for the 4-H Program Aide position. In the mean time, don't hesitate to contact the office should you have any questions and Tara and Jen will do their best to assist you!

Newsletter To Be Emailed

Due to the drastic budget cuts that the University of Maine Cooperative Extension is experiencing, we have been compelled to reduce the amount of unnecessary mailings that we send out. In an effort to continue to keep 4-H members and leaders informed by way of a newsletter, this will be the last paper-print newsletter that we send in the mail. You will receive an e-mail with a PDF version. The newsletter will also be available on the Washington County 4-H website as usual. For those who do not have e-mail, you will continue to receive the newsletter via USPS mail.



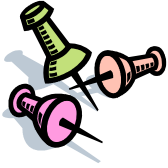
- Jan. 19** Martin Luther King Jr. Day - Extension Office Closed
- Feb. 14-16** Winter Outdoor Survival Weekend - see page 6 for details
- March 12** Multicultural Festival - 4:30-6:00 PM - Ellsworth High
- March 12** UMaine Day at the Legislature
- March 13** Applications for National 4-H Conference Due in Office
- March 23** Harlem Globetrotters at the Bangor Auditorium
- April 4** Washington County Demonstration Event
- May 16-17** 4-H Edge Weekend at UMaine Campus
- June 26-28** Maine 4-H Days at the Winsor Fairgrounds

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>.

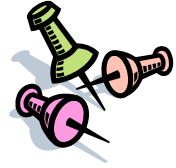
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Washington County Bulletin Board Items



Demonstrations Reminder

Each club should be holding their own club demonstrations during the month of February. **Leaders be sure to call the office by February 20th with the name of the demonstrator and the name of the demonstration.**

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.

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.

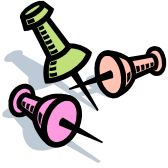
Good Luck to all!

Tips for Preparing A Demonstration

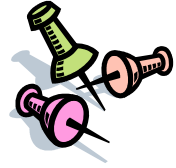
1. Pick a **topic** by asking yourself these questions:
 - Am I interested in this topic?
 - Will others find it useful or interesting?
 - Does it have a simple main idea and logical steps that can be shown in 5 minutes or less?
 - Can I find enough information?
 - Can I easily find props and materials?
2. Pick a **title** that will arouse the interest of your audience. One of your posters should show your title.
3. Your introduction should catch the interest of your audience in the first 15 seconds! Start with a question or a short snappy sentence. "Help, my bunny is a giant fur ball!"
4. The **body** of your talk should explain the points or demonstrate the steps you wish to show clearly and in logical order. Use a poster or two to list your steps.
5. Select **materials** that are familiar to you and easy to use and see. Arrange on a tray in step by step order. Use clear containers if people need to see inside.
6. **Conclusion:** Neglecting to have a well defined end to their talk is the most common mistake speakers make! Show the finished product. Summarize the main thing you wanted the talk to teach. Show your poster again. End by asking for questions or thanking the audience for their attention!

Taken from Aroostook County's Newsletter





Washington County Bulletin Board Items



YOU ARE INVITED TO PARTICIPATE IN A MULTICULTURAL FESTIVAL

The Afterschool Program is hosting this EXCITING event. This is an opportunity for clubs or Independent 4-H members to learn about another country and then share their knowledge about their country in a fun festival activity.



WHEN: Thursday, March 12, 2009

TIME: 4:30- 6:00 PM

WHERE: Cafeteria at the Ellsworth High School

CONTACT PERSON: Deborah Arnold at 667-4722 x 5516 or email darnold@ellsworthschools.org

DEADLINE: Friday February 13th will be the last chance to notify Deborah

CHOOSE A COUNTRY (Only one country per club so have a second and third choice ready when you call Deborah)

Each group is asked:

- To design a stamp for the passport that travelers take from "country to "country."
- To have a craft, game or some type of hands-on activity.
- To have tiny food samples representing that country with the recipe.

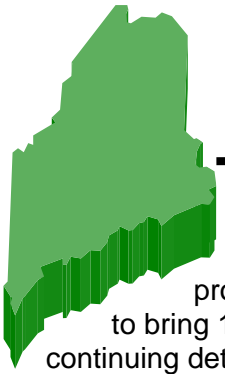
Other ideas might be:

Costumes, posters, maps, native dance, paper mache, art work, music and information about that country.

See how creative you can be to promote the country of your choice.

DON'T MISS THE FUN!





Maine State 4-H News

1. 4-H EDGE Weekend – It's BACK..... Plans are underway for the 4-H EDGE Weekend 2009: Connecting Kids to Campus! We had such fun the past two years and this year promises to be even bigger! So put May 16 and 17 on your calendar right now. We are hoping to bring 100 kids to EDGE this year and we want to see you! Keep watching your newsletter for continuing details.

2. Market Beef- 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, 2009. The forms are available at your county office and on- line at <http://www.umext.maine.edu/4h/forms/beef/beefintent.htm>. We will not mail out forms this year. 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, 2009.

3. 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.

4. National 4-H Conference

Eight delegates from Maine will attend the National 4-H Conference March 28 to April 2, 2009. They are Katie Thoutte, Sky Critchfield, and Dana Hayward from Cumberland County, Jodi Harnden from Franklin County, Anthony Severance from Hancock County, Molly Lindsey from Kennebec County, Katlyn Keane from Oxford County, and Grace Gonnella from Penobscot County.

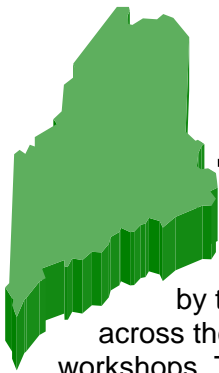
This five day youth conference is held at the National 4-H Conference Center just outside of Washington, DC where 4-H delegations from every state meet to share ideas and make recommendations for the future of 4-H. Delegates participate in activities that emphasize civic engagement, youth-adult partnerships, and professional development.

If you are between the ages of 14 and 18, and would like to attend the National 4-H Conference in 2010, you can apply this spring. 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 you county Extension Office for details.

5. Horse Study Sessions- 4-H Horse Members! Study sessions for horse knowledge will start up again in January. 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.

The dates are: January 20, February 10, 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. **Washington County horse project youth and leaders...if this is of interest to you, please let the office know!**





Maine State 4-H News

6. 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 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 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.**

7. Infovets Educational Materials- Give that animal lover something special for the holidays! Order a CD for your favorite person who wants to learn more about the animals they love. For \$27.95 each (includes shipping & handling), you can obtain a CD to gain knowledge about your cat, dog, horse, goat, sheep, beef or dairy. If you prefer the book style, you can purchase the manuals for all the groups mentioned. The manuals cost \$80.95 each (includes shipping and handling). Mail your requests along with a check made out to York County Shepherds to: UMCE – Donna Flint, 21 Bradeen Street, Suite 302, Springvale, ME 04083 For more information contact Donna at 1-800-287-1535 or 324-2814.

8. New Members to Animal Science Committee- Eight new members were nominated and accepted to the Animal Science Committee at the semiannual meeting on November 1, 2008. The Animal Science committee helps to develop and implement an educational program 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.

Dog Committee: Amberosity Davis, Hancock County

Horse Committee: Sara Fernald, Androscoggin County Jodi Johnson, Oxford County

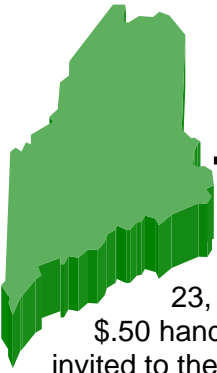
Goat Committee: Barb and Scott Raymond, Piscataquis County Robin Pellerin, Penobscot County Annie

Treworgy, youth member, Penobscot County Meagan Walker, youth member, Franklin County

Sheep Committee Wendy Reinemann, Knox/Lincoln Counties Nancy Burnham, Cumberland County

9. Help for Maine Horses in Need- Some horses in Maine are facing a difficult winter. With rising costs of hay, fuel, grain, a worsening economy & job losses some horse owners may not be able to care for their horse. The Maine Farm Bureau Horse Council is putting together a list of Farmers Helping Farmers. If you can help with any of the following, please contact the Farm Bureau office at 1-800-639-2126 or email jjennings@mainefarmbureau.com with what you are able to do. The Farm Bureau will list names, contact information and resources available on their website. Let them know if you can provide any of the following: Feed donations, what type and how much, fostering horses and how long, trailering and transportation, cleaning of stalls, training, mentoring for new horse owners. For more information call 1-800-639-2126.





Maine State 4-H News

10. 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.

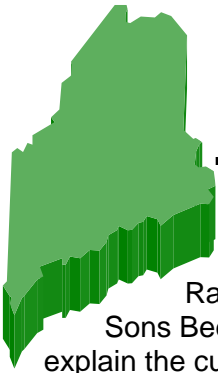
You can see the informational flyer on our website under What's New at <http://www.umext.maine.edu/4h/whatsnew.htm>. View the Harlem Globetrotters website at www.harlemglobetrotters.com.

11. Involve all 4-H members in Youth Community Action in 2009- Whatever the project or activity, 4-H members can be involved in community action. We all want youth to gain skills needed for responsible citizenship, service to community, and the ability to take leadership roles. The Youth Community Action team (formerly called Youth in Governance) encourages each 4-H club, each 4-H after-school program, each 4-H family, each 4-H group to incorporate *4-H's civic engagement programs in all 4-H work. Civic engagement empowers youth to address issues that are of concern to them through hands-on adventures that inspire powerful personal growth and positive community change. Stretch even further and raise youth aspirations by providing opportunities for career exploration and acquiring entrepreneurial skills.* Remember, **4-H is a community of young people across America who are learning leadership, citizenship, and life skills.** Please report all of your Youth Community Action events or activities to your 4-H Educator to help demonstrate the impact of our 4-H program in Maine communities. On November 22, 2008, 18 youth and 6 adult partners gathered in Bangor and learned to mobilize to make a difference They identified three statewide action projects they would like to do in 2009: - Statewide Youth newsletter - In-state exchange program - Raising awareness of Maine 4-H If you would like to - Join any of these project teams, or - Help the Youth Community Action Team create a workshop for EDGE and Maine 4-H Days, or - Share your ideas for mobilizing or connecting teens and all 4-H youth state-wide, then Please contact one of three 4-H Educators serving on the Youth Community Action Program Leadership Team: - Barb Baker, Penobscot/Piscataquis – bbaker@umext.maine.edu – 942-7396, 1-800-287-1485 - Debra Kantor, Somerset – dkantor@umext.maine.edu – 474-9622, 1-800-287-1495 - Jane Haskell, Waldo – jhaskell@umext.maine.edu – 342-5971, 1-800-287-1426

12. Winter Outdoor Survival Weekend- Saturday, February 14th to Monday, February 16th At the University of Maine 4-H Camp and Learning Center at Bryant Pond Sponsored by Operation Military Kids and the UMaine Cooperative Extension Learn the survival skills everyone who lives in Maine should know! Have fun and meet new friends! Learn valuable winter survival skills like how to build fire without matches, build a snow shelter, cook over an open fire, and understand what to do if you fall through the ice.

Learn about animal tracking, water purification, ice fishing and much more! Open to youth ages 13 – 18 Cost \$30 Registration forms are on-line at <http://www.umext.maine.edu/4h/youth/survcamp/> or from your local County Extension Office. Directions to the University of Maine 4-H Camp and Learning Center at Bryant Pond are at www.extension.umaine.edu/briantpond. Please mail the registration form, health form and payment to the Kennebec County Extension Office, 125 State Street, 3rd Floor, Augusta, Maine 04330-5692 Registration Deadline is February 2, 2009 Questions? Call Karen 1-800-287-1481 or Susan 1-800-287-1482 or 655-2068.





Maine State 4-H News

13. New Hampshire Dairy Goat Seminar – Understanding Your Butcher’s Cut Sheet

Farm and Forest Exposition Saturday, February 7, 2009 from 9:00am to 12:30pm

Radisson Hotel, Salon D, 700 Elm Street, Manchester NH Info: Rick Lemay from Lemay and

Sons Beef in Goffstown, NH will lead a question and answer session on Meat Cutting. He will

explain the cuts of meat available from both lamb and goat carcasses.

Handouts will be provided. Registration, at the door, \$5.00 per family and anyone 4-H age is free. The proceeds go toward the conference and the 4-H dairy goat activities. Schedule: 9:30 ADGA District #1 Meeting, President Phil Cassette, ADGA Director

10:00 Understanding Your Butcher’s Cut Sheet

12:15 Discussion and Questions

12:30 Adjourn

If you would like accommodations to participate in the program, contact Tina Savage before January 25th at 603-447-3834.

14. 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.

15. Horse Fun Day- Coming in February - Horse Fun Day get together. This is a chance to meet other 4-Hers interested in horses and attend horse science workshops. Learn how to try out for the competitive teams that travel to regional and national competitions. The Hippology Team, Horse Judging, Quiz Bowl, and Communications Teams will have works shops as well as learning how to try out for the Eastern States Team. There will also be a parent’s forum, and Cloverbud topics. Bring a lunch and save the dates of February 15 or 22. More information will be coming on the 4-H Website at www.umext.maine.edu/4h/resources/horse.htm .



Jen Lobley

4-H Youth Development Educator
for:
Hancock & Washington Counties
jlobley@umext.maine.edu

Washington County Office

28 Center Street
Machias, ME 04654
Phone: 1-800-287-1542
207-255-3345
FAX: 207-255-6118

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

No-Bake Cookies



Makes 4 servings, 2 cookies each

Ingredients

- 8 whole-wheat graham cracker squares, finely ground
- ¼ cup raisins
- ¼ cup smooth natural peanut butter
- 2 tablespoons plus 2 teaspoons honey
- 4 teaspoons unsweetened coconut

Instructions

Combine ground whole-wheat graham crackers, raisins, peanut butter and honey in a small bowl. Pat into 8 cookies and press lightly in coconut.

Recipe can also be found at:

http://www.eatingwell.com/recipes/no_bake_cookie.html

UMaine Cooperative Extension
34 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.



First Annual

Maine State GIS Championships *for Middle & High School Students*

Regional Events, 2009:

- Poster competition for middle & high school students
- Fun GIS & geocaching activities for everyone

Eastern Maine GIS Championships

University of Maine at Machias, February 28 ~ giscenter@maine.edu

Northern Maine GIS Championships

University of Maine at Presque Isle, March 14 ~ munstson@ainop.com

Central Maine GIS Championships

University of Maine- Farmington, April 4 ~ mccannorv@maine.edu

Southern Maine GIS Championships

University of Southern Maine, April 11 ~ vralsarise@usma.maine.edu

Virtual GIS Championship

Deadline for submission, April 15 ~ giscenter@maine.edu

Winners in 4 Categories:

Middle School Individual

Middle School Team

High School Individual

High School Team

All regional events take place on Saturday from 10am to 4pm
Regional champions from each category will be invited to enter the final statewide competition.

Maine State GIS Championship Finals, 2009

Hosted by the University of Maine at Machias

Friday, June 12th at 5pm through Saturday, June 13th at 4pm

At the final competition, students will...

- Stay in university dorms and eat in the cafeteria for free
- Use free satellite imagery with professional GIS software in the university lab
- Learn advanced GPS techniques using professional equipment
- Explore geospatial careers
- Meet geospatial professionals & representatives from colleges & universities

Interested? Visit <http://www.megischamps.org/>

Questions? Contact Angela Brady at angela@megischamps.org / 207-255-1214

This event is funded, in part, by the National Science Foundation as a component of a three-year project designed to improve and promote geospatial technology education in Maine. Additional support comes from the Maine GIS User Group, Maine Community College System, University of Maine System and Maine Geographic Alliance.

