



# 4-H Flash

A Newsletter for Washington County 4-H Participants

## 4-H Summer Day Camp Openings in Cherryfield

The University of Maine Cooperative Extension is pleased to announce openings in our summer camp program, **Gears, Pulleys and Wheels**, that will be held at Weald Bethel in Cherryfield.

Gears, Pulleys and Wheels Camp for youth ages 6-9 will run July 1, 2, and 3 from 9 a.m. to 1 p.m. Campers will have the opportunity to explore the world of gears, pulleys and wheels using Legos. Experiential learning will include building simple machines with Legos, cooking and fun fitness activities. Campers will prepare and enjoy their own healthy snacks and meals.

The cost of the camp is \$15 for the three day program. Deadline for registration is June 20, 2008. For more information, contact the University of Maine Cooperative Extension Office at 1-800-287-1542 or email [twood@umext.maine.edu](mailto:twood@umext.maine.edu).



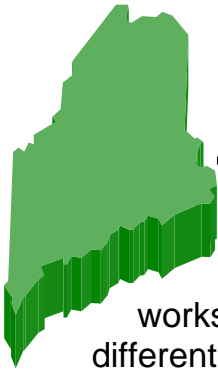
**June 27-29** Maine 4-H Days  
**June 29-July 3** Horse Camp  
**July 1- 3** Gears, Pulleys & Wheels Camp-Cherryfield  
**July 5-12** CWF  
**July 14-17** Maine 4-H Teen Conference on Wheels  
**July 15-17** Gears, Pulleys & Wheels Camp- Whiting  
**July 20-23** Maine 4H GIS Camp- Greenland Point Center  
**August 26** Check in for Blue Hill Fair Exhibit Hall 4-7 p.m.

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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# Maine State 4-H News

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**1. Maine 4-H Days** - Maine 4-H Days at Windsor Fairgrounds will be June 27, 28, and 29. It will be a weekend full of personal enrichment workshops as well as livestock events. The Craft Extravaganza will be full of different choices like silk batiks, kite making, Mexican tin work, and making cork fishing lures. There will also be woodworking, mask making and making a friendship bracelet. See the incredible demonstrations at the Physics Road Show again this year as well as a Fishing Derby which is new this year. Check out the Dog Camp as well as all the fun goat activities. There will be a horse show as well as lots of horse events. The Earth Connections track will show you about composting, tree identification and the water cycle. The Youth in Governance track will help you to take a community service idea and put it into action.

Camping is encouraged and entire families are welcome. The registration brochure will be mailed out soon.

**2. Dog Camp at Maine 4-H Days** - Dog Camp will begin on Friday June 27 and continue through the 28 and 29 at the Windsor Fairgrounds. Dog Camp is open to Maine 4-H participants of all ages and experience levels. This year our breed group focus will be on the Toy Group and as always the major focus will be on having fun with our dogs. Planning is still in progress but we have some exciting events underway.

This year there will be a presentation about behavior counseling through the use of Bach Flower remedies and we will be having a presentation from a Chihuahua Rescue. We will also have Showmanship and Obedience workshops for multiple experience levels. Back by popular demand this year are Agility workshops, a pizza party, and Quiz Bowl. Dog camp is always a fun and informative experience for everyone and we hope to see you there!

**3. Maine 4-H Teen Conference on Wheels** - July 14-17, 2008

4-H Members ages 13-18 – Deadline to Register: June 18

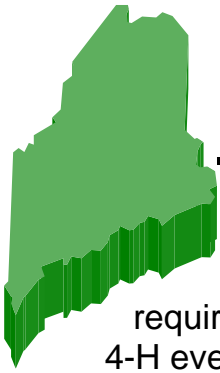
Travel to different locations to learn about community leadership, successful business strategies, environmental issues and citizen science. Download registration form: <http://www.umext.maine.edu/4h/events/confwheels.htm> or contact your county Cooperative Extension office to have a form mailed to you.

**4. 2008 Northeast Regional Volunteer Forum** - The 2008 Northeast Regional Volunteer Forum will be held at the Radisson Hotel in Manchester, New Hampshire from October 23-26, 2008. For more details, a promotional flyer is available on our website at: <http://extension.unh.edu/4H/4HVol/08NEVF.htm> The full registration brochure will be available in May. Stay Tuned! We look forward to seeing you in the fall!



# Maine State 4-H News

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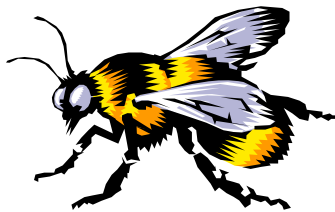


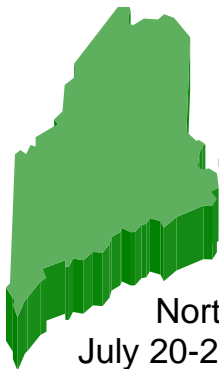
**5. Horse Vaccination Requirement** - The University of Maine Cooperative Extension will require certain vaccinations for horses who participate in 4-H events during the 2008 season: 4-Hers attending 4-H horse events in 2008 must provide proof of current, annual vaccination for rabies as well as a current, annual 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. If you have any questions about this requirement, please contact your county Extension office or you can call the State 4-H Office at 1-800-287-0274.



**6. Horse Tryouts for Eastern States** - The Eastern States tryouts for the horse team will be held June 20, 21, and 22, 2008 at the Skowhegan Fairgrounds. Maine 4-Hers who would like to try out for the horse team can find the packet at [www.umext.maine.edu/4h/resources/horse.htm](http://www.umext.maine.edu/4h/resources/horse.htm) Members who cannot access the packet on the website can contact their county Cooperative Extension Office for a packet. 4-Hers who intend to participate in the Horse Tryouts also need to fill out an Intent to Participate form and send it in by April 1. The intent form is at <http://www.umext.maine.edu/4h/forms/eseintents/horse.htm> . Also your horse approval form is due by April 1 only if you are trying out for Eastern States.

**7. 2009 4-H Beekeeping Essay Contest** - The Foundation for the Preservation of Honey Bees, Inc. sponsors an annual contest for 4-Hers, giving them an opportunity to win one of three cash prizes. The topic for the 2009 contest is “The Dance Language of Bees”. For a copy of the rules and more information, please contact the State 4-H Office at 1-800-287-0274 or 207-581-3877.





# Maine State 4-H News

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## **8. 2008 Summer GIS Camps – this Year in Northern and Western Maine**

Northern Maine 4-H GIS Camp @ Greenland Pont Center in Princeton, ME, July 20-23  
Western Maine 4-H GIS Camp @ Bryant Pond Conservation Center July 6-8  
Ages 12-15 Program aides ages 16-18 – see below  
Maine 4-H and the 4-H Science, Engineering, and Technology Program Team are excited to announce that there will be two GIS (Geographic Information Systems) Community Mapping Camps this summer. These camps provide hands-on experience with GPS (Global Positioning System) data collection and GIS mapping software for campers ages 12-15. Participants will use their new skills to do a community service mapping project for the camp site. In addition, campers will be able to participate in many of the conservation activities offered such as swimming and boating, games, and campfires. The Northern Maine 4-H GIS Camp will be held at the Greenland Pont Center in Princeton, Maine, July 20-23. Campers will be mapping new recreational and interpretative trails and having an opportunity to work with forestry and wildlife professionals. Cost of the camp is \$75.00.

There will be a conservation camp running at the same time so campers will also get to take part in some of those activities. GIS campers have also been invited to remain at the Greenland Point Center conservation camp for the rest of the week for an additional \$100.

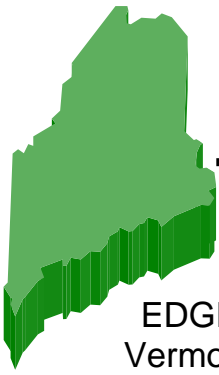
## **9. 4-H Day at the Skowhegan State Fair - Somerset County 4-H Leaders**

Association invites any 4-H Club or 4-H Member to take part in the 6th Annual 4-H Day at the Skowhegan State Fair on Sunday, August 10th, 2008. This special day will begin with a parade around the racetrack with line-up beginning at 11:30 AM. The parade can include floats, club members, led or ridden animals, etc. Anyone taking part in the parade will be admitted free on 4-H Day. Livestock demonstrations will begin at 1:00 PM. If you would like to participate in this event, please contact the Somerset County Extension Office, 4-H Secretary, Johanna Cliff, to receive the necessary paperwork and contact information, (207) 474- 9622 or [jclift@umext.maine.edu](mailto:jclift@umext.maine.edu) Hope to see you there.

## **10. 2008-2009 Maine Association of Livestock Exhibitors Membership -**

The 2008-2009 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 many benefits of a membership is insurance. For more information and access to the form, go to: <http://www.umext.maine.edu/4h/forms/webdocs/maleform.htm>





# Maine State 4-H News

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**11. Heart-Healthy, Tasty Maple Granola** - You asked for it! Here's the popular Healthy Lifestyles recipe served at the University of Maine 4-H EDGE conference this year: Heart-Healthy, Tasty Maple Granola courtesy of Vermont FEED (Food Education Every Day) – check out their website at [www.vtfeed.org](http://www.vtfeed.org)

## **Heart-Healthy, Tasty Maple Granola**

Heat oven to 350 degrees

### **Mix:**

4 cups rolled oats (see if you can find Maine grown oats at your local health food store!)

½ cup raw sunflower seeds (not toasted or salted)

### **In a separate bowl mix:**

½ cup maple syrup (find a local sugarhouse in your area on this web site:

[http://getrealmaine.com/visit/maine\\_maple\\_sunday.html](http://getrealmaine.com/visit/maine_maple_sunday.html))

4 tbsp canola oil

1 tsp vanilla extract

Combine the dry ingredients with the maple syrup mixture. Spread out evenly on a baking sheet and bake

for 15 minutes. Stir/turn granola and bake for another 10 minutes or until golden brown. Let it cool, then pour into storage containers. Eat for snack, breakfast or as a topping on dessert (like frozen yogurt!).

Yummy!



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**Washington County 4-H Webpage**

[http://www.umext.maine.edu/  
Washington/washington4-H.htm](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

## Make Dad Breakfast for Father’s Day

### German Apple Pancake



**INGREDIENTS**

4 eggs 1/2 cup flour  
1/2 tsp baking powder 1 tablespoon sugar  
1 pinch salt 1 cup milk  
1 tsp vanilla extract 2 tbsp unsalted butter, melted  
1/2 tsp ground nutmeg 1/4 cup unsalted butter  
1/2 cup white sugar, divided 1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg 1 large tart apple - peeled, cored and sliced

**DIRECTIONS**

1. In a large bowl, blend eggs, flour, baking powder, sugar and salt. Gradually mix in milk, stirring constantly. Add vanilla, melted butter and 1/2 teaspoon nutmeg. Let batter stand for 30 minutes or overnight.
2. Preheat oven to 425 degrees F (220 degrees C).
3. Melt butter in a 10 inch oven proof skillet, brushing butter up on the sides of the pan. In a small bowl, combine 1/4 cup sugar, cinnamon and 1/2 teaspoon nutmeg. Sprinkle mixture over the butter. Line the pan with apple slices. Sprinkle remaining sugar over apples. Place pan over medium-high heat until the mixture bubbles, then gently pour the batter mixture over the apples. Bake in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake for 10 minutes. Slide pancake onto serving platter and cut into wedges.

<http://allrecipes.com/Recipe/German-Apple-Pancake/Detail.aspx?src=etf>

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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.

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