

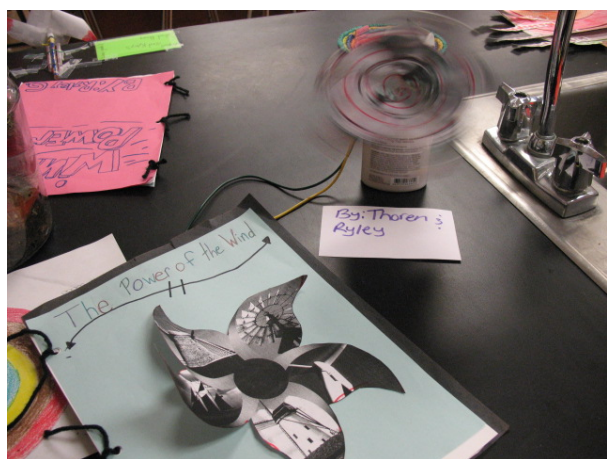


4-H Flash

A Newsletter for Washington County 4-H Participants

4-H Wind Power at Rose M. Gaffney School

What do you get when you take the subject of alternative energy, an enthusiastic science teacher and middle school students from the Rose M Gaffney School in Machias and put them all together? An amazing creative group of students learning about Wind Power! Mrs. Bridges and her students are participating in a national 4-H pilot project this spring. With a bit of research, thoughtful journal entries, hands-on experiments and a whole lot of fun, the class has been learning about the wind and its uses, as well as the engineering process. They showcased some of their work at their Curriculum Day and next week they'll share some of their new knowledge with first graders as they head to the soccer field to test out a variety of pin wheel designs.



Left: Wind Power Projects created by Rose M Gaffney students

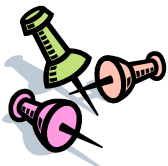
Right: A student works on her wind power project.



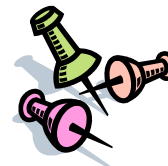
June 19-21– Operation Military Kids Camp, Oakland
June 23-25– Going Green 4-H Camp, Whitneyville
June 26-28– Maine 4-H Days at the Winsor Fairgrounds
June 30-July 2– Going Green 4-H Camp, Cherryfield
July 4-11– CWF
July 5-10– 4-H GPS/GIS TEK Trek, Greenland Point
July 7-9– Going Green 4-H Camp, Whiting
July 27-31– Maine Robotics Summer Camp, East Machias
July 31-Aug 2– Operation Military Kids Camp, Bryant Pond (pg. 4)
August 7-9– Operation Military Kids Camp, Bryant Pond (pg. 4)
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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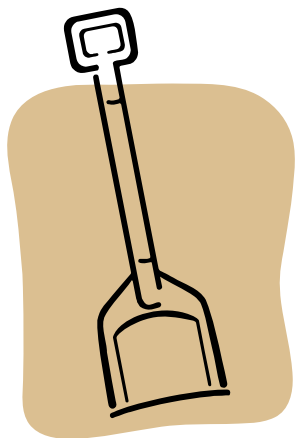


Washington County Bulletin Board Items



Kick Up Your Heels with this Fundraising Idea!

The Horse of Course club in Hancock County, led by Terry Swazey, has come up with a great idea for a club fundraising activity. These 4-H'ers package and sell a product that has enabled them to finance horse camp for the ten members who wanted to go. They get the product for free, and the packaging is free, too. Can you guess what the club is selling? They call it Garden Gold. Yep, it's manure, which after proper aging is perfect for gardens.



Terry said her club is glad to share this idea with clubs in Washington County. The concept is pretty simple. "We started saving 'pure-ez' (no straw or shavings) piles from cleaning out our paddocks last spring through summer and late fall, so most of it is at least six months old," says Terry. "Some of it

was from two places that just left their manure during the winter and the kids volunteered to clean up their paddocks." Then they put 25

pounds into bags, which were old coated grain bags and the plastic bags from shavings -- "not pretty, but reusing something we normally throw away." Terry says 25 pounds is about the amount that would fill a joint compound bucket one and half times. Horse of Course member Raven made tags with a picture of her horse. On the tag she told a little bit about the horse and about how much Raven was looking forward to going to horse camp.

The club sold the 25-pound bags for \$3. They also offered a load-your-own truckload sale for \$25. Through this totally "green" project, with no expense but the kids' hard work, Horse of Course has raised over \$400. "It is really a great fundraiser," says Terry, whose club includes youth from Carmel, Stockton Springs, Orland, Blue Hill, Brooklin, and Sedgwick. "The kids who don't own a horse had a great time being around the horses at the places we cleaned up."

For a 4-H club to do fundraising, it must have a federal EIN (tax) number and a bank account. Both of those things are easy to get, and help is available at your Washington County 4-H office. Please call or email Diane Helder, 4-H Program Aide, with any questions. Now let's start shoveling!

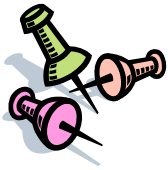
Fair Time

Reminder that fair time will be upon us soon. Hope you are getting your projects ready for the exhibit hall. Has your club discussed a club exhibit? The new Cloverbud exhibit cards are in the office now.

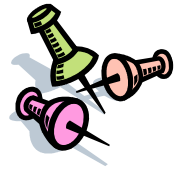
Club Updates

We would like to know what your club has been up to! Please send updates including photos to twood@umext.maine.edu to be featured in the newsletter.





Washington County Bulletin Board Items



Horse Show at Misty Morning Stables in Cherryfield

Sunday, August 9th

9:00AM.

53 Classes

\$1000 in prize money

Maine Appaloosa In-State Pointed Show

\$10/class or \$50 flat fee

4-H members- show your 4-H membership card and

enter the showmanship,

pleasure and/or horsemanship class FREE!

For more information or to pre-register,

contact Melanie Gay at 546-2258.



Maine Moose Permit Auction Scholarship Fund Awards \$50,000 for Summer Camp Scholarships at Bryant Pond

These funds will be awarded in \$200 scholarships. These scholarships are for Maine residents only, and are all one time only and first come, first served. These scholarships may be used for any of the following programs:

- Conservation Camp (Archery or Firearms Hunter Safety)
- Natural Explorer
- 4-H Shooting Sports Archery Camp
- Fishing Camp
- Paddling Adventures Camp

Additional summer camp scholarships are also available.

Thanks to our many generous sponsors, we are again able to help Maine families with affordable

summer camp options. See what's available now !

Going Green 4-H Camp

Session 1– Whitneyville– June 23-25

Whitneyville Community Building

Session 2– Cherryfield–

June 30—July 2

Weald Bethel Chapel, Cherryfield

Session 3– Whiting– July 7-9

Whiting Community Building

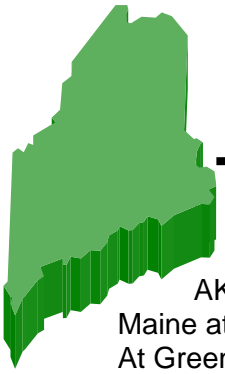
Ages 6-9

9:00 a.m.—1:00 p.m.

Cost: \$15

Campers will have the opportunity to learn how to reduce, reuse, and recycle to help them understand the importance of protecting our environment. Please visit <http://www.umext.maine.edu/Washington/washington4-H.htm> or call the Washington County office at 1-800-287-1542 for more information and to register.





Maine State 4-H News

1. There's still time to register for 4-H GPS/GIS TEK* Trek

***Technology and Environment for Kids**

AKA Naturalist Camp, July 5-10, 2009 at Greenland Point Center and the University of Maine at Machias in Princeton and Machias, ME, for ages 12 – 15. At Greenland Point Center campers will “Get Outdoors” to learn about wildlife and the woods, water, land, and air. GIS Camp participants will also collect GPS data and carry out a service mapping project for the Center and will spend a day and a half at UM Machias using the computer labs and exploring the campus. Special cost to 4-H members: \$150.00 for the entire week (non 4-H cost is \$250.00). To register, go to www.greenlandpoint.com Under Skills Camp, find Naturalist Camp – 4H GPS/GIS – At the bottom of the list, go to Click Here for Application. Apply Early! Camp is limited to 15 youth!

2. State Dairy Show and ESE Tryouts - Save the Date! The 2009 Maine State 4-H Dairy Show will take place on July 18-19, 2009 at the Windsor Fairgrounds. More information can be found on the Maine 4-H Website's Dairy page at: <http://www.umext.maine.edu/4h/resources/dairy.htm>.

3. Make It With Wool Contest - 4-Hers in Maine are invited to enter the Make It With Wool Contest, a national competition sponsored by the American Sheep Industry Association. The state-level contest will be held on October 10, 2009 at the Page Farm Museum at the University of Maine in Orono. Contestants may enter garments made with wool that are sewn, knit, crocheted or felted. More information and rules for the contest are on our website at <http://www.umext.maine.edu/4h/events/other/wool.htm> or you can contact Michaela Bailey at 1-800-287-0274 or mbailey@umext.maine.edu for more information.

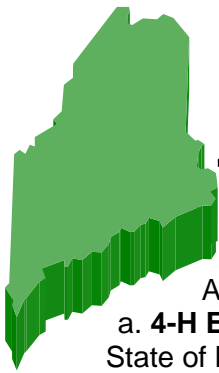
4. Morris Scholarship 2009 - Every two years Maine has the opportunity to select an Eastern States Exposition participant to receive a \$500 scholarship towards continuing his or her education beyond high school, and this is one of our years! To find information on how to apply for this scholarship, look online at: <http://www.umext.maine.edu/4h/ese/morris.htm>.

5. Maine 4-H Days - Maine 4-H Days, held June 26, 27, 28, 2009 will be full of fun events for the whole family. This year we will offer some new workshops like Rocketry and Archery. The ever popular Digital Photography is back and try video photography as well. The Goat Track will have a veterinarian present a healthy goat seminar and will demonstrate how to test for internal parasites and at Dog Camp there will be lots of activities to learn all kinds of dog knowledge. Parents who come as chaperones can participate in VOLT training if they are interested in becoming a 4-H volunteer and adults can also learn about what other clubs do in 4-H at the 4-H Speed Date Workshop!

Find all the details on our website: <http://www.umext.maine.edu/4h/events/4hdays.htm>.
Registration packets will be in the mail to each 4-H household at the beginning of June.

6. Animal Approval Forms - A reminder that animal approval forms are due in your local county office by June 30th, the form can be found on the State 4-H Website at: <http://www.umext.maine.edu/4h/forms/webdocs/animalapprovalform.htm>.





Maine State 4-H News

7. 4-H Opportunities at the 2009 Skowhegan State Fair - Fair Dates: August 13–August 22 Special 4-H Events:

- a. **4-H Exhibit Hall** – Open to club displays and educational displays from any 4-H club in the State of Maine. Call 474-9622 to receive more information. Premiums are paid for Educational Displays. Individual members receive ribbons and premiums for projects in the club displays. New this year: The People’s Choice Award (premium \$80.00) to any 4-H Club Display or 4-H Educational Display or Homemaker Group Display voted as #1 by the people visiting the 4-H Hall from August 13th to August 17th.
- b. **4-H Parade** – Open to all 4-H clubs and independents who wish to parade their animals, themselves, or enter a float – Date: Sunday, August 16th. Please call 474-9622 for info.
- c. **4-H Horse Show** – Date TBA
- d. **4-H Livestock Shows** – 4-H Dairy Cattle; 4-H Beef Heifer & Steer; 4-H Working Steer & Eastern States Tryouts; 4-H Sheep; 4-H Swine; 4-H Dairy Goat; and 4-H Poultry. Specific details and dates will be available online at www.skowheganstatefair.com under the section marked updates.

8. Tanglewood 4-H Camps Do More for Families This Summer - In this current economic climate many families need more help to make summer camp happen for their children. This summer season UMaine’s Tanglewood 4-H Camp and Learning Center is making changes to keep camp fun, affordable, and easier to schedule for busy parents.

- a. Before and After Care: New this year, camps in Lincolnville (Tanglewood) and Tenants Harbor (Blueberry Cove) will offer ‘before- and after-care,’ allowing more convenient drop-off and pickup times. Care hours are 7:30 – 9:00 am, and 3:00 – 5:00 pm. Parents reserving 5 or more weeks of day camp receive free care!
- b. Blueberry Cove Day Camp (Tenant’s Harbor) Hosts Older Campers; Sailing Too! In addition to hosting campers aged 6-8, BBC offers an expanded day camp with special programs for youth aged 9-12, including “learn to Sail” weeks.
- c. Graduated Fees for Parents: Campers are offered three different levels of fees based on Household income.
- d. Scholarship Opportunities: Tanglewood also offers “camperships” that reduce camp costs. An application can be found on Tanglewood’s website or in its camp catalogue. Contact Tanglewood at 207-789-5868 or go to www.tanglewood4h.org.

9. Market Lambs at Windsor and Fryeburg Fairs - 4-Hers planning to raise a market lamb to show and sell at the Windsor or Fryeburg Fair will need a special ear tag to participate in these two fairs. To get your lamb tagged, you’ll need to bring them to one of these tagging sites:

Cumberland County Jamboree June 6, Noon

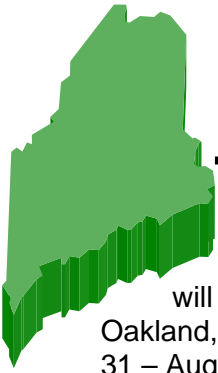
Franklin County Jamboree June 13 9-11:00 am

Oxford County Jamboree June 20 9-11:00 am

For more information contact Donna Flint at the York County Ext. Office at 324-2814 or 1-800-287-1535

10. Governor’s Volunteer Service Awards - On April 21, Cooperative Extension and 4-H were well represented in the Hall of Flags at the Governor’s Volunteer Service Awards presentations. Lisa Phelps, 4-H Program Administrator, received an Exemplary Service Award for Excellence in Volunteer Management. Also Eleanor Pooler, 4-H Volunteer from Somerset County, received an Exemplary Service Award in the Volunteer of the Year category for 50 years as a 4-H Volunteer from Governor Baldacci.





Maine State 4-H News

11. Operation Military Kids Summer Camps - For youth whose parents are in the military National Guard and Reserve Units and any children with parents who are, will be, or just arrived back from deployment. Dates: June 19 – 21, Camp Tracy in Oakland, ages 9-12, Transportation from regional areas (Bangor, Portland), Cost: \$25.00 July 31 – August 2, Bryant Pond 4-H Camp in Bryant Pond, Ages 13 – 18, Transportation from regional areas (Bangor, Portland), Cost: \$25.00 August 7-9, Bryant Pond 4-H Camp in Bryant Pond, Ages 13 – 18 (limited number of spaces), Transportation from regional areas (Bangor, Portland), Cost: \$30.00 For more information and registration forms contact Karen Hatch Gagne karenhg@umext.maine.edu or Heather Andrews handrews@umext.maine.edu, or call 1-800-287-1481.

12. Eastern States Tryout Prep Clinic (Horse) -This event is being held to help our 4-Hers intent on trying out for the Eastern States team. It is a brush up on Showmanship, Equitation, and Pleasure, for both English/Saddle Seat and Western Competitors. We will be limiting the number of participants with horses to 12, to be able to give each person individual attention, but spectators will be welcome.

Clinician: Kyle Smith – 4-H and Open Show Judge

June 6, 2009

Time: 10:00 am – 3:00 pm

Cost: \$40.00/participant

Where: Shamrock Farm, Pond Road, West Gardiner, ME

For more information contact Sarah Chadbourne at 408-1309

13. 2009-2010 Maine Association of Livestock Exhibitors Membership - The 2009-2010 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 benefits of membership is exhibitor liability insurance.

For more information and access to the form, go to: <http://www.umext.maine.edu/4h/forms/webdocs/maleform.htm>.

14. Mobile Maine News Video Challenge - Mobile Maine News and Cooperative Extension have partnered to promote citizen journalism by youth in rural communities. 4-H Youth have long been ambassadors of the communities they represent. This partnership will be an opportunity for youth to further community involvement through the use of technology and the acquisition of journalism skills. What makes Maine such a special place? Grab a camera and grab a story! The “best” video will be awarded first prize, a Flip HD Video Camera donated by the Perloff Family Foundation. Criteria and more information can be found at: <http://mobilemainenews.com/?p=228> – click on the right side to view two workshop videos by 4-H from Milo.

Questions about this video challenge can be sent to Dr. Sunny Skye Hughes at sunny.hughes@umit.maine.edu.

Other 4-H resources for completing this project are: <http://projects.4-hcurriculum.org/curriculum/filmmaking/> and www.terrapodcast.com.

Two 4-H'ers at EDGE (Aryn Martin & **Amberosity Davis**) scripted, photographed most of the footage, and narrated this advertisement for the contest during a workshop by Dr. Sunny Hughes. This link will take you to an HD clip that will knock your socks off!

Here is a link to the EDGE video promotion for the video contest: <http://www.vimeo.com/4680752>





Maine State 4-H News

15. Pine Tree 4-H Foundation Scholarships Awarded

There were many qualified applicants for the scholarships awarded by the Pine Tree State 4-H Foundation at their Annual Meeting on May 14th. Out of the pool of talented 4-Hers, the following five youth were selected:

- a. **The Azure Dillon Scholarship** was awarded to **Marjorie Hardy**, of Franklin County. Marjorie joined the Franklin County 4-H Dairy Club at the age of 5. She is an outstanding scholar and athlete at Mt. Blue High School. Marjorie will be attending the University of CT.
- b. **The Maine Farm Credit/Gladys Conant Scholarship** was awarded to **Jessica Smith**, of Waldo County. Jessica has been in 4-H for 7 years. She is a member of Mt. View High School. Jessica will be attending the University of Maine, Orono.
- c. **The Foundation Scholarship** was awarded to: **Ashley Martin**, of Cumberland County. Ashley has been in 4-H for 8 years. She attends Gorham High School. Ashley has been accepted to many colleges and will be making her decision soon.

Allison Moon, of Cumberland County. Allison has been in 4-H for 13 years. She attends Freeport High School. Allison will be attending either Southern Maine Community College or Vermont Tech in the fall.

Brianna Hanington, of Aroostook County. Brianna has been in 4-H for 6 years. Brianna attends Hodgdon High School. Brianna has been accepted at the University of Maine, University of Southern Maine, and Michigan State University.

Please join us in congratulating these exceptional 4-H youth, and all of the other applicants for their continued hard work and accomplishments.

16. Water Quality Project for 4-H Clubs

Crista Straub, a graduate student at the University of Maine is helping to implement the "GET WET!" program in 4-H groups across New England. This program works with local students and the community to create a long-term groundwater quality database for towns where there is shared use of groundwater resources. For detailed information please read the GET WET! Website www.umaine.edu/WaterResearch/outreach/GetWet/index.htm. They already have schools scheduled to participate in GET WET! and are looking for different 4-H groups to start in the Fall of 2009. For a flyer with more information, contact Christy Fitzpatrick at cfitz@umext.maine.edu.

17. Carrot Cookies Recipe from 4-H EDGE Weekend

At 4-H EDGE, there was a workshop on "Standard-Bred Horse Re-training" led by Dr. Norinne (Nanny) Daly.

Many of the attendees heard Dr. Nonni talk about carrot cookies she makes for her horses, and asked for the recipe. So, thanks to Dr. Nonni, here is the recipe for a special treat for all of you horse lovers!

Carrot Cookies (for horses)

1 cup dry oatmeal, 1 cup flour, 1 cup shredded carrots, 1 teaspoon salt, 1 teaspoon sugar, 2 teaspoons vegetable oil, and ¼ cup molasses

Mix ingredients in a bowl as listed. Make into little balls and place on a greased cookie sheet.

Bake at 350° for 15 minutes or until golden brown.

18. Information the Maine Association of Livestock Exhibitors

- When a 4-H'er leases an animal; both the person leasing the animal and the owner of the animal should belong to the ME Association of Livestock Exhibitors or have proof of other liability insurance. If anything happens and there is a claim, most likely the person in control (4-H'er) and the owner will be liable. This is something you may want to pass along as when fairs ask for proof of insurance, usually only the person showing the animal shows proof.

However, is advisable for the owner to be aware that they also should have coverage.



**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**

**“Learn by
Doing”**

UMaine Cooperative Extension
28 Center Street
Machias, ME 04654



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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)

Cooking with the Kids

Fruit Kabobs

Tender chicken cubes marinated in lemon and pineapple juices with a dash of cinnamon mingle with sweet and smoky pineapple chunks and strawberries for a colorful kabob with a taste of the tropics.

1 cup lemon juice	2 (8 oz) cans pineapple chunks, juice reserved
salt and pepper to taste	2 teaspoons ground cinnamon
1 cup butter, melted	2 tablespoons brown sugar
1 teaspoon ground nutmeg	24 large strawberries
3 skinless, boneless chicken breast halves, cubed	

In a shallow glass bowl combine lemon juice, juice from pineapple can, salt, pepper and 1 teaspoon cinnamon. Mix together. Add cubed chicken and marinate for 1 hour in the refrigerator. Preheat grill to medium heat. In a small bowl combine the melted butter or margarine, 1 teaspoon cinnamon, brown sugar and nutmeg. Lightly oil grate. Using metal or soaked wooden skewers arrange chicken, pineapple chunks and strawberries on each stick (approximately 4 to 6 pieces of each item per skewer). Brush kabobs with butter or margarine mixture place on grill and cook, turning on all sides, until chicken is cooked through and strawberries are sizzling. Approximately 8 to 10 minutes.



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.