



# 4-H Flash

A Newsletter for Washington County 4-H Participants

## Horse Power Achievement Night

The Horse Power Club celebrated with an Achievement Night on Saturday, February 17th. Members and volunteers from the club gathered for a pizza party. They received their 4-H pins and certificates. The Horse Power Club also received new personalized 4-H sweatshirts! The group enjoyed playing horse related games such as horse password and club members joined teams to put on skits.



Members from Horse Power participate in the "City Slickers" skit about a person's first time on a horse.



Members of Horse Power show off their new sweatshirts!



March 2007  
Volume 2, Issue 3

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March 10	Washington County 4-H Demonstrations
April 10	Maine 4-H Days at the Legislature
May 1	Goat Intent Forms for Eastern States Due
May 18-20	Northeast Livestock Expo 2007
May 19-20	EDGE Weekend @ University of Maine

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>

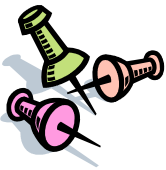
## Colleen's Corner



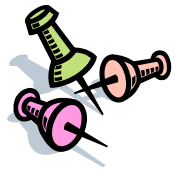
Winter is underway! Despite the snowy weather this month has been pretty productive for me. I am continuing to travel around Washington County looking to recruit some new volunteers. If you know of just three people that work well with youth and have a special skill to share such as gardening, sewing, small engines, etc... then invite them over for some coffee or tea and I'll come do the talking. That's right... I have taken my show on the road they say and am now booking 4-H Home Parties. You simply invite a small group of people you know that don't know about 4-H and I come and share a brief informational about 4-H. You and your guests get a prize just for hearing me talk and as always there is NO PRESSURE! If you are interested in hosting a 4-H home party, please contact me at [cbrown@umext.maine.edu](mailto:cbrown@umext.maine.edu) or 1-800-287-1542.

# 4-H Home Party

## 4-H Home Party



## Washington County Bulletin Board Items



### Meeting Reminder

Club members please remember to contact your leader if you are unable to attend a scheduled meeting.



### Goat Intent Form

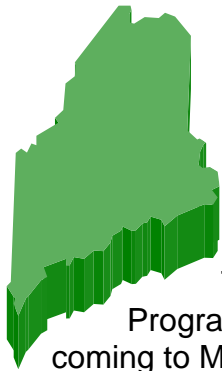
4-H members 12 years old and up intending to go to Eastern States must have forms signed by the 4-H Educator by May 1st. New forms will be available shortly.



### Club Snapshots

Wondering what other clubs are doing? Please visit our website at <http://www.umext.maine.edu/Washington/washington4-H.htm> to see pictures of other clubs in Washington County and read what they're up to! Don't see your club yet? Contact the office to find out how to be included.





# Maine State 4-H News

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## 1) Looking for an exciting 4-H opportunity?

The Maine 4-H International Exchange Program has Japanese exchange delegates coming to Maine this summer that have a desire to learn about life in America and build on English skills. They bring their own spending money and insurance. You do not need to be involved with 4-H to host. You just need a willingness to share your lives and your



friendship with a young person from Japan. Experience another culture, without traveling, in your own home. These young people look forward to doing family chores, learning new games, shopping, trying new foods and sharing their own Japanese culture with their host family. Youth participants range in age from 12 to 18 years old. There are month-long and academic year-long exchanges. The month-long program is open to families with same gender children close in age to the Japanese students. The Year-long students are available to families that are able to connect them to other youth of similar age. Host families and students are matched based on similar interests. The Japanese youth are happy to share a room with their host sister or brother. This program stresses the experience of everyday American life. Participants often comment that being a part of the family is the best part of their home stay. This is a real exchange; there is an opportunity for host siblings to travel to Japan for a month. If you are able to host or recruit host families, it will be a great help to our program. Contact your local Cooperative Extension Office or call Jill Coffren, state coordinator, directly at 207-645-3248 or email [jcoffren@umext.maine.edu](mailto:jcoffren@umext.maine.edu) for application or more info. Application deadline is April 1, 2007. Host family applications include a background check and are visited by a representative in their home before approval. The Maine 4-H International Exchange Program is a youth development program of The University of Maine Cooperative Extension Service. Cooperative Extension 4-H Youth Development is granted full listing with the Council on Standards for International Educational Travel for 2006-07.

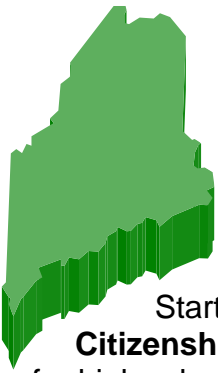
## 2) 4-H Youth in Governance Team

The new 4-H leadership structure is very exciting for the Youth in Governance Team. Our team brings together 4-H members, volunteers and staff to discuss and make decisions on supporting teen leadership, service learning and “Youth Voices” in the 4-H program across the state.

The team is working to provide training and meaningful opportunities for youth to take “ownership” in community change and become vested in life long service. We are recruiting new members, seeking funding to support teams, creating new resources, purchasing curriculum guides for counties to use, and supporting statewide efforts.

The Youth in Governance Team meets by phone conference calls, the UNET video system, and occasionally in person. We certainly welcome all to join our efforts. To find out more about the YIG Team please contact Barbara Baker at 1-800-287-1485 or Susan Jennings at 1-800-287-1482 or 207-743-6329.





# Maine State 4-H News Cont.

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## 3) Citizen Washington Focus

Start making plans now to visit our Nation's Capitol during the week of the 4<sup>th</sup> 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.

## 4) Media Literacy and Internet Safety



So why are Media Literacy and Internet Safety so important? The Maine 4-H Science Engineering and Technology (SET) Program Leadership Team would like to share with you why both of these topics are important and how we can help you learn more about both of them. Media Literacy is the ability to access, define, evaluate and create the media that is around us. You might say it is a very important life skill to learn. In today's society we are surrounded with many forms of media and some of those include the television, radio, internet, magazines, newspapers, satellite radio, blogs, and the list goes on and on. It is important that we ask questions to try and understand the media that is so much a part of our lives. Some of the questions we need to ask ourselves to help us understand the media that surrounds us are:

Who created this message?

What techniques are used to attract my attention?

How might different people understand this message differently from me?

What lifestyles, values and points of view are represented in or omitted from this message?

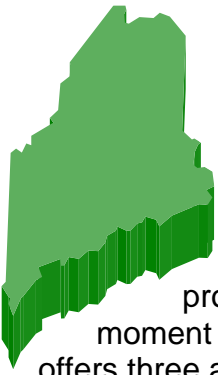
Why was this message sent?

(Questions taken from the "Center for Media Literacy" [www.medialit.org](http://www.medialit.org))

With the growing popularity of the internet it is not only important to become more media literate we must also learn about internet safety issues. To help us learn more about internet safety we discovered a helpful website that we would like to pass on to all of you. NetSmartz.org is a website designed for parents, educators, law enforcement and youth and it is all about internet safety and includes resources and activities to use with all age groups. We learned about this site through the Maine State Police as it is the site they recommend and it also endorsed by the Maine Department of Education as a credible resource.

In the coming months the SET Program Team will be planning some Media Literacy and Internet Safety trainings. The trainings will be made available through video conferencing and are designed to be "train the trainer" workshops that you will be able to share with others. So please stay tuned for more information about these upcoming trainings and check out the (NetSmartz.org) website.





# Maine State 4-H News Cont.

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## 5) Vaughn Island 4-H Camp

For 32 years Maine 4-H has offered a unique outdoor learning adventure program for Maine youth. From the minute you set foot on Vaughn Island 'til the moment you leave, you're part of an exciting learning adventure! Our unique program offers three and four day tenting experiences where youth discover -- through their own natural curiosity and imagination -- the sights, sounds, smell and feel of Maine's rocky coast.



Designed with the whole child in mind, Vaughn Island 4-H Camp brings lasting memories. Living, working and playing together, campers make new friends and develop a sense of trust and responsibility for the whole group. An emphasis is placed on no-trace camping skills, cooperation, discovery of the island's plant and animal life, coastal heritage, and marine ecology.

Vaughn Island 4-H Camp is affiliated with Tanglewood 4-H Camp and Learning Center. New in 2007: Use of global positioning system (GPS) technology in outdoor experiences.

The program is suitable for 9-14 year olds, program fees range from \$140-\$180, and scholarships are available. The program occurs in Kennebunkport. Visit <http://www.umaine.edu/umext/york/> or call 324-2814 to request registration materials.

## 6) Statewide Teen Leadership Conference

Hold the dates!

When? June 21-23

What?- Statewide Teen Leadership Conference

Where? - Bangor, ME

Who? - Calling all Teens!

Why? - Learn leadership basics and experience a totally teen-unique conference!

How? - Registration due May 18 - Registration procedures to be announced in next newsletter

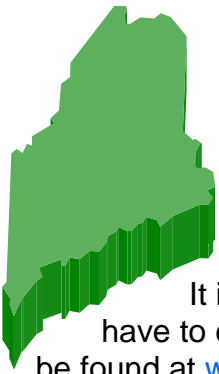
How much? - Total cost - \$30 per person - Can you believe it!

## 7) Rabies Vaccination for Maine 4-H Days

All **cattle, sheep, horses, and dogs** brought to Maine 4-H Days must be vaccinated for rabies if the animal is 3 months of age or older on or before June 1, 2007. The vaccination must have been administered on or before June 1, 2007 and be current for that species. All 4-H members bringing animals to Maine 4-H Days must show Veterinarian Certification that their animals have received a rabies vaccination. Certification must be in writing, must be signed by the veterinarian, and must clearly identify the animal or animals in question. Exhibitors showing animals without an approved rabies vaccine (goats for example) are strongly encouraged to have their animals vaccinated.

Rabies cases in Maine more than doubled in 2006 over the previous year (127 cases in 2006 vs. 61 in 2005). The disease has demonstrated its unpredictability over the years so it's impossible to foresee what may happen during 2007. If you have animals other than cattle, sheep, horses, and dogs, it is a good idea to discuss your need for rabies vaccine with you local veterinarian who understands the risk of rabies in your area.





# Maine State 4-H News Cont.

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## 8) National 4-H Trips

It is time to apply for the National 4-H Trips, Conference and Congress. To apply all you have to do is submit your 4-H Story and your Resume. Guidelines for writing your 4-H story can be found at [www.maine4h.umaine.edu](http://www.maine4h.umaine.edu) and click on Members. Scroll down to see National 4-H Trips application. You may also pick up an application at your local County Extensions office. Next year Congress will be held in November in Atlanta and Nat'l 4-H Conference will be held in Washington DC in March.

## 9) Calves for Kids

There will be a new program introduced this year at the New England Livestock Expo at Windsor Fairgrounds on May 18, 19, & 20 sponsored by the Maine Beef Producers Association. **Calves for Kids** is a program that donates beef heifers to children in the State of Maine who will raise them and donate back the first heifer calf from their animal. When they receive the heifer they will take ownership, raise, and show it in at least one fair this season. They will then be asked to breed the heifer and the first heifer calf will then be donated back to the program. This is a great way to get Maine youth to have a hands-on experience in agriculture.



The **Calves for Kids** program is looking for farms that are able to donate a heifer to begin the program. The heifer should have been born in 2006. Also, children who are interested in applying for a heifer through **Calves for Kids** should contact Heidi Howard at Aldermere Farm for an application. You can also check the NELE website at [www.northeastlivestockexpo.com](http://www.northeastlivestockexpo.com). The application and more information will be posted there soon! The children will receive their animal at the Expo in May.

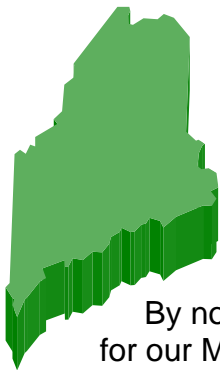
You can contact Heidi at:

Heidi Howard  
Aldermere Farm  
139 Russell Ave, Rockport Maine 04856  
207-975-4415 or email: [hhoward712@msn.com](mailto:hhoward712@msn.com)

## 10) Maine 4-H Days

Mark you 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.





# Maine State 4-H News Cont.

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## 11) Attention Parents and Guardians: 4-H also has an EDGE for YOU!

By now we hope you have read all about the upcoming 4-H EDGE Weekend as a step for our Maine 4-H members considering college in their future. If not, briefly, on **May 19 and 20**, the EDGE program will bring 11-15 year old 4-H youth to the University of Maine campus to ENGAGE them with some of the great things you can study at the university through hands-on workshops, encourage them to set a DIRECTION as they look forward to future college experiences, and encourage them create GOALS for future success. As parents or guardians, you might be thinking, "That's great, but who is going to help ME prepare for my child's college experience?" And we at 4-H have an answer for you! **The Saturday May 19 session of the 4-H EDGE weekend has a set of workshops for parents.** As the youth go to their first workshop, parents will have an opportunity to attend a session on helping your child lay the groundwork for college admission as they move into and through their high school years. Next, both parents and EDGE youth participants will be treated to a BBQ lunch and then attend a workshop on getting scholarship ready which will focus on how youth can position themselves to qualify for different kinds of scholarship aid. As the youth go off for their second workshop, parents/guardians will have an introduction to some of the options for financing college.

So, parents or guardians, plan to arrive on campus with your youth on Saturday morning. Your sessions will run until 2:45 on Saturday afternoon. Then you can be free as a bird until 11:15 on Sunday morning when it is time to pick up your 4-H member! We hope you will take the time to participate in these sessions designed to help you feel a little more prepared for the college experience which will be upon you before you know it!

Registrations for the EDGE Weekend will go out in mid-March. Parents, don't forget to sign yourself up while you register with your 4-H member!

## 12) Northeast Livestock Expo 2007

This event will be held **May 18, 19, and 20, 2007**. Check out the web site <http://www.maine.gov/agriculture/livestockexpo/>. At the Youth Show each child will have the opportunity to participate in a multi specie skill-a-thon and scavenger hunt. And there are many other opportunities that will be happening at the expo. More information about the Youth Show can be found at <http://www.maine.gov/agriculture/livestockexpo/youth/index.html>.



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## Colleen Brown, 4-H Aide

cbrown@umext.maine.edu

## Tara Wood, Support Staff

twood@umext.maine.edu

## 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

## Rainbow Fruit Salad

Toss bite-size pieces of your child’s favorite fruit from each of the 5 color categories (say, strawberries, cantaloupe, pineapple, kiwifruit, and purple grapes) with a splash of orange juice and a spoonful of your child’s favorite yogurt. Yum!

Even simpler – arrange a rainbow array of bite-size pieces of fruit on a plate, with a **“pot of gold”** (lemon or orange flavored yogurt) for dipping.

Color (Edible Portion)	2-4 Servings of Fruit (Examples)
Red	Cherry, Cranberry, Raspberry, Red Grape, Strawberry, Watermelon
Orange	Apricot, Cantaloupe, Mango, Peach, Nectarine, Orange, Pumpkin
Yellow / Light Green	Banana, Golden Apple, Golden Pear, Grapefruit, Lemon, Pineapple
Dark Green / Green	Grape, Honeydew Melon, Kiwifruit, Lime
Blue / Purple	Blackberry, Blueberry, Fig, Plum, Prune, Purple, Grape, Raisin

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Orono, Maine 04469-5741  
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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