



4-H Flash

A Newsletter for Washington County 4-H Participants

4-H Technology Opportunities for You!

Opportunity #1

Have you heard of GPS and GIS technology? Want to learn more about it? We will be offering a free workshop for teens and adults at the Cobscook Community Learning Center in Trescott on May 23rd from 2:00-7:00pm. Participants will be engaged with a hands-on workshop that will focus on how to create maps using ArcView software. Time will also be spent talking about community projects that can be done using this technology that you and/or your club can get involved with. Space is limited. For more information or to reserve your spot, call the CCLC at 733-2233.



Opportunity #2

Want to try out the latest in Web-based training while learning about internet safety or media literacy? Participants will “see” the presentation on their computer and “hear” the presentation via a phone line. Extension educators Jen Loble and Lisa Phelps will be offering hour-long workshops for teens and adults on both of these topics. Join the training from the comfort of your own home or join Jen at the WA County Extension office. To register, contact Lisa Phelps at lphelps@umext.maine.edu or 1-800-924-7509 and let her know if you want to participate from home or the WA County office.

Opportunity #3

If you are planning to attend the June Jamboree at the Blue Hill Fair Grounds (see flyer inside for more details), Extension Educator Jen Loble will be offering a GPS Scavenger Hunt on Saturday afternoon. No experience necessary, this activity is designed for beginners ages 8 and up. Hope to see you there!



May 18– Registration Deadline for Jamboree
May 18-20- Northeast Livestock Expo 2007
May 19-20- EDGE Weekend @ University of Maine
May 28– Memorial Day Observed– Extension Office Closed
June 1-3- Jamboree at Blue Hill Fairground
June 21-23– Statewide Teen Leadership Conference in Bangor
June 29– **Animal Approval Forms Due-NO EXCEPTIONS**
(June 30th is a Saturday)
June 30-July 7-CWF

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

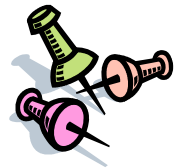


I can hardly believe that we are almost half way through this year already! The winter sure was long this year and it is nice to finally see sunshine and warm temperatures. Fair season is just around the corner. Hancock County is gearing up for Jamboree and all Washington County 4-H'ers are invited to attend. This year our very own 4-H club volunteer Melanie Gay from Misty Riders will be leading a showmanship clinic at Jamboree. So all you horse folk just get on down to Jamboree and see what you can learn! More information on Jamboree can be found in the newsletter.

I also want to remind everyone that I am now back down to 8 hours a week so it will take me some time to get around to clubs for visits. If you are doing something special and would like me to come, the sooner you let me know the date the better chances I will be there. I enjoy getting around to the clubs and seeing what you all are doing but with my time limited I have to plan ahead. Enjoy the warm weather... with this year flying by, it will be winter again before we know it!



Washington County Bulletin Board Items



Changes in Our Newsletter!



As you know, many organizations are looking at ways to cut back on their budget; Extension is no exception. Beginning in June, we will post our newsletter on our website. Each month you will receive an email with a link to the newsletter. If your email address had changed or you find that for some reason you are not receiving this monthly email, please notify the office. For those that do not have internet access, you will receive a copy in the mail. It may seem like a small change, but it will save the office over \$700 per year.



4-H Dog Show

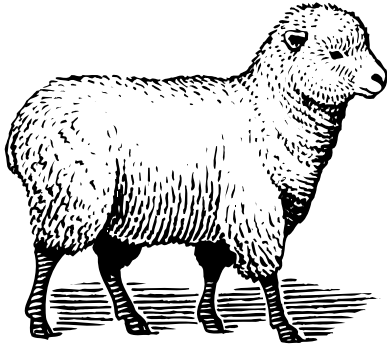
Horse Power 4-H is sponsoring a dog show at Hill Crest Farm in Columbia on May 19th at 9:00 a.m. Hill Crest Farm has been the home of two generations of 4-Hers. Show registration is at 8:30 a.m. There will be a small registration fee. The show is open to all youth. All dogs will need proof of vaccinations. Dogs must be kept on a leash or crated at all times. Parental supervision is required. For a complete list of rules and classes, please call Patty at 546-2874. You may also register by phone. Early registration would be appreciated.





Maine State 4-H News

1. **Market Lambs for Windsor and Fryeburg** You are longer required to send an Intent to Participate Form for Market Lambs being shown at Windsor and Fryeburg Fairs, however, if you are planning to show at these fairs, you still need an Approval Form and to have your lambs tagged. There are four lamb tagging sites this year and bringing your lamb to one of them for tagging will constitute your intent to participate. When your animal is tagged, you will be given an Approval Form that must be signed and embossed by your county educator or professional. The deadline is June 30.



Tagging Sites:

May 19 NE Livestock Expo, Windsor Fairgrounds, tagging will start after the sale.

June 2 Cumberland County 4-H June Jamboree, Cumberland Fairgrounds, 10-12 am

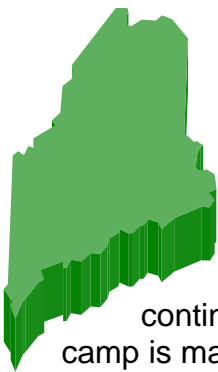
June 9 Franklin County 4-H June Jamboree, Farmington Fairgrounds, 10-12 am

June 16 Oxford County June Jamboree, Oxford Fairgrounds 10-12 am

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

3. **Five Star Camping and Conference Experience** The Youth in Governance (leadership and entrepreneurship) Team is holding a Teen Camping and Conference Experience at the Grand Jordan Resort at Sunday River from July 13 – 16, 2007. The event will include fun hands-on sessions created by the 4-H Program Leadership Teams. The sessions will include web based design and digital video and photography imaging, healthy lifestyle activities, entrepreneurship exploration; “building a business”, community change through leadership, environmental programming and more. The sessions will be offered based on popular interest. In addition, our five star camping experience will include the resort hotel, big screen walk-in movies, fun group times including the pool and hot tub, microwave s’mores, 4-H Fear Factors, a dance, 4-H Deal or No Deal, campfire games, group time, hikes and much more.... Hold the Date...more information to follow in May! Sign up will be limited!





Maine State 4-H News Cont.



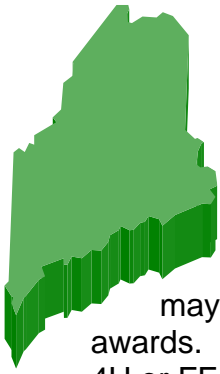
4. Dog Camp at Maine 4-H Days and the Bangor State Fair Dog Show Dog Camp will begin on Friday July 6 and continue through the 7th and 8th at the Windsor Fairgrounds. This camp is mandatory if you plan on participating in ESE for Dog this year or next. Dog Camp is open to 4-H participants of all ages even if you don't wish to attend ESE. This year our focus will be on the Terrier Group. There will be presentations about the Canine Good Citizenship Program, Earth Dog Trials and much, much more. There will also be a chance to take the CGC Test on Saturday. As usual, we will have Showmanship, Obedience and Quiz Bowl. **New** this year are Agility workshops and a pizza party/movie night. On Sunday at 2:00 there will be a fun practice show using 4-H judging rules. The dog show is a great opportunity to show off what you learned during camp. Dog camp is always a fun experience for everyone. The Bangor State Fair Dog Show will be held at the Bangor Fairgrounds on July 28th at 1 pm. This is also a requirement if you plan to attend ESE for Dog. This is the only state 4-H show in Maine. Showmanship and Obedience will be the primary award winning classes and there will be a fun agility class. All classes are judged using the Danish System. All award winning classes come with a ribbon and premium. As the date of the show approaches more information will follow.

5. A New Way to Receive 4-H Training for Volunteers and Youth Here's your chance to experience the latest technology. Join Extension educators Lisa Phelps and Jen Loblely for a one hour Breeze Technology workshop simply by logging on to your computer! This web-based training with voice and sound capability (similar to a conference call but you will be able to see visual aids via the computer) will be offered in a number of county Extension offices or you can join us from the comfort of your own home. Topics with dates and times are listed below. To register for the workshop, please contact Lisa Phelps at lphelps@umext.maine.edu or 1-800-287-1471. Media Literacy Training Dates May 15th from 4-5 pm or June 4th from 5:30-6:30 pm. Internet Safety Training Dates are May 29th from 4-5 pm and June 20th from 5:30-6:30 pm.

6. Pine Tree State 4-H Foundation Annual Meeting Pine Tree State 4-H Foundation's Annual Meeting to be held on May 24th at the Buchanan Alumni House on the Orono Campus. If you would like to attend, please call Angela Martin at 581-3739 no later than May 4th.

7. New England Sheep & Wool Growers Association Annual Youth Grant Three \$150.00 cash awards will be awarded to recognize the accomplishments of outstanding young men and women involved in the Northeast Sheep Industry for at least two years. * Applicants must be at least 12 years old and not older than 18 as of 1/1/07 * Applicants must reside in one of the New England States * All eligible youth may apply See complete Grant information as well as application at: www.nesheep.org. You may contact Donna Flint if you cannot download this information. 1-800-287-1535 or e-mail: dflint@umext.maine.edu to request that the information be mailed to you.





Maine State 4-H News Cont.

8. **Scholarship Opportunity** Do you have an older sister, brother or cousin who may be in half way through their college program or into a graduate program? They may be eligible for a \$750.00 Harry Hardwick Memorial Scholarship. There are two awards. The first award will be given to a student majoring in an **agricultural field** (no sheep, 4H or FFA affiliation necessary). The second award will be given to a student who should have a **4H, FFA or Youth Sheep Project**. **Deadline for submission is: May 18, 2007.** Applications are available at: www.nesheep.org or they can contact Donna Flint in York County Cooperative Extension. 1-800-287-1535 or e-mail: dflint@umext.maine.edu.

9. **Bangor State Fairgrounds Clean-up and Fix-up** Do you participate in Bangor State Fair? If so, we invite you to help us clean-up and fix-up the fairgrounds on three dates: Saturday, May 5 from 9 to 3 Saturday; June 16 from 9 to 3 Saturday; and July 14 from 9 to 3. Please bring tools, something to eat/drink, and be prepared to scrape and paint the livestock buildings; make minor repairs; or move wheelbarrows full of sand/gravel – all in good fun! The Leaders' Association will receive a large donation for your help and we will all enjoy a nicer fair environment. Make it a club meeting date and spend some time meeting on your lunch break. Come learn from a mini-workshop about how to attract a buyer for your market animal. Meet new friends! It'll be like a good old fashioned 4-H barn-raising, but easier! Call for more information (like what kinds of tools to bring) 942-7396 or 1-800-287-1485 (in Maine).

10. **Maine 4-H Teen Leadership Conference, Not Your EveryDAY Conference!**

Who: Maine 4-Hers and Teens from 12-18 years old

Why: To give teens a fun overview of skills important to leadership.

What: An awesome 4-H Leadership learning opportunity. Fun and games will be used to teach, emphasize and reinforce leadership skills you never outgrow.

When: June 21 4:00pm to June 23 1:00pm

Where: Columbia Street Baptist Church, Bangor, Maine

How Much: \$30 (Scholarships may be available.)

Learn: Communicating, Getting Along with Others, Learning to Learn, Making Decisions, Managing, Understanding Self, Working With Groups

Why we are different: Special Surprises! The Bravo Brothers! Teens Teaching Teens! Learn the "Leadership Skills You Never Outgrow!" 4-H Program, Lots of time to make new friends! Stay Up Late! Get Up Late! Teen Night Owl Schedule! Community Service

Registration Deadline: May 18

Confirmation and more information will be mailed out soon after registration deadline.

To Register: send your name, age (as of 1/1/07), address, phone number, county and a check for \$30 mad out to the Pine Tree State 4-H Foundation.

Mail to: Penobscot County Cooperative Extension Office, 307 Maine Ave, Bangor, Maine 04401

Sponsored by: Pine Tree State 4-H Foundation, Youth In Governance PLT, Penobscot County 4-H Junior Leaders

Contact Kelly Hamilton at 234-7274 or swroquekelly@hotmail.com for more information.



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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

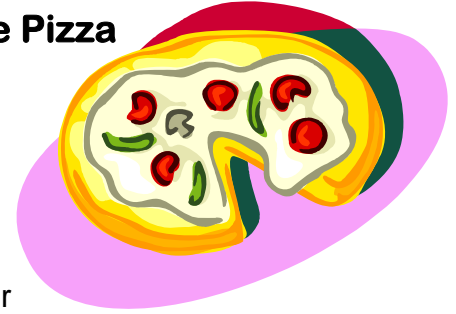
Maine youth acquire the knowledge, life skills, leadership abilities and attitudes to help them succeed now and in the future through effective collaborations, hands-on experiential education and self-directed learning.

“To Make the Best Better”

“Learn by Doing”

Cooking with the Kids

Spunky Vegetable Pizza



Ingredients:

- 3/4 cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5-6 ounces, shredded, low fat mozzarella or Cheddar Cheese

1. Preheat oven to 450°
2. Spoon pizza sauce on pizza shell
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Taken from Fun With Fruits & Vegetables Kids Cookbook

Cooperative Extension, U.S. Dept. of Agri.
University of Maine, 5741 Libby Hall
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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