



# 4-H Flash

A Newsletter for Washington County 4-H Participants



## National 4-H Week Interesting Facts and Information about 4-H

- ◆ 4-H is one of the largest youth development programs in America with more than 6.5 million young people, ages 5-19, and 538,000 youth and adult volunteers.
- ◆ More than 60 million young people across America have been 4-H members since the 4-H Youth Development program began in 1902. Famous alumni include Al Gore, Faith Hill and David Letterman. Also, 14 governors, 33 university presidents and chancellors, 31 CEOs and four astronauts are 4-H alumni.
- ◆ 4-H members are currently participating in 4-H science, engineering and technology programs—ranging from robotics and Web design to animal and environmental science – as well as citizenship and healthy living programs.
- ◆ The fundamental 4-H ideal of practical, “learn by doing” experiences encourage youth to experiment, innovate and think independently.
- ◆ 4-H’s learning opportunities are intentionally designed around four essential elements necessary for positive youth development by providing youth with: supervised **independence**, a sense of **belonging** with a positive group, a spirit of **generosity** toward others and a wide variety of opportunities to **master** life challenges.
- ◆ For more than 100 years, 4-H has been providing youth with the innovative research and resources from our nation’s 106 land-grant universities and colleges.

Information obtained from the 4-H Brand Network website: <http://www.4-hbrandnetwork.org/>.



**October 7-13-National 4-H Week**  
**October 8 Extension Office Closed - Columbus Day**

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>.

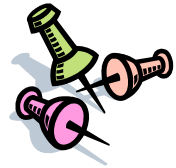
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**Volume 2, Issue 9**

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# Washington County Bulletin Board Items



## The Verdict Is In

The newsletter was discussed at the last Hancock County Leaders' meeting....an overwhelming response from folks was that the on-line newsletter JUST ISN'T working. So beginning this month we will go back to mailing out the newsletter. We will continue to post the newsletters on our county website. **If anyone would PREFER to get the newsletter via email/on line please contact Tara at the office.**



## For Those of You Who Have College Bound High School or College Students!

Several of the geospatial and industry specific professional societies offer scholarships to high school, undergraduate, and graduate students. These scholarships have often been under utilized in the past. Please let your college bound 4-Her's who are involved in GIS know about these scholarship opportunities – because of their 4-H geospatial experience, along with their interests in the environment, science, engineering, etc, they have additional qualifications. Remind your 4-H youth to keep these organizations in mind as they go through college, some of the scholarships are for degree seeking students who have successfully completed a couple of years of college.

In addition to scholarships, these are good networking organizations for 4-H clubs; you'll find career information, conferences, access to possible mentoring, or professional speakers, etc. Information about the National level scholarships are usually posted on-line however there are often regional or local chapters that also offer additional scholarships – you may need to contact those individual chapters personally as they don't always post scholarship information.

Here are just a few places to begin the search, just explore the organizations web sites to find the scholarship information (if it's been posted). Sometimes it's under chapters, careers, education, students, contests and awards, or hidden in some other area of the web site.

[www.asprs.org](http://www.asprs.org): The Imaging & Geospatial Information Society (applications due Dec 3, 2007)

[www.gita.org](http://www.gita.org): Geospatial Information & Technology Association

[www.acsm.net](http://www.acsm.net): American Congress on Surveying & Mapping and member organizations. (applications due Oct 15, 2007)

[www.npsmo.org](http://www.npsmo.org): National Society of Professional Surveyors

[www.aag.org](http://www.aag.org): Association of American Geographers (check out educational grants for programs too)

[www.planning.org](http://www.planning.org): American Planning Association

[www.safnet.org](http://www.safnet.org): Society of American Foresters

[www.awwa.org](http://www.awwa.org): American Water Works Association

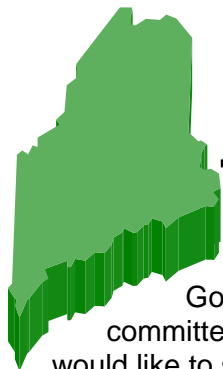
[www.scgis.org](http://www.scgis.org): Society for Conservation GIS (provides scholarships to conservation GIS conferences)

[www.cartogis.org](http://www.cartogis.org): Cartography and Geographic Information Society (application due Dec. 15, 2007)

[www.usgif.org](http://www.usgif.org): US Geospatial Intelligence Foundation: (watch for 2008 scholarship announcement, application deadline probably June 1, 2008).

In addition to the links above, do a web search on "GIS Scholarship" or "geospatial scholarship" and see what you get back, there are many local and user groups that offer scholarships – there are too many to include here.





# Maine State 4-H News

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**1. Animal Science Committee Nominations** - The next regularly scheduled meeting of the Maine 4-H Animal Science Committee (ASC) is Saturday, November 3, 2007 at Governor's Restaurant in Waterville. It is time for 4-H volunteers who wish to serve on those committees to be nominated or re-nominated for a three-year term. If you know someone who would like to serve on the committee you can help them learn more about serving in this position at our website at <http://www.maine4h.umaine.edu/manual/attach/ascmemresp.htm>.

You can find nomination and re-nomination forms at <http://www.maine4h.umaine.edu/manual/partb/b18.htm>.

Membership to the Animal Science Committees is gained by a nomination and re-nomination process. Nominations can be made by any member of the committee, including the current Activity Coordinator and occurs prior to the Fall ASC meeting. Nominations must be submitted by October 15 to the committee's Staff Liaison. Staff Liaison reviews the nomination, consults with the Extension educator or Extension professional in the county in which the volunteer is enrolled and if approved, submits it to the current members of the committee at the Fall ASC meeting.

*Teenage Members:* It is recommended that teenage 4-H volunteers be given seats on the Animal Sciences committees. Teen members will follow the same membership procedures as adults, except for background checks.

If you have a question about the date for your re-nomination, you can contact your activity coordinator or Donna Flint at [dflint@umext.maine.edu](mailto:dflint@umext.maine.edu). If you have questions about the nomination process, Donna can help you or you can contact Michael Bailey at [m Bailey@umext.maine.edu](mailto:m Bailey@umext.maine.edu) as well.

**2. Maine Youth Celebrate 4-H's Work in Science, Engineering and Technology During National 4-H Week, October 7-13** Maine 4-H is celebrating 4-H's work in 4-H Science, Engineering, and Technology (4-H SET) programs during National 4-H Week, October 7-13, 2007.

In Maine, 4-H members are currently participating in 4-H science, engineering and technology programs—ranging from robotics and digital media to geospatial technologies (GIS/GPS), animal and environmental science as well as citizenship and healthy living programs.

"While on the Galapagos Islands this past June, I had the opportunity to use the knowledge I gained from the 4-H GPS/GIS training and workshop I took at the Cobscook Community Learning Center in Trescott, Maine. Specifically, I used my skills for mapping the trails on the many islands we visited and boat routes we took and important tourist destination spots. Additionally, I taught other group members how to use a GPS, along with coordinating mapping details with the paper maps. This information that I led in gathering will be used to form a website about tourism in the Galapagos Islands by the graduate students." said Washington County 4-H member Paul Jans.

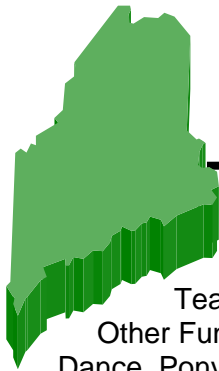
One comment from a participant at a recent Maine 4-H GIS Camp indicated that they can now use these new technologies to do community service projects in their communities. "In Maine the 4-H SET programs have been essential as we have been able to share new career possibilities with youth and teach them valuable life skills," states Lisa Phelps one of the 4-H staff working with the National 4-H SET initiative in Maine.

To learn more about the 4-H SET initiative please contact your county office.

For more than 100 years, 4-H has been providing youth with the innovative research and resources from our nation's 106 land-grant universities and colleges. Currently, more than 5 million 4-H youth members participate in 4-H SET programs nationwide.

4-H is a community of more than 6.5 million young people learning leadership, citizenship and life skills. Learn more about the 4-H adventure at [www.4HUSA.org](http://www.4HUSA.org).





# Maine State 4-H News

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**3. 4-H Team Penning Clinic & Fun Rodeo** - Sunday, October 14<sup>th</sup> at the OK Corral in Leeds, ME. Registration is required by 10/7/2007.

Team Penning Clinic from 9am – Noon, and Rodeo from 1pm – 5pm.

Other Fun Rodeo Events: Cow Patty Hopping, Bulls Eye, Page Cuttin', Roping, Wrangler, Square Dance, Pony Express, Gold Rush, Topsy Rider, and Cowboy Bath.

For more information and registration form, please go to:

<http://www.umext.maine.edu/4h/resources/horse/penning2007.doc>.

**4. Hippology 8<sup>th</sup> Annual Fun Show** - Come join the fun and raise money to benefit Maine's 4-H State Equine Program! All ages and abilities are welcome to attend! The event will be held Sunday, October 7, 2007 at the Pittston Fairgrounds beginning with traditional Equine Classes at 9 a.m. with Equine Games to follow.

The entry fee for the day is \$30 for unlimited classes, or \$5.00 per class. There is no mandatory registration, so when you arrive you pay your fee, get your number, and enjoy the day! Please remember to bring a copy of your Coggins certificate and rabies vaccination certificate with you to present at the gate. The dress code is casual, helmets and riding boots are required for all 4-H members, and helmets are optional for adults. Please remember to pack your GOOD TIME ATTITUDE!!

For more information, contact your local Extension office for the unofficial registration form and the Release and Indemnity Agreement or contact Cathy Thomas, 58 Amity Lane, Pittston, ME 04345, 582-1266 (daytime), 458-1405 (anytime) or email [cjthomas@midmaine.com](mailto:cjthomas@midmaine.com).

Thank you for your support!

**5. Eastern States Morris Scholarship Winner**— Congratulations to **Michaela Davis**, the winner of the Eastern States Morris Scholarship for 2007. Michaela has been a member of the All-Star 4-H Dairy Club for seven years and represented the Maine Dairy Team this year at Eastern States. She is also the vice-president of the Cumberland County Junior Leaders 4-H Club and a 1<sup>st</sup> year member of the Cumberland County Sheep club.

Michaela has found many opportunities in 4-H to learn the value of community service and community involvement. This spring she organized 15 members of her dairy club into a team that walked 294 miles for the American Cancer Society's Relay for Life.

Michaela is a senior at Gray-New Gloucester High School and is a member of the National Honor Society. She plans to attend a college in New England to study Animal Science and Agribusiness.

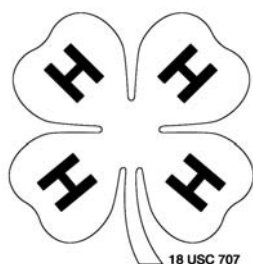
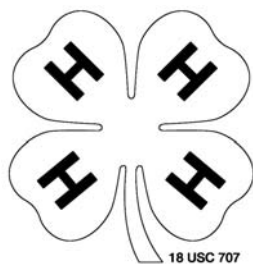
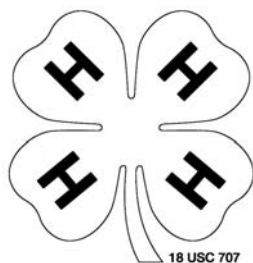
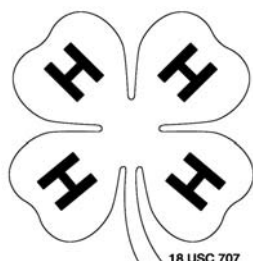
**6. Animal Science Program Fund Raising** - This is a chance to support animal science programs and the Pine Tree State 4-H Foundation as well as gain knowledge about your animal from head to tail! The York County Shepherds (a 4-H club in Southern Maine) has set up a fundraiser with **Infovets**. For every CD or Manual purchased; the profit after expenses will be donated to the animal science account held by the Pine Tree State 4-H Foundation. There are six committees; equine, beef, dairy, sheep, goat and dog. For example, if a beef CD is purchased, then the profit would go into the beef account. Browse through the materials by logging into [www.infovets.com/home](http://www.infovets.com/home). Use the username and password: Maine4H

Contact Donna Flint at 1-800-287-1535 extension 22, or e-mail your request to: [dflint@umext.maine.edu](mailto:dflint@umext.maine.edu) and an order form will be mailed to you along with the slightly reduced price list.



# 4-H Happenings

*An informational source for 4-H leaders in Hancock and Washington Counties*



## Project Records

It's a new 4-H Year and as we review your records from last year, we thought we could make your job easier this year if we presented a few record-keeping ideas in our newsletter. So when your members ask you these questions, you'll know just what to say!

### **Q. Why do we do project records?**

**A.** If you speak with adults who were once 4-H members, they will often tell you that the most important skill they learned in 4-H was record-keeping. It's a skill that successful adults use every day.

When you leave our 4-H program, we want you to have one of the most important benefits we can give you! On a more immediate level, record keeping gives you an on-going picture of your current project and a permanent record of your previous work.

Also, before you move out on your own to support that horse or that art hobby or whatever your passion is, you will need to understand how much it costs to participate in that activity. That's why you need to include in your project records the value of things people GIVE you, like animals, grain or hay, or cooking supplies.

And certainly not the least important, your 4-H records and resume will be invaluable as you apply for 4-H opportunities such as CWF, 4-H Congress, 4-H Conference and college scholarships.

### **Q. Why are we talking about project records right now? We just got started in the new 4-H year!**

**A.** Your record should start at the same time your project does. Starting at the beginning lets you set your goals and learning plan BEFORE you do your project. Keeping records as you do projects makes the whole process more valuable and SO MUCH EASIER than waiting until next fall.

Note: Please watch for changes pertaining to Cloverbuds and project records this fall.

*Adapted from the York County, Maine 4-H Fall 2007 Newsletter*



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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”**

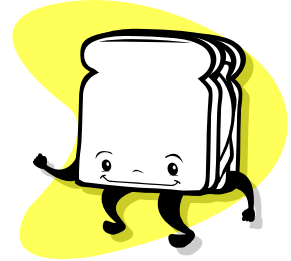
**“Learn by  
Doing”**

# Cooking with the Kids

## Apple Tuna Sandwich

**Ingredients:**

- 1 can (6 1/2 oz.) tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped (1 cup)
- 1/4 cup lowfat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 sliced whole wheat bread
- 3 iceberg lettuce leaves



**Directions:**

1. Combine tuna, apple, yogurt, mustard and honey.
2. Spread 1/2 cup mixture on 3 bread slices.
3. Top each with lettuce leaf and remaining bread.
4. Place on cutting board. Cut sandwiches in half.

*Fun With Fruits & Vegetables - Kids Cookbook*

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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.  
University of Maine Nondiscrimination Statement

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