



4-H Flash

A Newsletter for Washington County 4-H Participants

4-H Fun Fest

On Saturday, October 25th from 2:00 - 4:00 p.m., all volunteers, members and families are invited to the Cobscook Community Learning Center in Trescott. Come celebrate the accomplishments for your year, participate in a 4-H GeoCache, enjoy light refreshments and put your name in to win a door prize! Have a friend who's interested in joining 4-H? Bring them along to join the fun!



Wishing Colleen a Speedy Recovery


Our 4-H Program Aide, Colleen Brown will be out on medical leave through early November. She is home recovering from minor surgery. We wish her a restful and speedy recovery! During her absence if you have questions or need help with a 4-H issue, please call the Extension office at 1-800-287-1542.

READY FOR THE CHALLENGE?

Youth across the nation are leading efforts to solve problems in their communities, raise awareness about environmental issues, and make a difference for their futures.

You too can make a difference. Contact your local 4-H office to learn more or get involved.

2008 NATIONAL 4-H WEEK

keeping it green 

October 5-11, 2008
www.4-H.org



- Oct. 13** Columbus Day - Extension Office Closed
- October 23-26** Northeast Regional Volunteer Forum
- October 25** 4H Fun Fest—Cobscook Community Learning Center
- Oct 31** Entries due for Energy Contest - See page 2
- November 1** Maine 4-H Volunteer Forum- Hallowell
- November 14**— Early Bird Reenrollment Deadline
- December 31** Reenrollment Packets Due

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>.

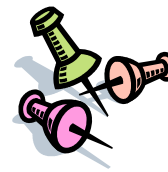
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Washington County Bulletin Board Items



GOVERNOR CALLS ON STATE'S SCHOOL CHILDREN FOR ENERGY TIPS

Augusta, ME -- October is Energy Awareness Month and to kick it off, Maine Governor John Baldacci is calling on the State's school children to be leaders in efforts to conserve energy.

The Governor's Office of Energy Independence and Security and the Maine Public Utilities Commission's Efficiency Maine program are sponsoring the sixth annual Energy Saving Tips Contest for students in the 4th, 5th, and 6th grades.

Governor Baldacci is encouraging students to submit one or two tips on how to save energy in their homes or schools. He will present the winners with a solar-powered iPod Shuffle at a special award ceremony in December.

"We want to inspire students to talk about saving energy in their homes and schools, and also learn how simple changes can help to reduce greenhouse gas emissions," the Governor said.

"The earlier we get our students focused on these issues and what they can do, the better the outcome will be for Maine and the world. Their children and grandchildren will be living with the consequences of energy decisions made now," the Governor added.

Winning suggestions in prior contests have ranged from "*Don't use lights when it is sunny because the sun will light the room,*" from Josie Ford, a fifth grader at Bangor Christian School, to "*Use sensor lights in schools to save money,*" from Brian Allen, a 4th grader from Hall-Dale Elementary School in Hallowell.

"Maine's students are enthusiastic about energy

efficiency; they get it," said Sharon M. Reishus, Chairman of the Maine Public Utilities Commission. "This contest is a way to channel their creativity and help raise awareness among Mainers about simple steps to reduce energy consumption."

To help students come up with ideas for the contest and to learn about the "energy hogs" found in most homes, they can visit <http://www.energyhog.org/childrens.htm>. Contest entries must be postmarked by Friday, October 31st to:

Joy Adamson
Efficiency Maine Educational Program Manager
Maine Public Utilities Commission
18 State House Station,
Augusta, ME 04333-0018

Entries must include the student's name, the school's name, school address, teacher and grade level. There are two entry categories: 1) Tips For Saving Energy In Your Home; and, 2) Tips for Saving Energy at Your School.

Winners will be chosen on Friday, November 14th. The Governor will present the awards in December. Efficiency Maine is a statewide program of the MPUC that promotes more efficient use of electricity, helping Maine businesses and residents reduce energy costs, and improving Maine's environment. For further information on the contest, contact Joy Adamson at (207) 287-8350 or at joy.adamson@maine.gov.

Visit UMaine Extension's NEW energy website at <http://www.umext.maine.edu/energy/default.htm>.

Reenrollment– If any leader or any independent member has not received their packet or if you have any questions, please contact the Extension Office as soon as possible. Leaders please be sure to complete **ALL** paperwork by December 31st. **There will be no exceptions.**

Early Bird Special: Club leaders who get all their paperwork in by Friday, November 14 will have their club's name entered into a drawing for a \$25 Wal-Mart gift certificate! It can be used to buy club snacks, art materials, items to support a project, you decide!





Maine State 4-H News

1. VOLT Training Corner

On Saturday, October 11, 2008 a VOLT training will be held in **Penobscot County** from 9:30 am to 3:30 pm. Please bring your lunch, completed application forms, and a \$5.00 fee for the notebook and materials. No one will be turned away for lack of money. Location will be in Bangor at the Penobscot County Cooperative Extension office, 307 Maine Ave. Register ahead of time by calling 942-7396 and speaking with Stacy, Barb, or Theresa.

2. 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>



3. Funding Opportunity for Ag Projects

The Farm Service Agency offers youth loans to finance modest, income-producing, agriculture-related, educational projects for members of 4-H, FFA, or similar organizations. The project must be related to the business of agriculture. Youth ages 10-20 who live in towns with a population of fewer than 50,000 people are eligible to apply. The maximum loan amount is \$5,000 and terms can vary up to seven yrs. based on the type of operation. Funds may be used to pay expenses associated with the approved project. The current interest rate is 3.875%. Please visit <http://www.fsa.usda.gov> for more information and county office contacts or contact the Maine State Office at 990-9140 to locate an office near you.

4. Annie's Sustainable Agriculture Scholarship

Annie's Homegrown Sustainable Agriculture Scholarship Program is open to full time undergraduate and graduate students studying sustainable/organic agriculture. Students who are beginning or returning to an accredited two or four year technical or college program or graduate school in the U.S. for the 2009/2010 school year are encouraged to apply. Applications must be postmarked by October 30th, 2008. Final decisions will be made by March 3, 2009, and funds will be dispersed on or around June 15, 2009. See the Application and Guidelines at www.annies.com/scholarshipapplication



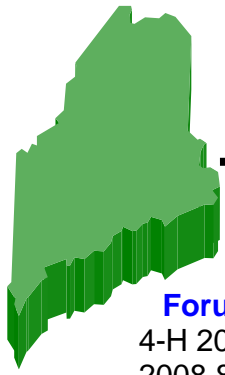
5. Maine's 4H Horse Teams Are Travelling!

The 4-H Equestrian Team participated at the Big E September 17 to 21. Maine sent 18 riders to this New England Regional competition, as well as two drivers. Four teen leaders also went to represent Maine.

Other horse teams will be traveling too. On October 19, these teams: Communications, Horse Judging, and Quiz Bowl will compete against other New England States at the regional competition in Burlington, Vermont.

Then these same teams will travel to the Eastern National 4-H Round Up in Louisville, Kentucky the weekend of November 7 to 9, 2008. **Hooray for the Maine Equestrian Teams!**





Maine State 4-H News

6. Register Now for the Maine 4-H Volunteer Forum and Animal Science Committee Meeting

4-H 2009: Your Best Year Yet! Saturday, November 1, 2008 8:30 am to 4:00 pm Maple Hill Farm in Hallowell (just outside of Augusta) All Maine 4-H volunteers are invited to come join the fun! The Maine 4-H Volunteer Forum will combine with the Fall Animal Science Committee meeting to offer sessions of interest to both animal science committee members and club volunteers involved in nonanimal projects. Animal Science Committees will have plenty of time to meet while other participants engage in a variety of hands-on workshop sessions. A delicious lunch included and an Eco-Tour of the farm will be offered. For more information including an agenda for the day, workshop descriptions and directions to the conference center, go to <http://www.umext.maine.edu/4h/vol/forum.htm>. Registration is required. Call the State 4-H Office at 1-800-287-0274 or 207-581-3877 by Friday, Oct. 17th to reserve your space today!



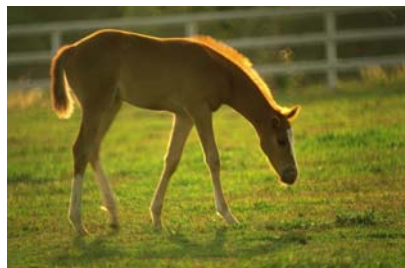
7. Horse Study Sessions

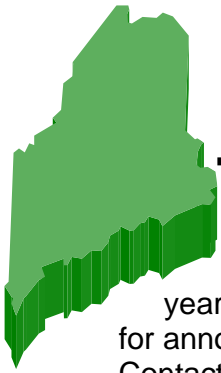
4-H Horse Members! Study sessions for horse knowledge. Starting October 21, study sessions will begin for any interested 4-H horse club members. Study sessions will be done by video conference at various high schools throughout the state on the third Tuesdays of each month October through May from 6-8pm. The study sessions will be held at eight different high schools around the state: Hampden Academy, Lewiston HS, Sanford HS, Oxford Hills HS, Houlton HS, Nokomis HS in Newport, and Hall-Dale HS in Farmingdale. Find one close to you and come join us!

Who should attend? Anyone who would like to learn more about horses, or might be interested in the Eastern States Equestrian Team, the Communications Team, the Hippology Team, Horse Judging Team or the Horse Quiz Bowl Team. These will be interactive study sessions with other 4-Hers from all over the state!

Updates and cancellations will be on the website at <http://www.umext.maine.edu/4h/resources/horse/study.htm> or contact Kate Slattery at slatterk@sad44.org or 836-3217.

8. Hippology's Fun Show Come and join the fun at Hippology's 9th Annual Fun Show. What is Hippology? Hippology is the study of everything about horses. This horse show will be held at Pittston Fair Grounds on Saturday, October 4th, to start at 9:00 am, with equine games to follow. This event is open to everyone of all ages and abilities. All of the funds raised will go to the 2008 Maine 4-H State Equine Programs. For more information contact Cathy Thomas at hippology@verizon.net, or by phone at 582-1266. The complete registration packet as well as more information is available on the 4-H Horse web page at: <http://www.umext.maine.edu/4h/resources/horse.htm>.





Maine State 4-H News

9. 4-H Fun Rodeo

Keep October 18th open for the second annual 4-H Fun Rodeo to be held, this year, at Topsham Fair Grounds. More information will be available soon; keep watch for announcements.

Contact Penny Ebberts by email at pebberts@zwi.net with any questions. Proceeds support the Maine 4-H Equestrian Teams.

10. Animal Science Committee Nominations

The next regularly scheduled meeting of the Maine 4-H Animal Science Committee is Saturday, Nov. 1, 2008 in Hallowell. 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. You can visit our website at <http://www.umext.maine.edu/4h/manual/partb/b18.htm> to learn more about serving in this position. You can find a nomination and re-nomination form at <http://www.umext.maine.edu/4h/forms/ASCnominationform.pdf>. Deadline to send nomination forms to State 4-H Office is October 15, 2008.

Membership to the Animal Science Committees is gained by a nomination and re-nomination process. Nominations can be made by an extension educator/professional, any member of the committee, and/or the nominee him/herself and occurs prior to the Fall ASC meeting. Nominations will be reviewed and voted on by each committee. Successful first-time nominees will be sent a welcome packet and an invitation to the Fall Animal Science Committee meeting. It is recommended that teenage 4-H volunteers be given seats on the Animal Sciences committees. Teen members will follow the same membership process as adults.

If you have any questions about the animal science committees or the nomination process, please contact Michaela Bailey at mabaily@umext.maine.edu or Donna Flint at dflint@umext.maine.edu.

11. Notice of Incidence of Eastern Equine Encephalitis (EEE) in Maine

A horse has recently died and tested positive for Eastern Equine Encephalitis (EEE) in Lebanon, in York County, Maine, according to a Maine CDC release on 9-19-2008. Because there is a risk of human transmission of EEE from infected mosquitoes to people in the area of EEE-positive animals, the Maine CDC is alerting health care providers to be aware of the symptoms. In humans, symptoms usually appear 4-10 days after the bite of an infected mosquito, and range from mild flu-like illness to severe central nervous symptoms, coma and death. People most at risk are: 1) residents of, and visitors to endemic areas, 2) People who engage in outdoor work and recreational activities, 3) People over age 50 and younger than age 15 seem to be at greatest risk of developing severe disease.

In horses, EEE and the clinically similar West Nile Virus (WNV) are both preventable by vaccination. Due to the high number of mosquitoes in many areas of Maine, vaccination of horses for these diseases is recommended.

The Maine.gov website has more information at <http://www.maine.gov/dhhs/boh/ddc/arbovirus/index.htm>. Source of notice: Anne Lichtenwalner DVM PhD, Assistant Professor, Director, Maine Veterinary Diagnostic Laboratory, University of Maine Cooperative Extension, Dept. of Animal and Veterinary Sciences, (207) 581-2789 E-mail: alicht@umext.maine.edu.



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Colleen Brown, 4-H Aide

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Tara Wood, Support Staff

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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

Pizza Flavored Popcorn

- Step 1 - Get 1 Package low-fat (light) microwave popcorn, or even better, is the hot-air popcorn.
- Step 2 - Pop the popcorn.
- Step 3 - Place in a large bowl or clean food storage bag.
- Step 4 - Spray a few times with a fat-free “butter flavored” spray.
- Step 5 - Add a few shakes of the following herbs:
Onion Powder
Garlic Powder
Basil
Oregano
And Parmesan Cheese
- Step 6 - Mix well and Enjoy!



UMaine Cooperative Extension
34 Center Street
Machias, ME 04654



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.