


4-H Happenings

A Monthly Newsletter For Hancock County 4-H Participants

**MARCH
2019**

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 @hancock4H

School Break Get-Together

We have clubs throughout our county doing all kinds of awesome things and learning many life skills. Sometimes it's a learning experience just to hang out and do something fun just because it's fun! That's what happened Saturday, Feb. 23, when Heather Linnehan organized an opportunity for Hancock County 4-H'ers to go bowling at the Acadia Lanes. Horse & Riders, Jolly Juniors, and Rails N' Trails members gathered for bowling and pizza. The 4-H'ers cheered and encouraged each other which was awesome to see and made everyone feel welcome!



Heather and I hope to plan more activities where 4-H members can get together to make new friends, learn from each other, and really put the four H's - head, heart, hands, & health - into action! We hope to see more youth represented at the next activity!

Special thanks to the Leaders' Association for sponsoring this event.

Be sure to check out our Facebook page for more 4-H photos – facebook.com/hancock4H

UPCOMING DATES TO REMEMBER

March 8		National 4-H Trips Application Deadline
March 9	11:00 am	Hancock County Public Speaking Tournament – Assembly of God Church, Ellsworth - Snow date March 16
March 12	6:30 pm	Leaders' Meeting – Extension Office
March 13-17		Maine Science Festival in Bangor
March 27 – April 7		Paper Clover at Tractor Supply
April 5		Homemaker's Scholarship Applications Due in the Office
April 6	12:00 noon	State 4-H Public Speaking Tournament – UMaine – Orono
April 13		Leaders' Association Scholarship Applications Due in the Office
May 9	4:00 pm	Style Revue Dress Rehearsal
May 10	6:30pm	Style Revue – Location TBD

COUNTY NEWS

Leaders' Meeting – the next Leaders' Association meeting will be on March 12 at 6:30 pm. If you cannot attend in person - join the meeting by computer! Go to: <https://maine.zoom.us/j/243761673> or by phone 1-646-876-9923, then enter the meeting ID #207 667 8212.

4-H Public Speaking Reminder - The Hancock County 4-H Public Speaking Tournament will be held at 11:00 am on March 9, snow date of March 16 at the Assembly of God Church, Ellsworth.

The State Public Speaking Tournament will be held on Saturday, April 6, at noon at the Neville Hall, University of Maine in Orono.

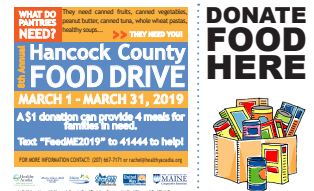
4-H Scholarships and Grants - Do you know about all of the scholarship opportunities available to Hancock County 4-H'ers and Clubs? This is the time of year to learn about these and apply, some deadlines are approaching in March and April.

College Scholarships | Camp Scholarships | Leadership Scholarships | 4-H Foundation Scholarships for individuals and clubs

Visit our [website](#) for details and application materials.

The 8th Annual Hancock County Food Drive is underway!

Please join our effort to restock local food pantries' shelves! Your club can collect healthy, non-perishable food items any time during the month of March, and bring them to the Extension Office by March 30th. All food will be distributed to Hancock County food pantries, soup kitchens and school backpack programs.



Paper Clover Campaign – March 27-April 7 at Tractor Supply Co. in

Ellsworth. - Each Spring and Fall, Tractor Supply helps raise money for 4-H programs with the Paper Clover campaign where customers donate \$1 to 4-H at the register. The funds are used for scholarships for camps and leadership events.

You can contribute by:

- 1) Donating in the store
- 2) Donating online at checkout when you make a purchase
- 3) Participating in the store during the fundraiser with a display, helping to bag purchases, or answering questions about 4-H. **Contact us by phone, email, or Facebook to sign up to participate and for more details.**



2019 Maine Science Festival - Hancock County 4-H has \$25 gas cards available to families who attend the 2019 Maine Science Festival on March 13-17 and are willing to complete a simple evaluation. For more information or to reserve your gas card please contact us by phone, email, or message us on facebook! We have ten cards to give away, so please help spread the word around the county -- they can go to anyone planning to attend – not just 4-H'ers!



COUNTY NEWS –

Egg Business Project - Are you interested in participating in the [Egg Business Project](#) that is coming to Hancock County 4-H this spring? Under the mentorship of a trained 4-H Leader, participants will learn about, understand, and follow state and local regulations for producing and selling poultry eggs in order to run their own Chicken Egg Business! The program is run in partnership with the Maine Small Business Development Center (Maine SBDC) at Coastal Enterprises, Inc. (CEI) in Ellsworth. There will be a kick-off meeting for all participants on Saturday, March 23 from 1-3pm at the Extension Office. For more information and to register, visit our website at <https://extension.umaine.edu/hancock/4h/>.

Style Revue – Have you started your project? Our 2019 Style Revue will be held on Friday, May 10th at 6:30 pm, location to be determined. The theme this year is Carousel of Color. Dress rehearsal will be Thursday, May 9th. Many thanks to Judy Nevells and Jennifer Dunn for joining the Style Revue committee!
Registration is on line at: <https://extension.umaine.edu/hancock/4h/style-revue/>

Photo Contest – All details on the 2019 Photo Contest is now on our website at <https://extension.umaine.edu/hancock/4h/photo-contest/>. Deadline to submit your photos is Friday, July 19th. If anyone needs the info mailed, please call Joyce at the 667-8212 or email at joyce.forter@maine.edu.

There are so many beautiful and unique scenes to take pictures of this winter. Keep those cameras snapping so you will have some good photos to choose from at the end of the contest.

Bangor Blue Seal Feeds - We were just informed that they offer 10% off to 4-H members on purchases pertaining to their project. They will ask that you show proof of membership by way of membership cards and fill out a small form with their project information. If you would like a membership card mailed to you – please let Joyce know.

University of Maine Cooperative Extension 4-H

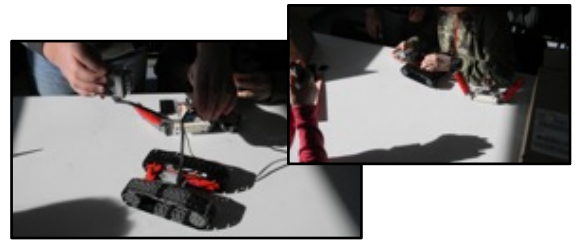
Apparel - University of Maine Cooperative Extension volunteers can now easily access 4-H apparel order forms, and view examples of available designs, anytime. This process is in place to provide ease of ordering and to ensure University of Maine Marketing and Communications brand standards are met. Thank you for your understanding and assistance with this process.

At this time 4-H t-shirts are available for order, in [two color choices and five design options](#), on the linked forms. Shirts are from a licensed vendor and will include the University of Maine Cooperative Extension logo and the 4-H clover, the official emblem of the 4-H youth development program. The order form can be found at extension.umaine.edu/plugged-in/wp-content/uploads/sites/80/2014/03/CES-t-shirt-2019-Clubs-1.pdf and must be sent to Joyce at the Extension Office. **Minimum order 12.**



CLUB NEWS

Mega Builders - The kids spent this meeting brainstorming and building a prototype for the Lego Robotic snow plow they aim to build for the 4-H Robotics Expo in March. Submitted by club leader Wayne Simmons



Free 2 Be - Our Free 2 Be 4-H club just finished doing our public speaking demonstrations for our club before some of us go onto county. We had topics ranging from everything you want to know about worms and compost to how to make a tomato salad, lemon pigs, and a galaxy in a jar. All our 4-H families cooked a large pot of chili to serve at a community supper that feeds 50-100 people every week. Submitted by Jenny Lassen, 4-H leader

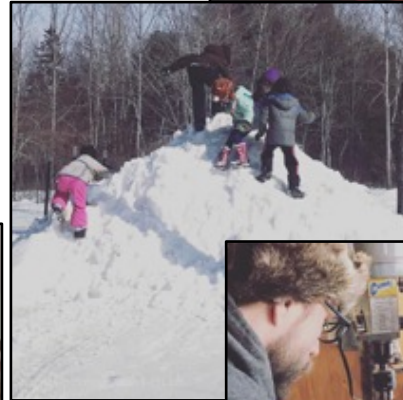
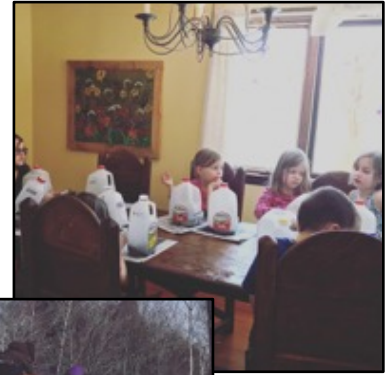


Horse & Rider – members went on a mystery ride on February 23d. We went to the Acadia Bowling Lanes for bowling and pizza. Along with our club, members from Rails N' Trails and Jolly Juniors joined us. We all had a great time. We were glad that they could join us. Thanks, Heather, for arranging a fun activity for us. Submitted by Sally Jordan, 4-H leader



CLUB NEWS

Spruced Up Homesteaders - This month our club kids worked and played hard, covering a diverse spectrum of topics in their Saturday meeting! They created mini greenhouses as we discussed the natural chill and warmth cycles that occur in germination, they learned about and operated a drill press, creating candle holders for their next fundraiser, they put wishes and dreams in our prayer flags, and strung/hung them in the greenhouse, AND practiced their public speaking presentations! Oh yes and also conquered the "icebergs" around the farm! What an amazing group of little humans and what a tremendous gift to watch them grow!



Blue Hill Heritage Trust's 4-H **Peninsula Explorers** Club hosted a SPIN Club on Ice Fishing. Local ice fishing experts came out and gave kids from around the Blue Hill Peninsula a start to finish lesson on this long time Maine tradition. From how to know the ice is safe, to what bait to use, to setting traps, the kids got plenty of practice and caught a lot of fish. We hear several kids took fish home and cooked them up for supper as well!
A great time was had by all!
Submitted by club leader,
Chrissy Allen



CLUB NEWS

Jolly Juniors - Between basketball & cheering this time of year is often hard for club activities but the Jolly Juniors managed to get some work done along with some play time, too!

We started the month of February with our Cloverbud year two sewers making grocery bag holders. When asked about their favorite part of sewing the answer again is the ironing part! I think we need to let kids do more ironing! It is a life skill after all. To continue with our project work **Samantha**, a sixth year Jolly Junior, took on a leadership role supported by her mom, Amy Folmer, and taught the fourth graders how to make tied blankets. Always great to have club members learn from one another and see how leadership skills blossom from leading a project or activity. Sam will help the girls finish up their blankets in the coming month.

Cloverbud movie night was a success even if we didn't finish the movie - just means we will need a repeat movie night at Brenda's! **Olivia** taught the Cloverbuds how to play "Pie Face" and trust me there was a lot of laughter and fun! Kindergartner, **Rory**, and first grader, **Lydia**, took the lead on showing the rest how to make English Muffin pizzas. These three girls worked on their leadership skills along with communication and team work.

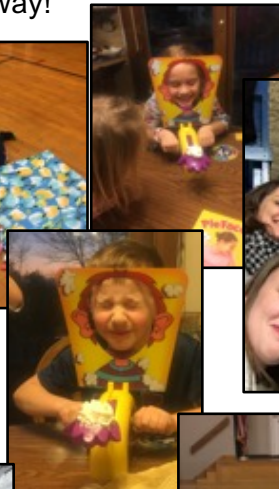
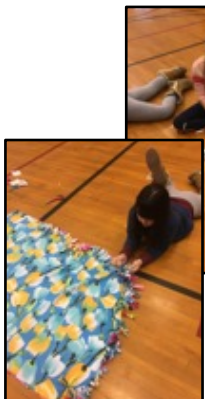
Next up was Hermon Mountain with the JJ1s & JJ2s! It was a gorgeous day to go tubing - blue skies and not too cold! Sometimes you just have to have FUN!! and we had a great meal at Dysarts...if you want a review on the cinnamon buns, just ask **Abby**! That cinnamon bun was as big as her head but she persevered and finished it off!

Public speaking is definitely a skill and some of our club members took on the challenge! Led by demonstration pros, **Olivia & Bryce**, who have done club demos in the past as well as Olivia competing at the county level, they shared their skills with first-timers. **Sam, Jaxson, Leah, Olivia** and **Abby** were up for the challenge and did a great job! We are excited that three are moving on to the county level. Good luck Jolly Juniors!

And finally the JJ1s, along with friends and family, enjoyed the UMaine Black Bears get a win in over time at the hockey game! So much energy and so much fun! We will definitely go again!

Next up for our club is more sewing, planning and preparing for the Waltham Town Meeting dinner, and I'm sure there will be some fun activities along the way!

Submitted by leader, Brenda Jordan



STATE NEWS

1. Save the Date for 2019 Maine 4-H Days - Maine 4-H Days will take place July 19 - 21 at the Windsor Fairgrounds. If you are interested in helping to plan next year's event, please contact Jessy Brainerd at jessica.brainerd@maine.edu or 207.581.3877.

2. Maine 4-H Days Planning Committee - July will be here before you know it, and we are looking for a few good volunteers to join the fantastic current Maine 4-H Days Planning Committee. Joining this committee gives you the chance to help come up with ideas and plans for one of our biggest statewide events! If you are interested in joining the Maine 4-H Days Planning Committee, or have general questions/comments/recommendations about the event, please email jessica.brainerd@maine.edu, or call 207.581.3877.

3. Come to Orono for the 2019 4H@UMaine May 31 – June 1! - Planning has started and the wheels are in motion thanks to the efforts of a tremendous team! We are always looking for individuals interested in helping with pre-event planning or attending the event itself! Stay tuned for details. For more information about 4-H@UMaine, contact Greg Kranich at gregory.kranich@maine.edu or 207.581.3292.

4. Citizenship Washington Focus - Citizenship Washington Focus (CWF) Start making plans now to visit our Nation's Capital during the week of June 29 to July 6, 2019. CWF is a leadership program conducted by the National 4-H Council for high school youth ages 14 to 18. 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 travel down on Saturday, June 29 and travel home Saturday July 6, 2019. You will stay at the National 4-H Conference Center just outside Washington, DC. Visiting the most popular sites in Washington, DC will be a part of the trip, including spending the 4th of July in our nation's capital. There is a mandatory orientation for Maine delegates on April 27th, 2019. For more information visit <https://extension.umaine.edu/4h/annual-events/citizenship-washington-focus/>. Contact your county 4-H office for details about how to be a part of this experience if you don't hear from them very shortly. All county offices have different criteria/dates to apply, so please contact them ASAP. Websites are currently being updated. For specific questions, please contact Heidi Palmer, State Activities Coordinator at: heidi.thuotte@maine.edu.

5. National Trips - National 4-H Trip Applications Are due March 8th, 2019 (Conference and Congress) National 4-H Trips are excellent opportunities to meet 4-H members from across the nation. Participants learn about many career options, and learn through educational workshops at Congress or become a part of a team making recommendations to National 4-H Council at Conference. To learn more about these trips, visit: <https://extension.umaine.edu/4h/national-trips/>. Websites are currently being updated. For specific questions, please contact Heidi Palmer, State Activities Coordinator at: heidi.thuotte@maine.edu

6. 2019 Maine 4-H Public Speaking Tournament - The 4-H State Public Speaking Tournament will be held **Saturday, April 6, 2019** at the University of Maine at Orono. 4-H Youth ages 9 to 18 who have participated in their county 4-H public speaking tournament and received the required score are invited to participate. For youth in counties which do not hold public speaking tournaments, arrangements may be made through their county's Extension office to present their presentation to their county's 4-H staff in order to be eligible. More information is available at: <https://extension.umaine.edu/4h/event/2019-maine-4-h-state-public-speaking-tournament/>

STATE NEWS

7. Please provide feedback on Project Records! Click the following link to take the survey. https://umaine.qualtrics.com/jfe/form/SV_bP1iUM659wuRVrL

You are invited to participate in a statewide research project being conducted by Kristy Ouellette and Jennifer Lobley, Extension Educators at the University of Maine Cooperative Extension. 4-H volunteers and staff from all over Maine will participate in this study.

Purpose of this research project: We recognize the value of our 4-H volunteers. As a state we have rolled out new 4-H Project Records. We want to have a better understanding of your beliefs and understandings of the function of these records. **What will you be asked to do?** If you decide to participate, you will be asked to complete an on-line survey with questions pertaining to your attitudes and beliefs regarding 4-H project records in Maine. The survey will take you approximately 20 minutes to complete. **Risks:** Except for your time and inconvenience, there are no foreseeable risks to you in participating in this study. **Benefits:** You will be eligible to enter into a raffle for a \$25.00 gift card to Hannaford. **Confidentiality:** As a participant you will be anonymous. Investigators or a student will enter data into a computer. Data will be kept on a secured computer with only the investigators or a student having access. Data will be kept for a period of 5 years.

Voluntary: Participation is voluntary. If you choose to take part in this study, you may stop at any time during the study. You may skip any questions you do not wish to answer. Participation in the on-line survey implies consent to participate.

Contact Information: If you have any questions about this study, please contact Kristy Ouellette at 207-353-5550 or kristy.ouellette@maine.edu If you have any questions about your rights as a research participant, please contact Gayle Jones, Assistant to the University of Maine's Protection of Human Subjects Review Board, at 581-1498 (or e-mail gayle.jones@umit.maine.edu).

HANCOCK COUNTY 4-H LEADERS' ASSOCIATION

February 12, 2019 Meeting

Attendance: Heather Linnehan, Rosie Evans, Dwight Sargent, Lee Sargent, Terry Swazey, Lisa Carney, Kasha Robertson, Audra Porter, and Liz Duke.

Secretary's Report - Read and accepted

Treasurer's Report - Read and accepted

Club Reports:

Spruce Up Homesteaders club had a dog trainer attend and help the group learn information on approaching and interacting with dogs.

Rails N' Trails met and a couple will be doing the public speaking. Due to other obligations some are unable to do it. Other members discussed Eastern States intent forms and discussed project records.

Horse & Rider will be meeting this upcoming week and are working on horse care quiz preparation and progressing through the levels.

Horse of Course is working on painting their own Breyer horses.

HANCOCK COUNTY 4-H LEADERS' ASSOCIATION

February 12, 2019 Meeting - continued

Old Business:

Leaders' Banquet - Discussion on the timing and dates of the leaders' banquet were discussed. The combination of the Cloverfest and Leaders' Banquet were discussed. At this time the committee feels that the separation of the two banquets recognize all levels of 4-H involvement. All voted to not combine them. November 8 or November 15, 2019 are the two dates for options to have the Leaders' Banquet at HCTC. Rosie Evans will call HCTC contact to set up this and see if they are open to host and cook.

Cloverfest - was discussed and will be planned when the fish fry date is known and there are no conflicting events. This will be discussed at the March meeting.

New Business

Public Speaking update - March 9th at 11AM will be held at the Ellsworth Church on Beechland Rd. Three judges have been obtained but need timer/tabulators. Joyce and Rosie will also order more ribbons needed. Rosie mentioned that if approved the State can match funds for money appropriated for Public Speaking Competition. Leaders Committee already approved up to \$250. All approved matching funds. Donnie Evans and his friend from another county requested that they be able to participate in Hancock County Public Speaking Competition as a team. In order to qualify for States they must present at one County Competition. All in favor. "State united, not county divided."

Government Days - are in April, on a Tuesday. This year there are no kids that are attending CWF that need to go to Government Day. Due to lack of coverage for the trip and kids interested, the committee voted to postpone Government Days this year, and participate in 2020. Any youth planning to apply next year for CWF can attend a Town Meeting or School Board meeting or a Leaders Association meeting, it needs to be documented.

Jamboree Committee - Next planning committee is before the next Leaders' meeting March 12 @5:30pm. Date for Jamboree is June 7-9 th at Blue Hill Fairgrounds. Items discussed were a bug show-n-tell, hike up mountain, and horse event. Next planning meeting will plan the different sessions offered, food booth preparation, and inviting members.

February event: Bowling - Heather Linnehan and group are planning an event at Ellsworth Bowling. All Hancock County 4-H-ers are invited with families. Please let office know total count by Wednesday, February 20th. Event is February 23rd 10:30-noon. Cost for each person is \$5 and includes 2 pieces of pizza, 2 strings of bowling and shoe rentals. Terry Swazey motioned for Committee to pay remainder of balance of event. Dwight Sargent second motion, All in favor.

Style Revue - Joyce and Rosie are on the committee. They are looking for a place to have it and a theme. Volunteers needed for committee.

Razor Crossman Award - This award is sponsored by Blue Hill Fairgrounds but only gives awards to 4-H-ers that have livestock at the fair. Discussion on offering another award for those 4-H-ers who participate at the fair as show horses, food booth volunteers, and exhibit hall participant, activity tent presenters, show horses, or cake decorating contestant. presenters. Terry will create a google document to share ideas on names and qualifications.

Food Booth - The food booth siding needs to be done. A measurement of the building and Blue Hill Fairground approval must be obtained. Quotes were suggested and they can determine if any plywood needs to be replaced. Terry already painted the sign. Thank you!

Meeting was adjourned at 8:15 pm.

Submitted by Kasha Robertson, Secretary



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**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.

COOKING WITH THE KIDS

Carrot Fries, Baked with Cumin

Serves: 10 | Serving Size: 1/2 cup

Ingredients

- 1 1/2 pounds of carrots (fun to use rainbow carrots in shades of yellow, white, orange and red)
- 2 tsp olive oil
- 1 tsp ground cumin
- 1/8 tsp sea salt

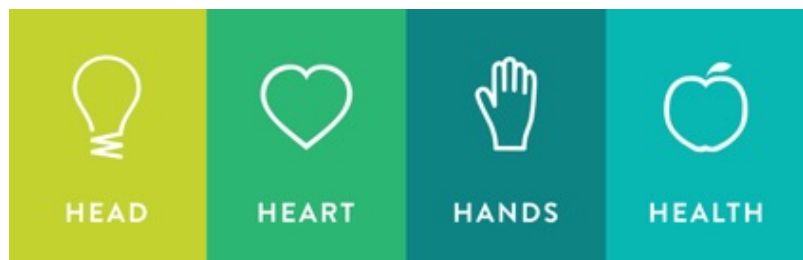
Directions

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper.
3. Wash carrots well to remove dirt.
4. Cut carrots into 3 inch strips, or “coins” if you want to call them carrot chips.
5. Place carrots, olive oil, cumin and salt in bowl and toss to coat evenly.
6. Place carrots on baking sheet.
7. Bake for 30 minutes, turning carrots after the first 15 minutes.
8. Cool slightly and enjoy!

Variations

For a different taste sensation try cardamom or cinnamon instead of cumin or another spice, herb, or seasoning. Have the children do a naming contest for their favorite variety, such as Cardamom Carrot Crunchies. This is a fabulous activity to teach children about marketing while also engaging them in healthier food choices!

University of Maine Cooperative Extension Eat Well



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