

# 4-H Happenings

A Monthly Newsletter For Hancock County 4-H Participants

**NOVEMBER  
2020**

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Find us on   
 @hancock4H

**4-H Cup Song Challenge**

Sometimes 4-H is complicated. Sometimes (all times?), 4-H is fun. We couldn't think of a better way to celebrate the awesomeness of 4-H than through this *complex* and *fun* activity: The 4-H Cup Challenge! Are you up for the challenge? Then grab a cup, your camera, and start recording! We invite ALL Hancock County 4-H'ers (youth, adults, families and volunteers) to participate. Send us a recording of yourself doing the cup challenge. The deadline is November 8th at 11:59 PM! Every participant will get something cool from the 4-H office.



Instructions are on page 2.

**Be sure to check out our Facebook page for more 4-H photos – [facebook.com/hancock4H](https://facebook.com/hancock4H)**

**UPCOMING DATES TO REMEMBER**

|                       |         |   |
|-----------------------|---------|---|
| <b>November 11</b>    |         | Veteran's Day – Extension Office Closed             |
| <b>November 25</b>    |         | Re-enrollment forms are due in the Extension Office |
| <b>November 26-27</b> |         | Thanksgiving – Extension Office Closed              |
| <b>December 25</b>    |         | Christmas – Extension Office Closed                 |
| <b>December 31</b>    |         | State Deadline for Re-enrollments – No Exceptions   |
| <b>January 1</b>      |         | New Year's Day – Extension Office Closed            |
| <b>January 12</b>     | 4:30 pm | Leaders' Meeting via zoom                           |

## **COUNTY NEWS**

**Leaders' Meeting** - The next Leaders' Association meeting will be by Zoom on October 13, at 4:30 pm. Email [carla.scocchi@maine.edu](mailto:carla.scocchi@maine.edu) for the private link.

**Re-enrollment 2020-2021 Reminder** - Another 4-H year has begun! Re-enrollment packets have been sent to all members. **All paperwork must be returned to the Extension Office by Wednesday, November 25th** in order to be processed before the state deadline on December 31. Absolutely no exceptions will be allowed after that date.

**4-H Garden Program at Sumner** - Students in the Pathway Program at Sumner Memorial High School have been learning about gardening! Community Education Assistant, Zabet NeuCollins, has been teaching students the basics of gardening this fall. Students have been focusing on "fall clean-up;" they have cleaned the hoophouse and are currently cutting back perennials in the small flower beds. They have learned the importance of climate and microclimates, how to sow microgreens, strawberries, and lettuce, and how to mulch with leaves and seaweed, among other things. In the spring, the students will resume their weekly lesson with Zabet and learn how to grow vegetable and flower seedlings. They hope to have a spring plant sale to raise funds for more gardening programs!

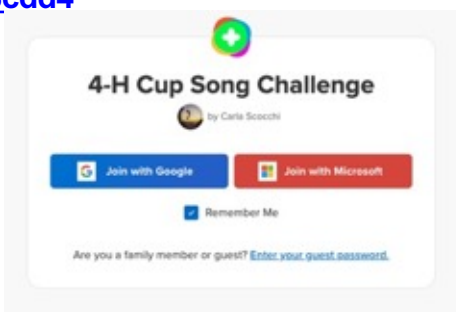
### **4-H Cup Song Challenge Instructions:**

#### **Steps:**

1. Watch the [tutorial video](#) and learn the cup song moves.
2. Record a Flipgrid video of you (and anyone else at home who wants to participate) playing the cup song (Flipgrid instructions are below)
3. 4-H staff will edit all of our videos together with some music...
4. We will release the video on Friday, November 13th to kick off a new 4-H year together!
5. You will feel really awesome for learning a new skill and creating something special with your 4-H Family!

#### **Instructions:**

1. Visit <https://flipgrid.com/37d8cdd4>
2. You will see a login screen:



The easiest way to join is by clicking "Enter your guest password"

4. Password: **4-Hgrows here** (case sensitive!)
5. Follow the instructions once you have joined.

\*\*If you join with Google or Microsoft, it must be with the email address that this message was sent to. If it doesn't work, join as a guest instead\*\*

## **STATE NEWS**

**1. 4-H Virtual Teen Science Cafes for Fall 2020** - This fall, join us on Thursdays from 3:30 – 4:30 pm, as we meet with cool presenters and learn about their research and pathway to UMaine! This November, we have a great assortment of topics including Fish Behavior on November 5 th , Electrical Engineering on November 12 th , and Engineers Without Borders on November 19 th – future topics will be listed on the website, if you have a suggestion for a topic – please email Alice Philbrick.

Register today at: [extension.umaine.edu/4h/learn-at-home/teen-virtual-science-cafes/](https://extension.umaine.edu/4h/learn-at-home/teen-virtual-science-cafes/).

Every Wednesday, you have the opportunity to participate in The University of Vermont's VTeen Science Exploration - these are a similar format and run from 3:30 - 4:45 pm. On their announcements page, scroll down to VTeen Science Exploration for details about the different offerings, and registration links: [uvm.edu/extension/youth/announcements](https://uvm.edu/extension/youth/announcements)

To view spring session webinars, visit: [extension.umaine.edu/4h/learn-at-home/recordings-teen-virtual-science-cafes-march-31-june-9-2020/](https://extension.umaine.edu/4h/learn-at-home/recordings-teen-virtual-science-cafes-march-31-june-9-2020/).

**2. Virtual National Youth Agri-Science and Healthy Living Summit Applications for 2021 are Available Now!** - The National Youth Summits on Agri-Science and Healthy Living will be held virtually this year allowing us to add more youth to our teams. Attendees will learn more about their area of interest by attending interactive workshops, and pitching their own action plan ideas. The Summits were created to empower youth to be well-informed citizens, expand engineering and agriculture experience, and increase connections to living a healthy lifestyle, all while being actively engaged in their communities.

**Healthy Living:** February 11 – 14, 2021

**Agri-Science:** March 4 – 7, 2021

**Eligibility:** Youth ages 14-18, enrolled in 4-H by December 31, 2020 - this year youth may enroll in Maine 4-H solely in order to attend the Summits and participate on the team.

**Cost:** \$75.00 – we are currently working on funding sources and expect the participant cost to be closer to \$25.00 per youth.

**Application:** [forms.gle/4wuEj2mzr4ZZWoXN9](https://forms.gle/4wuEj2mzr4ZZWoXN9) - This is a combined application for both the Agri-Science and Healthy Living Summits. Please note that references are not required this year.

For more information about the National Youth Summits please visit: <https://4hcenter.org/tours-programs/national-youth-summits/> or check out the application for more details. Email or call Sara, [sara.conant@maine.edu](mailto:sara.conant@maine.edu), 207-781-6099, with any questions. Applications are due by December 11, 2020.

**3. 4-H Legos Club** - Calling all creators, builders, and Lego fans! You are invited to join the 4-H virtual lego club, a place to show off your creations, challenge your skills, and perhaps meet a new friend or two! Each week you will be challenged to create a build based on a theme. We will share our creations, provide feedback, and connect with other kids across the state.

This is open to youth ages 8 – 15, space is limited to 12 youth.

Mondays from 2:00 – 3:00 pm – November 9, 16, 23, 30

To register: <https://extension.umaine.edu/register/product/4-hlegosclub/>

**4. 4-H Gratitude Challenge** - 4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club,

Community, Country, and World. See page 4

# NOV 2020



## 4-H Gratitude Challenge

| SUN  | MON  | TUE   | WED   | THU  | FRI  | SAT  |
|--|--|---|---|--|--|--|
| <b>01</b>  | <b>02</b>  | <b>03</b>   | <b>04</b>   | <b>05</b>  | <b>06</b>  | <b>07</b>  |
| Start a gratitude journal. Each day write down something you are thankful for.         | Write a thank you note to your 4-H advisor.                                  | Think of someone you are grateful to know. Tell them. | Complete one random act of kindness today.  | Send a text to someone who makes you smile and tell them why.                        | Handwrite a letter and mail it to a friend.        | Create a piece of art that shows what you are thankful for.      |
| <b>08</b>  | <b>09</b>  | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>  |
| Spend time with someone you care about.  | Compliment at least 5 other people today.                                    | Think of someone you are proud of. Tell them!         | Thank a veteran for their service.<br><b>Veteran's Day</b>                                      | Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes. | Write a thank you note to a special teacher.       | Bake a treat for your neighbors.                                 |
| <b>15</b>  | <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>  |
| Gather 10 items from your closet to donate.  | Make a social media post highlighting a person you are grateful for.         | Write a thank you note to a coach or mentor.          | Color a picture and give it to a friend.  | Do a family member's chores for them today.  | Set time aside to play a game with your family.    | Share a photo of something you are grateful for on social media. |
| <b>22</b>  | <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>  | <b>28</b>  |
| Think of a creative way to Pay It Forward today.                                       | Leave a note of encouragement for a friend.                                  | Call a relative you haven't spoken to recently.       | No complaining day! Each time you want to complain, say something you are grateful for instead. | Spend time with family and friends.<br><b>Thanksgiving</b>                           | Give a small gift to someone for no reason at all. | Write a letter or note to your parents or grandparents.          |
| <b>29</b>  | <b>30</b>  |   |   |  |  |  |
| Donate one canned food item for each day you forgot to write in your gratitude journal | Read over your gratitude journal and spend time reflecting on the challenge. |   |   |  |  |  |

**4-H wants you to take our 2020 Gratitude Challenge!** 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.



# 4-H GROWS HERE

# **HANCOCK COUNTY 4-H LEADERS' ASSOCIATION**

October 13th, 2020 Via Zoom

Present (3, no quorum)- Secretary Lisa Carney, Board Member Lee Sargent, Vice President Heather Linnehan, and office staff Carla and Zabet.

Secretary's Report:

Treasurer's Report:

Club reports:

Rails N' Trails: Hoping to meet this weekend with 3 club members. Working with Carla through approval process, will meet in barn.

Horse & Rider: Decision to not meet until 2021. In contact with club members for reenrollment.

Old Business:

New Business:

No in-person Cloverfest; ideas for a virtual pizza party and hands-on activity. Slideshow for recognizing those who participated in activities this year, but no specific recognition for achievements so that we remain equitable and fair to all the youth who may not have been able to participate due to the circumstances.

Leaders Banquet- How to recognize leaders who are receiving milestone pins this year?

Discussed ideas for combining Cloverfest and the Leaders Banquet into one event, in November before Thanksgiving. Video slideshow and pizza party (with something hands on) to recognize the kids, and then a video montage of memories/thank yous to recognize 2 volunteers who are receiving milestone pins this year. Might be a good way to help kids realize what 4-H opportunities there are during this time, and help attract volunteers who wouldn't otherwise attend the banquet.

Carla and Zabet will work up a "proposal" with some ideas and send to everyone.

Lee will follow up with ideas for how to recognize 2 special volunteers this year.

Office Notes:

County Budget Advisory Committee meeting is tomorrow evening, Wednesday October 14.

Staff will keep us posted on the outcome.

Meeting adjourned at 5:30 pm

Respectfully submitted by Lisa Carney, Secretary



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**Maine 4-H Youth**

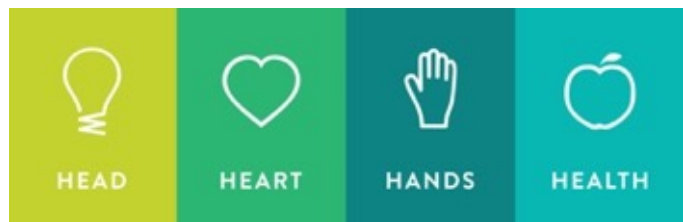
**Development Mission**

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.



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