Hancock County was well represented this year as four youth were able to attend Citizen Washington Focus in Washington D.C., Bailey Collins and Josie Hardison, Jolly Juniors, and Donnie Evans and Ian Sargent, Horse & Rider. We posed a few questions to them regarding their trip and they were able to choose three questions to answer. See each youth’s response on page 4.

Be sure to check out our Facebook page for more 4-H photos - https://www.facebook.com/Hancock-County-4-H-254632954564814/?ref=aymt_homepage_panel

**UPCOMING DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>Date</th>
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<th>Event</th>
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<tbody>
<tr>
<td>August 8</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office</td>
</tr>
<tr>
<td>August 25</td>
<td>7:00 pm</td>
<td>Steer Tickets Due in the Extension Office</td>
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<tr>
<td>August 25</td>
<td>7:00 pm</td>
<td>Family Film Night – Rails N’ Trails – Bucksport (see page 4)</td>
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<tr>
<td>August 29</td>
<td>3:00 – 7:00</td>
<td>Exhibits are Due at the Blue Hill Fairgrounds</td>
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<tr>
<td>Aug. 31 – Sept. 4</td>
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<td>Blue Hill Fair at the Blue Hill Fairgrounds</td>
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<tr>
<td>September 1</td>
<td>7:30 pm</td>
<td>4-H Cake Contest at the Blue Hill Fair</td>
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<tr>
<td>September 4</td>
<td>6:00 pm</td>
<td>Exhibits are to be picked up at the Exhibit Hall at the Blue Hill Fair</td>
</tr>
<tr>
<td>September 12</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office</td>
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4-H NEWS

Leaders’ Meeting - this month’s Leaders’ Association meeting will be on August 8, 2017. The regular meeting will begin at 6:30pm. If you would like to come, but travel is too far, how about joining us by video. If you have a computer with a camera, we can get you set up! With our video technology at the Extension Office, up to 20 different folks can “beam in.” Call the office at 667-8212 ahead of time if you would like to participate from home. Please come and help make the discussion a lively one!

Steer tickets have arrived - This is one of the largest fund-raisers for the Leaders’ Association. Each ticket sells for one dollar. Eighty-five cents of that goes to the Leaders' Association to help defray the cost of county events, scholarships, and many other projects. The club decides how the remaining fifteen cents is distributed. Steer tickets are available for pick up at the Extension Office or Jamboree. Steer ticket money must be returned to the Extension Office to Joyce Fortier by August 25th or the fifteen cent club money per ticket will be forfeited! Steer tickets are not to be brought to the Blue Hill Fair.

Steer Tickets and Cloverbuds – As long as Cloverbuds are not handling the money and are under the direct supervision of an older youth or adult, they can participate in club or countywide fundraising activities. Also, remember that we cannot sell raffle tickets to people under 16 years old. Adults should not put youth’s names on the tickets.

Meet Coal - Coal is a Simmental Angus Cross. He was born and raised on the Doug Gross family farm in Bucksport, ME. Hunter Pearson-Ellis, Independent, has been working with him a lot lately and has made a lot of progress with him. Right now he weighs about 1100lbs and still has a month to grow! Coal is our 2017 Steer for our Steer Raffle. Steer is cut to order or freezer ready, or $500 cash.

Food Booth Sign Up - Calling all 4-H Clubs! - This is a reminder that we need YOU at the Blue Hill Fair to help run the 4-H food booth as well as the Steer Ticket Raffle table. We are asking each 4-H group to sign up for a 4-hour shift and bring enough parents and adult volunteers to flip the burgers while the 4-H youth run the front of the booth taking orders and distributing the food. They also are responsible to bring an adult and youth to man the Steer Ticket table. Once again this year, to be sure all our clubs join the effort -- even our Cloverbud clubs and our smaller and new groups -- we are making the Steer Ticket table a separate commitment. This means your 4-H club or group can sign up for the 4-hour shift for both areas like always OR you can sign up for one or the other. Your group can even sign up for just a two hour shift at the Steer Ticket table -- this is a great way for our Independent members, smaller new clubs or Cloverbud groups to make a contribution. Without the money raised at the Blue Hill Fair, all the great 4-H events we enjoy all year long -- just wouldn’t happen. Call or e-mail Joyce at the office, 667-8212 or joyce.fortier@maine.edu, to sign-up for a shift -- or why not two! We look forward to seeing all of our Hancock County 4-Hers at the Fair!
Blue Hill Fair –  We hope you are getting your projects ready for the Exhibit Hall. The theme this year is “4-H: Future Leaders Under Construction!” The exhibit cards are in the office now. The fair book is on line including entry blanks at www.bluehillfair.com.

Showmanship Tips! – Good showmanship improves the look of your animal while letting you exhibit your skills in front of a crowd. Many things can make you stand out in a showmanship class. Whether you are showing beef, sheep, Alpacas, or other livestock, here are some good tips:

- Wear a nice button down shirt with khaki pants in a show ring (unless otherwise instructed).
- Upon entering the ring, walk forward in a clockwise direction on the left side of the animal.
- When turning your animal, always try to turn to your right (into the animal). If you go left, your animal might step on you.
- Keep adequate space (3-4 feet) between your animal and others.
- Always keep your eye on the judge. You don’t want to miss his or her instructions.
- Once you are stopped and have the halter or lead in the correct hand, you need to make sure the animal is set up properly to show the animal’s best qualities. The legs need to be square under the animal’s body, and the back line is straight. Train your animal to stand still like this for at least five minutes at a time.
- When an animal is set, you can both relax a bit. A slow pace is desired to keep the animal clam.
- Always be courteous to others in the show ring. Never block other exhibitors from the judge’s view.
- When a problem arises in the ring, calmly wait for a ring helper.

Some Things You Can Do To Prepare For A Showmanship Class!

- Attend a local or major livestock show and observe the showmanship skills of exhibitors.
- Demonstrate proper livestock showmanship techniques for a 4-H group or other group.
- Conduct showmanship contests and have them video taped. Critique how club members did after viewing the tape.

MALE Application - Don’t forget, now is the time to get your application in to the Maine Association of Livestock Exhibitors. Membership in this organization covers families with liability insurance. This insurance is a requirement at all fairs in the state of Maine. You can now renew or join on line at: mainelivestockexhibitors.org/memberships/ Doing it on-line means getting your membership cards quicker, but don’t delay. You must show proof of this membership before you will be able to show.

4-H Cake Contest - Friday, September 1st, 7:30 PM, at the Blue Hill Fair Livestock Show Ring. 4-H Clubs and Schools may enter. The Theme this year is: 4-H: Future Leaders Under Construction! Only one cake per 4-H group please. All counties may participate. Create a great tasting cake that is also a delight to look at and helps promote 4-H in Maine. Prizes will be awarded! Audience will enjoy sampling the cakes after the Beef Recipe Cook Off!
Sheep Club – Elizabeth Duke would like to start a sheep club. If you are interested – please contact her at 951-7095.

Save The Date!
Rails N' Trails 4-H Horse Club is having a Family Film Night in effort to raise money for our upcoming trip to Equine Affair. Come watch "Racing Stripes" with us and all the farm animals at Clover Leaf Farm in Bucksport, Maine. While there, be sure to check out our hotdog bar with creative toppings and enjoy an ice cream from Darling' s Ice Cream Truck. Admission is free but please bring cash to enjoy a yummy snack.

*Please bring a chair for the movie viewing
Rain or Shine
Friday, August 25th at 7 PM
Clover Leaf Farm
471 Millvale Road
Bucksport, ME

Citizen Washington Focus – continued

Bailey C. - What was most memorable for me was just being in the parade and seeing all the people that were surprised to see a group of young adults carrying a parade balloon.

One thing I didn't expect was to come home with a lot of cool information and facts about D.C. and its memorials and monuments. Such as there's a typo in the Lincoln Memorial.

Something I found touching was when Heidi had us sit on the steps of the Lincoln Memorial, close our eyes, and had us think about what it took to get us here and what we were doing when we found out we were going to D.C. then she had us open our eyes and we were looking straight at the Washington Monument. That's a moment I'll never forget.

Josie H. - The most memorable part of CWF was getting to see all the memorials and learn about our American History, and how it changed/still changing our future.

Being able to go on the CWF trip was a great experience, I never thought that I would make as many new friends as I did, and I am glad I went on this trip to get out of my comfort zone, and to meet new people.

I never thought that CWF was going to impact me the way it did, I now have even more respect to the people who worked hard for our country, and the service men and women who give and put their lives at risk every day for us, it really was a life changing experience, and I'm glad I got to go!
Donnie E. - My most memorable experience from CWF would definitely be seeing all of the me, some made me feel proud, but all left me speechless and in awe of the actions and sacrifices of those who made a difference in our country.

It meant a lot to me that I was selected to attend, and that actions and events I’ve participated in were acceptable for me to attend. For me to attend CWF was a great privilege. I learned many things on the trip both about our country and also about myself and I’ve learned new things about who I am as a person. I along with all those who went, are very lucky to have gone.

As a result of going to CWF I have made many new friends, I learned a lot about myself as a person and I feel more of a responsibility in my actions and involvement towards my community. Overall, I had a lot of fun. I made a joke while I was down there, after our dance on the last night. I went down to D.C. a turtle in my shell, and I came back a dancing turtle.

Ian S. - What touched me most of all was the Iwo Jima Memorial, when we drove up to the memorial they started telling us a story about a little boy’s father who lifted the flag on that day and how everyone told his son that his dad is a hero. But when he told his dad, he said no, all the people who didn't come back are the hero's. For me my great grandfather fought in that war and it touched me in a way I can't really explain. I am beyond thankful for all the men and women who have fought or are fighting for my country.

I'm not going to lie I was hesitant at first, but then I started meeting so many amazing people and I felt right at home, so for me this trip wasn't about learning more, it was more of making connections with a multitude of people. I thank all of you who paid for me to be able to go on this trip from the bottom of my heart, it meant so much to me so thank you.

My most memorable moment had to be meeting everybody on the trip, they were some of the most caring, happy, nicest people you could ever meet. They always had a smile on their face and I’m grateful to be able to call them my friends.
Jolly Juniors - are busy this summer selling steer tickets, cooking for the firefighters, selling ads for their community calendar, finishing up fair projects and working on project records!

The Cloverbuds had a really fun day visiting the Maine Alpaca Experience in Unity along with a picnic and swimming and of course, ice cream! We highly recommend visiting this farm! We learned a lot about alpacas for sure and even got some great pictures for the photo contest!

Josie Hardison and Bailey Collins had a blast at CWF spending the 4th of July week in Washington, DC. We are very proud of them and thankful to all who supported these 4-Hers going on this adventure.

Several of the older Jolly Juniors cooked and served up a meal for the Hancock County Firefighters’ meeting that was held in Waltham this past month. Our members are continuing on the tradition of helping at community meals - a great skill to have and fun, too!

The Cloverbuds worked on their woodworking projects, fair cards, project records, and got in a little swimming in Molasses Pond! The older Cloverbuds made the lunch and the younger ones made monkey bread for dessert. All in all, a productive day!

Submitted by club leader,
Brenda Jordan
1. Eastern States Bus Trip, Saturday, September 16, 2017 - It’s time to reserve seats for the buses traveling to Eastern States Exposition (ESE or also called the “Big E”) in West Springfield, Massachusetts for Maine Day on Saturday, September 16, 2017.

This one-day trip is sponsored by the Maine Trustees of the Eastern States Exposition to encourage Maine 4-Hers who don’t presently participate in events at ESE to see the activities that go on for 4-H youth in hopes to bolster their enthusiasm to participate in the future. Two buses are reserved for us and the northernmost bus will originate in Bangor and they will both stop at several points on I-95. Seats fill up quickly, and we will begin taking registrations immediately.

All youth must go with a chaperone, but because this event is primarily for youth; seats are limited to no more than two adults per child – chaperones must be the parent or legal guardian of the 4-H member, or an enrolled VOLT trained volunteer. The bus ride and admission to the “Big E” are free, but all individuals on this trip are expected to march in the parade at 5 pm. It works well if you wear a 4-H t-shirt if you have one, and for clubs to bring their club banner to display during the parade.

Items you might want to bring along with you are: light snacks, water, a good book, Rated G movies (there is a DVD player on the bus), a pillow, and a blanket. There will be a rest stop along the way. Other items to consider bringing: clothing to identify your club, a comfortable pair of walking shoes, a hat with a visor, sun glasses, sun screen, a back pack, personal spending money, a camera, and a watch. If you have a cell phone, it will be helpful for logistics. Please include your cell phone number when you register.

Please leave valuable items at home. We are not responsible for lost or stolen items. Bus stops will be determined based on location of riders. Reservations must be made in writing or by e-mail to: Jessy Brainerd, 103B Libby Hall, University of Maine, Orono, ME 04469-5741 or jessica.brainerd@maine.edu

When you register, please give the name, age (for adults, just state “adult”), address, home phone, and cell phone number of each person in your group. Reservations are due by Friday, September 1st (call after this date to check on seat availability). A confirmation email will be sent to you a week before the trip giving you your time and pick up location. Pick up will be bright and early in the morning, and both buses will be leaving The Big E at 7:00 pm.

Volunteers are needed to serve as Bus Monitors. Bus Monitors will serve as the contact person for other passengers on their bus, and will make sure everyone gets back on the bus at the rest stop. If you’d be willing to serve in this capacity, please let us know when you sign up.

If you have questions, please contact Jessy Brainerd at 800-287-0274 or 581-3877.

2. August 4-H Fix - Change. It’s inevitable. But is there a 4-H Fix for that? Visit the 4-H Fix on August 18th to see what’s changing about the 4-H Fix and what’s staying the same! Visit the 4-H Fix today! Who knows, you might be in it! Just go to: https://extension.umaine.edu/4h/2017/07/14/4-h-fix-my-hands-to-larger-service/
3. **Big E Ruby Morris 4-H Scholarship** - Applications must be received by August 7th. This year Maine will select 1 recipient for the $500 Ruby Morris 4-H Scholarship. Potential candidates must have been a 4-H program participant at the Big E for at least one year, the year of the scholarship presentation, or prior. The scholarship must be used for two or four Year College, professional training, technical schools, etc.

Additional information and application materials can be found at: [https://extension.umaine.edu/4h/youth/4-h-events/big-e/big-e-ruby-morris-4-h-scholarship/](https://extension.umaine.edu/4h/youth/4-h-events/big-e/big-e-ruby-morris-4-h-scholarship/).

4. **Kennebec 4-H Horse Shows Open Statewide! Join us!!** - Kennebec 4-H Horse Shows are no cost to enter and are open to all 4-H'ers statewide.

- Windsor Fair 4-H Horse Show, August 29 at 9:30am.
- Litchfield Fair 4-H Horse Show, September 9 at 8:00am.

All registration packets are available through this site: [https://extension.umaine.edu/kennebec/resources/4h/fairs/](https://extension.umaine.edu/kennebec/resources/4h/fairs/). Contact Alisha Targonski at [alisha.r.targonski@maine.edu](mailto:alisha.r.targonski@maine.edu) for more information.

5. **4-H Egg Business Project** - Interested in earning money and having happy hens as co-workers?

The 4-H Egg Business Project helps participating youth and their families learn about entrepreneurship, food safety, and animal husbandry. To learn more go to: [https://extension.umaine.edu/4h/home/egg-business-project/](https://extension.umaine.edu/4h/home/egg-business-project/) or contact Debra Kantor, [debra.kantor@maine.edu](mailto:debra.kantor@maine.edu), or 207.474.9622.

6. **4-H Demonstrations at Eastern States Exposition** - Maine 4-H at Eastern States Exposition. Travel dates are September 23rd, 24th and 25th. A $25.00 registration fee includes travel by coach bus to and from The Big E, meals and two nights lodging in the Moses Dormitory on the fairgrounds.

Youth will work in teams demonstrating STEM activities and 4-H projects. Join our group now and help show fair goers what Maine 4-H is all about!

Top finishers in the Maine 4-H Public Speaking Tournament who earned a spot on the Maine 4-H Communications Team will be traveling with us and presenting from the New England Center Stage.

Participants will need money to purchase meals on the bus ride down and back along with any spending money you wish to bring for your stay at the fair. There is a lot to do and see at The Big E Fair [www.thebige.com/](http://www.thebige.com/) that is free of cost!

Open to youth ages ten and older. Limited space available, register and pay online before August 10th [https://extension.umaine.edu/oxford/programs/maine-4-h-at-eastern-states-exposition/](https://extension.umaine.edu/oxford/programs/maine-4-h-at-eastern-states-exposition/) Contact Becky at [rebecca.mosley@maine.edu](mailto:rebecca.mosley@maine.edu) or 207.743.6329 for more information.
HANCOCK COUNTY 4-H LEADERS’ MEETING MINUTES
July 11, 2017

Members Present (5, no quorum): Terry Swazey, Dwight Sargent, Audrey Porter and Lisa Carney. Lee Sargent by phone. Rosie Evans, staff, was also present.

Business Meeting
The flag was saluted and the 4-H pledge recited.
- Secretary’s Report - no correspondence. The June minutes were accepted as written.
- Treasurer’s Report - Submitted by Terry; accepted as read.

Club Reports
- Rails N’ Trails will have another bottle drive, have a movie night in the barn with hotdogs and the Darling’s ice cream truck on August 25th from 7-9.
- Terry - will have a BBQ at camp, plus have a cookbook fundraiser.

Old Business:
- Steer tickets - not too many have gone out yet.
- Photo contest - not many entries yet, but most come in the last two days.
- Maine 4-H days - still looking for volunteers.
- Activity tent - we decided not to have it this year, it can be used for bees.
- Jamboree thank you list - Lisa has a list, will email to Rosie and Terry. Send a picture of the Jamboree attendees in the card.
- Porta potties for Jamboree - we had only ordered 2 porta potties, but they were going to charge us for the three that they delivered from Rays. Terry ended up getting a discount that made the last one free. Final bill - $260, which Terry submitted

New Business:
- Exhibit Hall - Theme is “4H- Future Leaders Under Construction” - exhibits need to be turned in on Tuesday the 29th, we have people to cover premiums, intake and sign out, and judging, should be good.
- Food Booth - food list is in to Launa, next meeting is 7/27 at 6:30 at the Extension Office. Should we get a metal rack to put the cooked food on? Need a food processor for onions. Dwight will look at mats, metal tables at Flaggs tomorrow.
- Cloverfest - need to ask Brenda Jordan if we can use Eastbrook on the 8th.
- Leaders Banquet - waiting to hear back from HCTC; if not them, then Peters’ church might be willing to do it again.

Meeting Adjourned 7:48

Respectfully submitted by Lisa Carney, Secretary
Orange Dressing with Fruit and Greens

Ingredients:

**Dressing:**
- ¼ cup orange juice
- 2 tbsp. vinegar
- 1 ½ tbsp. white sugar
- 2 tbsp. oil (canola, olive, or vegetable)

**Salad:**
- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetable, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)

Instructions:

Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (for up to 1 week). For each salad, top 2 cups of greens with ½ cup vegetables and ½ cup fruit. Take dressing (shake well) – drizzle 2 tbsp. of dressing onto each salad.