2017 Hancock County 4-H Photo Contest
What wonderful photos were entered in our 2017 4-H Photo Contest! We had forty-one entries from fifteen 4-H members including four Cloverbuds. The photos will be displayed at the Blue Hill Fair Exhibit Hall and then at the Ellsworth Public Library. Ribbons and awards will be presented at Cloverfest. Special thanks to the Hancock County 4-H Leaders’ Association for making this even possible. More photos on page 4.

Judges’ Choices
“Man’s Best Friend” by McKenzie Evans, Horse & Rider and “A Thousand Wishes” by Alexis Dunn, Independent

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

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<th>Date</th>
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<tr>
<td>September 12</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office – Election of Officers</td>
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<td>October 7</td>
<td>10 – 2 pm</td>
<td>4-H Awareness Day at Tractor Supply in Ellsworth</td>
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<td>October 9</td>
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<td>Columbus Day – Extension Office Closed</td>
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<td>October 10</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office</td>
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<td>October 20</td>
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<td>Cloverfest – Location TBD</td>
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Leaders’ Meeting - this month’s Leaders’ Association meeting will be on September 12, 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!

Election Time for the Leaders’ Association - Elections will be held at the Leaders’ Meeting on September 12th, at 7:00 pm.

Ideally we would like to see at least two people per position. If you are interested, please contact Lisa and/or Bill Carney, Gail Sargent, or Terry Swazey. We highly encourage everyone to come and vote and to nominate candidates from the floor. The Leaders’ Association is such an important part of 4-H. By working together the leaders raise the funds to help promote many of the programs they represent 4-H to the outside world, they bring in new members, and they are the glue that holds the program together. So vote for the candidates that are best suited to accomplish these goals that will make “The Best Better.” We’re looking forward to another good year!

WHAT MAKES A GOOD VOLUNTEER?

Volunteers are the heart of volunteer organizations, but there are certain things that make the programs run more smoothly such as:

1. Stepping up and offering to volunteer before you are asked is usually very exciting and well received. If the program is full, offer to help some other time.

2. If you are really too busy or not really interested in the activity, it is much better to say that you can't do it at this time or that is not really your interest area. To say yes and not do a good job or back out at the last minute causes difficulties.

3. When life gets in the way and you just cannot do it for a very good reason, what helps the most? Notify the committee members quickly and try to find your own replacement. They will appreciate it.

4. When there is an email that goes out asking for volunteers, it is very helpful for you to reply or call the office with either a yes or no. It helps save phone calls and makes planning easier (the secretary calls in case you didn’t get the notice or maybe forgot).

5. Follow the University of Maine Cooperative Extension policies for 4-H. You can find these at:  http://umaine.edu/4h/volunteers/resources/policies-procedure-and-guidelines/

6. In this electronic age, adults and youth need to model good use of their phones, ipads, etc. For instance, it is very distracting to be on a phone and still represent a good image for 4-H. Taking photos with your phone is acceptable.

7. Most of all just be as thoughtful as possible. A lot of work goes into developing a program and it can get stressful. You can make the difference. Committees will thank you. Have fun with your volunteering!
Requirement for Clubs - The 4-H year officially ends on September 29th. Please, finalize your club treasurer’s report and send or bring to the office. We will make a photo copy of it and give it to the auditors. A report will be sent to you as soon as possible. Thank you for complying with this mandate from the University of Maine.

Re-enrollment 2017-2018 - Another 4-H year will begin soon! Packets have been distributed. Please be sure to follow the instructions. We would like to have your re-enrollment paperwork returned by Monday, November 27th. The absolute deadline is Friday, December 29th. No exceptions will be allowed after that date.

Lock, Stock & Barrel – Wednesday, September 13th, at 6:00 pm, is the Potluck and Sign-Up Night at the Blue Hill Riffle and Pistol Club on the Range Rd, in Blue Hill. Basic Rifle starts September 20th. All are welcome. Call 567-3066, Norwood and Becky Ames, for more information.

4-H Awareness Day – Chairman, Heather Linnehan, has confirmed October 7th for 4-H Awareness Day, at the Tractor Supply Co., in Ellsworth during the Paper Clover campaign, 10:00 am – 2:00 pm. We’re looking for clubs to bring animals, food sales, games, crafts, and other activities. The will be a “Fun Day” and your opportunity to help make others aware of the neat things you do in 4-H! Call Heather at 667-9570 to sign up now!

Sheep Club – Elizabeth Duke would like to start a sheep club. If you are interested – please contact her at 951-7095.

Rosie’s Report - This summer I along with five trained teenagers joined the local YMCA’s Camp Discovery in Eastbrook for a healthy living program. Our goal was to involve and engage youth in activities where we focused on nutrition, physical fitness and safety. Each day of programming included a physical activity. I think most youth would agree that “mission impossible,” and a partner tag game would rank among their favorites. In addition, we covered safety issues like cooking hygiene, proper nutrition, knife safety etc. We concluded each day with the youth preparing and enjoying a healthy snack. Watching the kids get so excited about cooking energized me, we had youth wanting to join in the middle of a lesson and asking to be first on the list for the following program.

In the end it was sometimes overwhelming and sometimes chaotic; as anyone who’s ever stepped foot onto the grounds of summer camp may know...but above everything SUCCESSFUL! I had youth after youth approach me and declare how much fun cooking was, and how they couldn’t believe all the things they ate that they never thought they liked. The favorites would definitely be mango frozen yogurt and cheese veggie and bean quesadillas. (See Cooking with the Kids – page 10)

I’m truly grateful to the committed teenage youth (Annabella, Benjamin, Jasmine, Jenna and Nikolai) that helped prepare and deliver the activities each week.
Photo Contest Entries! Special thanks to Tina Smith, Fire Chicks Photography, and Reeser Manley, horticulturist and author, for judging our photos!
Horse & Rider – held their annual horse camp at club leader Heather Linnehan’s from August 8 – 11th. Each day was filled with barn work, riding lessons, swimming and crafts. Other activities included a scavenger hunt and a Friday cook-out. On Friday night, the club members demonstrated their riding skills for parents and friends. Guests were introduced to Penny, Becca Wilder’s four-month old filly. Thank you, Heather, for always making horse camp so much fun! Submitted by Sally Jordan, leader.

Top Row: O. Hicks, Mallory D., Mckenzie E., Middle Row: Gracie D., Donnie E., Ian S. Bottom Row: Carsyn D., Krissy B., and Payton H.

Fun in the pool!

Filling the hay wagon

Left to Right: Donnie E., Mckenzie E., Carsyn D., Payton H., Charity G., Olivia H., Mallory D., and Ian S. – posing with Sandy
STATE NEWS

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 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. 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. 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/ Contact Alisha Targonski at alisha.r.targonski@maine.edu for more information.

3. 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/ or contact Debra Kantor, debra.kantor@maine.edu, or 207.474.9622.
4. Tanglewood Fall Harvest Festival - The Tanglewood Fall Harvest Festival and the second annual Tanglewood Tracks 3.5 mile trail race will be held at Tanglewood 4-H Camp in Lincolnville on Saturday, October 7th. The race starts at 9, followed by the festival from 11 a.m. - 3 p.m. Explore the Tanglewood forest, press your own apple cider and try your hand at archery. Event is family-friendly, and admission to the festival is free; the race costs $20. For more information, please call Patti at 207-789-5868. To register for the race online, go to www.active.com.

5. Oxford County Fair 4-H Horse Show - The Oxford County Fair 4-H Horse Show will be held on opening day, Wednesday September 13th. Registration is at 9:00A.M. at the show ring. The show begins at 10:00. This event is open to 4-H Youth, 4-H Volunteers and 4-H Alumni. There are Stick Horse classes for Cloverbuds and horseless riders of any age. You may pre-register or request a class list from Jillian.Pendexter@maine.edu. The fairgrounds are located at 67 Pottle Road in Oxford Maine.

6. Rabbit Showmanship Competition - A Rabbit Showmanship Competition will be held on October 6th at 10:00 in the rabbit barn at Fryeburg Fair at 1154 Main Street in Fryeburg. This event is hosted by the rabbit barn and is for all youth. People new to showing rabbits are also welcome; instruction will be provided. For information please email Liz Kenaley at lkenaley@gmail.com. You will need to request a car pass from Liz 2 weeks prior to the event.

7. Life Happens Outside Festival - The Life Happens Outside Festival will be held Friday, August 25th from 6-10pm AND Saturday, August 26th from 9am-5pm at Thompson's Point in Portland ME. The Life Happens Outside Festival is designed to be fun for all ages, outdoor interests, and skill levels, with the purpose of celebrating Maine’s outdoors and its passionate outdoor community. This event will include 6 outdoor villages, 40+ vendors, interactive workshops, exhibits, gear demos, food, live music, competitions, and free giveaways. This event is put on by Teens to Trails, a non-profit that supports the creation and growth of Maine high school Outing Clubs. For more information on the Life Happens Outside Festival please go to the website: https://www.lifehappensoutside.org/, or contact the Teens to Trails team at festival@teenstotrails.org. For ticket info, go to https://www.xorbia.com/e/teenstotrails/life-happens-outside-festival.

8. Don’t Miss the September 4-H Fix - On September 15th the 4-H Fix is going to take you to the FAR corners of the world! Visit the 4-H Fix today! You may learn things you didn’t even know existed!

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   Maybe there should be a club for 4-H Fix readers! There are clubs for 4-H Members, after all!

9. 4-H Dog Show at the Cumberland Fair Open to All Counties - Friday September 29th, 3:30 P.M. in the Livestock Show Arena of the Cumberland Fairgrounds, 197 Blanchard Road, Cumberland, ME 04021. This show is open to all Maine 4-H members between the ages of 9 and 18, enrolled in the 4-H Dog Project as of April 1stregardless of prior show experience. Showmanship (Novice through Advanced) and Obedience (Pre-Novice though Graduate Novice) are the primary award winning classes. There will also be a fun obstacle class. All classes are judged using the Danish System and all award winning classes come with a ribbon and premium. Registrations are due to the 4-H Dog Show representative Sara Conant by Monday September 18th. For more information or to find the rules and registration please visit http://umaine.edu/cumberland/programs/cumberland-county-4-h/cumberland-fair/ or contact Sara Conant at pawsnpalsdogclub@yahoo.com.
10. **Cumberland Fair 4-H Horse Show Open to All Counties** - Saturday September 30th 9:00 A.M. in the Riding Arena of the Cumberland Fairgrounds, 197 Blanchard Road, Cumberland, ME 04021. This show is open to all Maine 4-H members between the ages of 9 and 18, enrolled in the 4-H Horse Project as of April 1st regardless of prior show experience. All horses entering the facilities must be vaccinated for EHV (rhinopneumonitis) and equine influenza within the calendar year and have a negative Coggins test. Entries need to be returned by September 1st to Mark Cooper, Superintendent, 81 Chute Road, Windham, Maine 04062. All horse show participants will also need the certificate of MALE insurance. FMI or to enter https://extension.umaine.edu/cumberland/programs/cumberland-county-4-h/4-h-forms-and-registrations/cumberland-fair/.

11. **Maine 4-H Project Records, Reflection Tools and Digital Badges!** – Maine 4-H is excited to roll out new 4-H project records, reflection tools and opportunities for digital badges. A team has been working to design the new records aligned with research and connections to Maine’s commitment to proficiency based education in mind. We know that these won’t be perfect and are anxious to have YOU help us try them out and be part of the process. We’ll be posting the records online soon and are planning a few ways for you to be part of the team.

   - Join our Google classroom community. This will be a place where volunteers and youth members are able to share real time feedback about these tools. To join:
     - Sign in to Classroom at classroom.google.com.
     - On the homepage, click Add ➕ Join class.
     - Enter the code d9jmty and click Join.
   - Participate in our live feedback sessions. Please save the date for feedback sessions. These will be conducted using Zoom. Registration for these sessions will be posted soon!
     - 10/17/17 from 6:00pm-8:00pm
     - 11/8/17 from 6:00pm-8:00pm
     - 1/23/18 from 6:00pm-8:00pm
     - 3/24/18 from 6:00pm-8:00pm
     - 9/11/18 from 6:00pm-8:00 pm

We are looking forward to having YOU as part of our team. If you have any questions please contact Kristy Ouellette, kristy.ouellette@maine.edu or 207.353.5550, ext. 12.

12. **You’re invited to the 2017 National 4-H Volunteer e-Forum** - Join us and get energized as you network with volunteers, county-based staff, and state specialists from across the country! Three sessions will be offered in October, November and December. The first one is Thursday, October 5, 2017 – 7:00-8:30 PM (ET).

   Cultivating an Environment for Growing True Leaders
   Creating an environment where 4-H members feel safe as they grow and develop leadership skills means having volunteers who understand the basics of positive youth development. This session will feature ideas and activities that help foster life skill development by focusing on strategies for more effective club interactions.

   Go to https://extension.umaine.edu/4h/national-4-h-volunteer-e-forum/ to see which counties are host sites for the October event. To register, contact the county Extension office where you wish to participate directly.
HANCOCK COUNTY 4-H LEADERS’ MEETING MINUTES
August 8, 2017

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

Business Meeting

The flag was saluted and the 4-H pledge recited.

- Secretary’s Report - no correspondence. The July minutes were accepted as written.
- Treasurer’s Report - The 2015 EIN needs to be resubmitted, Terry is working on it. Treasurer’s report accepted as read. She read a note from Keith Jordan thanking us for his scholarship.

Club Reports

- Heather is in the midst of her horse camp week, it is going well.
- Rosie has been going to the YMCA camp and doing a workshop; the cooking ones are very popular.
- Rails N” Trails had a record breaking bottle drive; they are raising funds for Fantasia at Equine Affair. They have a movie night coming up, and they went to visit Heather’s club.

Old Business:

- Cloverfest - Check with Brenda
- Leaders Banquet- no call back from HCTC, Lee will ask Peter Remick if his church can host. November 14th.
- Steer tickets- keep selling! Need three laminated signs with all his information for the FB, steer ticket booth and on the steers’ stall.
- Maine 4-H days- anyone hear how it went?

New Business:

- Scholarships- they were handed out.
- Exhibit hall- Rosie is checking people in, we have three sets of green twinkle lights that she will run. Delaney should have more light. Maybe invest in some permanent outside lights for the exhibit hall. The shelving needs to be painted, is covered in spider dropping. Need some lamps for the steer tickets. Rosie wants pens with strings on the clipboards. Judge is Mary Jude. Judging is Wednesday morning.
- Blue Hill Fair registration deadlines are coming up, but the printed fair books are not available yet. Have Joyce send out a reminder.
- Food Booth- Lee bought a food processor (~$30). Sign up for shifts! Dwight got the table and mats, waiting for the shelf to come. Lee checked out a countertop for the sink, it looks good. We should hire someone to install it (George Dunn? others?). The table we purchased will end up being the same height as currently, we need something about 4” shorter if possible; Lee will call Flaggs to see if something can be done. Switch out table this Sunday. Wrap some breakfast sandwiches in tin foil and keep on the shelf, sell thru out the day.

Meeting Adjourned 8:05

Respectfully submitted by Lisa Carney, Secretary
COOKING WITH THE KIDS

Cheese Quesadillas

Ingredients

- 2 whole grain tortillas
- cup shredded cheese (mozzarella, cheddar or Colby Jack)
- 2 Tbsp. nonfat refried beans
- 2 Tbsp. diced and sautéed vegetables (e.g., tomatoes, onions, peppers)

Directions

2. Put the cheese and veggies on whole grain tortilla and then place another tortilla on top. Spray skillet with non-stick cooking spray. Put tortillas with cheese in skillet and cook until golden brown. Flip to the other side and cook until golden brown. Remove from heat and slice into wedges.
3. Eat as is or with salsa

Utah4-h.org