2017 Leaders’ Banquet

Our 2017 4-H Leaders’ Banquet was held on November 14th at the Franklin Street Methodist Church in Bucksport. We started the evening off with some social time, and prepping for our always anticipated Chinese Auction. We continued the evening with a wonderfully prepared meal from the church patrons. We recognized volunteers who have given their time to service in our 4-H community. We also recognized the work of some individuals who have gone above and beyond to help continue the great work of our 4-H program.

Judy and Peter Nevells along with Jenn and George Dunn were given the “In a Pinch Award” for covering multiple shifts every day at the food booth during the Blue Hill Fair. Lee Sargent was given the “Constant Contributor Award” for always participating and helping to organize multiple 4-H events. Dwight Sargent was recognized with the “Make It Happen Award” for his dedication to our 4-H’ers throughout the years. Terry Swazey stated he is the “key” to Hancock County 4-H!

We completed the evening with the annual Chinese Auction. Many thanks to all of our volunteers for their dedication and many hours of service and to the Leaders’ Association for providing us with a beautiful meal and evening. More photos on page 4 & 5

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

UPCOMING DATES TO REMEMBER

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>December 2</td>
<td>11:00 - noon</td>
<td>Ellsworth Christmas Parade</td>
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<tr>
<td>December 25</td>
<td>11:00 - noon</td>
<td>Christmas Day – Extension Office Closed</td>
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<td>December 29</td>
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<td>State Deadline for Reenrollment Forms – No Exceptions</td>
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<tr>
<td>January 1</td>
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<td>New Year’s Day – Extension Office Closed</td>
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<tr>
<td>January 2</td>
<td>6:30 pm</td>
<td>2018 Eastern States Beef Intent to Participate Forms are Due</td>
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<td>January 9</td>
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<td>Leaders’ Meeting – Extension Office</td>
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<td>February 1</td>
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<td>All (but beef) Eastern States Intent Forms are Due</td>
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Reminder – Re-Enrollment – County deadline has already passed! Last notice! ALL paperwork must be turned in to the Extension Office by Friday, December 29th. There will be no exceptions. If you do not re-enroll, this will be your last newsletter.

Leaders’ Meeting – Come out for the January 9, 2018, Leaders’ Meeting to hear about updates and goal planning for the upcoming year! Rosie and Carla would like to brainstorm ideas with you for 2018 programming, including Winter Outdoor Fun events for all 4-H’ers, Junior Leader Training, and new SPIN Clubs.

Leader Recognition – Congratulations to the following leaders:

One Year Pins
Nathalie Arruda – Mega Builders
Kristen Beal – Horse & Rider
Lynnette Brown – Mega Builders
Monica Jodrey – Jolly Juniors
Justine Rhys – Lock, Stock & Barrel
Diana Sikkel – Rails N’ Trails
Robert Sikkel – Rails N’ Trails

Ten Year Pin
Basil Bowden, Jr. – Lock, Stock & Barrel
Lisa Reilich – Free 2 Be

Fifteen Year Pin
Sue Baez - Independent
Lisa Carney - Independent
Kathy Cobb – Jolly Juniors

Five Year Pin
Karlena Sanborn – Rails N’ Trails
Danielle Wells – Free 2 Be
Sara White – Horse & Rider

Ellsworth Christmas Parade – Hope to see you at the Ellsworth Christmas parade on Saturday, December 2. The parade begins at 11:00 am.

With Deep Sympathy – our condolences to the friends and family of 4-H leader Gregg Jordan who passed away unexpectedly on November 21st. Gregg was the assistant leader to Jolly Juniors. He will be remembered for his wonderful support to the club, community involvement, and his devotion to his family. Hancock County 4-H will miss him dearly.
Volunteer Insurance & Liability

In this day and age, we are all concerned about our potential liability exposure. What will happen if someone is injured or property is damaged during a 4-H event that I am leading? What happens if I am sued because of an accident that happens while I am volunteering? Generally, authorized 4-H volunteers have liability protection while doing educational activities on behalf of University of Maine Cooperative Extension. However, the University will not pay expenses if the person did not act in good faith and with the reasonable belief that his or her action was appropriate and in the best interest of the University, or if the person had reasonable cause to believe that his or her action was illegal.

As I learn about Cooperative Extension’s many policies and procedures, I feel it is important to ensure that you are informed and knowledgeable about what you need to do to protect yourself from potential liability issues.

The University requires that 4-H volunteers follow these steps to make sure they are protected by the University’s liability insurance while performing University-related activities:

- Be Volunteer Orientation and Leadership Training (VOLT) certified and enrolled with the Extension office. Other adults who support the 4-H program should be under the direction of enrolled, certified volunteers. The Good Samaritan Law and the Volunteer Protection Act may provide protection for other volunteers.
- Teach, model and emphasize safety in all 4-H activities, as outlined in the Standards of Behavior contract that you are required to sign annually. If there is an issue, the University will ask detailed questions about your risk management practices (see Risk Management Checklist).
- Make sure that activities are approved by appropriate Extension staff; this includes any field trips, fundraising events, or “special events” that your club is organizing. Documentation is important in case there is a question about whether a specific volunteer or activity is covered.
- Make sure Extension staff know when and where the approved activities take place. You can inform us in whichever method of communication works for you -- email, phone, in person, or even Facebook!

If you haven’t reviewed these policies in awhile, or if you are a new 4-H Volunteer, I encourage you to review the complete Policies, Procedures, and Guidelines for Volunteers. This is a very large document with a lot of important information, so please don’t hesitate to contact me if you have questions, or are looking for specific information. I am learning along with you and want to be sure you are protected while doing the great work that you do!

Additionally, we are mailing brochures about Volunteers and Insurance to all Club Leaders. You are also welcomed to stop by the Extension Office to grab your own copy, or request that we mail one to you.

Contact:
Carla Scocchi, 4-H Professional
carla.scocchi@maine.edu
(207) 667-8212
2017 Leaders’ Banquet
Leaders’ Meeting Continued

CLUB NEWS

Rails N’ Trails - For a horse 4-H club attending an event that was three days of nothing but horses was like a dream come true for us! We had a blast!!

Rails N’ Trails 4-H Horse Club fundraised all summer long so we could attend an educational horse event called “Equine Affaire” at the Eastern States Exposition in Springfield, MA. Including parents, we had eighteen people head down to MA. Unfortunately, we had one kiddo that got sick just before we left so he couldn't go. The club stayed at a nice hotel that had an indoor pool which was a real hit with the kids, especially after a full day of walking all day long from a clinic in one building to a demonstration in another. We went to an incredible show on Friday evening called Fantasia then went and filled our bellies at a nice restaurant on Saturday night. A special treat was clinics that two girls from Maine, that are on the Maine 4-H Equestrian Team rode in. They represented Maine very well. They said they learned a lot and it was incredible experience being able to ride with top-level trainers.

We had such a special experience and we learned a bunch all at the same time!! Thanks to everyone that helped us fundraise by either donating bottles and cans, bought cookies at the bake sale, came to our movie night, yard sale, or the pony rides! It was very much appreciated! I would say probably the biggest thing we’ve learned in this whole experience is "when the club worked hard together and we stay dedicated to our commitment we could make our goal happen!"

Some people "wish" it will happen. Some people "wait" for it to happen. 4-H people "make" it happen.
1. **Save the Date for 2018 Maine 4-H Days** - Maine 4-H Days will take place July 20 - 22 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. **Market Steers for Fryeburg**
   4-Hers raising a steer for the 2018 market steer show at Fryeburg Fair need to send in an Intent to Participate Form available at: [https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/beef/](https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/beef/) by January 2, 2018. We appreciate you completing your paperwork early. Please enroll or re-enroll as a 4-H member early, and send your Intent to Participate form to your county office. The earlier we receive your paperwork, the earlier we can begin tagging animals, and avoiding tagging during the winter months.

4. **Visit the 4-H Fix today and glory in the achievement!**
   We’ve been singing the praises for the 4-H Fix! Now it’s time for the 4-H Fix to return the favor! The 4-H Fix will be singing and cheering for 4-H on December 15th. Why not come and join in the chorus! Fa la la la la la la la! [https://extension.umaine.edu/4h/tag/4-h-fix/](https://extension.umaine.edu/4h/tag/4-h-fix/)

5. **2018 Intent to tryout for Eastern States Horse available NOW!**
   For all youth who are planning to try out for a slot on the Maine 4-H Horse team as a rider/driver/teen leader the intent to tryout is available here: [https://extension.umaine.edu/4h/wp-content/uploads/sites/49/2017/10/Intent-to-Participate-ESE-Horse-2018.pdf](https://extension.umaine.edu/4h/wp-content/uploads/sites/49/2017/10/Intent-to-Participate-ESE-Horse-2018.pdf) or [https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/horse/](https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/horse/).
   These must be postmarked by 2/1/18. If you have any questions please do not hesitate to contact, Kristy L Ouellette, kristy.ouellette@maine.edu.

6. **New For 2018 - Regarding Eastern States Intent to Participate Forms**
   Due date for all 2018 Eastern States Beef Intent to Participate Forms will be January 2nd. Intent forms for all other animal commodities- dairy, dog, goat, horse, and sheep will be due on February 1st. This decision was made at the Spring Animal Science Committee meeting to help eliminate confusion by making all due dates a little more consistent. Updated Intent to Participate Forms are now available at: [https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/](https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/)
7. 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. The new records are now posted online and can be found on the state 4-H website. Direct links are available here.
- Project Record – Advanced (Word | PDF)
- Project Record – Beginner (Word | PDF)
- Project Record – Cloverbud (Word | PDF)
- Project Record – Intermediate (Word | PDF)
- Portfolio (Word | PDF)

We are also planning a few ways for you to be part of the team to ask questions and give feedback.
- 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. Register for these sessions with KymNoelle Hopson at 353-5550 or kymnoelle.hopson@maine.edu.
    - 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, extension 12.
COOKING WITH THE KIDS

Reindeer Faces
This healthy holiday sandwich is a low-sugar treat that is as much fun to make as it is to eat!

Ingredients:
1 can water-packed albacore tuna, drained
1 Tbsp reduced fat mayonnaise
3 slices whole wheat bread
6 pretzel twists
Green olives and grape tomatoes for garnish

Directions: Combine tuna and mayonnaise in a small bowl. Stir until smooth. Place bread slices on a cutting board and cut each into triangles using a serrated knife or bread knife. Spread triangle with tuna salad. Create a reindeer by decorating each triangle with two olives for eyes, a grape tomato for the nose, and two pretzel twists for the antlers.

Nutrition for Kids