We did not miss the opportunity to represent 4-H in this year's Christmas Parade on December 2nd. In typical 4-H fashion, our float represented the diversity of 4-H interests with livestock, dogs, and Dalaney’s stock car! The 4-H’ers greeted hundreds and hundreds of people as they made their way down Main Street, smiling and waving the entire way. The crowd favorites were Lucy and Betty, the two goats who got all dressed up for the holidays. Everyone did a fantastic job showing the public how fun 4-H can be! Check out the photos on page 7 as well as the photos and live video from the parade on our facebook page: Hancock County 4-H (facebook.com/hancock4H)

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

UPCOMING DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 9</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office</td>
</tr>
<tr>
<td>January 15</td>
<td></td>
<td>Martin Luther King Jr. Day – Extension Office Closed</td>
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<tr>
<td>February 1</td>
<td></td>
<td>All (but beef) Eastern States Intent Forms are Due</td>
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<tr>
<td>February 3</td>
<td>11:00 am – 2:00 pm</td>
<td>In-Store Service Project at JOANN Fabric – see page 3</td>
</tr>
<tr>
<td>February 13</td>
<td>6:30 pm</td>
<td>Leaders’ Meeting at the Extension Office</td>
</tr>
<tr>
<td>February 19</td>
<td></td>
<td>President’s Day – Extension Office Closed</td>
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</tbody>
</table>
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.

It’s a New Year - It’s time to start thinking of what projects you can be working on. Have you...

• Picked your Public Speaking project yet? Started on your sewing project?
• Started taking pictures for the upcoming photo contest?
• Started planning a club exhibit for the June Jamboree or the Blue Hill Fair?
• Thought about something for the Blue Hill Fair Activity Center?
• Thought about National trips?
• Thought about Maine 4-H Days? This is a great opportunity for you & your family.

That’s all we will list for now, but time passes so quickly that we thought a reminder would be helpful to you. If you have any questions call the Extension Office at 667-8212.

Happy New Year, from all the office staff to all of you. We thank you, as none of our programs would have been possible without your volunteer support and parent involvement. As we start the new year with empty pages, may we fill them with memorable 4-H events, activities and experiences.

Like us on Facebook! - We have made a New Year’s Resolution to increase activity and engagement on our Facebook page! Help us reach our goal of 210 likes by the end of January by recommending our Hancock County 4-H (facebook.com/hancock4H) page to a 4-H friend or family. If you are part of a 4-H club or group on Facebook, please connect with us and invite your members to follow our page. We are frequently posting photos, updates, deadlines, event info, and sharing 4-H stories from across the county - stay posted by following us on Facebook!

4-H Safe Space Logo -
Introducing the new and wonderful 4-H Safe Space Logo! This logo was created by NY State 4-H youth as a sign of our commitment to nurturing a safe, inclusive environment in all 4-H programs. Our first priority is to create a safe, inclusive space for learning, sharing, and collaboration welcoming to people from diverse backgrounds, cultures and perspectives. The logo includes the words “Safe Space” framed above with colors from the rainbow flag: pink for sexuality, red for life, orange for healing, yellow for sunlight, green for nature, blue for magic, indigo for serenity and purple for spirit. It also includes colors to symbolize a range of skin tones. While all possible facets of an individual’s identity wouldn’t fit in one logo, this logo is designed to signal that 4-H is a place where each person can embrace their intersectionality and live all the complex aspects of their identity.

We encourage you to use the logo on flyers, brochures, posters and other promotional materials similar to other 4-H and Cooperative Extension logos. You could put the logo on display in meeting spaces and/or post it in online spaces and social media. This logo is best used in full color.

For more information about the logo: http://bit.ly/2kJKDFl
To download the logo: http://bit.ly/2BGsLg6
Announcing a new partnership with JOANN Fabric!

JOANN Fabric and National 4-H Council are partnering to support local 4-H program through fundraising and a new rewards program for all 4-H affiliates! There are several ways to participate:

❖ **Sign up for the new 4-H Reward Card**
  - Starting in November, just in time for holiday crafting and gift-giving, the 4-H community and JOANN customers can save money while “shopping with purpose” with the free 4-H Reward Card.
  - This new 4-H Reward Card gives JOANN shoppers 15% off their total in-store and online purchases every day, and gives a minimum of 2.5% of every eligible transaction as a donation to 4-H.

❖ **Support the JOANN Paper Clover Campaign**
  - Participating is easy:
    - Visit a local JOANN store between February 1 – February 28, 2018 and purchase a $1 or $4 Valentine’s edition of the popular Paper Clover.
    - With the $4 Paper Clover, customers will also receive a coupon for $4 off their next purchase.
    - Each Paper Clover will include instructions for a special 4-H/JOANN Valentine’s Day craft idea that customers can create to share with someone special.
    - All funds collected go directly back to the 4-H program. 30% of those funds stay with National 4-H Council, 70% go to the state 4-H program.
    - Funds from this program are unrestricted and may be used on anything to benefit the 4-H program. Fund distribution and use is at the discretion of the state.
    - Different from other paper clover campaigns the paper clovers will not be displayed in the store.

❖ **Participate in an in-store service project**
  - On Saturday, February 3, 2018 from 11am-2pm, local 4-H programs will partner with their JOANN store to hand-make Valentine’s Day cards to share their hearts and spread more love to local children’s hospitals, senior citizen centers and others in their community.
  - JOANN stores will provide crafting supplies and space for 4-H youth and volunteers to craft Valentine’s Day cards for those in need.
  - 4-H members in Hancock County are welcomed and encouraged to participate at any JOANN store in the state, since we do not have a store in our county.

❖ **Other Information**
JOANN’s would also like to provide their stores as a place for clubs to meet or do activities. If you are interested in using JOANN’s store space, contact the Extension Office to find out more information and make arrangements.
Rosie’s 4-H Public Speaking Reminder!! Each 4-H group (club or school) is encouraged to hold their own public speaking tournament during the month of February. Leaders, be sure to call or e-mail Joyce at the office at 667-8212 or joyce.fortier@maine.edu by February 23rd with the name of youth wishing to participate from your group. Be sure to include their 4-H age, title of their 4-H demonstration or illustrated talk, and whether it will be an individual or team presentation. The Hancock County 4-H Public Speaking Tournament will be held in March – date to be determined. We will announce the time and place as soon as it is confirmed.

Sample youth presentation videos, evaluation sheets, and other helpful public speaking information are now available on the State 4-H website: http://umaine.edu/4h/youth/public-speaking/

If you have any other questions, feel free to call or e-mail me or Carla at rosemarie.evans@maine.edu or carla.scocchi@maine.edu. You may also call the Extension Office at 667-8212 or 1-800-287-1479. Good Luck to all!

Tips for Preparing a Great Public Speaking Presentation -

1. **Pick a topic by asking yourself these questions:**

   *Am I interested in this topic?*

   *Will others find it useful or interesting?*

   *Does it have a simple main idea and logical steps and/or points that can be shown or talked about in/within the time limit given? Please see the guidelines insert for time limits for each age group.*

   *Can I find enough information?*

   *Is this a demonstration or an illustrated talk? A demonstration is a “show how” and “tell how” presentation. The work is performed before your eyes, and there is a finished project at the end. In an illustrated talk, the work is not performed before your eyes, and there is not a finished project at the end. Visit our website for helpful information on both types of presentations.*

   *Can I easily find props and materials?*

2. **Pick a title that will arouse the interest of your audience.**

3. **Your introduction should catch the interest of your audience in the first 15 seconds.** Start with a question or a short snappy sentence. “Help, my bunny is a giant fur ball!”

4. **The body of your talk should explain the points or demonstrate the steps you wish to show clearly and in logical order.**

5. **Select materials that are familiar to you and easy to use and see.** Be sure your presentation can be seen from a distance of 15 feet! People need to see, as well as hear, what you are sharing.

6. **Prepare a great conclusion.** Neglecting to have a well-defined end to their talk is the most common mistake speakers make! Show the finished product if doing a demonstration. Summarize the main thing you wanted the talk about or teach in whatever presentation you do. Show your visual aids again. End by asking for questions and thanking the audience for their attention!
Horse & Rider – held their annual Christmas party at Heather Linnehan’s on Saturday, December 9th. After the barn work was done the members enjoyed games, a gift exchange and pizza for lunch. Everyone received gifts from Sally & Heather.

Merry Christmas from Horse & Rider

Mega Builders - The Mega Builders have spent most of the fall preparing for the Maine Robotics’ First Lego League competition, where they completed a hydrodynamic challenge! In addition to building, designing, and programming their own robots, they learned a lot about the steps and stages of the water cycle, with a special focus on cleaning up pollution. Needless to say, the Mega Builders were ready for a break from competition in December. They recently enjoyed some “free building” time where they let their imaginations run wild to build robots that weren’t required to have a competitive edge. Additionally, they have been busy giving awesome demonstrations and talks on composting toilets and native bee pollinators!
**STATE NEWS**

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/ 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. **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 or 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.

5. **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/

6. **Come to Orono for the 2018 4H@UMaine May 18-19!**
Planning has started and the wheels are in motion thanks to the efforts of a tremendous team! We are looking forward to another great event this year, and there are some exciting changes in the works! Stay tuned for details. For more information about 4-H@UMaine, contact Greg Kranich at gregory.kranich@maine.edu or 207.581.3292.

7. **State 4-H Dairy Quiz Bowl** - Sunday, February 18, 2018 (snow date of Saturday, February 24), at 1:00 pm; University of Maine at Augusta Room 218, Randall Student Technology Center.

Open to all currently enrolled 4-H Dairy project members ages 9 – 18. For those 4-H Dairy members who may be planning to attend the Eastern States Exposition in September, please keep the following information in mind. You must participate in at least one of the following three events: State 4-H Dairy Quiz Bowl, State 4-H Dairy Judging Contest, or Fitting Contest at the 2018 Maine 4-H Dairy Show.
You must also complete and submit an ESE Intent to Participate Form which will be due on February 1st. These can be found on the State 4-H Website, or check with your county office. You completed 4-H Animal Approval and Lease Form (if applicable) will be due in your county office by May 1st. Participation in a showmanship class and your animal’s breed/age class at the State 4-H Dairy Show will also be required.

If you have questions, please contact 4-H Dairy ASC Coordinator, Stephanie Smith at 207.860.0979 or by email at a_rmfarm@yahoo.com, or staff Liaison Tara Marble at the Franklin County Extension Office at 800.287.1478 or by email at tara.marble@maine.edu, or staff liaison, Alisha Targonski at the Kennebec County Extension Office at 800.287.1481, or by email at alisha.r.targonski@maine.edu.

8. 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 207.353.5550 or kymnoelle.hopson@maine.edu.

  1/23/18 from 6:00pm-8:00pm, 3/24/18 from 6:00pm-8:00pm, and 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

Crustless Spinach Pie

Ingredients:
- 2 tbsp butter
- 3 eggs
- 1 cup flour
- 1 cup fat-free (skim) milk
- 1 tsp garlic powder
- 1 tsp baking powder
- 1 ½ cups low-fat cheese, shredded, any type
- 4 cups chopped, fresh spinach (or other greens, such as bok choy, kale or Swiss chard)

Directions:
Preheat oven to 350°F. Melt butter in 9” X 13” pan and spread on bottom and sides of pan. Beat eggs well in a mixing bowl, add flour, milk, garlic powder and baking powder. Pour into the 9” X 13” pan. Stir in cheese and spinach. Bake for 30-35 minutes until edges are brown and firm all over. Makes 8 servings.

University of Maine Cooperative Extension Eat Well