



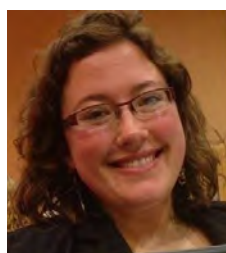
What's the Buzz...

Kennebec County 4-H

umaine.edu/Kennebec/

A New 4-H Year! Welcome 2016!

As the new 4-H Youth Development Professional for Kennebec County, I want to wish our whole 4-H Family a happy new year and a safe and snowy winter season!



--Alisha Targonski

As we enter 2016 there are new events and programs I would like

to highlight. Everyone enrolled in 4-H is more than welcome! Mark your calendars!

The first Wednesday of every month is the **Volunteer Association Meeting**, 6:30-9:00, and is open to any volunteer or parent.

VOLT Trainings for new and seasoned volunteers will be hosted on January 19, March 17, May 9, and October 18.

March 12 (26th Snow Date):
Kennebec **Public Speaking Tournament at UMA**

June 17-19 **Horse Camp**

April 22-24 **Teen Leadership Weekend** at Blueberry Cove
Open to 13-18 year olds.

October 8: **One Day 4-H**— County-wide day of service

November 13 **County Banquet**
Honoring Cloverbuds, Project Records, Volunteers, and our graduating members!

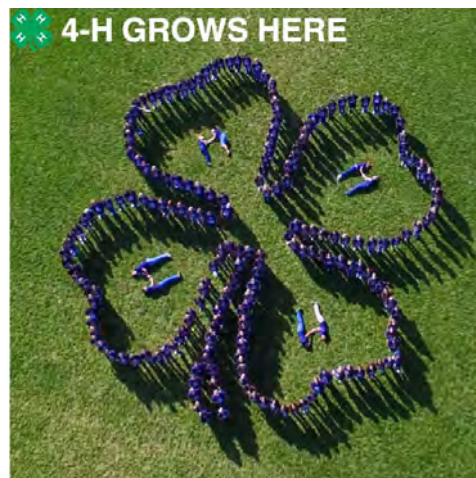
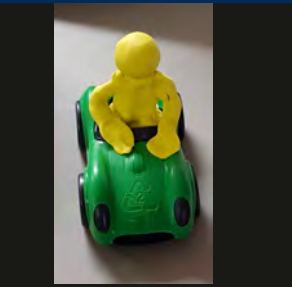


Photo: 4-H Facebook



Winter 2016 Upcoming Events

Jan 6: 6:30pm Vol-
unteer Association
Meeting

Jan 6: 7:30pm
Horse Committee
Meeting

Jan 19: VOLT Train-
ing

Jan 22: Honorary
Page Application
Due



Annual Achievement Night 2015

Achievement Night was held on October 23 with families from Fun 4-H, Blue Bird Pond 4-H Club, the Happy Hayburners, as well as several volunteers in attendance! The group enjoyed a seriously delicious potluck dinner and put their exploration caps on when building models and ramps as part of the National Youth Science Day experiment, Motion Commotion (kits available at the 4-H Office).

Samantha F. wowed the crowd with her presentation on her egg business, and shared how a Maine 4-H Foundation mini

grant helped kickstart her entrepreneurial enterprise. Next up, Eugene L shared his exciting adventures in the rhubarb business, also with a Maine 4-H

Foundation mini grant– excited to see how the project ‘grows’ in the future! Then Janie B. impressed with her speech on her achievements at ESE with her goat project! And while he couldn’t be there in person, Zakary S. put together an amazing video



Fall Paper Clover Promotion a Success!!

A HUGE thank you to the Creators 4-H Club, the Rascal Wranglers, and



the Fresh Horses 4-H Club (as well as Volunteer Association President Miss Brandy) for supporting the Kennebec County 4-H fundraiser.

Over two Saturdays in the Fall and Spring Tractor Supply hosts a national fundraising campaign. This October Kennebec County

4-H'ers brought in \$237.48 to the County program! Thank you to everyone that bought Clovers to support us!

Achievement Night Con't...

talking about his time at Robotic Camp, with a small grant from the Volunteer Association.



If you have projects you would like sponsored, be in touch with the 4-H Office to see what we can make happen!

A huge congratulations to the following 4-H'ers on successfully completing their projects this year:

Cloverbuds: Samuel S (Healthy Lifestyles)

Junior: Jadon G (Chickens)

Danielle S (Sheep)

Intermediate: Josselyn G (Goat and Healthy Living)



Eugene L (Dog)

Zakary S (Healthy Living)

Senior: Sula D (Fine Arts)

Janie B (Goat and Healthy Living)



*"When you're feeling lost,
[4-H] pulls out a compass,
brings you into an embrace,
and guides you..*

4-H is life changing."

West Virginia 4-H Alum
Megan Williams

Photo: 4 H Facebook

FFA Scholarship Opportunities

We would like to let all youth who are currently high school seniors, or enrolled in college, know about many scholarships available from FFA. You can find the application, and additional details at www.FFA.org/scholarships. Please email questions to Scholarships@FFA.org, or call their Scholarship Hotline at 317-802-6099. Be sure to get your application in by February 1, 2016.

Maine 4-H Foundation Post-Secondary Education Scholarships

These scholarships are available to participants in the 4-H Program, pursuing higher education. Deadlines: March 4, 2016 to UMaine Extension county office; March 11, 2016 to Maine 4-H Foundation. There are a number of different scholarships available, scholarship descriptions, applications, and sample evaluation sheets can be found at: <http://umaine.edu/4hfoundation/funding/>.

Be an Honorary 4-H Page

Be an Honorary Page at UMaine Day at the Legislature UMaine Day at the Legislature, Tuesday, February 2nd, is quickly approaching. Since legislators like to see 4-H members from their districts, 4-Hers (age 13 or older) are encouraged to serve as Honorary Pages. The Maine 4-H program has up to 30 slots for Honorary Pages. What does a page do? Pages hand out information to Representatives or Senators, or place the paper Information on their desks. They also hand phone and other messages to Representatives and Senators on the floor.

If you are interested in serving as a page, please contact KymNoelle at 1-800-287-1458 or kymnoelle.spostado@maine.edu. We will attempt to have pages from different parts of the state. Slots, representing different state senators and representatives, will be filled in the order they are received, but the **final deadline is January**

22nd. If the slot for your legislative district has been filled, your name will be added to a wait list in the order it is received. If you are leaving a message, please be sure to say "I am interested in serving as a 4-H Page at the Legislature on February 2". Your slot will be reserved if you leave this complete information:

Full Name

Age

Mailing Address

County

Phone Number

Email Address

Name of Your School

Name of Your 4-H Club

Name of Your Maine State Representative

Name of Your Maine State Senator

Name of Your Adult Chaperone

4-H Honorary Pages will be in the Capitol from 8:30 am – 3:00 pm. A parent or 4-H volunteer must provide transportation and chaperoning.



Photo: 4-H Facebook

**Have you liked
Kennebec County
4-H on Facebook
yet?**





Public Speaking is Awesome.

Said no one their first time speaking in front of other people. But it is awesome, because you have ideas in your head and we should hear them.

Join us **March 12** (Snow Date: March 26) at the **University of Maine Augusta** for the...

KENNEBEC COUNTY 4-H Public Speaking Tournament

Speaking in public often starts with saying your name and age at a 4-H meeting! Take it to the next level with Demonstrations and Illustrated Talks! Youth ages 5-18 are eligible to compete in Kennebec, youth 9-18 with qualifying scores able to participate in the State Contest described below. Come at 11:30 for UMA Admissions tour and games, with the Contest hosted from 1pm-3pm. Registration opens in February.

Maine 4-H State Public Speaking Tournament -- Open to ALL Counties!

The 4-H State Public Speaking Tournament will be held Saturday, April 9th at the University of Maine at Orono. 4-H Youth ages 9 to 18 who have participated in their county 4-H public speaking tournament and received the required score are invited to participate. Youth ages 12 to 17 who qualify and participate in the State Tournament will

be eligible for a scholarship to 4-H at UMaine. Registration for the State tournament must be handled through the youth's county Extension office. For more information on 4-H public speaking, including guidelines, evaluation sheets and upcoming event information, as well as sample videos, please visit <http://umaine.edu/4h/youth/public-speaking/> or contact Lisa Reilich at [207-598-6621](tel:207-598-6621) or lisa.reilich@maine.edu.

4-H Volunteers “Get Psyched About Science!”

Come out for an hour of fun, hands-on science-related activities and a chance to network with other 4-H volunteers. Sessions begin at

6:00pm and last about an hour. Whether you

participate in one session or all four, you will get a 4-H t-shirt! To sign up for a session go to <http://goo.gl/forms/lw2QMTIVtT> or call Jessy Brainerd at 581-3877. (Please note - if your county is not listed for a session, you can sign up for a neighboring county)



Animal Science for Cloverbuds – Thursday, January 21st

Animal Science – Intermediate and Advanced – Wednesday, February 3rd (Hosted in Augusta)

Science – Intermediate and Advanced – Thursday, March 17th **Rockets**

Science for Cloverbuds – Wednesday, April 6th (Hosted in Augusta)

Welcome to the NEW 4-H Clubs of Kennebec County!

The Barn Rats 4-H Club: A horse club located in Winslow

Little Hands 4-H Club: A general club located in Litchfield

Country Kids 4-H Club: A general club located in Pittston

CONGRATULATIONS AND WELCOME!

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Photo: 4-H Facebook



Eat Well and Bee Happy with Miss Debbie

Tastes Like Cookie Dough! (No, Really.)



Ingredients:

- 1 13.5 oz can reduced sodium chickpeas (drained and rinsed)
- 3 Tbsp maple syrup
- 2 Tbsp natural smooth peanut butter (or substitute)
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 3 TBSP mini chocolate chips

Directions: 1.) Preheat oven to 400°F. Line cookie sheet with parchment paper.

2.) Spread out chickpeas and roast 14 minutes or until dry to the touch and a little toasty.

3.) Remove from oven and let cool slightly.

4.) Using a food processor, process the roasted chickpeas, maple syrup, peanut butter, vanilla extract, cinnamon & salt. Process until smooth, stopping to scrape down the sides if necessary. It should look like regular cookie dough.

5.) Stir in the chocolate chips. Roll dough into tablespoon size balls and store in an airtight container in the fridge or freezer.

Recipe from MaineGeneral Healthy Living Resource Center www.mainegeneral.org/hlrc

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