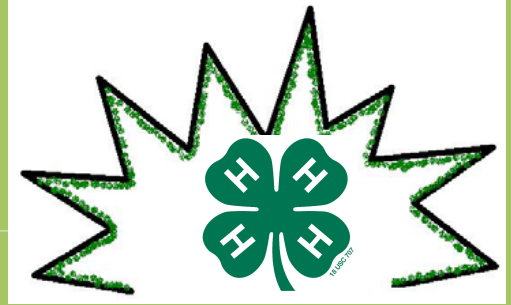


4-H Flash

A Newsletter for Washington County
4-H Participants



February 2012

Calendar

February 24- PST Registration Deadline

March 10- Washington County PST

March 24- Washington County Robotics Expo

May 18-20- 4-H @ UMaine

June 22-24- Maine 4-H Days

July 1-7- Citizen Washington Focus

Please visit the Events page on the Maine 4-H website for more information-
<http://umaine.edu/4h/calendar-of-events/>.

Princeton Pioneers Spread Valentine's Cheer

The Princeton Pioneers have been busy this February. They made over 50 homemade Valentines for the elderly. Sunday afternoon, February 12th, ten 4-H members handed out Valentines to the residents at Atlantic Rehab in Calais. Several members performed some music and talent for the residents. Everyone seemed to enjoy the afternoon. Some of the members also distributed Valentines to the residents at the North Street Bridge Home. The members of the 4-H Knitting Club gave out valentines to the residents at the Peabody Estates in Princeton. The motto of 4-H is to dedicate their Heads to clearer thinking, their Hearts to greater loyalty, their Hands to larger service and their Health to better living for their club, their community, their country and their world. Some of these service projects definitely gave the young people opportunities to develop in many of these areas.

Submitted by Bobbi Mather



Members of the Princeton Pioneers with the Valentine's Day creations they made for the residents of assisted living facilities.



Washington County Bulletin Board Items



4-H Machines

On February 6th, Bonnie Pineo's new club voted on their club name...drum roll, please...the 4-H Machines! Congratulations to you all! Also exciting was the participation by all in the dissection of 2 frogs. Members learned observation skills by exploring the external and internal structures of these frogs. Did you know that frogs have teeth? Both lab groups were able to determine that their frogs were female, as they identified the frogs' oviducts. If you would like to learn more about frog anatomy, check out these websites that the 4-H Machines referred to prior to and during their dissection: http://www.biologyjunction.com/frog_dissection.htm & http://www.mhhe.com/biosci/genbio/virtual_labs/BL_16/BL_16.html.



Photos to the left show members of The 4-H Machines dissecting frogs during a recent 4-H meeting.



Washington County Public Speaking Tournament

- Reminder - Club & Independent delegate names must be given to the Extension Office by February 29th, 2012 in order to participate in the County Tournament. Include each youth's name, 4-H age, club name, title of demonstration or illustrated talk, and whether it will be an individual or team presentation. County tournament will be held on Saturday, March 10, at 1:00 pm at the Rose M Gaffney Gymnasium in Machias. Regional tournament will be held on Saturday, March 24, at 1:00 pm at the UMaine Orono campus.





Washington County Bulletin Board Items



Lisa's Corner – February, 2012 – Washington County



We had a wonderful 4-H Public Speaking Clinic at the Extension office on January 15th. Though a small group, it was time well spent for all. The 4-H Machines members Cole & Madelyn Willey, along with their mother Nicole Willey, our 4-H Program Aide, all had a chance to see that “public speaking” is not nearly as frightening as it sounds! We were also joined by Jane Bell, 4-H volunteer and tireless Washington County & Regional 4-H Public Speaking committee member.



While there was a lot of material to cover, there was also plenty of time for hands-on fun. After going over what goes into preparing and presenting demonstrations and illustrated talks, complete with live and video examples, we then broke into two groups, each group preparing and presenting their own demonstration. Finally, we got to try our hand at judging each other's presentations. It was a great day to learn a new skill – or, in Jane's case, brush up on old ones!



Both Cole and Maddy are now planning to prepare a public speaking presentation for the first time for this year's county 4-H Public Speaking Tournament. I can't wait to see what they come up with!



Remember to be preparing your demonstration or illustrated talk for the March 10th Washington County Public Speaking Tournament. Be sure to call or e-mail Tara by February 29th to let her know if you will be participating and practice, practice, practice!



Putting it all together... 40 minutes to prepare a demonstration ... on your mark, get set, go! Getting props ready for the presentations.



Washington County Bulletin Board Items



4-H Public Speaking Clinic Photos Continued



And it's show time! Left: Youth show "How to Properly Wash Your Hands" and Right: Volunteers field questions after their presentation of "The Dos and Don'ts of Demonstrations".

4-H School News

Morning Song School Cooperative - The 7th/8th grade English Class students are well on their way with their public speaking presentations. We spent time preparing our materials and had our first practice run. We are getting ready for our class tournament to be held on Valentine's Day. In Handworks class, the older students are working on machine sewing. They enjoyed a trip to Marden's to pick out fabric and have already made their own pillowcase. The 4th/5th grade students are now learning to knit socks having finished their mittens in December.

Trenton School - The afterschool club has been learning a lot about wind power and has finished parts one and two of the 4-H National Youth Science Experiment "Wired for Wind". Upcoming projects for February and March include exploring vermiculture by setting up worm bins in the school and learning about water conservation through hands-on activities. Meanwhile, Ms. Duym's first grade class had their own public speaking clinic. They are now busily preparing 4-H demonstrations for their upcoming 4-H class tournament to be held in February.

4-H Robotics Expo – March 24, 2012- University of Maine at Machias

4-H Clubs that are involved in a Robotics project are welcome to participate in the 4-H Robotics Expo. Registration materials can be obtained through the Extension office by dialing 255-3345.

Spectators are welcome to attend the exhibit session between 9:30 and 11:15 a.m. Come see local robotic displays and demonstrations as teams show off their work to the judges. You'll also have the opportunity to participate in the "Crowd Pleaser's" Award by voting for your favorite exhibit! Admission is free.



Washington County Bulletin Board Items



Chandler River 4-H Club Busy Learning

The Chandler River 4-H club met on February 1st to create and launch Balloon Rockets. They identified the skills they learned and colored them on the Life Skills wheel in their Project Records. As part of their continued focus on healthy eating, they enjoyed a delicious dip made from strained yogurt (separated into whey & curd). The curd was mixed with maple syrup to create a thick, creamy, slightly-sweet dip...one would have thought they were enjoying a flavored cream cheese! Keep up the great work on your project records and healthy lifestyles, Chandler River!



Members of Chandler River 4-H Club working on balloon rockets.



Recycling

If in your craft supplies you have several balls of yarn to use with the 4-Hers, you know how tangled they can get. Recycle any of these containers or what ever you have at home to hold those balls of yarn. Just poke a hole in the top lid and bring the yarn out through. If they drop one, there is no problem of the yarn unwinding across the room. You could even have them decorate the containers with paper, stickers or coloring them. Let them use their imagination.





Maine State News

1. 2012 Maine 4-H Days - The 2012 Maine 4-H Days will take place June 22 – 24, 2012, at the Windsor Fairgrounds. More information and registration packets will be available in mid-Spring of 2012 at: <http://umaine.edu/4h/youth/4-h-events/maine-4-h-days/>.

2. UMaine Day at the Legislature – 4-H Honorary Page Program - UMaine Day at the Legislature, Thursday, March 29th, is quickly approaching. Since legislators like to see 4-H members from their districts, 4-Hers (recommended 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 Debra Kantor in Somerset County at 1-800-287-8957 or debra.kantor@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 February 11th. 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 March 29th.” 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, and name of your Maine State Senator.

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

3. 4-H Foundation Post-Secondary Education Scholarships - The 4-H Foundation’s Post- Secondary Education Scholarships are available to participants in the 4-H Program, pursuing higher education. Because some scholarships have different sets of guidelines, please refer to the 4-H Foundation’s website (<http://umaine.edu/4hfoundation/funding/>) when applying. Deadlines for the applications are as follows: March 2, 2012 to the UMaine Cooperative Extension County Office, March 9, 2012 to the 4-H Foundation Office. Recipients receiving the scholarship awards will be invited to the Foundation’s Annual Meeting on May 16, 2012.

4. National 4-H Trips Applications Due - National 4-H Trips are excellent opportunities to meet 4-H members from across the nation. Participants learn about many career options, and learn through educational workshops at Congress or become a part of a team making recommendations to National 4-H Council at Conference. To learn more about these trips, visit: <http://umaine.edu/4-H/home/national-4-h-trips/>.

Any Maine 4-H Youth, ages 14 to 18, is eligible to apply. Application packets must be sent to your county office and postmarked by March 16, 2012. If you have any questions, please contact Sarah Sparks at 1-800- 287-1458 or sarah.sparks@maine.edu.

5. 4-H Dairy Project members - Hold the Dates in 2012 - Please hold the following dates for your participation in the State 4-H Dairy Programs:

- **Dairy Quiz Bowl** – February 19, at the Farm Bureau office in Augusta. Time to be announced. Open to all 4-H Dairy project members. - **Dairy judging** – April 14, time and location to be announced. Open to all 4-H Dairy project members. - **Intent to Participate Form** due May 1, 2012 for 4-H Dairy Team to Eastern States: <http://umaine.edu/4h/youth/4-h-projects/animal-science-resources/dairy/> - **Fitting Competition** – July 21, 5:00 pm at the Windsor Fairgrounds - **Maine State 4-H Dairy Show** – July 22, 9:00 am at the Windsor Fairgrounds. The new dairy packet will be posted in February.



Maine State News

6. Citizenship Washington Focus (CWF) - Start making plans now to visit our Nation's Capitol during the week of July 1 to 7, 2012. CWF is a leadership program conducted by the National 4-H Council for high school youth ages 15 to 18. Delegations of 4-Hers from across the country spend six days touring the city and attending leadership skill-building workshops. This summer, the Maine delegation will travel on July 1 to July 7, 2012. You will stay at the National 4-H Conference Center just outside Washington, DC. Visiting the most popular sites in Washington will be a part of the trip, including spending the 4th of July in our nation's capitol. There is a mandatory orientation for Maine delegates on April 28th. For more information visit <http://umaine.edu/4-H/youth/4-h-events/citizenship-washington-focus/>. Contact your county 4-H office for details about how to be a part of this experience.

7. Save the date: 4-H @ UMaine 2012 - The annual 4-H @ UMaine conference will be held May 18-20, 2012 at the Orono campus. This event is for Maine youth ages 12- 17. This popular conference takes place at the University of Maine-Orono, where youth participate in workshops and activities that familiarize them with campus life. Information regarding cost, registration forms, transportation and workshop options will be available in mid-March. For more information on 4-H @ UMaine, including a list of last years workshops, please go to the website: <http://umaine.edu/4h/youth/4-h-events/4humaine/> or contact Mitch Mason @ mitchell.mason@umaine.edu, 781-6099. If you have ideas or would like to volunteer, do not hesitate to contact us!

8. Tanglewood 4-H Camp February Vacation Camp in Lincolnville, Maine - Journey through the snowy forest and embark on adventures to find where animals hide in winter and how they survive. Enjoy sledding, art, and the warm of hot chocolate and a cozy wood-heated cabin. February 21-22: Ages 6-8; February 23-24: Ages 9-13. From 9-2PM each day with after care till 4PM. Bring a bag lunch and snack. Cost: \$65/child for each 2-day program, after care is \$15/2-days Visit: <http://umaine.edu/tanglewood/year-round/february-vacation-camp/> or call Patti at 207-789-5868

9. Winter Survival - Military Adventure Camp - The Winter Survival MAC program will be held February 19 - 24, 2012 at the Bryant Pond 4-H Camp & Learning Center. This camp is available to children of military families and the cost is only \$10.00. For more information please go to the website: <http://umaine.edu/bryantpond/summer-camp/military-families-youth-programs/maine-military-adventure-camps/winter-survival/>, or contact the Bryant Pond 4-H Camp office at 207-665-2068, extension.bryantpond@umaine.edu.

10. ESE Announces Heidi Thuotte Appointed As Youth Working Steer Superintendent - The staff at ESE announced with great pleasure and confidence the appointment of Heidi Thuotte of Gorham, Maine as the new Superintendent of the Eastern States Exposition Youth Working Steer Show. "Many of you know Heidi as she has been a strong proponent of this program for many years. Heidi is currently with the University of Maine Cooperative Extension in the York County office as a 4-H Aide. We look forward to working with Heidi and are sure that you all join us in welcoming her to this position."

11. Horse Quiz Bowl - Maine State Quiz Bowl practices have begun The next practice will be Feb. 11, at 1:00 pm Saturday, at the University of Maine campus in Augusta. These meetings are for 4-Hers of all ages who are interested in participating in quiz bowl locally, state wide, or Nationally. These practices are a requirement for 4-Hers interested in trying out for the State Quiz Bowl team which competes in Kentucky, but practices can also be very educational for younger 4-Hers wanting to compete in quiz bowl at Maine 4-H Days, or for 4-H leaders who want to learn about educational club activities.

If you are interested in quiz bowl but can't make the February 11 practice or if you want study material please email or call Edie Kershner at 322-4601 ediekershner@yahoo.com You can read more about Horse Quiz Bowl on the Maine 4-H Website at:

<http://umaine.edu/4h/youth/4-h-projects/animal-science-resources/horse/maine-state-horse-quiz-bowl/>.

Maine 4-H Youth Development Mission

To educate and empower Maine youth through hands-on and community-based experiences.

Maine 4-H Youth Development Vision

Maine youth acquire the knowledge, life skills, leadership abilities and attitudes to help them succeed now and in the future through effective collaborations, hands-on experiential education and self-directed learning.

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Cooking with the Kids

Banana Pudding in a Bag

Ingredients:

1/2 cup low-fat granola
3 medium bananas

1/2 cup applesauce, unsweetened
1/2 cup nonfat vanilla yogurt

Directions:

Measure and place granola inside large zip-top plastic bag. Squeeze any air out of bag before sealing. Lightly crush the granola using a can or the bottom of a pan.

Peel bananas and use your fingers to break them up into the bag of crushed granola.

Measure and add the applesauce and yogurt to the banana mixture in the bag.

Close the bag again, pressing out any extra air before sealing.

Use your fingers to squish and mash the ingredients together until they're well blended.

Chill the pudding in the sealed bag inside the refrigerator until ready to serve.

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status or gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other areas of the University of Maine. The University provides reasonable accommodations to qualified individuals with disabilities upon request.

Questions and complaints about discrimination in any area of the University should be directed to Karen Kemble, Esq., Director of Equal Opportunity, University of Maine, 5754 North Stevens Hall, Room 101, Orono, ME 04469-5754, telephone (207) 581-1226, TTY (207) 581-9484 or to the Director of Equity and Diversity for the University of Maine System, who can be reached at telephone (207) 973-3372 or TTY (207) 973-3300, 16 Central Street, Bangor, Maine 04401. Inquiries or complaints about discrimination in employment or education may also be referred to the Maine Human Rights Commission. Inquiries or complaints about discrimination in employment may be referred to the U. S. Equal Employment Opportunity Commission.

Inquiries about the University's compliance with Title VI of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, and national origin; Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990, which prohibit discrimination on the basis of disability; Title IX of the Education Amendments of 1972, which prohibits discrimination on the basis of sex; and the Age Discrimination Act of 1975, which prohibits discrimination on the basis of age, may be referred to Ms. Kemble, who is designated to coordinate campus compliance with these Acts. Inquiries about these issues may also be referred to the U. S. Department of Education, Office for Civil Rights (OCR), 8th Floor, Five Post Office Square, Boston MA 02109-3921, telephone (617) 289-0111, fax (617) 289-0150, TTY (877) 521-2172 or email: ocr.boston@ed.gov. Generally, an individual may also file a complaint with the OCR within 180 days of alleged discrimination.