Leah and Russell Kirshman Serve as Honorary Pages in Augusta

UMaine Day at the Legislature was held on Tuesday, February 2nd in Augusta. Since legislators like to see 4-H members from their districts, 4-Hers (age 13 or older) were encouraged to serve as Honorary Pages. Leah and Russell Kirshman took advantage of this exciting opportunity.

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.

Leah reported the following: “It was really fun. I thought I was going to mess up, but I didn’t. We had to take notes from one senator to another, and they were really helpful in telling us where to go.”

Leah is a member of Dennys River Manure Movers and Russell is an independent member.

Citizenship Washington Focus (CWF) – We are excited to announce that Hope Carle and Maddy Willey, Independent members, will be representing Washington County at CWF in Washington D.C. this year! We’re confident they’ll have a wonderful time and will have some stories for us on their return.
The Maine Science Festival returns for its 2\textsuperscript{nd} year March 18-20, with three days and dozens of free events at the Cross Insurance Center and venues across Downtown Bangor.

The Maine Science Festival is offering $25 gas cards to the first 20 families that attend the event and are willing to complete a simple evaluation. For more information or to reserve your gas card please contact Tara Woods at the University of Maine Cooperative Extension Office: 207-255-3345. The evaluation and gas card can be picked up at the University of Maine Cooperative Extension office and the gas card will be given out upon the return of the completed evaluation.

The 2nd annual Maine Science Festival is March 18-20, 2016. All events, other than the headliner, are available free-of-charge. 2016 Headliner: Nate Silver of FiveThirtyEight, who will speak on Saturday evening, March 19th at 7:30pm. More information about this event can be found at http://mainesciencefestival.org/headliner/. Tickets are $10/student $15/general for the headliner.

More than 50 events are set for the weekend, including workshops, hands-on activities, panel discussions, exhibits and films. Join our more than 75 partners from around Maine, and find out that #science is everywhere!

The mission of the Maine Science Festival (MSF) is to stimulate interest in science among the general population, to heighten awareness of the impact of science on everyday life, and to demonstrate the diversity of scientific enterprise in Maine. The MSF is committed to showcasing and highlighting the remarkable science that happens throughout Maine every day.

Invitation to Washington County 4-H PST- The Washington County 4-H Public Speaking Tournament will take place on Saturday, March 5\textsuperscript{th} at the UMaine Extension office located at 28 Center Street in Machias beginning at 10:00 a.m. Come out and support our 4-Hers as they learn the art of public speaking.

New Knitting SPIN Club- Six Sessions Beginning Thursdays, March 17\textsuperscript{th} – April 28, 2016, University of Maine Cooperative Extension, 28 Center Street, Machias, 4:30 p.m. – 5:30 p.m., Cost: $5, The course is open for boys and girls ages 9-13.

Learn to Knit: If you’ve always wanted to learn to knit but haven’t had someone to show you the basics, then this is the class for you. We’ll demonstrate how to hold and use knitting needles, learn basic stitches, understand the different types of yarns and complete simple projects. Yarn and knitting needles to get you started will be supplied.

Registration is required. Please register by Friday, March 11\textsuperscript{th}; Space is limited. For more information, to register or to request a disability accommodation, contact 207.255.3345, or tara.a.wood@maine.edu.

Invitation to 10\textsuperscript{th} Annual Robotics Expo- The tenth annual University of Maine Cooperative Extension Washington County 4-H Robotics Expo will be held Saturday, April 2, at the UMaine Machias Reynolds Center, 116 O’Brien Ave., Machias.

From 9:30-11:15 a.m., local school and 4-H club teams will exhibit their robotic displays and demonstrations to judges. The event is free and open to the public. For more information or to request a disability accommodation, call 207.255.3345.
4-H Volunteer “Get Psyched about Science” Trainings

We are excited to offer a series of science workshops for 4-H volunteers in the Machias area. All workshops will start at 6pm and last one hour. All participating volunteers will receive a 4-H t-shirt for their participation. More information on how to register will be in next month’s newsletter. If you think you would like to attend, please email or call Tara at tara.a.wood@maine.edu or 207.255.3345 and we will put you on the list!

Science – Intermediate and Advanced  Thursday, March 17th
Motion Commotion - Explore the science of motion – discover how things move through space and time. We’ll also explore how human factors, such as reaction time, can affect a person’s ability to stay safe. We will use the 2015 4-H National Youth Science Day Experiment to dive into the world of hands on science. Participants will leave with a force and motion activity to do with their club or at a county event.

Rocket Science for Cloverbuds  Wednesday, April 6th
Rippin’ Rockets - Build your very own rippin’ rocket and learn techniques for providing control of your rocket. Everyone will have the chance to create their own rocket and practice making it to the target-landing zone. This activity can be done inside with simple materials, so participants will leave with an activity to do with their club or county event.

Cooking with the Kids

Fun Fruit Parfait

**Ingredients:**
1-cup low-fat or nonfat vanilla yogurt
1-cup frozen fruit
1-cup cereal (for example, Cheerios)
2 orange slices

**Directions:**
Choose a tall clear glass. Put a large spoonful of yogurt in the bottom of the glass. Next put half of the frozen fruit pieces on the yogurt. Put another spoonful of yogurt on top of the fruit. Next put half of the cereal on top of the fruit. Follow with another spoonful of yogurt and the other half of the frozen fruit. Finish with a small scoop of yogurt and top with the rest of the cereal and the orange slices. Enjoy!

University of Maine Cooperative Extension Eat Well
Introducing our 4-H Youth Voice Youth Choice Teen Leaders from **Sumner Memorial High School**! This team of teens has been hard at work for over two months creating an out-of-school Leadership Day with a focus on healthy living for select RSU24 7th & 8th graders. These teens have been planning and training to have an awesome day of fun, fitness, team building and delicious food, taking responsibility for all the details from marketing the program to designing the day to budgeting and talking to administrators and partnering organizations. We are looking forward to hearing how their March 25th "Adventure Awaits!" Leadership Day goes for them and are sure it will be a success.

PICTURED: Abbe, Sam, Taylor, Mariah, Natalie, Scylvia (not pictured -- Kaytee)

**Ella Lewis School** - 3rd & 4th graders worked hard on their 4-H Public Speaking presentations this January & February. They were all very successful in their efforts and proud to do their final class presentations the week before February vacation. We look forward to several of these young 4-Hers presenting at the Hancock County Public Speaking Tournament on March 12th at 1pm at Sumner High School.

Mr. Kinghorn's 4th Grade Class of 4-H Presenters

Mrs. Ayers 3rd Grade Class of 4-H Presenters
Lisa’s 4-H Activity Challenge

We are super excited about a new source of 4-H Curriculum from Utah State University Extension called DISCOVER 4-H. This curriculum has nearly 30 different topics from horses to shooting sports to coding to crafts to cloverbud-specific activities and each topic features six or more well planned out lessons under 1 hour, making this perfect for our 4-H afterschool programs, 4-H SPIN Groups, science enrichment, or a great activity for meetings of traditional clubs. Over the next few newsletters, I will be featuring activities

VOLCANOES: Lava Layering

In this activity we will do a science experiment that introduces both how acids and bases interact with one another as well as offers an opportunity to explore different ways lava flow patterns might happen during an active eruption of a volcano.

Supplies
Paper cups, Large piece of cardboard, Newspaper, Tape, Spoon, Baking soda, Vinegar, Paper towels, Food coloring -- 3 to 4 different colors, Scissors, Markers, White paper

The Activity

STEP 1: Cover your table with newspaper to protect from spills. Then cover one side of the cardboard piece with white paper using tape to keep it in place.

STEP 2: Take one paper cup and cut it down to a height of 2.5 cm (1 inch). Tape the cup right side up in the center of the cardboard. This cup will be your eruption source.

STEP 3: Place 1 heaping spoonful of baking soda in the eruption cup.

STEP 4: Pour a small amount of vinegar into a second paper cup. Add your 1st color of food coloring.

STEP 5: You are now ready to create your eruption! Slowly pour the colored vinegar into the source paper cup and watch the eruption of simulated lava.

STEP 6: When the lava stops, quickly draw around the flow edge with a pencil or marker. After you have drawn around the flow edge, blot up the fluid using a paper towel.

STEP 7: On a sheet of paper, record information about the flow’s color, shape, direction of flow and thickness.

STEP 8: Repeat the eruption sequence three more times using a different color of food coloring each time. Adjust the baking soda and vinegar quantities as needed. Record the results and compare.

Talk it Over the 4-H Way!

Share... How big of an area was covered by your “eruption”? Did changing quantities of baking soda and vinegar make a difference? Did the lava flow in the same direction each time? Why do you think it did or didn’t?

Process... How do you think different quantities of baking soda (base) to vinegar (acid) effect the eruption? What do you think influences the path lava takes in a real eruption?

Generalize... If people live near an area with volcanic activity, what are some things they might want to take into consideration when planning structures, building roads, growing foods or establishing areas for livestock? What emergency plans might they put in place in case of an eruption?

Apply... Volcanoes and lava flow are prominent features on all large, rocky planetary bodies. Volcanism is one of the major geologic processes in our solar system, most notably on Mars. Where volcanic heat and water interact here on Earth, scientists are finding life. There is a possibility that this finding could indicate that life in similar volcanic areas of Mars may also exist. What else can you find out about volcanoes and the Earth’s surface and surrounding habitats both before and after an eruption on your own?

More 4-H Challenges...

Send us a picture and a quick note about how your experiment went, and we will include it in our newsletter next time. What did you discover that surprised you? What would you share with groups that are planning to do this activity based on your experience? We can’t wait to hear all about it and your discoveries!
1. **4-H@UMaine: Connecting Kids to Campus** – Registration – Youth ages 12 to 18 (4-H age) can join the fun of becoming familiar with campus and what it has to offer: stay in dorm rooms overnight, eat at the dining halls, and attend workshops presented by UMaine professors to get a real feel of what college can offer.

4-H@UMaine takes place on the University of Maine, Orono campus on May 20-21, 2016. Registration will be online only from March 14 to April 15. This is a strict deadline especially for large groups. [http://umaine.edu/4h/youth/4-h-events/4humaine/](http://umaine.edu/4h/youth/4-h-events/4humaine/).

Questions? Contact Barb Baker barbara.baker@maine.edu.

2. **Save the Date for 2016 Maine 4-H Days** - Maine 4-H Days will take place July 22 – 24 at the Windsor Fairgrounds. If you are interested in helping to plan this event, please contact Jessy Brainerd at jessica.brainerd@maine.edu or 207.581.3877.

3. **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.

4. **Apply now for National 4-H Conference and Congress!**

   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 National 4-H Congress, or become a part of a team making recommendations to the National 4-H Council at Conference. To learn more about these trips, visit: [http://umaine.edu/4h/home/national-4-h-trips/](http://umaine.edu/4h/home/national-4-h-trips/).

Any Maine 4-H Youth, ages 14 to 18, is eligible to apply. Applicants must be current Maine 4-H members both at the time of application and the time of the actual trip. Application packets must be sent to your county office and postmarked by March 11, 2016. Interview dates are April 16 or 17, 2016. If you have any questions, please contact Heidi Thuotte at 800.287.1471 or heidi.thuotte@maine.edu. 2016 National 4-H Congress will take place November 25 – 29, 2016 in Atlanta, Georgia, and 2017 National 4-H Conference will be in Washington, D.C., March 25 – 30, 2017.

5. **Changes for ESE Horse Tryouts** - In an effort to promote a healthy, educational competitive environment at ESE tryout outs, the Horse Animal Science Committee has initiated changes that affect every one trying out. After careful consideration and approval, the Horse committee has implemented a minimum point value. The 2016 ESE Horse team will be riders and drivers who have successfully scored an overall score of 385 points (the minimum point value). This overall score is comprised from an accumulation of the following scores: written test, fitting and showmanship, equitation, barn management and horse judging. The top 20 riders and drivers with an overall average of 385 or better will make up the 2016 ESE team for The Big E competition; with precedence given to the scores of 385 or better, not to the number of possible openings on the team. If you have any questions, please contact Kristy Ouellette, Staff Liaison to the Horse Committee kristy.ouellette@maine.edu.
6. Opportunities at Tanglewood 4-H Camp and Learning Center

• Homeschool Mondays will be held in two sessions, March Session: March 7, 14, 21, 28 and Spring Session: April 25, May 2, 9, 23 at Tanglewood 4H Camp and Learning Center, 1 Tanglewood Rd., Lincolnville, ME. These ecologically focused days will be centered around outdoor exploration and awareness, STEM activities based on teamwork and cooperation and fun filled games and art. Come prepared for mud, spring ephemerals, and salamanders. For more information or to register online visit us at umaine.edu/Tanglewood. Contact Patti Chapman at 207.789.5868 or email patricia.chapman@maine.edu with any questions.

• April Vacation Camp April 19 - April 22 at Tanglewood 4-H Camp and Learning Center, 1 Tanglewood Rd., Lincolnville, ME. Join us as the Tanglewood forest awakens from the long winter. This fun filled week is packed with outdoor games, art, and encourages personal growth in harmony with nature. Plenty of adventures await you so come prepared for lots of outdoor time. For more information or to register online visit us at umaine.edu/tanglewood/registration by Friday, April 8th or contact Patti Chapman at 207.789.5868 or patricia.chapman@maine.edu.

• April Vacation Camp April 19 – April 22 Blueberry Cove 4H Camp and Learning Center, 22 Blueberry Cove Rd. Tenants Harbor, ME. Come down to Blueberry Cove to explore the seashore, take part in team-building activities and discover the magic of STEM! Blueberry Cove, with twenty-five acres overlooking Tenants Harbor, is the perfect spot to welcome spring and give youth the chance to explore and experience nature in simple yet profound ways. For more information or to register online visit us at umaine.edu/tanglewood/registration by Friday, April 8th or contact Patti Chapman at 207.789.5868 or patricia.chapman@maine.edu.

7. 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/Iw2QMTIVtT 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) • Rocket Science for Cloverbuds – Wednesday, April 6th Rippin’ Rockets Build your very own rippin’ rocket and learn techniques for providing control of your rocket. Everyone will have the chance to create his or her own rocket and practice making it to the target-landing zone. This activity can be done inside with simple materials, so participants will leave with an activity to do with their club or county event.

8. 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. For youth in counties which do not hold public speaking tournaments, arrangements may be made through their county's Extension office to present their presentation to their county's 4-H staff in order to be eligible. 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. To register youth, county offices should visit http://umaine.edu/4h/youth/public-speaking/ and register youth online between March 1st and March 28th. You may also contact Joyce Fortier in the Hancock County Extension Office for help registering youth online at 207-667-8212 or at joyce.fortier@maine.edu. 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/publicspeaking/ or contact Lisa Reilich at 207-598-6621 or lisa.reilich@maine.edu.
Dates to Remember

March 5- Washington County Public Speaking Tournament, 10 a.m.

March 17- Science- Intermediate and Advanced Volunteer Training, 6 p.m.

March 17- Knitting SPIN Club, 4:30-5:30 p.m.

March 18-20- Maine Science Festival in Bangor (gas cards available to attend, see page 2)

April 2- Washington County Robotics Expo, University of Maine at Machias, 9:30-11:30 a.m.

April 6- Rocket Science for Cloverbuds Volunteer Training, 6 p.m.

April 9- State Public Speaking Tournament- Deadline to register is 3/28/16

April 13-24- Spring Paper Clover Campaign at Tractor Supply Company

May 20-21- 4-H@UMaine

June 10-12- June Jamboree

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, Orono, ME 04469, 207.581.1226.

If you are a person with a disability and need an accommodation to participate in this program, please call 207.255.3345 to discuss your needs. Receiving requests for accommodations at least ten days before the program provides a reasonable amount of time to meet the request, however all requests will be considered.