



Newsletter

4-H NEWS & NOTES



December 2008 - January 2009

Dear 4-H Families:

Record Books are due to the County 4-H Office on or before January 2, 2009. Please check with your club leader as to when they need them in order to sign off on them. If you need to pick up summary and project record sheets from our office or if you need help in putting your records or resumes together please contact our office no later than December 23, 2008. To access record book forms from the web go to: <http://montgomery.umd.edu/4-h/forms> and click on record book.

The 4-H Office will be providing **MCE Policy Training on Saturday January 17th** from 9:30 a.m. – 12:30 p.m. This training will cover MCE Policy, Risk & Liability Management, Universal Health Care and Substance Abuse Procedures. If you are not a certified Montgomery County 4-H Leader then you need this training. **Please contact the 4-H Office no later than January 9th to sign up** for this mandatory training for volunteer leaders.

4-H Bad Weather Policy – 4-H activities will be cancelled when Montgomery County Public Schools are closed and/or County Recreation Programs are cancelled due to inclement weather.

Club Leaders please make sure all of your enrollment forms have been turned into the 4-H Office as well as all of your club maintenance forms, i.e., all reasonable efforts, club program, club charter forms, etc.

Wishing you and your family a Happy & Healthy Holiday Season.



2009 Beekeeping Essay Contest

The Foundation for the Preservation of Honey Bees, Inc., has announced their 2009 4-H Beekeeping Essay. The essay topic this year is: "The Dance Language of Bees". Cash prizes to 3 top winners: 1st place - \$750; 2nd place - \$500; and 3rd place - \$250. Each State winner, including the national winners, receives an appropriate book about honey bees, beekeeping, or honey. For more information and rules go to the website: www.honeybeepreservation.org

Project Kids' Science Challenge



The Kids' Science Challenge is a nationwide competition funded by the National Science Foundation, for 3rd to 6th graders. Kids learn about four fun scientific fields and then submit a question, problem or experiment to be solved.

The scientific fields are flavor science, water quality, skateboard engineering and the search for life in outer space. Winners will visit and collaborate with the scientists and turn their ideas into a reality – and they will be featured on Pulse of the Planet radio programs www.pulseplanet.com, Kids' Science Challenge video podcasts or Dragonfly TV.

The Kids' Science Challenge web site, www.kidsciencechallenge.com includes downloadable science projects fun videos, educational games and lesson plans for classroom or after-school use that are aligned to National Science Education Standards.

The first 1000 entries will receive a science activity pack, and all entries are eligible for the many prizes being offered. Entries can be individuals or teams. Teams can have up to 25 members and will need a mentor; the mentor can be a parent, science teacher, 4-H Leader or any adult that can help guide the team in preparing the question, problem, or experiment to the submitted. Entry forms are available at the Kids' Science Challenge website and must be submitted by January 31, 2009.

Officer Training

If you are holding an office in your 4-H Club you should take advantage of our 4-H Officer Training Session which will take place here at the 4-H Office on January 22 starting at 7 p.m. Training will be provided for the following offices:

President; Vice President; Club Secretary & Corresponding Secretary; Treasurer; and Historian.

We strongly encourage all of our cubs' officers to attend this training. **You MUST contact the 4-H Office no later than January 19th to register.**

Out of State Trips

4-H'ers from across the state will be selected to represent Maryland at the following events:

National 4-H Congress
WV Older Youth Conference
VA 4-H Congress
Camp Miniwanca in MI

You will receive a full scholarship and travel expenses if you qualify for one of these trips.

In order to be considered for this great opportunity senior 4-H'ers, ages 14 and older, **must submit a Portfolio to the County 4-H Office by January 8, 2009** along with the Out of State Trip Application located in this issue of *News & Notes*.

Your portfolio should consist of the following:

Resume:

Leadership, Citizenship, Life Skills based
Length – no more than three pages, single spaced
Margins – no less than one inch
Font Size – no less than 12 pt.

Essay: (Essay Question: "Of the Four H's, which one has had the most impact on your life and why?")

Length – no more than two pages, double spaced
Margins – no less than one inch
Font Size – no less than 12 pt.

If you need help with your resume/portfolio call Ms. Piechocinski or Mr. Gordon at the 4-H Office. We encourage you to take advantage of this opportunity.



Communications Workshop

The 4-H Office is providing a great opportunity for all 4-H'ers to participate in a workshop that allows them to express themselves and to improve their ability to speak before an audience. Those who participate expand their speaking talents, and learn many valuable lessons that will help them in school, in college and in the job market.

This workshop will help you plan, write and deliver a speech, or give a demonstration. You can use what you learn in many arenas including the 4-H Public Speaking Competition and 4-H Visual Presentation Day.

The Communications Workshop will be held here at the 4-H Office on Saturday, February 14 from 10 a.m. to Noon. Contact the 4-H Office no later than February 10 to register.

Livestock Skill-a-thon



Interested in learning about cattle, sheep, swine and goats? Regardless of whether you own your own or simply have a desire to learn we want you!! The livestock skill-a-thon team is getting ready to start practices. You will learn everything including feeds, meats, animal id, equipment and everything in between. If you are interested place contact David Gordon at 301-590-2813 or email at dgordon3@umd.edu or simply come to the **first meeting at 7 p.m. on January 6th at the 4-H Office.** The state skill-a-thon contest will be held in connection with the Maryland Cattleman's Convention on March 7, 2009 in Hagerstown, MD. All youth are eligible to participate. Please call if you have any additional questions.

Sheep & Wool Festival – Vol. Opportunity

Interested in retail sales? The Sheep & Wool Festival is seeking volunteers to help in the t-shirt sales booth. Volunteers assist fair-goers in purchasing t-shirts and other merchandise. This is a great opportunity for senior 4-H'ers (ages 14 and over) and intermediate 4-H'ers (ages 11-13) accompanied by a parent. Volunteers receive a Festival t-shirt for three (3) hours of service. For more information or to volunteer, please contact:

Mary O'Malley at johnandmaryomalley@yahoo.com

Volunteer Service Award



Once again this year we will be giving the Presidential Service Awards for your volunteer services. To earn an award, you must submit a record of your volunteer services for a 12 month period (2008 only). A record form for your hours can be found elsewhere in this issue of *News & Notes*. **Please submit this form to the 4-H Office no later than January 2, 2009 to receive credit for your hours.**

Award Hour Requirements are as follows:
Actual age – not 4-H age is used for this award.

Ages 5-14 50-74 hrs. earns – bronze medal
75-99 hrs. earns – silver medal
100 + hrs. earns – gold medal

Ages 15 + 100-174 hrs. earns – bronze medal
175-249 hrs. earns – silver medal
250 + hrs. earns – gold medal

Fashion Revue Committee is Looking For . . .

We are looking for committee members, anyone who has an interest in helping to plan and implement the 2009 Fashion Revue, is welcome to attend the next County Fashion Revue Committee meeting on January 14, 2009, 6:30-8:00 p.m. at the 4-H Office.

For more information contact Jeannine Shriver at the 4-H Office



Announcing . . .

4-H Day in Annapolis

Monday, February 16, 2009

Annapolis, Maryland



If you are interested in learning more about Maryland State Government and your role as citizen and constituent, then this program is for YOU!

Come spend the day with other Maryland 4-H'ers and Volunteers as we:

- ★ Tour historic Annapolis, our State Capitol
- ★ Meet with Maryland legislators to share information about Maryland Cooperative Extension and the 4-H Youth Development Program
- ★ Meet new friends
- ★ Learn how a bill becomes a law in Maryland
- ★ Listen to various government officials describe their role and learn how we as citizens can be involved in government

County 4-H groups will make appointments to meet with their own county delegation members after a brief overview and general program in the morning.



**For more information
about this unique citizenship opportunity,
Contact Mont. County 4-H Office at 301-590-9838 x0 by 2/1/09
We will try to help you with carpooling.**

"It is the policy of Maryland Cooperative Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital status, or disability."

4-H Public Speaking Contest

March 28, 2009

8:30 a.m.

Montgomery County 4-H Office

The contest consists of four categories:

Prepared Speech – Extemporaneous – Radio Spot -- Interpretations

Each of the above categories includes three age groups: Junior (8-10), Intermediate (11-13) and Senior (14 and older). Ages are as of January 1st of the current year.

Time Limits:

- Prepared: Juniors: 3 to 5 minutes, Intermediates & Seniors: 4 to 6 minutes
Extemporaneous: Juniors & Intermediates: 2 to 3 minutes, Seniors: 3 to 5 minutes
Radio Spot: 30 seconds for all age groups
Interpretations: Juniors & Intermediates: 2 to 3 minutes, Seniors: 3 to 5 minutes.
- A. Dramatic Interpretation
 - a. Oral interpretation, memorized by the speaker or a serious selection of narrative or dramatic literature. Monologues are acceptable
 - b. Mime – use your body to create an interpretation
 - B. Poetry Interpretation
 - a. A memorized oral interpretation by the speaker
 - C. Humorous Interpretation
 - a. A memorized oral interpretation of a humorous selection by the speaker. Cuttings may be taken from published plays or prose.

For more detailed information and 4-H communications contest rules go to:

<http://montgomery.umd.edu/4-h> click on Public Speaking

Ribbons will be given in each of the age categories at the completion of their division.

Public Speaking Registration

Registration Deadline: March 6, 2009

Mail Registration to: Montgomery Co. 4-H, 18410 Muncaster Rd., Derwood, MD 20855

Name _____ 4-H Age _____

Address _____

Phone # _____ Club _____

I would like to participate in the following Public Speaking categories:

Prepared Speech Extemporaneous Speech Radio Spot Interpretations

Prepared Speech Title _____

Interpretations Category (pick from above A. B. or C.) _____ Title _____

It is the policy of the University of Maryland and Maryland Cooperative Extension, that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status or disability

PUBLIC SPEAKING TIPS

One of the most important life skills a 4-H member can learn is how to give a talk before a group of people without being scared. Teachers are always impressed by 4-H members who can stand before their class and give an organized report without being nervous. Your parents and friends will be impressed too!!

DEMONSTRATIONS – The first speaking most 4-Hers do is a demonstration (also known as a visual presentation) at a club meeting. Demonstrations are easy, a lot like “show and tell”. Show and tell your fellow club members how to do something you’ve learned in a project. Every good demonstration has a beginning (introduction), middle (body) and end (conclusion).

The **INTRODUCTION** should include something to get everyone’s attention followed by your name, age, club and what the demonstration is about. For example, a demonstration on making cookies might begin with the bell on a kitchen timer ringing. After stopping the bell, you could say, “Those cookies sure smell good. I hope they’re done! Hi, I’m Chris Smith. I’m ten years old and a member of the Green Clover 4-H Club. In my demonstration I’ll tell you everything you need to know to make delicious chocolate chip cookies.”

In the **BODY** of the demonstration you show and tell, step by step, how to make the cookies. Your talk might include how to read a recipe and how to measure dry and liquid ingredients, tips on nutrition, kitchen safety, etc. Your demonstration should be well organized and follow a logical order.

Use 4x6 inch **NOTE CARDS** with an outline of “key” words to keep from leaving something out. Don’t “read” your demonstration and don’t try to memorize it. Eye contact with the audience is important. Practice in front of a mirror. Practice on your family too, but don’t give your talk so much you’re tired of it.

POSTERS should be used to show things that can’t easily be seen or to stress important items. In a cooking demonstration, it’s good to include a recipe poster. Title, introduction and conclusion posters may also be used. Only use posters when you need them and keep them simple. The fewer words the better. Use dark colors on light poster board. Don’t use too many colors. Your posters should have at least a 1 inch border on all sides and be neat and readable from the back of the room. Always do your own work.

The **CONCLUSION** just repeats the major parts of your talk. For example, you might say, “In conclusion, remember to wash your hands before beginning, check to see you have everything before starting, etc.”

Ages and Times – 4-Hers compete with others in their same age group. These are the same age groups as for most 4-H activities. Juniors: ages 8 to 10; Intermediates: Ages 11 to 13; and Seniors: ages 14 to 18. The time limits for Juniors is 5 to 10 minutes. The time limit for Intermediates and Seniors is 10 to 15 minutes. Judges may deduct points for demonstrations that are too long or too short. Time limits do not include set-up or clean-up.

PREPARED, EXTEMPORANEOUS TALKS, INTERPRETATIONS & RADIO SPOTS

Prepared Talks, Extemporaneous Talks, Interpretations and Radio Spots are the four categories in the County, Regional and State Public Speaking Contests. Within each category there are the same three age groups as for demonstration. 4-Hers compete with others in their same age group giving the same category of talk. Winners of the County Contest advance to the Regional Contest (nine Eastern Shore Counties). Regional winners advance to the State Contest.

PREPARED SPEECHES – are a little like demonstrations, but they’re different too. Like a demonstration you should have an introduction, middle and conclusion. Use 4 x 6 note cards with a key word outline. Again, don’t read your speech and don’t memorize it. Posters aren’t used in the public speaking contest. Instead of “show and tell”, you’ll talk about something you’re interested in. A good subject for your talk is something you believe in strongly and want to convince others to change their minds. For example, if you believe it’s important to protect endangered animals, you might want to name those that are endangered, why we can’t afford to lose them and how they should be protected. Prepared speech time limits are: Jr/3-5 minutes, Intermediates and Seniors/4-6 minutes.

INTERPRETATIONS- Jr. &Int. 2-3 minutes, Sr. 3-5 minutes.

Many 4-Hers like to give **EXTEMPORANEOUS SPEECHES** because they don’t have to do any work in advance. Each member draws 3 topics (examples: What do you like best about 4-H?, Why did you join 4-H?, What do you hope to learn in 4-H?) chooses one topic and then has 30 minutes to write a short talk. Note cards are permitted and encouraged. Your talk should include an introduction, middle and conclusion. Extemporaneous time limits are: Jr & Int/2-3 minutes, Sr/3-5 minutes.

A RADIO SPOT is a 30 second advertisement promoting 4-H. Pretend you’re a “DJ” and you’re doing a commercial for 4-H. You’ll want to tell what 4-H is, who can join and why and give the 4-H Office telephone number. Timing is very important with radio spots. Try to be exactly 30 seconds long. Some 4-Hers like doing radio spots because they get to read their short talk into a microphone with no one watching them. Time limits are the same for all age groups – exactly 30 seconds.

KLUB KORNER

SENIOR COUNCIL

The Senior Council met on Sunday, November 9th. They discussed plans for the upcoming year. The next meeting will be Pizza & Pillow Case making, it will be on December 2nd at the Plitman's house starting at 6 p.m. The next meeting after that will be January 11, 2009 from 3 – 4 p.m. All senior members who are interested are welcome. For more details concerning our meetings please call 301-570-6310.

Submitted by: Seth Lauer, Club Secretary

GOSHEN 4-H CLUB

The Goshen Community Club has been busy this year. For community service they have Adopted A Social Worker and have had a community yard sale to fundraise for them as well as packed back-packs for the children that the organization helps. Club members have recently made blankets to send to the soldiers in Iraq with homemade letters, this was done thru the Soldier's Angels program. The club members sent a total of 20 blankets!! The members have had workshops teaching how to make candy, soap, and getting your baked goods ready for fair entry.

Submitted by: Michelle Malone, Club Secretary

4-H DAIRY PROGRAM

Milking demonstrations were held this past August at the County Fair coordinated by John Fendrick. 4-H'ers Michelle Malone and Raymond Fendrick provided the cows for these demonstrations and the team of 4-H'ers who successfully ran the milking demonstrations were Jamie Gerdes, Patrick Armstrong, Duncan Lyons, Raymond Fendrick, Patrick Fendrick, Brandon Connelly, Alexandria Roth, Curtis Cannon, Erin Hargis, Ian Doody, Julia Doody, Alexis Duffin, Brianna Duffin and Christina Hernandez. Everyone did an outstanding job and we reached over six hundred and fifty people during fair week. The money that was raised from this effort will be used to support the county 4-H Dairy Educational Program. We are looking forward to next year and giving more people this wonderful experience.

Submitted by John Fendrick

Another Resource

If you haven't tapped into the National 4-H Council Webpage you need to check it out at www.fourhcouncil.edu. Check out the December edition of "Clover Corner News" by going to their website and clicking on the icon on the left to reach their newsletter. There are several articles that you might find of interest such as: "4-H Going Beyond Barnyard, Crafts" – 4-H program expands beyond agricultural base to technologies and cutting-edge science. "Make a Plan for a Great Year of 4-H Activities and Fundraising" – Tips are offered to help 4-H clubs better plan for activities and fundraising. "Intel 4-H Tech Wizards Deliver Stellar GIS Education in Chile" – 4-H group travels to Santiago, Chile, to promote GIS education at youth exchange. These are just a few of the articles and useful information you can access at this website.



Maryland 4-H Entrepreneurship & Workforce Readiness

Four of our teen and adult volunteers were part of the historic Maryland 4-H Entrepreneurship and Workforce Readiness (EWR) train-the-trainer program, funded through a grant from the University of Maryland. The Montgomery County team consisted of Terry Wilcox, Sophia Reaves, Caleigh Wilcox and Justin Preuninger. There were also teams from Baltimore County and Baltimore City. The EWR teams trained by county educators and state specialists went through a very rigorous training for many hours and have been working hard for months since June, 2008 to prepare and deliver an exciting training for statewide 4-H Youth and Adult teams at the Maryland Teen and Adult Volunteer Forum in Ocean City MD. November 21-23, 2008.

The team trained 30 participants representing 12 counties/city who were recruited by their counties/city to attend the train-the-trainer full day course. The EWR Team prepared their lesson plans and delivered a very impressive fun-filled full-day program. Through a grant workshop participants were provided with the initial tools and resources and can apply for a mini-grant to help them start and teach the EWR program in their counties/city. I am very excited that the Montgomery County Team plans to apply for this mini-grant.

Our Team worked hard and did a great job. I appreciate and thank the team for being part of this great program and for their commitment and encouraging attitudes throughout the training. Job Well Done!

We would like to do another successful program in Montgomery County. If you would like to be part of this program, please contact Alganesh Piechocinski algapie@umd.edu / 301-590-2804 or call one of the team members.



CALENDAR OF EVENTS

2009

January	2	Record Books Due to the 4-H Office
		Volunteer Service Record Form Due to the 4-H Office
	4	Beef Weigh-in & tagging, County Fairgrounds, 8:30 a.m.
	6	Skill-a-thon practice, 4-H Office, 7 p.m.
	8	Out of State Trip Applications Due to the 4-H Office
	17	MCE Policy Training, 4-H Office, 9:30 a.m.
February	22	Officer Training, 4-H Office, 7 p.m.
	26	Healthy Lifestyles Workshop, 4-H Office, 9:00 a.m.
	14	Communications Workshop, 4-H Office, 10 a.m.
	16	4-H Day in Annapolis
March	21	County 4-H Recognition Program, Globe Hall, Mont. College, Germantown, 7 p.m.
	7	State Horse Bowl Competition, College Park
		State Skill-a-thon Competition, Hagerstown, MD
	14	AIS Parents' Day Presentations, NIST, Gaithersburg, MD
April	21	Healthy Lifestyles Competition, 4-H Office
	28	Public Speaking Competition, 4-H Office, 8:30 a.m.
	18	Visual Presentation Contest, 4-H Office
	TBA	Record Book/Resume Writing Workshop

The 4-H/PEPCO Electric Workshop which is usually held on the last Sat. of January & the first Sat. in February will be held later in the year in 2009. Stay alert for information on this workshop in a later issue of *News & Notes*.



Maryland 4-H Application for Out-of-State Trips (National Congress, West Virginia Conference, Virginia Congress, and Camp Miniwanca)

Full Name _____

Name you wish used in publicity _____

Male ___ Female ___ Date of Birth ___/___/___ Age (as of Jan. of current year) ___

Mailing Address _____

Telephone # _____ Email _____

Unit (county, city, province, army, etc.) _____

Military Teen ___ Yes ___ No (Parent is Active Duty, Army Reserve, National Guard)

Number of years in 4-H _____ Year in school/college _____

School Name _____

Principal's Name _____

School Address _____

Parent or Guardian:

Name: _____

Home Telephone _____ Business Telephone _____

Trip Requirements:

1. Resume or Application (40 points)
2. Essay (20 points) *
3. Interview (40 points)
4. Cover Sheet (Maryland 4-H Application for Out-of-State Trips)

***Essay Question—“Of the Four H’s, which one has had the most impact on your life and why?”**

Application for Out of State Trips - Continued

Trip(s) interested in attending (please rank top two in order of preference)

- _____ National 4-H Congress
- _____ West Virginia Older Member Conference
- _____ Virginia 4-H Congress
- _____ Camp Miniwanca

Trip(s) already attended. Please list trip and year attended:

Member's signature _____ Date _____

Leader's signature _____ Date _____

Extension Educator's signature _____ Date _____

DUE TO THE COUNTY 4-H OFFICE JANUARY 8, 2009

For more information and the time frame for trips go to www.maryland4h.org and click on (left side of screen) "Faculty & Staff" then scroll down to "Forms" and click on "Awards & Recognition" then click on "2009 Maryland 4-H Portfolio Program.doc"

Equal opportunity employer and equal access programs.

Revised 5/06

COME 'FLAVOR' THE HEALTHY LIFESTYLES WORKSHOP

Want to Learn & Have Fun on your Day Off From School?

Join us at the 4-H Office for the Healthy Lifestyles Workshop

Monday, January 26, 2009
8:30 a.m. – 3 p.m.

With 4-H's new and exciting focus on science, our workshops will explore areas of food science, including flavor science. This is a topic that is being promoted in the National Kids Science Challenge, in which 4-H members can participate.

Bring Your Lunch
Beverages will be Provided

We encourage all 4-H'ers to come, even if you don't carry a foods project. This workshop will be a very nice entry in your record book, and counts as a county-level event for your Diamond Clover Plan. But the best reasons to come is that you're going to have a great time with all your county 4-H friends and learn some cool stuff! Be sure to register no later than January 16.

HEALTHY LIFESTYLES WORKSHOP REGISTRATION
RETURN TO THE 4-H OFFICE
18410 Muncaster Rd., Derwood, MD 20855
RETURN BY: January 16, 2009

Name _____ 4-H Age _____

Home Phone # _____

Equal Access Programs



Patuxent River 4-H Center Winter Camp

January 17th-19th

Activities include:

Hiking

Crafts

Creating Energy

Making Snow

Teambuilding

Service Project

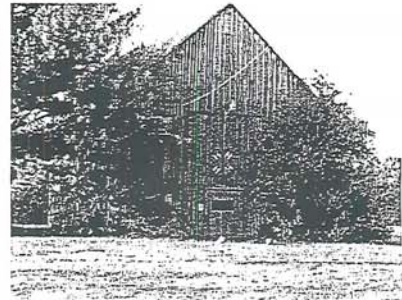
Leadership

Campfires

Exploring Nature

Outdoor Cooking

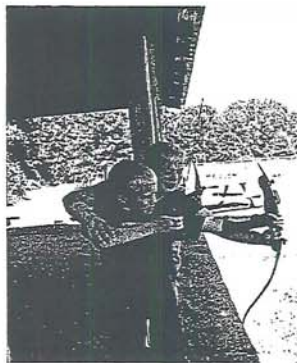
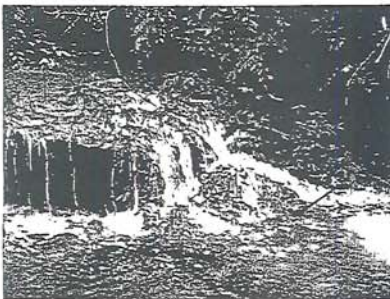
And so much more!!!



For more information
contact the:
Patuxent River 4-H Center
18405 Queen Anne Road
Upper Marlboro, MD 20774
301-218-3080



The Winter winds are blowing, it's a great time to be outside and maybe it will start snowing. The 4-H Clover is going "GREEN"-think of how much fun it will be making snow, hiking, and creating our own energy. The Winter time is dark and cold, but here at camp it will become green and bold. We will learn that green is a color for all seasons—come and help us make it happen!



Open to ages 8-15

12-15 year olds will have an opportunity to participate in a leadership track. They will learn to challenge themselves, teach classes, work as a team, and participate in National Service Learning Day.

Registration:

Friday evening (January 16th) between 7:00-8:00 for those youth 12 and older who are interested in participating in the leadership track.

All other campers arrive Saturday morning (January 17th) between 8:00 and 9:00am.

Pick up is Monday, January 19th at 4:00.

Cost:

\$100 per camper (includes activities, meals, and lodging) Checks payable to Patuxent River 4-H Center

Scholarships available

\$10 Discount available for two or more children

Registration Form

Name: _____

Age: _____ Birth Date: _____

Gender: _____ Phone: _____

Address: _____

City: _____ State/Zip: _____

County: _____

Email: _____

MCE is collecting information in order to enroll you and your child in the MCE sponsored Winter Camp. If you do not provide the requested information your child may not be able to attend nor receive the class confirmation and supply listings.

If you have a disability that requires special assistance for your participation in this program, please contact the MCE office at (301) 314-7819 by December 31st.

Check here if your child is interested in the Leadership Track

Check here if you are interested in learning more about scholarship opportunities

Return Form to:

Patuxent River 4-H Center
18405 Queen Anne Road
Upper Marlboro, MD 20774
By December 31, 2008