



## Ocean City Teen Forum, 2008

I attended the Maryland 4-H Teen and Adult Volunteer Forum on November 21-23 in Ocean City, MD. I attended four classes: Being Safe is No Accident, Strengthening 4-H Clubs, Effective Communications, and Awards and More. Each class was a great learning experience.

- ◆ In my first class, Being Safe is No Accident, I learned about the causes of different accidents, deaths and diseases, that are associated with farming and agriculture. After we were shown a slide show, we played different games to further our learning: a memory game where we had to match different facts, a poisonous plants activity, true/false questions and bingo. I brought the information I learned back to my child development class, along with a CD.
- ◆ In the second class, Strengthening 4-H Clubs, we were presented information about different ways to conduct a well-rounded 4-H meeting. We also played a game called ice breakers and we learned about team building activities.
- ◆ In my third class, Effective Communications, we were shown a slide show that gave us tips about writing resumes and essays and going to interviews.
- ◆ In my fourth class, Awards and More, we learned about out-of-state trips and the Diamond Clover award that are available to members.

On Sunday morning, I attended the Teen Council meeting with other Maryland teen representatives and learned about the upcoming events in 4-H for 2009. Overall, I really enjoyed the weekend because I learned a lot of new information, met new 4-H friends, and was able to explore Ocean City in my free time. I encourage teen 4-H members and adult volunteers to go on the trip next year! If you would like to learn more about the classes I attended, please email me at [mcwatkins@hotmail.com](mailto:mcwatkins@hotmail.com).

Submitted by Kelsey Watkins, Jr. Leader, Damascus Community 4-H Club



## Healthy Lifestyles Competition

The Healthy Lifestyles contest will be held at the 4-H office on Saturday morning, **March 21**. The four entry categories are: Poster, Table Setting, Food Science Exhibit, and Menu for junior, intermediate, and senior age groups. These entries should be brought to the 4-H office by 8:45 am.

The table setting and food science exhibits require a short interview with the judge, but the posters and menus can be dropped off for judging if you are unable to stay for the whole morning. Please see enclosed Healthy Lifestyles guidelines in this newsletter for entry details. Use of the computer and [www.mypyramid.gov](http://www.mypyramid.gov) is strongly recommended for researching the menu entry. The poster theme this year is "**A Healthy Lifestyle-Yes, You Can!**"

While your entries are being judged, two workshops will be offered: "Strengthening the Food Demonstration" by Lauren Dobos and "Cupcake Decorating" by Edith Williams. 4-Hers who are not entered in the contest are still invited to attend the workshops, which will begin about 9:15 am. We expect the entire program to end between 11:30 and noon.

**We'd like to see lots of them this year!** Club leaders are asked to encourage their members to register for one or more of the exhibits.

Don't forget that posters, table settings, and food science exhibits can also be entered in the county fair. You can count this program as a county-level event in your **Diamond Clover plan**. If your entry continues onto the State Fair's Healthy Lifestyles Contest, that's a state-level event in your Diamond Clover plan. There is a "Judges' Tips" and worksheet packet available by calling the 4-H office at (301)590-9638. It is also available for download from the Montgomery County 4-H Website: <http://montgomery.umd.edu/4-H/index.cfm>

Send in the registration form (on page 6) by **March 13**, but start working on your entries before that. You can do a poster entry in about two hours. The tables setting entry is just plain creative fun! Use your food science board at a school science fair. See how to tailor a menu for someone by using your computer. Each entry category is a great learning experience, so please read over the guidelines and sign up!

If you have questions, call Alga Piechocinski (301)590-2904, or Cathy Dobos (301)460-9642



### **Maryland Dairy Convention**

The theme for the 2009 Maryland Dairy Convention, scheduled Feb. 28 in Frederick, Md., is ***New Dairy Challenges for the 2000s.***

A full day of junior activities is planned, including the popular annual junior dairyman contest and a program by Liz Doornink on how youth can address questions from the public at fairs and other events.

There will also be a program for Adults featuring nationally recognized dairy industry speakers. There will be an afternoon tour of the Hoff family's Coldsprings Farm. The tour will feature a livestock composting demonstration.

Youth can participate in the daytime program free of charge. For youth who do participate, the 4-H Dairy Program will cover the cost of dinner. Youth who participate in this event will be given credit for an approved dairy event for your Dairy Verification Card. Call the 4-H Office as soon as possible if you plan on attending. More information can be found at: [www.MarylandDairyIndustry.org](http://www.MarylandDairyIndustry.org)

### **Dog Bowl**

Dog Bowl practices have just begun! It's not too late to join the fun!

The Maryland State Dog Bowl Competition will be held on Saturday, March 28th in Cecil County. If you have an interest in learning about dogs, dogs, and more dogs, come out and join us at practices, which are held in Derwood from **7:30-9:00 p.m.** on various week nights. For more information, please email Susan Perdue at [su-perdue@comcast.net](mailto:su-perdue@comcast.net). Please be sure to write "Dog Bowl" in the sub-



### **Fashion Revue on May 31, 2009**

4-H Fashion Show, 4-H Style  
May 31st at 12:30p.m.

Montgomery County Agricultural Center  
Heritage Building

All are Welcome to participate

**Look for more information in the April News  
and Notes**

ject line. If you don't email, call the 4-H office and we will put you in touch.

### **Dairy Bowl**

Did you know that July is National Ice Cream Month? That a cow is pregnant just two weeks longer than a human? That Guernsey cows were brought to Antarctica by Admiral Byrd? This is just a smattering of all the interesting things you could learn about dairy cattle and the dairy industry by joining the Montgomery County Dairy Bowl Team.

The State Dairy Bowl Competition takes place at the University Of Maryland, College Park on Saturday, May 2, 2009. For the past several years, contestants from Montgomery County have scored in the top 10 of their age groups and have qualified for the Maryland State Team that has competed at the national level.

Practices will begin the third week of February at the 4-H Office. If you are interested in joining the team, contact Mandy Beall at [mandy-beall@verizon.net](mailto:mandy-beall@verizon.net) or 240-793-5379.

### **Can you Carry an Animal Project?**

Absolutely! Any 4-H member can carry an animal project for their record book whether they are a member of an animal club or not. However, if you plan on taking on this responsibility, give the 4-H office a call. Some animal projects have special requirements that go along with them. For example: If you are interested in showing a dairy calf or cow at the Montgomery County Fair, you must participate in at least two county approved activities and attend at least six regular 4-H Club meetings for the year. Other animal projects that you might be interested in could be poultry, dogs, rabbits, sheep, swine, beef steer, dairy goats, meat goats, horses, and other small pets. If you are inter-

### **4-H Day At Six Flags**

The Maryland 4-H Foundation celebrates 4-H Families and Youth at Six Flags on June 13, 2009. Tickets are \$29.50 per person, which includes entry and a sit-down meal. Tickets will be available soon. A portion of each ticket price will be given to the MD 4-H Foundation.



ested, call the 4-H office to find out what you need to do.

### Save Those Ink Cartridges

Last summer, as many of you may remember, we had a group of 4-H'ers from Montgomery County who participated in an exchange program with 4-H'ers from Colorado. This summer, Montgomery county families will host Colorado 4H'ers similarly.

In order to fund this program we are collecting Inkjet and toner cartridges, only manufacturer cartridges (i.e., Dell, HP, Lexmark, etc.) are collectable. Store cartridges are not useful (i.e., Staples, Officemax, etc.) A company will donate money in exchange for the cartridges. There is a collection box at the 4-H Office or call the 4-H Office to make arrangements to get the cartridges to the office. We plan on collecting these until the end of May.

### Dairy Fitting and Showmanship Workshop

The Montgomery County 4-H Dairy Fitting and Showmanship Clinic will be held on **Sunday, April 25 at 10:30 a.m.** It will take place on Woodbourne Farm, hosted by the Fendrick Family. Youth will spend the morning learning how to prepare a cow or calf for show, including how to wash and clip. The afternoon will be spent learning and practicing for the show ring. There will be lots of hands on experience.

There will be a pot-luck lunch with main course and drinks provided, so please bring a side dish or dessert to share.

Whether you are starting your first Dairy Project or are looking to improve your skills, this is the workshop is for you. Youth who participate in this event will be given credit for an approved dairy event for your Dairy Verification Card.

Interested youth should email or call John Fendrick at [John@Fendrick.com](mailto:John@Fendrick.com) or **(301) 947-4541.**



### Super-Charge your Week-ends

Spark your child's interest in electricity. Montgomery County 4-H, along with PEPCO will be holding a workshop for children ages 9 - 15 on two Saturday afternoons in February, the 21st and 28th, from 1:00 p.m.—4:00 p.m. The workshop will be held at St. Paul United Methodist Church, 21720 Laytonsville Road (Rte 108), Laytonsville, MD.

This workshop is for the novice with little or no knowledge of working with electricity. The cost is \$5 per child to pay for supplies. Participants will learn about electric safety, conservation, sources of electricity and how to be a wise consumer of electricity. They will also have a hands-on project, making a lamp, which they will take home with them at the end of the second session. Parents are invited to stay, but are not required to pay a fee.

The registration deadline is February 16th. Please complete the registration form (on page 8) and return to the 4-H Office with the registration fee. 4-H is open to all without discrimination. Non 4-H'ers are welcome as well, so bring your friends!

### 4-H Record Book / Resume Writing Workshop

**April 30, 2009 7:00 p.m.—8:30 p.m.**

If you are new 4-H'er or you have been in 4-H but have never completed a record book, or you are a Senior 4-H member and have not completed a resume/portfolio, this is the workshop for you!

We will be giving instructions and helpful suggestions for completing a record book as well as doing a portfolio. You will learn how to keep track of your activities and what is required to complete a record book as well as a project completion. We will help you understand the importance of keeping records.

**Call by April 27<sup>th</sup> to sign-up.**

## **Club Korner**

The Kids 'N Dogs 4-H Club had two great fairs this year! At the Montgomery County Fair, members competed in Obedience, Fitting and Showing, Agility, and a special class in honor of Mrs. Barbara Ridge. This special class involved the contestants putting three articles of clothing on either themselves or their dog, jumping over jumps together, running while carrying a plate and cup, and going through a hula hoop together. We all had a great time watching each other try to finish the course.

This year was the first County Fair show that we did not have Mrs. Ridge leading us. She has had to step down from her position as the chairman of the show after 40 years of service. We will greatly miss her and wish her all the best. As a thank you for all the years of service she has given to us, the club donated materials to create a book of remembrance for her. We included lots of pictures of current members and past members, as well as some of our favorite memories of the dog show.

Montgomery County members showed their stuff at the State. Everyone who entered from Montgomery County placed in every division they entered and the judges noticed the great work that members had done with their dogs. Way to go Kids 'n Dogs!

We'd like to congratulate the following 1st place award winners:

### **Obedience:**

First Year Pre-Novice: Courtney Williams  
Senior Pre-Novice: Caitlin Perdue  
Grand Champion Pre-Novice: Courtney Williams  
Novice Intermediate: Meghan Perdue  
Novice Senior: Mary Pat MacMillan  
Open Senior: Miriya Tune  
Open Grand Champion: Miriya Tune

### **Fitting and showing:**

Open Senior: Miriya Tune

### **Rally-Obedience:**

Novice Intermediate: Anna Blendermann  
Advanced Intermediate: Meghan Perdue  
Advanced Senior: Christine MacMillan

Submitted by Caitlin Perdue

## **Healthy Lifestyles—Fun and Tasty!**

Learning and fun combined just like flavors in custom-made vanilla icing at the Healthy Lifestyles Workshop on January 26! From 9-3, thirty 4-H'ers listened, tasted, and tested during three presentations.

Peggy Eppig from the Maryland Agricultural Education Foundation opened the program with a talk about how our food supply relies on wild pollinators, such as bees. Then three scientists from McCormick led flavor science workshops. John Ellingsworth, a sensory scientist, taught about the biology of taste through dozens of sip and smell samples. Kitty Lentz and Steve Mason, food technologists, taught about the harvesting and production of vanilla, and then provided unflavored icing into which 4-Hers mixed amounts of various extracts and food coloring to their liking. In both workshops, 4-Hers were asked to record their results as a scientist would.

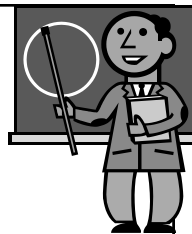
At the end of the day, third-sixth graders discussed a question or experiment they could pose to a professional flavor scientist for the Kids Science Challenge, of which 4-H is a partner. A question from our Montgomery "Flavors of 4-H" team will be submitted to this national contest. Also the National 4-H Experiment using hydrogel polymers was done to show how these crystals can help conserve water in agriculture.



Submitted by Cathy Dobos, Leader 4-H Lucky Clovers Club



## Visual Presentation Day



Did you know that demonstrations have been a hallmark of 4-H work since 1906 when the latest farm equipment and techniques were demonstrated out of a traveling wagon? Today 4-Hers follow that tradition by sharing the knowledge they have in their project areas with others. A special day to do that is coming up—**Visual Presentations Day on Saturday, April 18.**

Registration and setup begins at 8:30 am at the 4-H office. If you want to get the Communications portion of one of your projects completed, here is the perfect chance. See the registration form on **page 6** in this newsletter and return by April 8.

A visual presentation can be an illustrated talk or a demonstration; they are viewed equally in the eyes of the judges. For an illustrated talk, posters and props are brought to help explain the topic. For a demonstration, steps in a procedure must be given and a finished product must be shown, in addition to having posters and needed materials or ingredients. Please read over the new guidelines for visual presentations in this newsletter. The judges will be looking for presentations that are interesting, well organized, and show what you know about your project area.

Some typical 4-H project areas are foods, crafts, hobby, animals, electricity, sewing, aerospace, horticulture, child care, and technology. A visual presentation prepared now can be entered in the county and state fairs.

For seniors there are two special contests at the State Fair this year: the Egg Preparation Contest and the Horticulture Demonstration Event.

Qualified contestants are nominated for these contests based on performance at the county level. Seniors may sign up for these events in addition to the regular visual presentations contest. Champions at the state level are awarded a national trip.

If you are interested in learning more about giving a foods demonstration or the Egg Preparation Contest, come to the Healthy Lifestyles Competition on March 21 at 9 am for a workshop by Lauren Dobos. You don't have to be in the competition to observe the workshop and get some valuable tips.



## Spring Break Fun With Sewing

Our three-day sewing workshop will be led by American Sewing Guild volunteers. If you would like to gain hands-on experience and knowledge while completing a sewing project, then this workshop is for you. There will be plenty of volunteers to give you individual help with your projects. You can enter them in the Fashion Revue or the Fair.

The workshop spans three days, April 6, 7, and 8. It will meet from 8:30 a.m. to 1:00 p.m. at the 4-H Office. The workshop is open to all 4-H'ers ages 8 and up regardless of sewing ability. **We have a limited number of sewing machines, so bring one if you have one.**

**You will need to bring the following supplies:** sharp fabric cutting scissors, tape measure, large safety pin, straight pins, pattern (choose one from list below), fabric and notions required by your pattern.

### Aprons

Simplicity: 4987 view 1,2,3  
2937, 2824,  
4282 view B,C,E  
3949 view C  
McCalls: M4534, M2233,

3947 view F,G,H,  
M4322  
Butterick: B5263

5259, 4236  
McCalls: 3341, 3830

Butterick: B4136, B5431,  
B4461

### Skirts

Simplicity: 2807, 5914,

Please complete and return the registration form found on **page 8** in the newsletter to reserve your spot! Below are some suggested patterns. Please come to the workshop with your own pattern and fabric, ready to cut and sew!

**2009 SPRING BREAK SEWING WORKSHOPS**  
**Mon., Tues., Wed., APRIL 6, 7, 8 from 8:30 a.m.—1:00 p.m.**

Deadline for Registering: April 1

Mail form to Montgomery County 4-H Office, 18410 Muncaster Road, Derwood, MD 20855

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_  
Skill Level:   \_\_\_ Beginner   \_\_\_ Intermediate   \_\_\_ Experienced

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_  
Skill Level:   \_\_\_ Beginner   \_\_\_ Intermediate   \_\_\_ Experienced

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_  
Skill Level:   \_\_\_ Beginner   \_\_\_ Intermediate   \_\_\_ Experienced

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Club \_\_\_\_\_

**2009 ELECTRICITY WORKSHOP**  
**Saturdays, February 21, 28, 1:00p.m—4:00p.m.**

Deadline for Registering: February 16

Mail form to Montgomery County 4-H Office, 18410 Muncaster Road, Derwood, MD 20855

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_

Name \_\_\_\_\_ 4-H Age \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Club \_\_\_\_\_

Registration Fee of \$5.00 for each participant. Checks can be made out to MCE (Montgomery County Extension). Youth do not need to be 4-H members to participate.

**2009 MONTGOMERY COUNTY  
VISUAL PRESENTATIONS RULES AND REGULATIONS**

1. You do not have to be enrolled in the project you are demonstrating, however it is highly recommended that you consider your current project areas in order to fulfill the Communications aspect of the project completion.
2. Demonstrations and illustrated talks are to be considered on equal par with regard to judging criteria. Both categories are required to have visuals (posters, props, ingredients, materials, etc...). Demonstrations explain a step-by-step procedure and will have a finished product displayed at the end.
3. 4-Hers may enter one demonstration or illustrated talk in the Visual Presentations contest, either as an individual or team.
4. 4-Hers will be judged in three age-appropriate groups without regard to the topic of the demonstration or illustrated talk. The time limit for Juniors (4-H age 8-10) and Intermediates (4-H age 11-13) is 5 to 10 minutes. The time limit for Seniors (4-H age 14-18) is 10-15 minutes. Questions from the judges will follow the presentation.
5. Clovers (4-H age 5-7) are allowed to give an age-appropriate visual presentation of up to 5 minutes. They will be awarded a participation ribbon and not be judged.
6. Participants must furnish all their own equipment and supplies. A table and easel is provided for all presentations, and a stove and refrigerator is available for food presentations. Tables will be set up in the hall so demonstrators can pre-arrange trays to save time and improve the appearance of the demonstration. Boxes of supplies should not be carried into the room and set on the demonstration table.
7. Each 4-Her is to do all his/her own work, including set up and take down. The hostess may assist, but parents must not assist. Demonstrators with parental help are ineligible for Champion.
8. Visual presentations should not be memorized. It is suggested that notes be used and written on cards. The demonstrator should strive to fill any long periods of silence with useful information to enhance the presentation. In other words, keep talking throughout!
9. Food demonstrations must include information about nutritional value, the steps in its preparation, an occasion or purpose for the dish, and a finished product. The judge may or may not choose to taste food samples; no food samples may be offered to the audience. A recipe card that lists the product's name, list of measured ingredients (in order of use), instructions for preparation, oven temp, pan size, cooking time, and number of servings must be brought for the judges' use.
10. Blue, red and white ribbons will be presented based on the Danish method (according to their own merit). A Champion and Reserve Champion will be awarded from each age group: Juniors, Intermediates, and Seniors.
11. Senior 4-Hers may enter in either the Egg Preparation Contest or Horticulture Demonstration Event in addition to a regular visual presentation. Depending on the results at the county level, qualified 4-Hers may be given the chance to participate at the State Fair contests, which could lead to the awarding of national trips. See separate guidelines for the Egg Preparation Contest. Horticulture contestants must be enrolled in horticulture or a related project to participate.

## **MONTGOMERY COUNTY EGG PREPARATION & DEMONSTRATION CONTEST FOR SENIORS**

The contestant will present a demonstration on the preparation of an egg dish, which may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).

The egg dish must contain a minimum of:

- ◆ 1/2 egg per serving if the dish is classified as an appetizer, snack, dessert, or beverage and
- ◆ One (1) egg per serving if the dish is classified as a salad or main dish.

These numbers represent eggs to be broken; however, use of the entire egg is not required.

3. The presentation may not be more than 12 minutes in length. An additional 3 minutes will be allocated for the judges to ask questions of the contestant.

4. The demonstration should include:

- (a) information about eggs, nutritional value, preparation and storage, functional properties, grading and sizing, versatility, economics of cooking with eggs, and food safety;
- (b) steps in the preparation of the dish;
- (c) a finished dish ready for sampling by the judges. Participant must provide paper plates and plastic utensils suitable for serving samples to the judges. Samples will not be provided to the audience.

5. Contestants must furnish a recipe card to the judges with the name of recipe, list of ingredients (in order of use), instructions for combining ingredients including clear concise instructions for every step using correct food preparation terms, pan type/size used, temperature and cooking time; and number of servings and calories.

6. Contestants must furnish their own supplies and are responsible for cleaning their area after their demonstration. Posters and tabletop displays are allowed, but must be the work of the contestant. The contestant may use computers, stencils and other tools in preparing the displays. One easel will be provided. Other props, costumes, slides or videos will not be permitted.

7. Notes or outlines are permitted, but excessive use of them by the contestant will reflect in the scoring.

8. At the state level, any items or markings that identify the contestant or their 4-H County/City are not allowed on the contestant's person, recipe card or on the posters/displays. This should be taken into account when preparing county-level materials.

9. The demonstration will be evaluated on presentation, recipe, and finished-product quality.

10. Additional rules and regulations may be obtained from the State 4-H Office or on the Maryland 4-H website: [www.maryland4h.org](http://www.maryland4h.org). Click on "forms."

**2009 Healthy Lifestyles Competition**  
**March 21, 2009 • Montgomery County 4-H Office**  
**Guidelines to Events**

AGE DIVISIONS— JUNIOR: 8-10 yrs.; INTERMEDIATE: 11-13 yrs.; SENIOR: 14-18 yrs.  
(Please use 4-H age—your age as of January 1, 2009)

**ALL ENTRIES ARE TO BE BROUGHT TO THE 4-H OFFICE THE MORNING OF THE EVENT.**

**---HEALTHY LIFESTYLES POSTER CONTEST---**

Bring to the Montgomery County 4-H Office by 8:45 am

Express your creativity and nutrition understanding by making a poster.

*Guidelines:*

1. The 2009 theme for all posters is “A Healthy Lifestyle—Yes, You Can!”
2. One poster entry per 4-H member is accepted.
3. Posters may be either horizontal or vertical.
4. The poster’s dimensions must be 14” x 22” (half a sheet of full-size poster board).
5. Poster may be designed using water color, ink, crayon, acrylic, charcoal, oils, or collage. It may not be three-dimensional.
6. Well-known cartoon figures (Snoopy, Barney, Superman, etc...) can not be used because they are copyrighted. Brand names of food can not be used.
7. The 4-H member’s name, 4-H age, address, and a brief interpretive statement should be clearly written on an index card and attached to the back of each poster in the upper left-hand corner.

**---FORMAL and INFORMAL 4-H TABLESETTING EVENT---**

Bring to the Montgomery County 4-H Office by 8:45 am

Do you enjoy planning a party or special event? Or perhaps you have a way of turning an ordinary meal into a delicious feast for the eyes and mouth. The 4-H Tablesetting Event is a fun and creative way to show off your menu planning skills, table setting knowledge, and decorating style. No food preparation is required.

*Guidelines:*

1. Each 4-H participant may enter only one tablesetting, either formal or informal. (The difference between formal and informal has to do with the table dressing, number of courses, and type of china.)
2. The space allowed for each formal entry will be 36” long and 30” wide. Informal entries should be limited to 20” x 15”—the same dimension requirement as the County Fair.
3. Participants should select a theme/occasion for their tablesetting. They will be required to plan a menu for the theme/occasion, but will not prepare the food. Theme and menu must be displayed on the table.
4. Menu may be handwritten or typed. Careful consideration should be given to nutrition, flavor, color, and texture of the meal. The menu should be written in an acceptable format.
5. The tablesetting should reflect all that is needed to eat the meal on your menu, including flatware, glassware, and dishes. Decorations, centerpiece, placemats or tablecloth should be appropriate to the theme of the event. All of these items must be furnished by the participant.
6. 4-H participants must assemble their placesetting completely by themselves at the event location.
7. Each 4-H participant will have a scheduled one-on-one time to explain their entry to the judge. This “interview” will be taken into account as part of the judging.

*Continued (over)*

### ...4-H MENU JUDGING...

Bring to the Montgomery County 4-H Office by 8:45 am

Put your knowledge of the new Food Guide Pyramid to good use and plan a whole day's menu for a particular person. This is a very interesting exercise in applying nutrition information, caloric needs, lifestyle differences, and cultural characteristics to the creation of a balanced menu. Select a class, then build your day's food plan around that particular situation. No food preparation is required.

#### *Guidelines:*

1. Menus must be selected from the following classes (choose one):

***Class 1: Convenience Foods***

One or more meals may include pre-packaged or prepared convenience food (e.g., TV dinner, frozen entree or side dish, package rice or macaroni product, etc.). Attach label(s) from the convenience food used.

***Class 2: Fast Foods***

One meal is purchased at a fast-food restaurant. Attach nutrition information from the fast-food restaurant.

***Class 3: Packed Lunch***

One meal should be planned as a bag or packed meal, with contents described.

***Class 4: Vegetarian Menu***

Plan three meals meeting the nutritional needs of a vegetarian(lacto-ova). You may include dairy products and/or eggs, but not meat, poultry or fish.

***Class 5: Ethnic Menu***

In addition to the menu, briefly describe the culture represented.

2. The menus should include the correct daily amount of food from each of the food groups in the new Food Guide Pyramid, based on that person's age, gender, and physical activity. They should also include preparation methods and individual serving amounts. (Tip: use the "My Pyramid Plan" link (4th one down in the blue box) on the left side of <http://www.mypyramid.gov/> to easily identify the proper daily amount needed for your menu's consumer. Other pages on the same web site offer new information about servings, oils, exercise, etc.... Click on "Inside the Pyramid" (two-thirds of the way down in the center of the Home Page) to learn more about each food group.

3. Menus should include varied foods with contrast of color, texture and flavors.

4. The person for whom the menu is planned (self, family member, or imaginary person) should be described in an introductory paragraph. Include age, activity level, health, and other pertinent information. Tell why the menu is balanced and explain how selections meet the FGP guidelines.

5. Creative design, color, or a cover may be used to enhance the menu presentation.

6. On the back of your menu print: Name, Address, County, Age, and Class Number.

### ...FOOD SCIENCE DISPLAY...

Bring to the Montgomery County 4-H Office by 8:45 am

The important areas of food, agricultural science, technology, and the scientific process all come together in this fascinating entry category. Plan and conduct an experiment in food and nutrition. Then construct a display board that reflects the purpose of your project, the problem you are investigating, step-by-step procedure, results through the use of charts, graphs, pictures or drawings, and a conclusion explaining the importance of the results.

#### *Guidelines:*

1. 4-H members must work on their displays individually. No team projects allowed.

2. The display board should be close in size to the typical tri-fold used at science fairs: 48 inches wide (24 inches in the middle and 12 inches on each folding side) by 36 inches tall.

3. No project may involve any live animals or harmful chemicals, explosives, open flames, or any other potentially dangerous materials.

4. A report or summary of your display may be handwritten or typed and attached to the display board. Do not attach multiple pages.

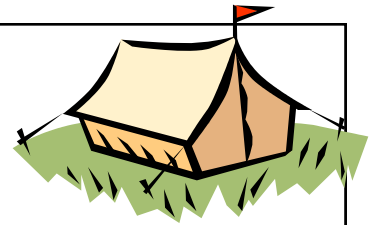
5. The 4-H member needs to set up the display on the morning of the event, and be present to give a brief summary of the project and respond to questions from the judges.

## It's Time for 4-H Camp!

4-H Camp will be here before you know it. Make your plans now to attend the 4-H Camp in Western Maryland for a week, July 12-17, 2009.

Make new friends, learn new things, and have a great time. If you want to bring a friend, everyone between the ages of 8-13 are welcome. 4-H members will receive an automatic scholarship of \$25 making your camp fee \$240. Camp fee

for non 4-H members is \$315. Additional scholarship money is available based on an "as needed" basis. The camp application is located in this issue of News & Notes – don't wait to send in your application – DO IT TODAY!!



## 2009 Calendar of Events

<b>February</b>	
10	Communications Workshop Registration Deadline
14	Communications Workshop, 4-H Office, 10 a.m.
16	4-H Day in Annapolis Electricity Workshop Registration Deadline
21	County 4-H Recognition Program, Globe Hall, Mont. College, Germantown, 7 p.m. Electricity Workshop, Session 1
28	Electricity Workshop, Session 2
<b>March</b>	
7	State Horse Bowl Competition, College Park State Skill-a-thon Competition, Hagerstown, MD
14	AIS Parents' Day Presentations, NIST, Gaithersburg, MD
21	Healthy Lifestyles Competition, 4-H Office
28	Public Speaking Competition, 4-H Office, 8:30 a.m. State Dog Bowl Competition, Cecil County
<b>April</b>	
6,7,8	Sewing Workshop, 4-H Office
18	Visual Presentation Day, 4-H Office
24	Maryland All-Breed Dairy Calf Sale, Frederick County Fairgrounds
25	Dairy Fitting & Showmanship Clinic
30	Record Book / Resume Writing Workshop, 7 p.m. 4-H Office
<b>May</b>	
2	State Dairy Bowl Competition, College Park
16	Wills Fair, Howard County Fairgrounds
31	Fashion Revue, Heritage Building at MC Fairgrounds
June	
10	MCE Volunteer Training, 7 p.m. 4-H Office
July	
12-17	Montgomery County 4-H Camp



- ◆ Add your event or meeting here by emailing Mary Fendrick at [Fendrick@umd.edu](mailto:Fendrick@umd.edu)
- ◆ Articles for the next 4-H News and Notes are due to Mary Fendrick by March 15, 2009

**There's Still Time!**

The Deadline for registering for the **Communications workshop** is **February 10<sup>th</sup>**. Call now to reserve your spot to learn valuable pointers for public speaking. The workshop will be held on Saturday, **February 14<sup>th</sup>** at the **4-H Office**.

**4-H Recognition Program**  
**Saturday, Feb. 21<sup>th</sup>**



**Look Inside For:**

- ◆ **Healthy Lifestyles Competition**
- ◆ **Maryland Dairy Convention**
- ◆ **Dog Bowl**
- ◆ **Dairy Bowl**
- ◆ **Electricity Workshop**
- ◆ **Dairy Fitting & Showmanship Clinic**
- ◆ **4-H Camp Registration**
- ◆ **Visual Presentation Day**
- ◆ **Record Book Workshop**
- ◆ **Klub Corner**
- ◆ **Spring Break Sewing Workshop**
- ◆ **4-H Camp**

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