

# UNIVERSITY OF MARYLAND EXTENSION

## Garrett County

### January 2026 Newsletter

#### Fun With 4-H Class Offered

Join us for a fun and engaging class where youth will discover how Arctic animals keep warm in frigid temperatures. Plus, they'll have an opportunity to make their own stuffed sock penguin to take home and enjoy! Sign up today by calling the Extension Office 301-334-6960. Class size is limited.



Monday, January 26

School ½ Day

2-3pm

Garrett County Extension Office

Register by calling 301-334-6960

#### ARCTIC FRIENDS WITH MAKE AND TAKE PENGUIN CRAFT



FUN WITH 4-H

Garrett County



#### Festival of Trees Benefits GC Dove Center

The Garrett County 4-H clubs shone at the 18th annual Festival of Trees, showcasing creativity and community dedication. Supporting the Dove Center, the event featured beautifully crafted wreaths and decorated trees. Hopper's 4-H Club won first place in the youth decorated tree category, while Bear Creek 4-H Club took second in the youth wreath category. The Country Explorers also secured first place in the youth table top tree category. Garrett Hoof Prints had an entry in the small tree category while Avilton entry was in the tall tree category. These achievements highlight the clubs' artistic talents and commitment to local causes.



## Estate & Succession Planning Workshop

Maryland farm families contemplating estate planning are invited to a ***free, in-person training on Tuesday, January 13, 2026, at the Garrett County University of Maryland Extension Office.*** The workshop will cover how to begin the process and make it less overwhelming, health insurance options, and succession-planning tools to consider when starting. Lunch will be provided.

Register here: <https://go.umd.edu/GCWorkshop>



## Estate and Succession Planning Workshop

January 13, 10AM – 2:30 PM

UME - Garrett County Office  
1916 Maryland Highway, Suite A  
Oakland, MD

### Why Attend?

Farm families must answer important questions as they balance day-to-day operations with the **weight of ensuring a secure future** for the next generation.

Using practical estate and succession planning tools can **relieve uncertainty and give you greater peace of mind.**

### You will leave knowing

- What makes an effective estate plan
- How to communicate about difficult topics with your family
- A range of health insurance options for farmers

### Brief Agenda

10 AM – 11 AM	Health Insurance Options for Farmers
11 AM – 12 PM	Communication skills
<b>**Lunch Provided**</b>	
12:30 PM – 2 PM	Defining an effective succession plan

### **Register Today!**

<https://go.umd.edu/GCWorkshop>

Registration fee: Free

Direct questions to Paul Goeringer  
[lgoering@umd.edu](mailto:lgoering@umd.edu)



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EXTENSION  
RISK  
MANAGEMENT  
EDUCATION

UNIVERSITY OF  
MARYLAND  
EXTENSION

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legal protected class.

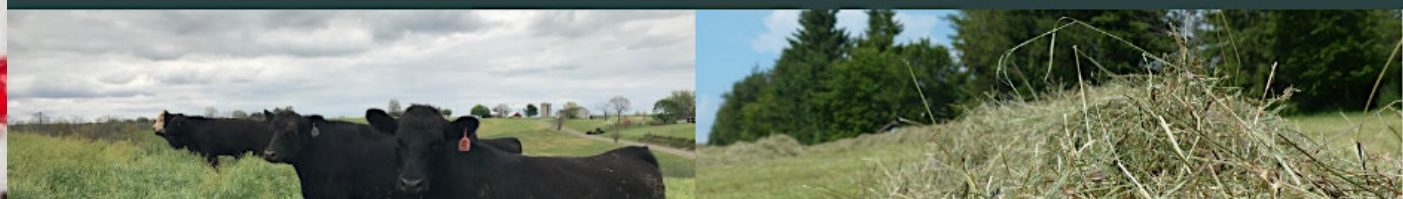
This work is supported by the Northeast Extension Risk Management project award no. 2024-70027-42540, from the U.S. Department of Agriculture's National Institute of Food and Agriculture.

# 2026 Western Maryland Forage Conference



*Save the Date!*

2026 MARYLAND-DELAWARE FORAGE CONFERENCES



Join us at the upcoming Western Maryland Forage Conference for an informative day on forage and livestock management.

University of Maryland Extension and the Maryland-Delaware Forage Council invite forage producers, grazers, livestock owners, and associated industry personnel to attend the upcoming Western Maryland Forage Conference at the Grantsville Volunteer Fire Department at 178 Springs Rd. Grantsville, MD 21536 from on **January 21, 2026** starting at **9:00 am through 3:30 pm**.

Topics for the conference will include:

- Native Warm-Season Grasses: A "New" Tool for Forage Production?
- Establishing Native Grasses: Can You Do This at Home?
- More topics coming soon!

Morning refreshments will be available, and lunch is included in the price of the ticket. Doors will open at 8:30 am, and the meeting will start at 9 am.

Participants will be able to earn nutrient management certification credits and private and commercial pesticide applicator credits (amounts will be updated once credits are approved). Registration is required to attend.

The cost is \$25 if registered by January 13th or \$30 for late registration and at the door. Credit card registration can be made at: <https://go.umd.edu/wmdforage>. or contact the Garrett County Extension Office for cash/check registration at 301-334-6960. Checks will need to be made payable to Maryland-Delaware Forage Council.

Attendees also have the option to renew or become a member of the Maryland-Delaware Forage Council with the purchase of a ticket to the forage conference (and receive a \$5 discount off the cost of membership!).

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## GILL Evergreen Door Swag Workshop

Ashley Bodkins, Master Gardener Coordinator and Cambria Snyder, Program Assistant along with members from Garrett Institute of Lifelong Learning (GILL) met on Dec. 9th to create custom, festive evergreen door swags to use as gifts or for decorations. Participants were able to choose from a variety of different types of evergreens- fir, pine, cedar, and holly and mix them together to create a beautiful display for the season to bring natural beauty, joy, and fresh scents to homes.

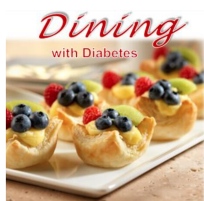


# Evergreen Workshop



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## Dining With Diabetes Class Offered



The University of Maryland Extension is offering a 4-week Dining with Diabetes class. The Dining with Diabetes program is a National Extension Program and has recently been updated to follow the 2025 American Diabetes Association Standards of Care. The instructor for this class is Dr. Lisa McCoy, a Registered Dietitian Nutritionist with over 30 years of experience in Diabetes Management education.

Dining with Diabetes teaches healthy meal planning and other self-management skills. Recipes and cooking videos will be included in each session. This class is a diabetes education program for adults with Type 2 diabetes or pre-diabetes and their families.

The classes will be held in-person and online via Zoom on January 7, 14, 21, and 28.

The in-person classes will be held at the University of Maryland Extension office in Washington County (7303 Sharpsburg Pike, Boonsboro, MD) from 1-3 pm. Cost is \$20 (which includes food demonstration and tastings). Scholarships are available.

In-person class: <https://DiningWithDiabetesInPerson.eventbrite.com>

The online classes will be held via Zoom from 6-7:30 pm. Cost for the class will be \$15 for course materials and mailing.

Online class: <https://diningwithdiabetesjanuary26.eventbrite.com/>

There will also be a follow-up class 3 months after the last class.

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# Update AG Client Contact Information



Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

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## Keeping Connected

We are here to serve you in person, by phone, email, or by Zoom. If you have questions, contact one of our experts to provide solutions.

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Area Extension Director Western Maryland Cluster	4-H Youth Development	Agriculture & Food Systems	Family & Consumer Sciences	Maryland SNAP Ed	Environment & Natural Resources
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## UME-Garrett County

Email: [rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)

Website: <https://extension.umd.edu/locations/garrett-county>

Location: 1916 Maryland Hwy., Suite A, Mt. Lake Park, MD 21550

Phone: 301-334-6960

Office Hours: M-F 8:30 am-4:30 pm excluding holidays

Facebook: <https://www.facebook.com/4HGarrettCoMD>

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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters