



# 4-H Connections



A NEWSLETTER FOR 4-H VOLUNTEERS AND FAMILIES ■ June 2008

Also available on the web at: <http://www.umaine.edu/umext/york/>

## Acton Fair Novelty Exhibit



The Novelty Exhibit for the Acton Fair Exhibit Hall will be "Junk Art" More details will be in the Acton Fair Packets mailed out in July.

## Acton Fair Food Booth Sign-Up

If you have not heard from Deanna Thompson about the food booth sign up please contact her at:

[deanna9040@yahoo.com](mailto:deanna9040@yahoo.com)

or 490-9040.

Make sure to sign up early and get the time you want! EVERYONE is asked to participate in the food booth. EVERYONE benefits from its income. If you are an independent and need to buddy up with another independent we can make that happen for you. Please help us in filling all the slots early this year. Deanna graciously volunteers to organize the times, help her out and sign up soon!

## New Acton Fair Web Page

A new web site has been published by the Acton Fair Committee. The address is: [www.actonfair.net](http://www.actonfair.net) it has great information on it. Check it out!

## Acton Fair Exhibit Hall Monitoring

Anyone exhibiting projects in the 4-H Exhibit hall is expected to cover or provide coverage for the 4-H Exhibit Hall. A sign up sheet will be going out with the Acton Fair package next month. If you have a "special" time you always do and would like it again this year, please let me know. If you are too busy, ask a parent of one of your club members. If we all do a little no one has to do a lot!

## New Sink for the Food Booth

Eldredge Lumber has once again been very generous to York County 4-H. They have donated a new sink and faucet. The sink will be in place for this year's fair. If you are in York and need lumber or hardware please make sure to visit Eldredge Lumber and say thanks.

## June Birthdays

Camry Dyer  
Julia Townsend  
Dana Tripp  
Nathan Cole  
Mikaela Merrill  
Mikaela Kaake  
Jack Breton  
Abigail Grames  
Liam Cunningham  
Erica Perkins  
Keely Pearson  
Annmarie Rogers  
Carolyn Higgins  
Maggie Schofield



## York County Leaders Association

The next meeting of the York County Leaders Association will be on July 22 at the Extension Office in Springvale at 7:00 pm. We hope to see you there.

## Any Birth Announcements?

How fun would it be to include a section on Baby Animals born to 4-Hers? If you have them I'll include them.

## Coastal Clovers Receives Pine Tree State 4-H Foundation Grant



Coastal Clovers 4-H Club of York has taken on a challenge. Their goal is to grow at least 2000 pounds, 1 ton of food to donate to both the York Food Pantry and the Good Shepherd Food Bank. With over 500 seedling plugs donated by Coastal Landscaping of York and several acres of land donated by John Zacharias of Zach's Farm the club is on their way. In May the club began the project by transplanting the vegetable seedling plugs into growing trays. A few weeks in the greenhouse and the plants were ready to be put in the ground. Last years plastic mulch needed to be pulled up first from the farmland donated to them, after a very dirty afternoon, the deed was done. Mr. Zacharias prepared the field by installing a irrigation system and new plastic mulch. The 4-Hers spent another afternoon in the beautiful May weather planting around 700 plants. The club is going to continue planting another 700 plants as well put in pumpkin and squash seeds in a non irrigated section of the field. A long summer of weeding and tending to the crop will hopefully produce their goal of a ton of food. The food will benefit over 35 families who regularly use the York Food Pantry and many more state wide. The Pine Tree 4-H Foundation has graciously given the club a grant for \$210.00 to purchase the growing trays, tools and seeds. The club promises to keep us up to date on their progress.

*What is your club doing? Please share with everyone. Just send me a short write up and we can all know the wonderful work York 4-H is participating in.*

## Ossipee Valley Fair

It's not too early to be working on your fair project exhibits. Let's fill up the Exhibit Halls this year with some great projects! Please know that the Exhibit Hall needs to be monitored at all times. If you are entering items in the Exhibit Hall please sign up to take a turn in the hall. If you cannot sit in the hall yourself any of the parents can do the job. To sign up for a time please call Diane Qualey 793-4843 or Ann Boucher 793-2373. Ossipee Valley Fair is July 10 to July 13. All of the fair regulations and forms are online this year at [www.ossipeevalleyfair.com](http://www.ossipeevalleyfair.com) Check it out!

### Ossipee Valley Fair 4-H Horse Show

Hiram, ME. July 13, 2008. Sponsored by the Tails & Trails 4-H Club. High Pt. and Res. Championships given in Walk-trot, Junior and Senior Divisions. 6 Ribbons in each class. Come for a day of fun! To download entry forms and other information go to: [www.ossipeevalleyfair.com](http://www.ossipeevalleyfair.com). Pre-registration forms are due by July 7th, 2008. Mail to: Ann Cuffey, 175 Chellis Road, W. Newfield, ME 04095



June 20-22	<a href="#">Eastern States Horse Tryouts-Skowhegan Fairgrounds</a>
June 27-29	<a href="#">Maine 4H Days &amp; Dog Camp</a>
June 30	<a href="#">Animal Approval Forms 4H</a> <a href="#">Animal Shows Due</a>
July 5-12	<a href="#">CWF</a>
July 10-12	<a href="#">Ossipee Valley Fair</a>
July 14-17	<a href="#">Teen Conference on Wheels</a>
July 19-20	<a href="#">Tryouts for Eastern States Dairy Team</a>

## Maine 4-H Days

Maine 4-H Days at Windsor Fairgrounds will be June 27, 28, and 29. It will be a weekend full of personal enrichment workshops as well as livestock events. The Craft Extravaganza will be full of different choices like silk batiks, kite making, Mexican tin work, and making cork fishing lures. There will also be woodworking, mask making and making a friendship bracelet. See the incredible demonstrations at the Physics Road Show again this year as well as a Fishing Derby which is new this year. Check out the Dog Camp as well as all the fun goat activities. There will be a horse show as well as lots of horse events. The Earth Connections track will show you about composting, tree identification and the water cycle. The Youth in Governance track will help you to take a community service idea and put it into action. Camping is encouraged and entire families are welcome. The registration brochure will be mailed out soon.

<http://www.umext.maine.edu/4h/events/4hdays.htm>



### Dog Camp at Maine 4-H Days

Dog Camp will begin on Friday June 27 and continue through the 28 and 29 at the Windsor Fairgrounds. Dog Camp is open to Maine 4-H participants of all ages and experience levels. This year our breed group focus will be on the Toy Group and as always the major focus will be on having fun with our dogs. Planning is still in progress but we have some exciting events underway. This year there will be a presentation about behavior counseling through the use of Bach Flower remedies and we will be having a presentation from a Chihuahua Rescue. We will also have Showmanship and Obedience workshops for multiple experience levels. Back by popular demand this year are Agility workshops, a pizza party, and Quiz Bowl. Dog camp is always a fun and informative experience for everyone and we hope to see you there!

## Maine 4-H Teen Conference on Wheels

July 14-17, 2008 – 4-H Members ages 13-18  
– Deadline to Register: June 18

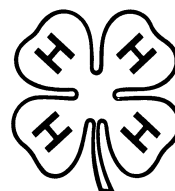
Travel to different locations to learn about community leadership, successful business strategies, environmental issues and citizen science. Download registration form: <http://www.umext.maine.edu/4h/events> or contact your county Cooperative Extension office to have a form mailed to you.

## 2008 Northeast Regional Volunteer Forum

The 2008 Northeast Regional Volunteer Forum will be held at the Radisson Hotel in Manchester, New Hampshire from October 23-26, 2008. For more details, a promotional flyer is available on our website at: <http://extension.unh.edu/4H/4HVol/08NEVF.htm> The full registration brochure is available. We look forward to seeing you in the fall!

## Horse Vaccination Requirement

The University of Maine Cooperative Extension will require certain vaccinations for horses who participate in 4-H events during the 2008 season: *4-Hers attending 4-H horse events in 2008 must provide proof of current, annual vaccination for rabies as well as a current, annual Coggins test done by a veterinarian. EVH-1 and Equine Influenza are also required. Horse owners may, however, administer their own EVH-1 and Equine Influenza inoculations and a sales receipt will be sufficient evidence for proof of vaccination.* EVH-1 and Equine Influenza are considered effective for six months. Plan the timing of your inoculations with your last event in mind. If you have any questions about this requirement, please contact your county Extension office or you can call the State 4-H Office at 1-800-287-0274.





### **Horse Tryouts for Eastern States**

The Eastern States tryouts for the horse team will be held June 20, 21, and 22, 2008 at the Skowhegan Fairgrounds. Maine 4-Hers who would like to try out for the horse team can find the packet at

[www.umext.maine.edu/4h/resources/horse.htm](http://www.umext.maine.edu/4h/resources/horse.htm)

Members who cannot access the packet on the website can contact their county

Cooperative Extension Office for a packet.

4-Hers who intend to participate in the Horse Tryouts also needed to fill out an Intent to Participate form and send it in by April 1. The intent form is at

<http://www.umext.maine.edu/4h/forms/eseintents/horse.htm> . Also your horse approval form

was due by April 1 only if you are trying out for Eastern States.



### **2009 4-H Beekeeping Essay Contest**

The Foundation for the Preservation of Honey Bees, Inc. sponsors an annual contest for 4-Hers, giving them an opportunity to win one of three cash prizes. The topic for the 2009 contest is "The Dance Language of Bees".

For a copy of the rules and more information, please contact the State 4-H Office at 1-800-287-0274 or 207-581-3877.

### **Market Lambs for Windsor and Fryeburg Fairs**

You are longer required to send an Intent to Participate Form for Market Lambs being shown at Windsor and Fryeburg Fairs, however, if you are planning to show at these fairs, you still need an Approval Form and to have your lambs tagged. There are four lamb tagging sites this year and bringing your lamb to one of them for tagging will constitute your intent to participate. When your animal is tagged, you will be given an Approval Form that must be signed and embossed by your county educator or professional. The deadline is June 30. Tagging Site: June 21, Oxford

County 4-H June Sheep Jamboree, Oxford Fairgrounds 9:00 to 11 am

### **2008 Summer GIS Camps – this Year in Northern and Western Maine**

Northern Maine 4-H GIS Camp @ *Greenland Pont Center in Princeton, ME, July 20-23*

Western Maine 4-H GIS Camp @ *Bryant Pond Conservation Center July 6-8*

Ages 12-15 Program aides ages 16-18 – see below Maine 4-H and the 4-H Science, Engineering, and Technology Program Team are excited to announce that there will be two GIS (Geographic Information Systems) Community Mapping Camps this summer.

These camps provide hands-on experience with GPS (Global Positioning System) data collection and GIS mapping software for campers ages 12-15. Participants will use their new skills to do a community service mapping project for the camp site. In addition, campers will be able to participate in many of the conservation activities offered such as swimming and boating, games, and campfires.

The Northern Maine 4-H GIS Camp will be held at the *Greenland Pont Center in Princeton, Maine, July 20-23*. Campers will be mapping new recreational and interpretative trails and having an opportunity to work with forestry and wildlife professionals. Cost of the camp is \$75.00. There will be a conservation camp running at the same time so campers will also get to take part in some of those activities. GIS campers have also been invited to remain at the Greenland Point Center conservation camp for the rest of the week for an additional \$100. For more information on this camp, call Christy Fitzpatrick at the Houlton Extension office at 532-6548 or 1-800-287-1469 or email her at [cfitz@umext.maine.edu](mailto:cfitz@umext.maine.edu). The registration form was posted on the Aroostook County 4-H website in early April and can also be mailed to you by calling to Houlton Office.

The western Maine 4-H GIS Camp will be held at the Bryant Pond Conservation Center July 6-8. Information about the program and costs will be available soon. For more information about this camp, contact

Susan Jennings at the Oxford County.

*Important news for 16-18 year olds with GPS/GIS experience - both camps are looking for up to four program aides to help with the GPS and GIS work and other camp chores. (Don't worry, Blueberry Cove vets – we won't ask you to cook this time!) If you would like to apply to be a program aide, please contact either Christy or Susan as soon as possible. Program aides will get to participate in all of the activities, but will get to come to camp for a reduced fee. For Greenland Point, the fee will be \$45.*

4-H Day at the Skowhegan State Fair Somerset County 4-H Leaders Association invites any 4-H Club or 4-H Member to take part in the 6th Annual 4-H Day at the Skowhegan State Fair on Sunday, August 10th, 2008. This special day will begin with a parade around the racetrack with line-up beginning at 11:30 AM. The parade can include floats, club members, led or ridden animals, etc. Anyone taking part in the parade will be admitted free on 4-H Day. Livestock demonstrations will begin at 1 PM. If you would like to participate in this event, please contact the Somerset County Extension Office, 4-H Secretary, Johanna Cliff, to receive the necessary paperwork and contact information, (207) 474-9622 or [jclift@umext.maine.edu](mailto:jclift@umext.maine.edu) Hope to see you there.

### **2008-2009 Maine Association of Livestock Exhibitors Membership**

The 2008-2009 Maine Association of Livestock Exhibitors membership form is now available on the 4-H website. Please note that when you send your form in you are signing up for a membership in the Association, one of the many benefits of a membership is insurance. For more information and access to the form, go to: <http://www.umext.maine.edu/4h/forms/webdocs/maleform.htm>

### **Upcoming Events in Androscoggin/Sagadahoc!**

Topsham Fair August 3-12. Open to clubs in Androscoggin, Sagadahoc and Cumberland Counties. All other counties are welcome to come and support your fellow 4Hers.



Moxie Days Saturday July 12. It's the Silver Anniversary of Moxie, come join the Androscoggin/Sagadahoc 4H clubs as they participate in the Moxie Day parade and organize a petting Zoo. It is a day full of fun events in downtown Lisbon Falls.

### **Heart-Healthy, Tasty Maple Granola**

You asked for it! Here's the popular Healthy Lifestyles recipe served at the University of Maine 4-H EDGE conference this year:

Heart-Healthy, Tasty Maple Granola courtesy of Vermont FEED (Food Education Every Day) – check out their website at [www.vtfeed.org](http://www.vtfeed.org)

Heat oven to 350 degrees

Mix:

4 cups rolled oats (see if you can find Maine grown oats at your local health food store!)  
½ cup raw sunflower seeds (not toasted or salted)

In a separate bowl mix:

½ cup maple syrup (find a local sugarhouse in your area on this web site:

[http://getrealmaine.com/visit/maine\\_maple\\_sunday.html](http://getrealmaine.com/visit/maine_maple_sunday.html))

4 tbsp canola oil

1 tsp vanilla extract

Combine the dry ingredients with the maple syrup mixture. Spread out evenly on a baking sheet and bake for 15 minutes. Stir/turn granola and bake for another 10 minutes or until golden brown. Let it cool, then pour into storage containers. Eat for snack, breakfast or as a topping on dessert (like frozen yogurt!). Yummm!