



4-H Connections



A NEWSLETTER FOR 4-H VOLUNTEERS AND FAMILIES ■ Early Winter 2008

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

Fair Dates

The Fair Dates have been set for the 2008 season. Find them online

www.getrealmaine.com/visit/maine_fairs.shtml

York County Leaders Association

Our next meeting will be held on Monday, January 14 at 7:00 at the York County Extension office. Please join us as we look closer at the cloverbud policy and what to expect in the New Year.

VOLT Training?

Are there any leaders without VOLT training? Please let us know and we will schedule one.

Club Paperwork Due

AS of January 1, all clubs should have enrolled, signed new photo release forms and submitted their Program of Work. All of these forms were sent to you in your reenrollment packets. If you need more please contact the office or go online and download them on our website;

<http://www.umaine.edu/umext/york/4H/4-Hhome.htm> look under Volunteer Resources for "Forms We Use"

Independent Paperwork Due

As of January 1, all Independent 4-H members should have enrolled, signed a new photo release, submitted their Yearly Planning Worksheet and their 1st Quarterly report. Do I have yours? If not please make sure all of these forms are submitted ASAP.

December and January Birthdays

Elizabeth Cain
Elizabeth Clock
Alexandra Connor
Lydia Dumont
Nicole Harlow
Kylie Johnson
Ethan Kimball
Daniel Lizotte
Sabrina Lizotte
Morgan MacGown
Hannah Miller
Todd Miller
Travis Peverill
Jamie Powers
Laura Putnam
Ian Renkel
Macy Ricker
Leah Ridley
Rosalen Rogers
Abby Schofield
Brittany Stotts
Mitchell White
Caroline Whitney

Happy Birthday to YOU!!!!

A HAPPY
NEW YEAR

Good-bye from Shirley Hager

Dear 4-H'ers, leaders and families,

December 14 was my last day with Cooperative Extension, and my last day as the Program Administrator for 4-H. The last four years have been a great experience for me, especially because I got to know many of you who give so much to our 4-H program.

I have learned a lot from you, and will carry many memories of events and meetings where exciting learning and wonderful connections were happening -- for youth and adults! It has been a privilege to support the staff and volunteers who make our Maine 4-H program one of the best in the country. I am moving on into the next phase of my life—retirement, sort of—and I'm sure I'll be seeing some of you at fairs and events, especially around Franklin County where I will be living.

I am delighted to be turning over this role to Lisa Phelps, who brings much knowledge and experience in Maine 4-H, a great sense of humor, and commitment to all that 4-H stands for. I know that many of you already know her, and if you don't, you will love getting to know her. 4-H will be in very good hands.

Best wishes to you all, always,

Shirley Hager

Hello from Lisa Phelps!

I am very excited to be moving into my new role as the 4-H Program Administrator. Prior to this new role I was an educator working with 4-H Youth and Family Development Programs in Cumberland County. I enjoyed working in Cumberland County and I will for sure miss the great volunteers and youth I left behind to begin a new position within UMaine Extension. Shirley has done an outstanding job with her support and growth of the Maine 4-H program and I will do my best to continue on with this good work. What I do know for sure is that without all of the incredible 4-H volunteers we have in Maine we would not have a 4-H program, and I am confident that

all of you will continue on with your good work as we make this leadership transition. I began my new role on December 1st and one of the reasons I did that was to make sure I could spend as much time as possible with Shirley before her last day which was December 14th. My primary office will be in Lisbon at the Androscoggin/Sagadahoc County office and I will also have an office in Orono. If you need to reach me my e-mail address is: lphelps@umext.maine.edu and my cell phone number is (207) 356-3851. Thanks and I look forward to working with all of you in my new role with the Maine 4-H program.

Lynn Osgood's Expanded Role as Cumberland County 4-H Professional

Since Lisa Phelps is moving into a new role, Cumberland County has a vacancy in the 4-H educator position. The intention is to have this position filled by July, 2008. Meanwhile there is a need for 6-month transitional support to the Cumberland County 4-H program.

We are pleased to announce that Lynn Osgood has agreed to accept a temporary, part-time 4-H Professional position in Cumberland County beginning on January 7 through July 4, 2008. For this six-month period Lynn will work four days a week in the position and maintain her 4-H Program Aide role in York County one day a week. She expects to be in the Cumberland County office 2-3 days a week in working a flexible schedule, while continuing to have a presence in the York County office 1 day a week.

In six months (June, 2008) her commitment in Cumberland County will end and, with our busy season upon us, she will increase her York County 4-H Aide role to 3-4 days/week to accommodate the busy summer and fall 4-H season.

Lynn is very excited about this opportunity to deepen her 4-H experience and to learn from another county's 4-H program and systems, and we are pleased to be able to help out

Cumberland County during this transition. It truly is a “win-win”. We will benefit from the cross-fertilization and efficiencies inherent in this arrangement, and it will help create an environment of collaboration between the 4-H programs of our two counties. Finally, what Lynn learns from the Cumberland County 4-H program and systems she will bring back to our office.

Lynn’s being offered the temporary county position is a testament to the great work she does in 4-H. ***Congratulations, Lynn!***

Are you looking for a Service Project?

A York woman by the name of Meredith Alexander would love for 4-H clubs to make Valentines for our Soldiers overseas. Nothing fancy just a colored picture of card with a hole punched in the top center and strung on 6 foot lengths of yarn. The soldiers can then display the cards by hanging them up. She will mail them to the troops or you can save her the postage and send them yourself. Here are the addresses:

Meredith Alexander
161 York St Apt 34
York, ME 03909
Or
Any Soldier
LT. Mitch Bailey
169 M.P. Company Unit 73301
A.P.O. AE 09333-3301

Digital Media Competition

The 4-H programs in Illinois and northeast Missouri are inviting all youth, ages 8-18 years old to produce their own digital photography, digital audio, digital video or mixed media production that demonstrates your abilities with digital media of all kinds. Top entries may be used in various promotional products \$100 prizes will be awarded. Select your own theme and message. Show the world your imagination and creativity! Create some mayhem! Complete rules and more information at www.4hdmc.org

4-H EDGE Weekend 2008

It’s Back! 4-H EDGE WEEKEND 2008: Connecting Kids to Campus May 17 and 18, 2008 An on-campus experience for 4-H youth ages 11-15. “College Life at the EDGE of your future!” For youth participants: Hands-on workshops with UMaine departments, meals in The Marketplace and University Commons, over night in a residence hall, experience on-campus recreation and activities. Find out what excites YOU about the college experience. For parents and older teens: FREE workshops on college life, financial aid, and becoming “college-ready”. Save the dates! Registration forms will be mailed out in January.

Citizenship Washington Focus (CWF)

Start making plans now to visit our Nation’s Capitol during the week of July 5 to 12, 2008. Citizenship Washington Focus is a leadership program conducted by the National 4-H Council for high school youth ages 15 to 19. Delegations of 4-Hers from across the country spend six days touring the city and attending leadership skill-building workshops. This summer, the Maine delegation will leave on July 5 and return on July 12, 2008. You will stay at the National 4-H Conference Center just outside Washington, DC. Visiting the most popular sites in Washington will be a part of the trip. Contact Lynn Osgood at the Extension office to find out how to apply for this trip. Each county has its own selection process.

Teen Leadership and Entrepreneurship Road Trip

The Maine 4-H team focusing on teen leadership and entrepreneurship is planning a road trip for this summer to learn more about Maine success stories. We need your ideas to create the road map for our adventures. Do you have a favorite place in your community that highlights a local leader or business??? Let us know by contacting, Debra at 474-9622 or dkantor@umext.maine.edu. If your idea is selected, you’ll get to be part of the road trip for ½ price.

4-H Healthy Lifestyles Team

The 4-H Healthy Lifestyles Team is looking forward to promoting healthy living choices for youth, families and communities in 2008! To help you enjoy a healthier 2008, here are some simple changes you can put in place in the New Year, one step at a time!

- Eat more foods made from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Get outside and move/play every day! Tumble in the leaves, build a snowman, splash in a puddle, go for a hike, ski or snowshoe adventure. Walk with your dog or favorite person! (For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.)
- Eat more whole grains. Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Plan a garden with your family or friends. It's a great way to eat nutritious, local food, get lots of fresh air and exercise and put your artistic abilities to work through the planning of your garden design!
- Eat fruits and veggies every day with meals or as snacks and eat a rainbow of colors!
- Try a new activity: learn how to play a musical instrument, take an art or a dance class through your local adult ed. or community center, start a writing journal, learn how to ice skate.

Check out these great resources:

Healthy Maine Partnerships web site has many tip sheets and useful posters, brochures. See this link to their "Tips for a Healthy You, A Healthy Family"
[:http://www.healthymainepartnerships.org/tips.aspx](http://www.healthymainepartnerships.org/tips.aspx)

After School Physical Activity Web site features twelve thematic activity modules (average of 6 activities each) designed for children ages 9-13. The themes of a few of the modules are: "Survivor," "Beach Party," and "Athletics with a Twist." Some activities have video clips to show how the activity is performed. www.afterschoolpa.com

The USDA My Pyramid web site is full of information for both kids and adults on making healthy food choices and increasing physical activity. The *items in the list above are all from this web site:

www.mypyramid.gov (Also, our UMaine Extension Nutrition folks are a wonderful resource right here in Maine! See www.umext.maine.edu/topics/nutritio.htm

Maine in Motion web site from the Maine Governor's Council on Physical Activity has downloadable information sheets in the "resources" section and a great newsletter called "Get ME Active: Promoting Healthy Lifestyles Through Physical Activity"-check out the Winter Issue! www.maineinmotion.org

Thanks to the support of the Pine Tree State 4-H Foundation, 12 teens, 4 adult volunteers and 2 educators attended the Northeast Regional Volunteer Forum on Healthy Lifestyles in October. These teams will be bringing healthy lifestyles activities to locations around Maine in 2008. Stay tuned for more details in upcoming newsletters! For more information on Healthy Lifestyles or to join our team, please contact Ellie Libby at 1-800-244-2104, e-mail: elibby@umext.maine.edu or Karen Hatch Gagne at 1-800-287-1481, e-mail: karenhg@umext.maine.edu

2007 New England Regional Leadership Forum (NERLF)

At the forum, we learned a lot about healthful eating, healthy cooking, and exercise. We also learned how easy these things are to incorporate into our clubs and everyday lives. In addition, we had the opportunity to meet a representative from Monsanto, which is one of the leading agriculture research companies

that sponsored the 4-H Volunteer Leaders Forum on healthy living.

It is our intention to present what we have learned in many different ways in our county. We hope to do a workshop in March at our County 4-H fest and, although we have not arranged dates yet, we also hope to present at several local 4-H clubs such as Penobscot Valley Homeschoolers Association, the sheep club, and the computer club, to show them fun ways to exercise and "how to eat what you know & know what you eat."

We'd also like to share some information we picked up on having a healthy brain. Although still in the planning stages, we hope to include some of what we have learned during the Maine Teen Conference in July, which we are currently on the planning team for. This will give us the venue for reaching more counties than just our own.

We really had a good time at the conference and look forward to sharing the information we learned with our friends and peers.

--Caleb, Matt, Nathan, and Andrew
Junior Leaders 4-H Club, Penobscot County

UMaine Day at the Legislature - 4-H Honorary Page Program

UMaine Day at the Legislature, Thursday, March 27th, is quickly approaching. Since legislators like to see 4-H members from their districts, 4-Hers [recommended age 13 or older] are encouraged to serve as Honorary Pages. The Maine 4-H program has reserved 20 spots for Honorary Pages.

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. To learn more about what Honorary Pages do, visit the website listed at the end of this article.

If you are interested in serving as a page on March 27th, please contact Jane Haskell, Extension educator in Waldo County at 1-800-287-1426 or jhaskell@umext.maine.edu. She will be serving as the coordinator of the 2008 program.

We will attempt to have pages from different parts of the state. Slots, representing different state senators and representatives, will be filled in the order they are received. If the slot for your legislative district has been filled, your name will be added to a wait list in the order it is received.

If you are leaving a message, please be sure to say "*I am interested in serving as a 4-H Page at the Legislature on March 27th*". Your slot will be reserved if you leave your: 1) full name, 2) mailing address, 3) county, 4) phone number, 5) email address, 6) name of your Maine State Representative, 7) name of your Maine State Senator.

4-H Honorary Pages will be in the Capitol from 8:30 am – 3:00 pm. A parent or 4-H volunteer provides transportation and chaperoning. For a complete list of expectations and duties, visit the 4-H Honorary Page Program webpage at www.umext.maine.edu/Waldo/4H/Pages.

Want to Have a Voice in Planning the 4-H Teen Conference?

We need your voice to help guide the Maine 4-H teen conference while you learn new skills & build your resume...

Join us via email, conference calls, or video conferencing to: 1) Plan Teen Conferences, 2) Award Mini-grants for youth projects in the community, 3) Renew ideas for a statewide Teen Council. Contact Debra by phone at 474-9622 or by email at dkantor@umext.maine.edu.

