



4-H Connections

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

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

**Remember to Enroll in 4-H for
2008-2009 by December 31st!!!!!!!**

VOLT TRAINING AT FALLFEST FOR VOLUNTEERS

York County 4-H Leaders Association

The next meeting of the York County 4-H Leaders Association will be on January 27 at the Extension Office in Springvale at 7:00 pm. We hope to see you there.

Project Record Suggestions

This years 4-H Project Records have been judged and the awards will be given out at Fallfest. Here are some things to remember for next year. Remember it's NEVER too early to start next year's records.

All records should include a [Portfolio](#). This is an ongoing record of the 4-Hers life history in 4-H. It is a wonderful tool to use to look back on what each child has accomplished. The Portfolio also becomes VERY important in High School when applying for 4-H Scholarships. If you ever need copies of project records or portfolios you can download them at <http://www.umaine.edu/umext/york/4H/4-Hhome.htm> or call the office and we will mail you some.

The extra pages at the back of the project records are for your use only as a template. You do not have to send them in with your project records. The extra pages take away from the hard work the children put into their records and make it look bulky. Please do not send them in when submitting the records.

If you would like help filling out records next year please ask for help. I am willing to even come to a

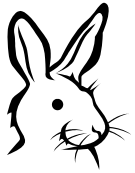
meeting and help out. We are all here to learn from one another. lynno@umext.maine.edu.



Fall Birthdays

Elizabeth Brown
Aaron Brown
Haleigh Osgood
Jordan McKie
Aiyana Gillard
Bethany Parker
Gwen Benoit
Mackenzie White
Jillian Doody
Mark Trabold
Gregory Hussey
Casey Guptill
Kristen Lampert
Sage Leblanc
Sara Kelley
Michael Roux Jr
Nealy Adams
Robby Clock
Lauren Thompson
Katelyn Bourque
Matt Carroll
Emma Stevens
Emily Kelley
Julia Leahy
Will Kenneway
Tate Judice





Results from Acton Fair 4-H Rabbit Show

Showmanship:

Cloverbud:

- Micah Peverel 1st
- Alyx Dubois 2nd
- Lauren Hubner 3rd

Junior:

- Morgan MacGown 1st
- Abigail Peverel 2nd
- Tyler Cheever 3rd

Intermediate:

- Matt MacGown 1st
- Kate Sobanik 2nd
- Elizabeth Peverel 3rd

Senior:

- Kathleen Brown 1st,
- Travis Peverel 2nd

Breed ID:

Cloverbud:

- Lauren 1st
- Micah 2nd
- Alyx 3rd

Junior:

- Morgan 1st
- Tyler 2nd
- Abigail 3rd

Intermediate:

- Matt 1st
- Kate
- Elizabeth 2nd

Senior:

- Kathleen 1st
- Travis 2nd

Breeding Judging:

Cloverbud:

- Micah 1st
- Alyx
- Lauren 2nd

Junior:

- Tyler 1st
- Morgan 2nd
- Abigail 3rd

Intermediate:

- Matt and Elizabeth 1st
- Kate 2nd

Senior:

- Kathleen 1st
- Travis 2nd

Breed show:

Holland:

- Micah 1st
- Travis 2nd
- Elizabeth 3rd

- Morgan 4th

Cavy:

- Kathleen 1st

Netherland:

- Matt 1st
- Lauren 2nd
- Kate 3rd

Dutch:

- Alyx 1st (**Best in Show**)
- Tyler 2nd

Costume class:

- Everyone got a first



Fiber Mill Tour

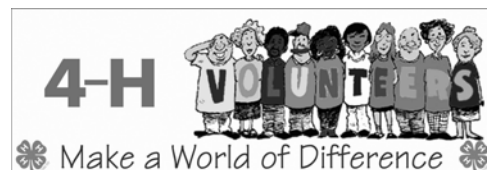
If you grow sheep, goats, alpaca or other animals for fiber, you may be interested in participating in a fiber mill tour of Good Karma Spinning Company scheduled for 11:00 AM to 2:00 PM, Saturday, November 15 in Kingfield, Maine. The tour is free and open to all. The fiber mill is located on 51 West Kingfield Road in Kingfield and is owned and operated by Jim & Amy and Grant, 207-265-5276.

Chain Saw Use & Safety Training



This practical three-hour workshop is designed for farmers, farm workers and other interested in the safe use and proper maintenance of the chainsaw. The workshop will be offered twice in different locations. The first training is scheduled for 9:00 AM to 12:00 noon, Friday, November 21 at the Somerset County Extension Office in Skowhegan.

The second training is planned for 9:00 to noon on Saturday, November 22 at the Maine Forest Service Building on Route 26 (Shaker Road in Gray). The featured instructors will include retired University of Delaware Farm Safety Specialist, Ron Jester, and Mike Pateneude, an applications specialist from Stihl Chainsaw. There is no fee to participate. However, please register by contacting Colleen at 1-800-287-1471 or choyt@umext.maine.edu





| | |
|-------------|---|
| November 18 | Horse Study Session |
| November 22 | Fallfest, Sanford High School |
| November 29 | National 4H Congress Trip |
| December 16 | Horse Study Session |
| December 31 | Deadline for 4-H Enrollment |
| January 20 | Horse Study Session |
| January 27 | 4H Leaders meeting, Springvale |

Maine Grass Farmers Network's 5th Annual Conference

The Maine Grass Farmers Network (MGFN) annual fall conference is scheduled for Saturday, Nov. 15 at Verillo's Convention Center in Portland. The Maine Grass Farmers Network works cooperatively with University of Maine Cooperative Extension and the Natural Resources Conservation Service to provide information and support to interested farmers.



http://www.umaine.edu/news/article.asp?id_no=2304

Straw Directory

Straw is the harvested stubble from a grain crop such as oats, barley or rye. Straw can be used as mulch or as bedding. The University of Maine Cooperative Extension has just launched a Straw Directory as a complement to the Hay Directory. The directory can be used by straw suppliers as well as those looking for straw. If interested, please click on the link or type into your browser! <http://www.umext.maine.edu/Waldo/hay/straw.htm>

If you do not have access to the internet or wish to speak to someone regarding straw or hay, please contact, Sónia at the University of Maine Cooperative Extension in Waldo (207) 342-5971 or toll free in Maine (800) 287-1426 santunes@extension.umaine.edu

21st Annual Maine Beef Conference

December 6, 2008: *t at the Waterville Elks Banquet Center in Waterville ME.* Price is \$10.00 per student/youth, \$20.00 per person. For more information contact Dee Potter, University of Maine Cooperative Extension, 22 Hall Street, suite 101, Fort Kent, ME 04743 or call (207) 834-3905 from outside Maine or 1-800-287-1421 within Maine.

Marketing Conference for Farmers & Growers

Reaching Your Customers in the New Marketplace – Buying Clubs, Distributors and Online Farmers Markets, 8:00 AM to 3:00 PM, Saturday, November 15, 2008, Kennebec Community College, Fairfield, Maine. The fee to participate is \$30 per person includes lunch and materials. FMI contact 207-778-3885 or email tcCook@westernmountainsalliance.org

Coyotes and Other Predators

If you have experienced a suspected predation loss, it may be to your advantage to report such a loss. The Maine Sheep Breeders Association has a predator loss form on their website: www.mainesheepbreeders.org



Any individual may use the form to report a loss (you need not be sheep producers). If you need assistance providing this information or have other questions, please contact USDA/Wildlife Services at (207)622-8263.

SARE Farmer Grant and You?

If you have an idea related to sustainable agriculture that you would like to try, Tom Molloy is available to help you develop your idea. The deadline for Farmer Grower Grants is December 15, 2008. If you have an idea, you need to start working on the application ASAP.

For more information or assistance, contact Tom at Thomas.Molloy@maine.edu or 207-581-292 <http://www.uvm.edu/~nesare>

SARE stands for Sustainable Agriculture Research and Education.

- SARE is a USDA competitive grants program.
- SARE has regional programs and regional leadership.
- SARE supports research and education that helps build the future economic viability of agriculture in the United States.
- SARE funding is authorized under Subtitle B of Title XVI of the Food, Agriculture, Conservation, and Trade Act of 1990

Horse Study Sessions

4-H Horse Members! Study sessions for horse knowledge. Starting October 21, study sessions will begin for any interested 4H horse club members. Study sessions will be done by video conference at various high schools throughout the state on the third Tuesdays of each month October through May from 6-8 pm. The study sessions will be held at eight different high schools around the state: Hampden Academy, Lewiston HS, Sanford HS, Oxford Hills HS, Houlton HS, Nokomis HS in Newport, and Hall-Dale HS in Farmingdale. Find one close to you and come join us!



Who should attend? Anyone who would like to learn more about horses, or might be interested in the Eastern States Equestrian Team, the Communications Team, the Hippology Team, Horse Judging Team or the Horse Quiz Bowl Team. These will be interactive study sessions with other 4-Hers from all over the state! Updates and cancellations will be on the website at <http://www.umext.maine.edu/4h/resources/horse/study.htm> or contact Kate Slattery at slatterk@sad44.org or 836-3217.

Maine 4-H ESE Canine Team

The 2008 Maine 4-H ESE Canine Team coaches Nancy and Greg Conant, would like to congratulate Sara Conant, Amberosity Davis and Marisa Dayken for their outstanding work at this year's Eastern States Exposition 4-H



Dog Program held on September 26-28 in West Springfield, MA. Overall the team placed third in the Quiz Bowl competition held on Saturday. Sara Conant from Cumberland County received awards for obtaining the third highest Dog Knowledge Test Score of Division II and for Highest Scoring Steward. Amberosity Davis from Hancock County received an award for Reserve Champion Steward. Marisa Dayken and her Miniature Pinscher Harley from Kennebec County won third place in both their showmanship and obedience classes. Congratulations to all! More results of the other Eastern States teams coming in the December newsletter.

Mobilize to Make a Difference

Time has come to take a step forward...

If you have wondered how to start a community project, get others involved, or find a way to keep the energy level high after you come back from a conference like CWF, a leadership training, a national/regional contest, or national 4-H award trip – let's get connected and...

"Mobilize to Make a Difference" On Saturday, November 22, 2008 we're doing something wild! 9:30 am to 3:00 pm (still enough time to shop) In Bangor at the Penobscot County Cooperative Extension Learning and Action 9:30 to 12:30 – Steps for Action 12:30 to 1:00 – Networking Lunch provided 1:00 to 3:00 – Action – apply what you've learned for teen and adult partners – come as a team if you can

Outcomes:

- New ways to connect teens across the state
- Form a new group with Youth and Adult Partners
- Existing groups become re-energized with their own focus
- Virtual meetings as follow up – using new technology – may become a statewide teen counsel or not – your choice
- Valuable skills for decision-making; powerful beyond 4-H - useful in school or community or world!

No charge, just get here – it is a one-time event! If you can, bring snacks to share. Sponsored by the 4-H Youth in Governance Program Work Team (YIG PWT)
– A Maine 4-H Youth Community Action Program

For more information contact:
Barbara A. Baker, 4-H Youth Development
207-942-7396 or 1-800-287-1485
bbaker@umext.maine.edu

Did you know that the University of Maine Cooperative Extension has hundreds of publications available to you for a low fee or even downloadable for free? Here are some of the subjects: Agriculture, Business & Community, Energy, Home & Family, Food & Health, Pests & Plant Diseases, Natural Resources, Safety & Preparedness, Yard & Garden. Check out the website at: <http://extensionpubs.umext.maine.edu>.

Here are this month's editor picks:

Budgeting: Making a Plan

The price of food continues to rise and consumer debt is at an all-time high. Creating a budget can help you figure out how to make ends meet, and even put aside a little for an unexpected expenses. \$0.50 or downloaded free.

Recipe Ideas for Thrifty Families

This classic booklet can help you trim your food budget, with 35 pages of nutritious, low-cost recipes for breads, soups, meatless main dishes, meat- and fish-based main dishes, salads, vegetables, and desserts. \$3.00 or downloaded free.

Energy Saver\$: Tips on Saving Energy & Money at Home

Save energy and money at home and on the road. Learn how to make your home more comfortable and easier and less costly to heat and cool. Topics include insulation and sealing air leaks, heating and cooling, water heating, windows, lighting, appliances, electronics, and car maintenance. Includes renewable energy tips. 33 pages, 2007. **\$1.00**

Thanksgiving

Find and circle all of the words related to Thanksgiving that are hidden in the grid.

The words may be hidden in any direction.

I C M I T S E V R A H T L L L
A E R A I P O C U N R O C R O
D L B S T U F F I N G F F C Y
I E C U A S Y R R E B N A R C
N B I A E N I G N R C N T O G
F R L P G P R T E M D C F U N
R A H N N G I W U I U F T G I
A T O O M I O L E R R T Y E R
E I L T F L K D G I K L U D E
M O I N F E Y P E R I E R A H
E N D Y E A A N M M I T Y R T
A S A E M E D S A U R M O A A
L M Y S I S U F T R P B S P G

| | | |
|-----------------|-----------|-------------|
| AUTUMN | FEAST | MEAL |
| CANDIED YAMS | FRIENDS | PARADE |
| CELEBRATION | GATHERING | PILGRIMS |
| CORNUCOPIA | HARVEST | PUMPKIN PIE |
| CRANBERRY SAUCE | HOLIDAY | STUFFING |
| FAMILY | MAYFLOWER | TURKEY |