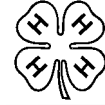


4-H Connections



A NEWSLETTER FOR 4-H VOLUNTEERS AND FAMILIES ■ MARCH, 2006

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

YORK COUNTY 4-H NEWS

Vaughn Island 4-H Environmental Camp

SPLASH! From the minute you set foot on Vaughn Island 'til the moment you leave, you're part of an exciting learning adventure! Our unique program offers three and four day tenting experiences where youth discover -- through their own natural curiosity and imagination -- the sights, sounds, smell and feel of Maine's rocky coast.

Designed with the whole child in mind, Vaughn Island 4-H Camp brings lasting memories. Living, working and playing together, campers make new friends and develop a sense of trust and responsibility for the whole group.

The program places an emphasis on no-trace camping skills, cooperation, discovery of the island's plant and animal life, coastal heritage, and marine ecology.

Vaughn Island Camp is affiliated with Tanglewood 4-H Camp and Learning Center.

- June 26– Aug 11: 3 and 4-day overnight camping trips with environmental education focus at Vaughn Island, Cape Porpoise Harbor, Maine
- Space is limited. Pre-registration required
- Program fee \$135-\$175

Call the Extension Office for a brochure and application.

Art Saturday popular with 26 participants!

Art Saturday has been a terrific success this spring, with 26 youth participants registered. The first *Art Saturday* program occurred March 11, with Alphabet Arts. On March 18, our students created wonderful collage art. March 25 will involve spectrum painting, and on April 1 we will celebrate spring with a mask-making workshop.

Special thanks to our three teen leaders who have been helping out with the classes: *Catherine LeDue, Alysha Michaud, and Kelsey Bickford.*

Art Saturday is part of York County Extension's **Discovery Arts Program**, a program that helps youth to "discover the art of life".

There are still openings on the April 1 session; contact the Extension office for registration information.

Calendar

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| Apr 1 | Art Saturday program "Mask-making" |
| Apr 15 | Deadline to apply for National 4-H Congress (held after Thanksgiving in Atlanta, GA) and Conference (held in March in Maryland) |
| Jun-Aug | Vaughn Island 4-H Camp |
| Aug 14-18 | 4-H Nature Arts Program |
| Jul 8-15 | Citizenship Washington Focus, Washington, DC |
| Jul 22-23 | Maine 4-H Days at Windsor Fairgrounds |

4-H Discovery Arts provides youth with opportunities to:

- Experience the expressive arts
- Learn about themselves, their communities and the world around them
- Use the arts to learn broader life skills

Research has shown that the arts can help youth to develop self-esteem, appreciation of the work of others, self-expression, cooperation with others, and critical thinking.

STATE AND NATIONAL NEWS

Citizenship Washington Focus

CWF is a week-long program, held at the National 4-H Conference Center just outside of Washington, DC.

The program is sponsored by the National 4-H Council and includes workshops and activities that let you experience the processes of U.S. government, visit your congressional delegation on Capitol Hill and see many of Washington's most famous sites.

The Maine 4-H delegation will be attending CWF July 8-15, 2006. Registration materials and information will be coming our way soon, so be sure to read upcoming newsletters for updates and registration information.

There are a limited number of slots for this trip, so if you want to go, let Jon know if you're interested. And talk with 4-H members Kendra West, Greg Goodrich or Elizabeth Hilton about their experiences in 2005.

National 4-H Conference and Congress

Now is the time to consider applying for a State Award to National 4-H Congress or National 4-H Conference. Both of these national programs are excellent opportunities to meet 4-H members from across the nation. Participants learn about the many career options, and learn through educational workshops at Congress or become a part of a team making recommendations to National 4-H Council at Conference.

"National 4-H Congress was the best educational conference I have ever attended."
– Daniel, 4-H Teen

"I was impressed by the people, the work, the planning, the national sites, the presentations, and the seriousness our organization had for our thinking, opinions, experiences, and recommendations."

Audrey, 4-H Alumni,
past teen participant of National 4-H Conference

When are the programs held?

- National 4-H Conference – in March
- National 4-H Congress – in November, immediately following Thanksgiving

4-H club members will receive a separate mailing in the near future. Please consider applying for these great opportunities and adventures!

Apply by completing your 4-H Story and 4-H Resume and sending them to the York County Extension Office by **April 5th**.

4-H Charter Requirements

Do you know the state of Maine requirements for your 4-H club to be chartered? Here's a reminder. A chartered 4-H club must:

- Have at least four members
- Have an official club name
- Have at least one certified leader
- Hold at least six regularly scheduled meetings per year
- Have a written Plan of Work that lists planned educational activities
- If the club has a treasury it must follow the 4-H Financial Guidelines in the 4-H Policies, Procedures and Guidelines Manual.

Maine 4-H – Making Best Better

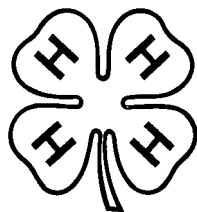
The Maine 4-H Program Leadership Team has been working to improve the services to 4-H members, parents, volunteers and communities. The Maine 4-H program has undergone a year-long national review and substantial suggestions have been made as to how we can strengthen Maine 4-H Youth Development.

In April (7th and 8th), the Maine 4-H PLT will be conducting a 4-H Strategic Planning event. We'd like to have each county represented by volunteers, youth and community collaborators. Let Jon know ASAP if you would like to attend this event!

During the Strategic Planning Retreat in April, participants will be reflecting on the needs of Youth Development in our communities. We are inviting input from the 4-H community!

Please reflect on the following questions and send in your responses to Jon either by regular mail or email (jonp@umext.maine.edu)

- 1) What skills do you think youth most need to succeed now, and as adults?
- 2) What current 4-H Youth Development programs provide these skills?
- 3) What future programs (that are not currently offered) should be offered to provide these skills?
- 4) What do we want 4-H Youth Development to look like in the next 5 years (Consider programs, collaborations, funding, anything else)?
- 5) If you had one wish for 4-H over the next five years, what would it be?



Kids in the Kitchen

Scones!

Ingredients

½ cup butter
2 tsp baking powder
¼ cup sugar
1 cup milk
4 cups flour
½ teaspoon salt
1 egg
Optional (raisins, dates, other dried fruits may be added to the dough for variety)



Directions

Preheat oven to 425 degrees
In a large bowl, combine butter and flour with a pastry blender or until crumbly. Add baking powder, salt and sugar.

In a separate bowl beat egg and milk. Mix into dry ingredients to make a dough. Turn onto floured surface and roll to one inch thickness or pat carefully with hands. With a cookie cutter or a drinking glass, cut dough into 2 inch rounds. Place on a greased cookie sheet, about one inch apart and bake for 15 minutes.

Happy Birthday to...

Special **March** birthday wishes to the following 4-H'ers:

Nicole Bellottie
Jessica Blier
Dan Brooks
Ashley Cunningham
Madison Dube
Megan Hall
Madison Hudson
Matthew Johnson
Micah Peverill
Jordan Sedlis

