

4-H MILITARY
CLUB PROGRAMS
AT A GLANCE

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ANNOUNCEMENTS!

**Operation Military
Kids Camp (8-13 yo):
July 22-28, 2012**
If you're 14-18 yo and
interested in being a
counselor contact
jefitz@umd.edu



Maryland 4-H Military Clubs Newsletter

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Annnnnnnnd We're Back!



Greetings all! I'm Alisha Targonski, the new 4-H Military Club Program Coordinator for Maryland. My job is to coordinate all the 4-H programs that happen in and around the military for the state! I've been able to visit most of the posts and I have to say, I like what I see!

You're all doing 4-H programs and projects, you're gaining awesome skills and you're—hopefully—having a great time while you're doing it!

You might be looking at

this newsletter and be thinking, "What are you doing?" I'll tell you. **We're making it about YOU.** We want to showcase your ideas and talent, recognize those of you going above and beyond for 4-H and be something you're going to want to hang on the refrigerator. Because you're going to want to. Trust me.

This newsletter is built around you, our members, and it is what you make it. If you want to see something—tell us! You want to learn about skateboarding? Tell us and we'll find

you a 4-H program. You want to learn about gardening? We can give you tips! You want to tell us about a project or event that you liked—we can feature it here!

We at 4-H want your experiences to be fun and provide you and your family with what they need. If parents are interested in working with 4-H as a volunteer for clubs or programs please let me know! I look forward to meeting you at different events!

Just look for the clover!

4-H is a **community** of **young people across America** who are learning **leadership**, **citizenship**, and **life skills**.

Highlights from 2011!

Aberdeen: Great success with D.A.R.E. and 4-H, as well as working with the Army Research Lab on a number of science projects!

Edgewood: Focused on nature with bird and butterfly projects! Also brought hot chocolate and cookies to the police on a chilly night!

Pax River: The Embryology Project was a hit! It quickly turned into the duck project. They also had a wildly successful **BOOTS ON!** Program over the summer with **OMK!**

Andrews AFB: The Critter Room hosts guinea pigs, hamsters, hermit crabs, birds, an iguana, a bearded dragon and a snake—small pet care galore!

Fort Meade: Beautified their center with a gardening project! And the Robotics project is going-going.

Fort Detrick: Got some awesome camping experience this summer while planning hikes and learning about the environment!

Fort Detrick SS: The community flower and veggie garden was a success! As was the 4-H Summer Science Workshop!

Indian Head: Has had a yummy year with all kinds of nutrition and cooking projects! Delish!

Annapolis: Had a visit from a "Rocket Scientist" from Boeing, launched rockets—split into the liquid propulsion team, solid propulsion team and the design team.



"Feeling Green! 4-H makes me happy!" Madison, 7, Aberdeen

Quick! What's the 4-H Pledge??

I pledge



my
HEAD

to clearer thinking,

my
HEART



to greater loyalty,



my
HANDS

to greater service, and

my
HEALTH



to better living,

for my club,
my community,
my country
and my world.



Don't forget about nutrition this holiday season! Between the hot chocolate, cookies and other treats the season may toss your way, save room for some smart and healthy snacks. Fruits and veggies can be made into anything you wish with a little imagination. Try your hand at making a Snowman on a Stick or even a veggie snow angel. Not only are they nutritious but they are also a great way to get everyone involved in the kitchen and excited about health.

Snowman on a Stick!

What you need:

Bananas

Bamboo skewers

Grapes

Mini chocolate chips

Carrot

Pretzel sticks

Apple



For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple. (Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.)

Slide the fruit onto the skewer, then use the carrot slivers for noses, mini chocolate chips for eyes and buttons, and pretzel sticks for arms.

Get more ideals like this one at: Familyfun.go.com/recipes/cooking-with-kids



“Yeah I didn't think these would be good, but I'm a really good cook!” Arick, comment made during cooking club, Annapolis

State Communications Contest!

Put your public speaking abilities to the test. Each year county 4-H programs conduct Public Speaking Contests for each 4-H age group. Youth present **Prepared Speeches** - written and delivered by the 4-H speaker; **Radio Spots** - 30 second 4-H public service announcements; **Interpretive Speeches** - interpretive readings from published works;

and **Extemporaneous Speeches** - speaker is given a topic then in 30 minutes presents a speech on that topic to the judges.

The ability to stand before a group and deliver a message is an essential life skill!!! If you are interested in participating

in a local speaking contest - contact Alisha.

All Champion Speakers will be invited to attend the State 4-H Public Speaking Contest as a part of Maryland Day at the University of Maryland, College Park on Saturday, **April 28th**.

Express Yourself!

This section of the newsletter will feature YOU!

Check here every month to see if your submission has been published. Look for the new theme, do something fun and creative, then tell us about it. It's that simple! The theme for the January newsletter is **SNOW**. Here is a list of ideas for your submissions.

- * Pictures of larger pieces of art such as sculptures and models
- * Drawings or paintings
- * Poems, short stories and songs
- * Jokes, riddles and games
- * Original recipes
- * Be Creative!



Submissions must be appropriate in terms of topic, language, and subject. All submissions must be sent electronically and be original (no copyright infringements please!).

Please send all submissions to the contact information on page 4. You can submit your work through your parents or the Youth Center staff. If your work is chosen you will be sent a fancy colored copy of the newsletter and a certificate verifying how awesome you are!

With your submission please include:



Your Name
Age
Installation



"We don't do 4-H, we are 4-H!"
Karen, Staff, Aberdeen

Volunteer/Youth Leader of the Month!

Recognizing the amazing impact 4-H Volunteers/Leaders make in our lives



SEND US a picture and a few words of a 4-Her that has made a huge impact!!

Submissions may be made by 4-H members, volunteers, or Extension Staff.

OCONUS CORNER

Did you know that Maryland 4-H is partners with 28 Military Installations in Germany, Italy and Spain?



This quilt was submitted to the 2011 Maryland State Fair by the 4-H club in Naples, Italy, and was proudly on display on August 26 during the Fair's Military Child Day.

OCONUS! Send your submissions too!

Oz's Fun Fact

The Australian Gippsland Worm grows to be 12 feet long and can weigh up to 1.5 pounds!



That's one big worm!

Submissions for the next issue due: Dec 13th



4-H Military Club Programs

Send all Submissions to:

Alisha Targonski

Maryland 4-H Center
8020 Greenmead Drive
College Park, MD 20740

Phone: 301-314-7319

Fax: 301-314-7146

E-mail: alishat@umd.edu



Upcoming Events!

- ◆ **4-H Gala at the Ten Oaks Ballroom, Clarksville**
Jan 15
- ◆ **Horse World Expo and 4-H Art Contest, State Fairgrounds**
Jan 20-22
- ◆ **Teen Council and Volunteer Association, College Park**
Feb 5
- ◆ **4-H Day, Annapolis**
Feb 20

For more info on these events contact Alisha Targonski at alishat@umd.edu

"It is the policy of the University of Maryland, Agricultural Experiment Station and Maryland Cooperative Extension, that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability."

Activity of the Month: Sardines!

Ages: 7 and up.

Recommended # of People: 6-30.

Messiness Factor: No Sweat.

Materials: None.

Recommended Setting: Indoors with ample space, but not open space.

How to Play

One person is picked to be "it". This person is given some time to hide while everyone else sits in a neutral spot with their eyes closed for a specified amount of time. When the time is up, everyone searches for the person who is "It". When this person is found, instead of ending the game, one tries not to let other people know where the person is; instead, he or she joins the person at their hiding spot. The object is to not be the last one left. The first person that found "It" gets to be "It" the next time. boundaries and hiding spots. .



Game from group-games.com