

MARYLAND 4-H UNIVERSITY OF MARYLAND EXTENSION Solutions in your community

UPDATES

January 29, 2010

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Upcoming Events

Jan 30, 2010

Environmental Science In-Service

Contact: Denise Frebertshauser
301-314-7819

Jan 31, 2010

4-H Horsemanship Standards Examiner Training

Location: Montgomery County
Contact: Caitlin Moore
301-314-7821

Feb 4, 2010 - Feb 7, 2010

MD Association of Environ. & Outdoor Ed. Conf.

Contact: Denise Frebertshauser
301-314-7819

Feb 6, 2010

Out of State Trips

Interviews for National 4-H Congress, West Virginia Older Members Conf., Virginia 4-H Congress, Camp Miniwanca
Location: Queen Anne's County Extension Office
Contact: Cassandra Corridon
301-314-7363

Feb 9, 2010

Horsemanship Standards Examiner Update Meeting

Time: 7 p.m.
Location: Glenwood Community Center, Cooksville, MD
Contact: Caitlin Moore
301-314-7821

Feb 12, 2010

Volunteer Training Series for

Human Sciences Update ~ "Every Day the Healthy Way"

State Fashion Revue Champion Wins National Contest!

About 9:30 Saturday night the telephone rang with Exciting News: Carrie Holter, Frederick County was Selected Senior Champion at the National Make It With Wool Competition!!![see her picture] This past weekend in Nashville, TN., Carrie competed among the best seamstresses in the country to become the National Youth Division Champion. Among her awards is a \$1500 scholarship which will come in handy as Carrie begins her freshman year in college this September.

Rachel Dyky, a former Carroll County 4-Her won the Adult Division. Judy Williamson, Maryland Coordinator, thinks this may be the first time one state has had two Champion winners in the same year. And, another first is Maryland celebrates back to back winners in the adult division- Rachel in 2010 and Kathy Holter (Carrie's Mother) in 2009.

Making her first trip to the National Competition, Maryland's Junior Winner, Emilyann Graudin, a Dorchester County 4-Her, had a great time modeling in the fashion show and made lots of new friends from across the country.

We echo Judy's excitement, and while not a 4-H event, the State and National Make It with

Faculty and Staff
via Connect
Time: 10 am - 12 Noon
Location: via Connect
Contact: Lisa Dennis
410-651-8330

Feb 13, 2010

Interviews for Out of State Trips

Interviews for National 4-H Congress, West Virginia Older Members Conf., Virginia 4-H Congress, Camp Miniwanca
Location: Carroll County Extension
Contact: corridon@umd.edu
301-314-7363

Feb 13, 2010

Horsemanship Standards Examiner Update Meeting

Time: 10 a.m.
Location: Maryland 4-H Center, College Park, MD
Contact: Caitlin Moore
301-314-7821

Feb 16, 2010 - Feb 19, 2010

National ACA Conference

Location: Denver, CO
Contact: Denise Frebertshauser
301-314-7819

Mar 6, 2010

Livestock Skillathon

Contact: Chris Anderson
301-314-7187

Mar 13, 2010

4-H Horse Bowl Contest

Location: University of Maryland Plant Sciences Building
Contact: Kristen Wilson
301-596-9478

Mar 16, 2010 - Mar 19, 2010

ACA Tri-State Conference

Location: Atlantic City
Contact: Denise Frebertshauser
301-314-7819

Mar 16, 2010 - Mar 20, 2010

National 4-H Camping Institute

Location: Oregon
Contact: Denise Frebertshauser
301-314-7819

Mar 19, 2010 - Mar 21, 2010

American Youth Horse Council Annual Symposium

Contact Info.: info@ayhc.com
Location: Lexington, KY
Contact: Kristen Wilson
301-596-9478

Mar 27, 2010

4-H Entrep./Workforce 2nd Mini Grant Training

Participate in hands-on entrepreneurship and workforce readiness activities. Learn how your county/city can apply for a mini-grant to implement EWR programs locally (camps, career days, livestock projects, workshops, clubs, new small business ventures)

Time: 10 a.m. - 3 p.m.

Location: Maryland 4-H Center
Contact: Kendra Wells
301-314-7317

Mar 27, 2010 - Mar 28, 2010

Horsemanship Standards Examiner Test. Levels 4 & 5

Location: TBD
Contact: Kelly Richards
301-314-7821

Wool Contests provide opportunities for our 4-H Fashion minded youth!

2010 Updated Information on our Human Sciences Page

- State Communications Contest – it has been mentioned in UPDATES that we have revised the rules and the 2010 Information is up and ready to use for your county events. REMEMBER – the State Contest will again be a part of the Maryland Day Festivities on Saturday, April 24th, here on the College Park Campus. Encourage your Public Speaking interested youth and families to attend. Your Champions can give their speeches, your Reserved Champions can serve as announcers/room monitors. Come – and if your youth want to volunteer – we'll give them a job!!!
- State 4-H Fashion Revue – these classes have been drastically revised – so check out the list as you plan your county/city contests. The 2010 Fashion Revue hasn't been put on the Maryland State Fair webpage yet, but they will revise that soon. The Human Science Committee thoughtfully considered the Fashion Revue classes and have made changes that we hope reflect classes that will encourage MORE youth participation. Remember: counties/city can send 2 (TWO) youth in each class. So there are many opportunities to engage those interested.

QUICKEST ROUTE to the Human Sciences Page: just three clicks away. Open our website: www.maryland4h.org click on Faculty and Staff, scroll down to Programs and then under Programs select Human Sciences. You'll see a list of programs (with MORE to come)!!! For any help or suggestions contact Sandy (corridon@umd.edu)

Scholarship Money

Dr. Suzanne Le Menestrel, National Program Leader, Youth Development Research announces the following:
Sodexo Foundation (www.SodexoFoundation.org) provides \$5,000 scholarships to students in K - grad school who are fighting hunger in America. If you know of any students in the US who are doing great things to fight hunger, encourage them to apply between now and Feb. 26. To learn about last year's winners: [2009 STOP Hunger Scholars' bios](#)

In addition to the scholarships, the Sodexo Foundation will provide a matching \$5,000 grant to the students' designated charity. You can learn more and apply for this scholarship at www.SodexoFoundation.org

There are more than 49 million people at risk of hunger in America, so thank you for sharing this information with as many people as you can.

HEALTH ROCKS! 2010

Select States can apply for State Institutionalization Grants for 2010 that will cover funding over the next three years.

This grant is for sustainability for the Health Rocks programming in Maryland. WE are one of the ten states eligible to apply. Ann Sherrard and Sandy are working on the RFP. National 4-H Council requires a team member dedicated to Evaluation and Teresa McCoy has that covered for us.

Many of you have used the HealthRocks! curriculum for 8-10 year olds. We will also have access and training provided for the middle school curriculum. The application will go in next Friday – we are depending on your collaborations and your support and interest.

How can you utilize this healthy living curriculum in your outreach? What groups in your county/city are in need of curricula for healthy decision making? We'll build on our county/city connections. We'll keep you posted.

HEALTHY LIVING MESSAGE of the Month:

****No Complaining Week Personal Action Plan****

From: Gordon, J. (2008). "The no complaining rule: positive ways to deal with negativity at work". Hoboken, NJ: John Wiley & Sons.

- Day 1: Monitor your thoughts and words. You'll be amazed at the thoughts that pop into your head and come out of your mouth.
- Day 2: Make a gratitude list. Write a list of things you are thankful for.
- Day 3: Take a thank-you walk. While you're walking, think of all the things you are grateful for.
- Day 4: Focus on the good stuff. Focus on what is right with your life, rather than what is wrong.
- Day 5: Start a success journal. Write down all the great interactions and accomplishments you have had today.
- Day 6: Let go. Make a list of the things you would like to complain about. Go through the list and identify the things that are within your control that you have the power to change and identify those things that are beyond your control.
- Day 7: Breathe. Spend 10 minutes in silence. Throughout the day, anytime you find yourself feeling stressed or wanting to complain, stop for 10 seconds and breathe (Gordon, -. 129-131).

"The No Complaining Rule" is available on loan from the Ohio State University Leadership Center. To borrow this resource or any other resource, please go to the resource search page <http://164.107.48.88/winnebago/index.asp?lib=???>

Learn how the Ohio State University Leadership Center is inspiring others to take a leadership role that empowers the world at: <http://leadershipcenter.osu.edu>

The 2010 Maryland 4-H Animal Science Leaders Forum is scheduled for Saturday, February 20, 2010 at Patuxent Research Refuge (National Wildlife Visitor Center) in Laurel, MD.

This forum will provide an excellent opportunity for volunteers, teens (ages 14-18), and UME staff to gain knowledge and skills in various animal science topics. We will also use this time to discuss updates and upcoming events in the 4-H Animal Science Program for the next year. Please be aware that this event is replacing the Horse Leaders Forum that was offered for the first time last year.

The **registration form** with directions and workshop descriptions as well as an **agenda** for the event are attached. Registrations must be postmarked by February 10, 2010. A \$15 late fee will be charged to any registrations postmarked after the 10th. The registration fee will include lunch as well as a notebook of all class handouts/resources. Participants must pre-register for this event.

For more information, please contact Kristen Wilson at kswilson@umd.edu or 301-596-9478.

Maryland 4-H Entrepreneurship Workforce Readiness Training

A workshop for city/county youth and adult teams will be held on Saturday, March 27 at the Maryland 4-H Center from 10 a.m. – 3 p.m.

Teams will engage in hands-on entrepreneurship and workforce readiness activities from the 4-H curriculum. Participating teams can apply for a mini-grant to implement EWR programs locally (camps, career days, livestock projects, workshops, clubs, new small business ventures).

Registration forms are due to the city/county 4-H office by March 5 and should be submitted by the city/county to the Maryland 4-H Center by March 13. Registration materials can be found on the Maryland 4-H website -<http://www.maryland4h.org>

Military Youth Of Year

On December 9th, 2009, the 4-H Military Club Program awarded Aubrey C. and Alex B., Harford County teens, its first annual *Youth of the Year Award* from the 4-H Program at Aberdeen Proving Grounds CYSS Youth Center. The two youth were chosen for their activities at the Youth Center and their involvement in the Operation: Military Kids (OMK) Speak Out for Military Kids (SOMK).

During the year, Aubrey and Alex took on big roles to help develop a public service announcement (PSA) talking about life as a military child. The PSA, entitled Confessions of a Military Family was featured at the Military post-conference during the 2009 National CYFAR (Children Youth and Families

At Risk) Conference and can currently be found on youtube at <http://www.youtube.com/watch?v=AX-EXyGhTdo>

Maryland State Fair 4-H Superintendent Needed

4-H at the State Fair is in need of a staff member or volunteer who would be willing to donate their time as an Agricultural Sciences Superintendent. The division includes vegetables, grain, hay and wool fleece.

You would be responsible for accepting entries on entry day at the state fair, finding judges to judge the materials on judging day, and keeping in contact with the State Fair 4-H Coordinator in regards to any changes you would like to have made.

Anyone who has a background or understanding of agricultural sciences would be much appreciated!!

Please contact Linda Garner at terp23@umd.edu if interested. THANK YOU!!

Compiled and published by Anne Tompkins
For the latest news & events, please visit <http://www.agnr.umd.edu/news>

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