

MARYLAND 4-H MARYLAND COOPERATIVE EXTENSION UNIVERSITY OF MARYLAND COLLEGE PARK, MARYLAND

UPDATES

August 10, 2009

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Upcoming Events

Aug 18, 2009
4-H UME Volunteer Orientation Training
 4-H MCE Volunteer Orientation Training
 Time: 6:30 pm
 Time: 6:30 pm
 Location: Frederick County Extension Office
 Contact: Michael Kuster
 301-600-1589

Aug 28, 2009 - Sep 7, 2009
Maryland State Fair
 State Fair
 Location: Timonium, MD
 Contact: Chrs Anderson
 301-314-7187

Sep 13, 2009
4-H Dressage & Combined Test Show
 Location: Carroll County Agriculture Center, Westminster, MD
 Contact: Diana Cullum
 410-422-5849

Sep 16, 2009
Md 4-H Foundation, Inc. Board of Dir Meeting
 Time: 10 am - 12:30 pm
 Location: McCormick Co., Sparks, MD
 Contact: Amanda Clougherty
 301-314-7832

Sep 23, 2009
4-H IEP Workshop
 Location: Maryland 4-H Center and via Centra
 Contact: Kendra Wells
 301-314-7317

Sep 23, 2009
4-H New Worker Luncheon and Training
 Location: Maryland 4-H Center
 Contact: Kendra Wells
 301-314-7317

Maryland 4-H Welding Event

You may download the [Registration Form/Contest Rules.doc](#) and [Parental Release Form.doc](#) for the Maryland 4-H Welding Contest to be held August 22 from 9 AM – 3PM at the UA Local 486 Training Facility, 1201 66th Street, in Baltimore.

This contest is open to active 4-H members ages 12-18 as of January 1, 2009 who are currently enrolled in the 4-H welding project. Please note, this contest will also serve as the state competition to select the senior 4-H member to represent Maryland at the national event this fall. Please forward this information on to the appropriate 4-H members.

If you have any questions regarding this information or the actual contest, please contact Dwayne Murphy at (410) 666-1025 or dmurphy2@umd.edu.

Human Sciences Update ~ "Every Day the Healthy Way"

Health Rocks! Grant Monies – AfterSchool Programs – Club Project – Community Enrichment – Health Education Complementing Classrooms - It's a WIN/WIN

If you can provide an audience – we have a program. We can even provide salary for the teaching hours! THIS FALL promote Health Rocks! with existing youth groups OR to develop New Audiences. Some of you have filled out the quick and easy 1 page application for local Health Rocks! mini grants. (Thanks Lacie, Shante, Ruby, and Patuxent River) Others have expressed an interest (thanks Sharon and Amy) in Health Rocks! grant monies. EVERYONE is welcome to submit an RFP. Apply for a grant today, or add to an existing grant. Please let Sandy (Corridon@umd.edu) know if you are interested and for a very brief application form to describe your project.

2009 Congress Orientation

Congratulations to the Maryland 4-H Delegation attending 4-H Congress in Atlanta, GA this November!! FYI - We have scheduled the Orientation Meeting for Thursday, August 27th at 6 p.m. in the 4-H Building at the Maryland State Fair following the Animal Exhibitor Orientation. Emails have been sent to all the delegates.

STATE FAIR

- **Fashion Revue** -The State Fashion Revue Committee is working on a wonderful production for our 2009 Event. This year we are pleased that we do not need to have our 4-Hers miss the first day of school! Thanks to the Maryland State Fair who honored our request for a non-school day, our fashion show is on Labor Day. We have County/City entry forms, but please see that each individual Fashion Revue participant fills out their own participant data form and includes their narration!!! We realize that some County Fashion Shows are still happening. So, we're waiting on your participant forms. This is the link for the form on our 4-H website <http://http://www.agnr.umd.edu/Extension/4H/4HFiles/FashionRevueForm09.pdf>
- **Fashion Revue participants** will be reporting to the Vista Room at 10 a.m. on Monday, September 7th in the Administration Building on the State Fair Grounds.
- **4-H Fashion Runway** is included in this year's State 4-H Fashion Show

- any age 4-H member can participate in the State 4-H Fashion show wearing or displaying their 4-H Fashion Runway item!! The 4-H Fashion Runway exhibitors will model their garments during the judging intermission at the State Fashion Revue. Arrive at the 4-H Building at the Maryland State Fair by 1 p.m. for a Rehearsal and show off your project!! Contact Sandy (corridon@umd.edu) if you have any questions.

- **4-H Photographer** - we'd love to have a 4-H member serve as photographer during the contest.

Please contact: Sandy (corridon@umd.edu), Shante (sstokes@umd.edu) or Lacie (lashby@umd.edu) if you have an interested member.

- **Narrators** - we're encouraging 4-H Public Speaking Champions to serve as State 4-H Fashion Revue narrators. Contact Sandy (corridon@umd.edu) Lacie (lashby@umd.edu) or Shante (sstokes@umd.edu) with names of interested members.

4-H Building Helpers - on Judging Day

If you'd like to help in the 4-H Building - on judging day - we could use your help - bringing items to the judges/ tying on ribbons/ arranging the displays. Contact Sandy (corridon@umd.edu) for more information - OR just show up at the Fair on Thursday, August 27th from 9 a.m. till 3 p.m.

4-H Building Make It & Take It

Knowing that you all have GREAT ideas for quick/easy/inexpensive hands on crafts for youth - do you have any suggestions for use in the 4-H Building during the State Fair. We want to offer FUN experiences then send them to you to become 4-H Members!!! Contact Sandy (corridon@umd.edu)

OMK EFNEP Grant

So far this summer, the student ENFEP educators for Summer 2009 have achieved and brought nutrition knowledge to about 300 children. The teaching takes place at various events such as the Summer OMK camp, the Homefront Guard Challenge Camp, Maryland Agricultural Day, Columbia International Day, 4-H day at Six Flags, Deployed Family Fun Day, and many more.

Along the way we have kept track of the knowledge gained by our contacted youth by collecting pre- and post- tests and by having children and adults alike sign pledges. The plan is to have multiple visits to most on-site installations to be sure the youth fully understand what they have learned so that our effect becomes long term. With most of our emphasis on the increase of fruit and vegetable consumption and food color variation, we also make sure the youth have some basic knowledge on subjects such as hygiene, physical activity, and the risks and benefits of certain lifestyles. Our lessons come from the "Up for the Challenge" and "Health Rocks" curriculums and have included food sampling, discussions, written and oral evaluations, and some physical activity.

For the remainder of the summer, we have just a few more installations planned to wrap up the program. The youth are very excited to have us visit them and we look forward to helping them set and achieve their health goals and lifestyle changes.

Military Day at the Maryland State Fair

Maryland Operation: Military Kids and its partners will be hosting Military Day at the Maryland State Fair, Friday, August 28th!

From 12-2PM there will be activities for military youth, such as jewelry making, face painting, and bookmark making, provided by the OMK partners in the 4H building.

From 6-9PM, military families are invited to come and enjoy a free meal, patriotic music, and the OMK celebration (complete with cupcakes!). In addition, the Maryland Operation: Military Kids mobile technology lab will be set up for fairgoers to write letters to our troops overseas.

This will be a great day for military families to enjoy the fair and for non-military families to demonstrate their support for our troops and their families.

Please stop by the OMK information booth located in front of the Cow Palace to receive your yellow ribbon and get more information about Military Day.

In order to get in free, all military families must obtain tickets from OMK. Each child and adult must have a ticket and each adult must present a military ID.

For more information or to request tickets please contact Megan Baker at 301-405-2833 or mbaker11@umd.edu

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For the latest news & events, please visit <http://www.agnr.umd.edu/news>
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