

MARYLAND 4-H MARYLAND COOPERATIVE EXTENSION UNIVERSITY OF MARYLAND

UPDATES

July 21, 2009

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Upcoming Events

Jul 27, 2009

Purchase Power

Purchase Power
Time: 7:00 pm
Location: Frederick County
Extension Office
Contact: Michael Kuster
301-600-3583

Jul 31, 2009 - Aug 3, 2009

Military Camp

Camp
Contact: Megan Baker
301-405-2833

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

Maryland State Fair Date: August 28 - September 7, 2009 Location: Timonium, Maryland Contact: Chris Anderson, 301-314-7187 <http://www.marylandstatefair.com>

Human Science Updates ~ "Every Day, the Healthy Way"

2009 FASHION Runway

Any 4-Her, ANY Age can participate in the Fashion Runway!!! If you constructed an item from fabric that you received as a part of the Fashion Runway project – YOU CAN DISPLAY YOUR ITEM DURING THE 2009 STATE FASHION REVUE. Fashion Runway items will have a chance to be ON STAGE during the State Fashion Revue. Sign up for Class X16 Fashion Runway – with all the other Fashion Revue information.

Healthy Living Curricula

(Please respond to Corridon@umd.edu by July 31)

The National 4-H Healthy Living Task Force has been inventorying the curricula for 4-H healthy living programming in use across the country. This research has been done through a previous survey conducted of State 4-H Program Leaders, and research through State 4-H web sites, the National Curriculum Directory, the Nutrition and Physical Activity Database 2009 from USDA and interviews with colleagues (4-H and FCS).

Let's make sure that we didn't miss something from our land grant institution so that this inventory is complete. Healthy living is defined as more than nutrition, obesity and physical activity; it also includes safety, and social-emotional issues such as family relationships, bullying, etc. This list should not include national curricula offered through National 4-H Supply or EFNEP materials

supplied through USDA. It should highlight curricula developed and utilized in your state. FCS material is also appropriate if used as 4-H curricula.

Here is what is listed for our land grant institution:

- Up for the Challenge – Ready, Set, Goal
- 4-H Healthy Lifestyles
- Purchase Power
- Walk Across Maryland

HEALTH ROCKS!

There is still grant money available if you are doing or plan to do any of the Health Rocks lessons. Please contact Sandy (Corridon@umd.edu) with information regarding:

- Number of youth contacts
- Age of youth
- Name and number of lessons used or to be used.

Money will be available until the end of September. Take advantage of it today!

PURCHASE POWER

This Consumer Education Program will again be a part of the Maryland State Fair. Information regarding classes and resources has been sent to the 4-H Team. (Resources will be up on the 4-H website on the Human Sciences page.) We're hoping that you have youth from your counties planning to participate in the 2009 Event on Saturday, August 29th at 2 p.m. in the 4-H Building at the Maryland State Fair. Check the Maryland State Fair Website. It is listed with the 4-H Judging Contests.

BUY LOCAL

Governor O'Malley has designated July 18-26 as "Buy Local Week" in Maryland to raise awareness about the benefits of local farms and food so that the use of fresh, local products among consumers becomes more familiar and more frequent.

"Governor O'Malley and I challenge all Maryland residents, institutions and organizations to expand their purchases of locally grown products for their favorite dishes and to try some new ones," said First Lady Katie

O'Malley. "Buying locally is key to ensuring a smart, green and growing future for Maryland families. It preserves farmland, protects the environment, keeps our money in Maryland, and provides fresh, nutritious food for a healthy diet."

To find local products, locate a farmers market and to learn more about Maryland's Buy Local Week Challenge, visit www.marylandsbest.net Sources of local seafood can be found at: www.marylandseafood.org

Agriculture Secretary, Buddy Hance, will make a series of visits during Buy Local Week to highlight the diversity of products and places to buy local food in Maryland, including farmers' markets, community supported agriculture farms, county fairs, wineries, and grocery stores.

Click on the following links for additional information:

- Buy Local Benefits
www.mda.state.md.us/pdf/cookout_local_benefits.pdf
- Biographies on Producers/Chefs
www.mda.state.md.us/pdf/cookout_bios.pdf
- Menu Statistics
www.mda.state.md.us/pdf/cookout_menu_stats.pdf
- 2009 Maryland Buy Local Cookbook
www.mda.state.md.us/pdf/cookbook.pdf

HEALTH "H"

Announcing the Be Active Your Way Physical Activity Widget

Looking for another way to encourage Americans to get the physical activity they need based on the Physical Activity Guidelines for Americans?

If so, consider using the New **Be Active Your Way** Physical Activity Widget.

What is A Widget?

A widget is an online tool that can be easily added to any web site or blog. The **Be Active Your Way** widget is a quick quiz that instantly provides physical activity tips and recommendations tailored to user goals.

How Do I Use the Widget?

1. The new **Be Active Your Way** widget is available at:

<http://www.healthfinder.gov/widgets/Pafinder.aspx>
Just add the widget to your site, and we'll update the content automatically. It's easy, fun, and can be used over and over again.

2009 Fashion Revue

The Maryland 4-H Fashion Revue is just around the corner. The State Fashion Revue will be held ON STAGE – with an added Runway – in the 4-H Building at the Maryland State Fair at 4 p.m on September 7, 2009, which is Labor Day!!!

This year's theme will be "Maryland Fashions Go Green II". All registrations are due to the state office by July 31, 2009. For classes and more details, please visit <http://www.agnr.umd.edu/Extension/4H/4HFiles/FashionRevueForm09.pdf>
<http://www.agnr.umd.edu/Extension/4H/4HFiles/FashionRevueForm09.pdf>
Also, don't forget about the new class addition of Fashion Runway!

To help participants get off to a good start, please remember the following:

1. Registration is from 9:00 – 10:00 a.m. in the 4-H building at the Maryland State Fairgrounds.
2. Judging begins at 10:00 a.m. and will proceed in order of check-in. Please be dressed in your runway garment for judging.
3. Practice will begin on the stage in the 4-H building at 1:00 p.m.. You are allowed to wear regular clothes, so please save your runway garment (s) to be worn for the runway show at 4:00 p.m.
4. The State Fashion Revue show will begin at 4:00 p.m. on the stage in the 4-H building at the Maryland State Fairgrounds.

If you know of any youth or adult volunteers that are interested in joining the planning committee, please email lashby@umd.edu or sstokes1@umd.edu for information on the Conference Call to be held July 28th at 5:30 p.m. to plan this year's state event. If you are interested in helping that day at Fashion Revue, please contact Lacie Ashby or Shante Stokes or other members of the Human Science Program Team.

Youth and Adult Leadership Updates

Nomination for Volunteer Awards

DEADLINE EXTENDED UNTIL AUGUST 3rd

It is extremely important to nominate your volunteers for awards in order for them to be recognized for all their hard work. Thanks to those who have already submitted nominations! We realize summer is a very demanding time of the year, therefore, we are extending the deadline. You can submit your nominations for the 2009 4-H Volunteer Awards directly to: Lisa Dennis, ldennis@umd.edu or mail them to Room 2135 The Richard A. Henson Center, Princess Anne, MD 21853.

If you need additional assistance or have questions please call Lisa at 410-651-8330 or on her cell at 410-603-0000.

The following awards nominations are currently being accepted:

Maryland 4-H Hall of Fame:

The nominee is dedicated to 4-H at all levels of involvement with exemplary efforts to 4-H program development. This individual has made a difference to the success of 4-H, extending the program to many people on a county, regional, state and or national level.

Mylo Downey 4-H Leadership Award:

Initiative, innovation, and dedication to 4-H with the ability to make things happen. Exceptional leadership skills are demonstrated on the local, state, and possibly national level.

W. Sherard Wilson 4-H Service Award:

Unselfish and numerous acts of service to 4-H, others, state and or community are the major criteria for this award. Service of the most menial to the more important levels, truly illustrates the giving spirit of heart and hands for this nominee.

Dorothy Emerson 4-H Citizenship Award:

The nominee exemplifies sterling citizenship characteristics. He or she has a love of and commitment to, improving the quality of life for all in the community, county, state and the world as the standard to which this individual works for and represents.

Honorary 4-H Club Members:

The nominees were not 4-H Members as youth. They have become involved in the 4-H organization as adults. They have given outstanding leadership to 4-H with exemplary results. They help make a difference in the

lives of youth and families. Great for Military, after-school, or special interest leader recognition.

Maryland Friend of 4-H:

There are two levels of State Friends of 4-H. A certificate is the 1st level and a plaque the 2nd level. Certificates are most often received and presented by the local 4-H program. Individuals can be cited for leadership, citizenship and service to 4-H or a combination of these efforts. Number of years is not necessarily a strong indicator for selection. These people have given extended service to the 4-H Program at the local, county, state and or national level. The individual can either be recognized for leadership and service to project areas, a specific an activity or program, or to a 4-H resource development.

Maryland Partner in 4-H:

This industry, business or community organization or person representing the same provides significant financial or in-kind support to Maryland 4-H programming. This commitment extends 4-H programming efforts to support a state, regional, and or multi-county effort. It can also represent a multi-disciplinary or collaborative programming effort.

4-H Alumni Plaques:

This honor is for 4-H Members who have continued to carry their love and support for 4-H into their adult lives. Exemplary success with outstanding efforts that can be admitted to 4-H ideals that were learned while a member of 4-H should be strong criteria. Each nominee recognizes that life skills learned in 4-H and outstanding efforts have led them to exemplary success in his or her personal and professional life.

Maryland Friend of 4-H Department Award:

This recognition is for a person, team or department within the campus of UMCP or UMES, who has provided educational support and or resources for activities, events or programs for the Maryland 4-H Youth Development program. They have worked in a collaborative effort with educators and or specialists in the Maryland 4-H Youth Development program.

Professional Extension or Military Partner in 4-H:

The nominee provides significant support to Maryland 4-H programming or Military programming. This commitment extends 4-H programming efforts to support an

international, national, state, regional, or multi-county effort. It may represent a multi-disciplinary or collaborative program. The nominee has a percentage of their job assigned to Maryland Cooperative Extension through departments at UMES or UMCP or has a percentage of their job assigned to Military 4-H.

4-H Family and 4-H Military Family of the Year: This family has a presence in the 4-H community on a local, regional, state or even national level. They are improving the life skill development of youth through hands on experiences and a variety of opportunities. They embody the four-fold development of our youth through their head, heart, hands and health. Family members are involved in making their communities better for families. (One nomination per local 4-H Unit or Military Installation). There will be one 4-H Family of the Year and one 4-H Military Family of the Year for each country recognized. Please use the 4-H Family of the Year Nomination Form.

Maryland 4-H Volunteer Salute from the Dean of AGNR:

This award was established by the Dean to honor two volunteers and or military staff in Maryland 4-H. This includes the overseas military 4-H leaders. The award consists of a scholarship of no more than \$200 to attend a UME, USDA or military 4-H sponsored educational program. One scholarship and one plaque of recognition is given to:

1. Leader of the Year Award – For an individual 4-H adult volunteering for less than 10 years.
2. Lifetime Leader Award – For an individual 4-H adult volunteering for over 10 years.

The military 4-H leaders and Maryland 4-H volunteers are considered within the same categories.

Each Maryland 4-H unit may nominate one military and one 4-H volunteer in each category. Each overseas country with 4-H programs in the military may nominate one military staff member in the two categories. Please use the Maryland 4-H Salute to Excellence nomination forms and directions.

PLEASE USE Dean of AGNR Maryland 4-H Volunteer Salute Application.

Hold the Dates

Fall and Spring Leadership Miniseries

The Youth and Adult Leadership Committee will be holding both a Fall and Spring Miniseries of training for faculty and staff. They will be held on the following dates:

- September 11th - 10-12
- October 9th - 10-12
- November 13th - 10-1
- January 8th - 10-12
- February 12th - 10-12
- March 12th - 10-12

There will be a variety of classes offered so you can choose which best fits your needs. Class descriptors will be coming out very soon! Hope you will join us!

Maryland State Fair

4-H Animal Registration Forms

Most counties/city have already submitted copies of their members' completed 4-H Animal Registration Forms to the Maryland 4-H Center. Counties/city that have not yet done so are requested to send this information as soon as possible.

State Fair On-Line Entries Site Now Open - Deadline – July 31 at 11:59pm

The on-line entry site for the 2009 Maryland State Fair is open for exhibitors. Please remind exhibitors that the site for on-line entries will close on July 31 at 11:59pm. Visit the Maryland State Fair website at:<http://www.marylandstatefair.com/>, go to the "Competition" Tab on the home page and then to the "4-H" page for complete information.

Educator Completed Entry Forms

State Fair Entry Forms that are to be completed by the county/city offices were sent to the 4-H Team by email on June 26th. The Fair areas included are: Dogs; Egg Preparation Demo; Promotional Booths–Banners-Posters;

Foods Posters-Displays-Menu Judging; Fashion Review; Purchase Power; Horticulture Demonstrations; Engineering Contests-Bicycle-Tractor Operators; and Judging Contests in Livestock, Dairy, Dairy Goats, Poultry and Egg, Rabbit, and Horticulture. Completed Forms are due to the State 4-H Office July 31st. Contact Linda Garner if you have questions.

Reminder of NEW State Fair Overnight Policy for 2009

Please share this new policy with your State Fair exhibitors who may have an interest in staying in the Livestock Barns during the State Fair. The policy has changed from that of recent years.

Maryland Cooperative Extension/4-H and/or the Maryland State Fair are not responsible for individuals staying overnight in the barns. Individuals under the age of 18 must be accompanied by a parent/guardian to stay overnight.

Parents/Guardians are responsible for their children at all times. Exhibitors and their parents/guardians should consider the risks associated with this activity. There will be State Fair Security Guards posted throughout the fairgrounds that will make every attempt to guard the safety of all fair participants and visitors; however, staying overnight is "at your own risk". The Maryland Cooperative Extension/4-H and/or Maryland State Fair will not assume any liability for personal injury or damage to personal property of any person staying in the barns.

Maryland State Fair - 4-H Presents!

The 4-H Presents - Division X – Special Programs provides a wonderful opportunity to showcase 4-H on the Stage in the 4-H Building at the Maryland State Fair! We look forward to having a full schedule of presentations including DEMONSTRATIONS, SPEECHES, FASHION MODELING, TALENTS, ETC. on the Stage during the fair. 4-H members can register now through July 31st to do a presentation for 4-H Presents on the 4-H Building Stage. Send the Division X Form (Exhibitor Number/ Exhibitor Name/ Exhibitor Address) to Linda Garner at the Maryland 4-H Center so we can assign a date and time for the presentations. The 4-H Presents schedule is posted below. Here is a link to more information and the entry

form which is located at the end of the Division X section of the [Fair Premium Book](#).

Friday, August 28th: 5-8pm
Saturday, August 29th: 12-3:30pm
Sunday, August 30th: 11am-1pm
Monday, August 31st: 5-8pm
Tuesday, September 1st: 5-8pm
Wednesday, September 2nd: 5-8pm
Thursday, September 3rd: 5-8pm
Friday, September 4th: 3-6pm
Saturday, September 5th: 2:20-4pm
Sunday, September 6th: 11am-2pm
Monday, September 7th: 12-8pm

Indoor Building Exhibitor Tags Distribution for 2009

This year we will be trying a different process to distribute State Fair Exhibit Tags for the Indoor Building in an effort to have a more efficient check-in process at the fair. After the entries close and are verified, exhibit tags will be printed and mailed to county/city offices for exhibitors to pick up prior to the fair. County/City offices will be asked to return unclaimed tags to the fair prior to Indoor Building Check-in on Wednesday, August 26th. We thank you in advance for your assistance in this new process.

On-Line Entry System and Exhibitor Release Form

Individuals that have completed the On-Line Entry System and printed the Exhibitor Release Form from within that system may have completed an old and incomplete version (from 2006) due to an incorrect link within the entry system. The link has now been corrected with the updated 2009 Exhibitor Release Form. Please watch for the incorrect form when exhibitors turn in this document to county/city offices. The Release Form can also be printed from the 4-H page of the [State Fair website](#).

Maryland State 4-H Shooting Sports Shotgun Team

Maryland sent our 4-H Shotgun team to compete at the 4-H National Shooting Sports Invitational that was held in Grand Island, Nebraska on June 22 - 28. The team consisted of four 4-H members. 486 youth & nearly 800 family members, coaches & 4-H volunteers from 30 states participated in the National 4-H Invitational shoot.

Read the entire article and view the photos by downloading the [News Release!](#)

A Complete list of scores for all events as well as event photos can be found at:
<http://www.4-hshootingsports.org/>

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

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The College of Agriculture and Natural Resources' three units—Academic Programs, the Agricultural Experiment Station, and Maryland Cooperative Extension—work in concert to educate students and citizens about critical issues and to solve problems in agriculture, food systems, and the environment. The college is an equal opportunity employer and provides equal access programs.

