

**4-H
MILITARY
PROGRAMS**

**Special Date of
interest!**

Maryland
4-H Teen
and Adult
Volunteer
Forum

November
21-23, 2008
Carousel Hotel,
Ocean City
Maryland
For more
information
go to
maryland4h.org

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Maryland 4-H 4-H Military Clubs

VOLUME, 1 ISSUE, 2

OCTOBER — NOVEMBER 2008

Maryland 4-H Teen and Adult Volunteer Forum



We're looking forward to having you join us for our fourth Maryland 4-H Volunteer Forum held in Ocean City. This is a great time to visit the resort area as the pace is

slower with traffic and parking problems almost non-existent. Air temperatures are usually comfortable this time of year. You may want to bring a sweatshirt but

you shouldn't need your winter coat. The Forum has been one of our most successful events and we anticipate another sellout".

See more on page 2

Garfield creator credits 4-H for important life skills

Jim Davis is world-famous as the creator of Garfield, the most widely syndicated Sunday comic strip in the United States and has an estimated daily readership of 263 million world-wide. Yet years ago, Davis was a slight, bashful kid who stuttered. He credits 10 years in



the 4-H program for conquering shyness and learning the value of hard work. "4-H taught me how to organize, speak and think on my feet," he said. "It pulled me out of my shell." The 4-H program also instilled a strict work ethic. Said



Davis, "If you can imbue a good work ethic in a kid, anything is possible." He added, "Everything about 4-H was exciting for me. As they say today, 'It was all good.'"

TAKEN FROM:
MANDA NEWLIN



With over 30 class options to choose from there is something for everyone at the Forum

A Family Friendly Forum

For best class selection, register now!

One of the Forum's goals is to provide a "family friendly" atmosphere to encourage families to spend some quality time in Ocean City. The "per room" rate will enable a whole family to stay at the Carousel for much less

than the usual rate for one person. There's no charge for family members not eating Forum meals or attending activities. Individual meal tickets may be purchased at cost for additional family members. The Forum schedule has been planned to allow families to spend time

together on Saturday and Sunday afternoons. We sincerely hope you will bring your whole family to OC. You can also download the registration packet at www.maryland4h.org or contact your local 4-H educator.

Operation: Military Kids

4-H provides predictable programming and a safe and nurturing environment for military kids.

Operation: Military Kids, also known as OMK, is the shared effort with American communities to support children whose military parents are deployed. The program was officially launched in April 2005 and is supported by the United States Department of Agriculture (USDA). Not only does OMK provide resources for families who have someone deployed but it also develops programs that are hands on for youth like Speak Out for Military Kids, The Hero Pack Project, Mobile Tech Lab, and Ready, Set, Go! Train-



ing. National partners of OMK include but are not limited to National Association of Child Care Resource and Referral Agencies (NACCRRA), American Legion, Center for Youth and School Services (CYS Services), Boys and Girls Clubs of America

(BGCA), and the Military Child Education Coalition (MCEC). For more information or service opportunities please contact your local 4-H Educator or visit the operationmilitarykids.org website.

By: Megan Baker



The Eagle has Landed!

The Eagle has Landed! It was a beautiful day and the Walter Reed Army Medical Center's Summer Camp participants were awaiting a very special group of visitors. So, the children packed up their back packs and headed to the park. Over the hill and through the woods, not to grandmother's house, but to the Wheaton Forest Park they went. Suddenly, the sky filled with a thunderous noise. The children glanced skyward to see a bird. No, not an avian creature, but a bird of steel, the US Park Police EAGLE coming in for a landing. On this day the United States Park Police (USPP) Special Forces Branch made a special visit to Summer Camp. The officers took time from their crime fighting duties to show off their police toys to the children. The Horse Mounted Police (HMP), Motorcycle Unit, S.W.A.T, Street Patrol and Aviation unit pulled together to make this a very special day. Each officer explained how their



units support each other to keep the parks and people safe. They even allowed some of the children to try on the S.W.A.T. Gear. Many of the children wanted to sit in the back seat of a police cruiser to which one officer cautiously explained, "this is the only time you ever want to be in the back seat of a police cruiser". The highlight of the visit was the EAGLE! The Eagle is the USPP's eye in the sky. The unit is deployed to assist in evacuating car accident victims and getting

them to the hospital for quick medical assistance. They also help with search and rescue, looking for bad guys on the lam and a variety of other police support functions. Special thanks to the Officers of the US Park Police for taking time to meet with the children and youth at WRAMC School Age Services. The children learned about the men and women who protect and serve. Many walked away with dreams of some day becoming public servants and having the opportunity to fly in the sky above like the EAGLE!

Written by: Heather MacTavish, Director SAS/MST

“Hot” Health Topics - Cooking!

Walter Reed Army Medical Center School Age Services provided weekly opportunities throughout the summer for School Age Children & Middle School Teens to indulge in cooking. The instruction of cooking is a basic life skill that all children and youth should learn. The skills taught during the summer reinforced mathematical and science educational skills along with paving a road to health lifestyles and eating habits. The WRAMC children and youth participated in many different types of cooking activities this summer. Curriculum from the 4-H and

Boys and Girls Clubs of America were followed depending on the specific project. SAS and MST youth learned how to make healthy drinks, homemade ice cream and even Lumpia (an appetizer from the Philippines). Due to the fact that different religions and sub cultures follow a variety of dietary habits the children and youth also learned about food substitutions. for example, we used a turkey substitute to create a tasty appetizer "pepperoni rolls" a West Virginia favorite. Other regional specialties like Sweet Potato Pie (southern dish) were delicious delights. The MST's

also learned about food service and table settings as they prepared and served chicken rigatoni to some of their parents for a special occasion. Campers prepared many summer favorites like, twisted lemonade and watermelon coolers which both turned out to be the hits of the summer! Wrapping it all up at the end was a grand dessert of banana pudding.



Written by: Ruth Mills, CYPA & Heather MacTavish, Director.



4-H Youth Development

4-H Military Programs

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4-H Is A Community Of Young People Across America
Who Are Learning Leadership, Citizenship And Life Skills.

Submissions for the next issue due 11-21-2008



Photos from: Edwin Rensberg:
Edgewood Armory visits the Harford County Fair.



Do you want more?

4-H Youth Development

JOIN 4-H

4-H is the largest out of school youth organization in the United States with over 7 million youth members. There is Cooperative Extension staff responsible for 4-H programs in every county and city - so there's probably a 4-H program near you. Whether you live in a city, suburb or rural area, there's something for you in

4-H. In most states, you can join 4-H if you are between the ages of 8-18. Some areas have special age-appropriate programs designed especially for younger kids. Check with your Cooperative Extension office to find out what projects and activities are available for youth your age.



Your Cooperative Extension office can help you to find a local club or program that's right for you. Or, it's easy to start a new club with some of your friends or other interested young people and a few adults willing to help.

Find your local Maryland Extension office online at: www.extension.umd.edu/local/

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