

UNIVERSITY OF
MARYLAND
EXTENSION
Garrett County



November 2023 Newsletter

Camping Season Concludes at the MD 4-H Environmental Education & Camping Center

The Maryland 4-H Environmental Education & Camping Center is located here in Garrett County, along Rt. 495 in Bittinger, MD. The 2023 camping season has come to a close. This year, the camping center welcomed over 1,800 youth to the facility to experience nature at its finest. A total of six MD counties brought 4-H youth to the camp for week-long residential camps, along with numerous, public and private schools. Allegany County Public Schools utilized the camping center for six weeks for outdoor education for this fall. The Maryland Envirothon contest was held at the camping center this year, along with Maryland DNR Becoming an Outdoor Woman. GCPS AP Biology class also visited the bog, a unique feature of Garrett County. The center also hosts winter owl banding, bird walk with the MD Ornithology Society, and a variety of private event rentals at the rustic facility.



Garrett County 4-H Brings STEM Education & Smiles During First Robotics Class

Southern High School Special Education class enjoyed a lesson on robotics to align with their October theme "Objects on the Move". Garrett County 4-H STEM brought Lego WEDO Prime Essential robotics and explored the unit on the Amazing Amusement Park. The students learned about the smart hub, motors, and color LED as they chose to build and program amusement park rides including a Ferris wheel, twirling teacups, and a giant swing. The students enjoyed selecting motor speeds, color, and sound options on iPads that were connected to their project build. The morning was filled with smiles and cheers as each group shared their creations with each other. Garrett County 4-H STEM plans to return this winter with another fun program for the class.



Upcoming Kitchen Science Class for Youth

Youth will prepare their own loaf of bread and learn about the science of yeast and how it can change a dense mass of dough to rise high above the pan. To complement the bread, they will also make homemade butter. A gluten-free option is also available. Sign up today by calling the Extension Office at 301-334-6960!

KITCHEN SCIENCE
BREAD BAKING AND BUTTER MAKING

Monday, November 6th (school 1/2 day)
2-3 pm
Garrett County 4-H Office Meeting Room

All materials provided
Space is limited
Sign up today by calling
301-334-6960

This institution is an equal opportunity provider.

Garrett County 4-H STEM CORNER

Karen's Picks

The flyer features a cartoon character of a woman with glasses and a blue apron. On the left, there is a photo of a loaf of bread and several slices of bread on a white cloth. On the right, there is an illustration of a stick of butter on a plate with a knife.

December Homemade Ornament Class

Youth will learn introductory sewing skills like sewing a button on and hand stitching. By the end of the class they will have a homemade ornament to take home. Call the Extension Office today to register at 301-334-6960!



Local Youth Learn About the Ecosystem in Their Yard

On October 18th Master Gardener Vicki Teets and Home Horticulture Agent, Ashley Bodkins, provided a program called The Ecosystem in your Yard for children at the Kitzmiller Branch of the Ruth Enlow Library, where participants were able to learn about habitats in their own backyard through hands-on activities of painting their own American Toad house, seed bombs with native plants, and creating their own bird feeders.



Master Gardeners Tour Orchard & Nursery

Master Gardeners met at a local heirloom apple orchard and nursery in neighboring Preston County on October 16th. Paul and Karen Teets of Teets Orchard and Nursery have more than 150 different varieties of apples growing on their property. Apple taste testing to compare varieties and orchard tour to show the importance of planning, maintenance and pruning were part of the educational outing. The operation grafts their own trees and makes their own apple cider.



Fall Master Gardener Basic Training Completed

Six participants were part of the Fall 2023 Master Gardener Basic Training held at the University of Maryland Extension office in October. The basic training offers 40 hours of classroom presentations, hands on demonstrations, and projects to help prepare anyone that wants to become a certified Maryland Master Gardener.



Fall Recipe Favorites from Maryland SNAP-Ed

Fall is a wonderful time when the leaves change colors, the weather turns cooler, and the aroma of delicious food fills our homes. In this blog post, we'll share some affordable and easy fall recipes that are simple to follow and can help you savor the taste of fall without feeling overwhelmed in the kitchen. Click [HERE](#) to get all the great recipes.



Smart Choice / Smart Use Health Insurance Fall Series

UNIVERSITY OF MARYLAND EXTENSION  

Smart Choice / Smart Use Health Insurance™
Fall Series - Sign up for one session or multiple sessions!
<https://bit.ly/3thnacp>

October 19th, 2023
Smart User: Your Health Insurance Benefits
12:00pm–1:00pm (EDT)
This workshop will teach you all about your health insurance benefits so you can get the most out of what your plan offers.

October 26th, 2023
Smart User: Resolving Health Insurance Disputes
12:00pm–1:00pm (EDT)
This workshop will teach you how to deal with disputes like coverage denials, billing errors, and more.

October 31st, 2023
Smart Choice: Health Insurance Basics
12:00pm–1:00pm (EDT)
This workshop will help you understand how health insurance plans differ and how you can select a plan that is a good fit for you and your family.

November 7th, 2023
Smart Choice: Health Insurance in your Senior Years
12:00pm–1:00pm (EDT)
This workshop will cover how health insurance changes as you get older. It will also cover the basics of Medicare and how it differs from traditional health insurance.

November 14th, 2023
Smart Choice: Health Insurance Basics
12:00pm–1:00pm (EDT)
This workshop will help you understand how health insurance plans differ and how you can select a plan that is a good fit for you and your family.
If you need a reasonable accommodation to participate in these workshops, please contact Larrie Sorenson at least two weeks before the workshop you would like to attend at (410) 386-2768.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Please join us for our virtual Fall Series of health insurance literacy workshops! Health insurance is confusing, but the Smart Choice / Smart Use Health Insurance™ program can help. There are still two sessions to sign up for. We'll cover everything you need to know about insurance, including:

- How do you select a health insurance plan that works for you and your family?
- How can you get the most out of your health insurance benefits?
- What is Medicare and what should you know about health care as you get older?

Sign up [HERE!](#)

New Updates to the Nutrient Management Program

University of Maryland Extension (UME) has launched an enhanced nutrient management planning process designed to adapt to modern farming practices and operations that better align with Maryland's agricultural regulations and environmental goals. Moving forward, UME will now administer and coordinate statewide nutrient management planning following the finalization of the agreement between the College of Agriculture and Natural Resources (AGNR) and the Maryland Department of Agriculture. Click [here](#) for more information.



If you are need of a nutrient management plan, please contact our office at 301-334-6960.

MidAtlantic Women In Agriculture November Newsletter

As the USDA reports, the number of women involved in agriculture has grown in recent years. MidAtlantic Women in Agriculture is dedicated to providing knowledge and resources to women who share a passion for agriculture.



Check out the November edition of the [MidAtlantic Women in Agriculture Newsletter](#).

Maryland Safe Drinking WATER Study

The overarching goal of the Maryland Safe Drinking WATER (Water Analysis and Testing for Education and Research) Study is to characterize the drinking water quality of both public drinking water systems and private wells in Maryland's communities. Our team aims to develop data on levels of PFAS, coliform bacteria, pesticide residues, metals, nitrates, and other contaminants in samples collected from homes across the state.

Please visit our website, <https://sph.umd.edu/marylandsafedrinkingwater>, or email us at safedrinkingwater@umd.edu to learn more. Click this link to enroll in the study or scan the QR Code below: go.umd.edu/safedrinkingwaterenroll



Are you interested in **FREE** at-home drinking water testing?

University of Maryland researchers are studying contamination that may be present in Marylanders' drinking water.

Participants receive:

- At-home water testing kits
- Additional follow-up testing

IRB Net Package #2039477-1
Participants must be 18+.
Initial enrollment takes no more than 10 minutes.

Visit us online:
go.umd.edu/safedrinkingwater



Keeping Connected

We are here to serve you in person, by phone, email, or by video conferencing. If you have questions, contact one of our experts to provide solutions.

Area Extension Director Western Maryland Cluster	Dr. Jennifer Bentlejewski jthorn@umd.edu	UNIVERSITY OF MARYLAND EXTENSION
4-H Youth & Development	Lacie Ashby Principal Agent lashby@umd.edu	Karen Wood Senior Agent Associate kwood125@umd.edu
Agriculture & Natural Resources	William Lantz Principal Agent wlantz@umd.edu	Ashley Bachtel-Bodkins Senior Agent Associate Master Gardener Coordinator abachtel@umd.edu
Family and Consumer Sciences	Dr. Lisa McCoy Senior Agent lmccoy@umd.edu	Dr. Jesse Ketterman Senior Agent jketterm@umd.edu
Maryland SNAP Ed	Kristin Spiker Senior Agent Associate kspiker@umd.edu	
Technology	Shelita Jackson Tech Extension Educator sjack111@umd.edu	
Program Management Specialist Roberta Cvetnick rcvetnic@umd.edu	Program Management Specialist Jessica McClurg jmcclurg@umd.edu	Extension Program Assistant Brianna LeMay blemay@umd.edu



UME-Garrett County

Email: rcvetnic@umd.edu

Website: <https://extension.umd.edu/locations/garrett-county>

Location: 1916 Maryland Hwy., Suite A, Mt. Lake Park, MD 21550

Phone: 301-334-6960

Office Hours: M-F 8:30 am-4:30 pm excluding holidays

Facebook: <https://www.facebook.com/4HGarrettCoMD>

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact us at (301) 334-6960.



Roberta Cvetnick

Roberta is using Smore to create beautiful newsletters