

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

APRIL 2021









WE ARE OPEN

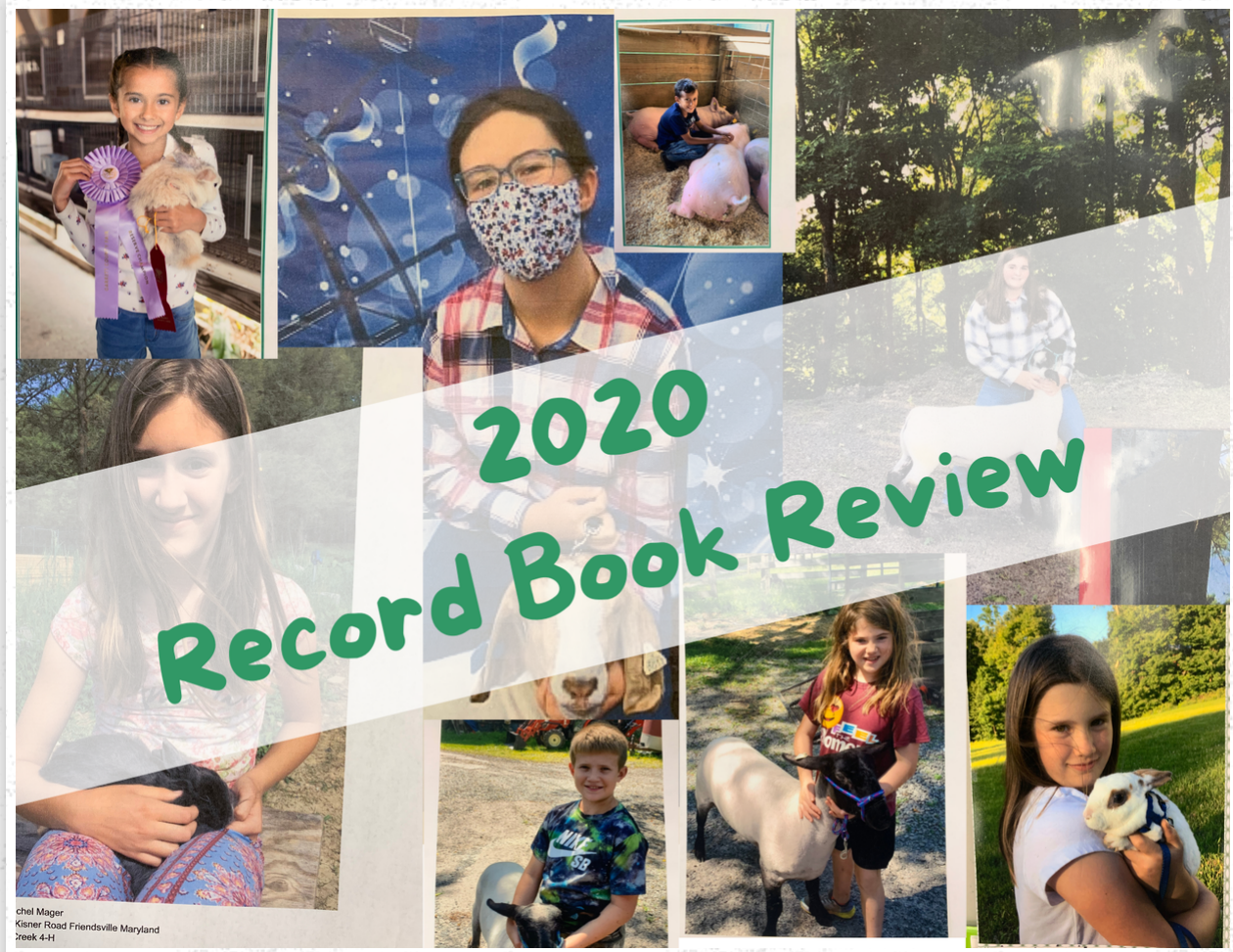
GREAT NEWS! We are now open to the public however, we have a different protocol than before so please call us at 301-334-6960 to get instructions for your visit. A mask will be required to meet with any member of our team. If you do not need to meet in-person, please give us a call or send us an email. We can even set up a Zoom meeting if that fits your needs. As always, we are here to serve you and answer any questions you might have.

4-H RETURNS TO IN-PERSON PROGRAMMING

The Maryland 4-H Program began the process to return to in-person programming on April 1. Due to the local health conditions and restrictions and with the focus on youth and volunteer safety, In-Person 4-H Activities will be reviewed and approved at the local level in alignment with 4-H State guidelines and expectations. In-person 4-H Activities are not required and virtual connections may continue as they meet your club's needs. Please contact Ann Sherrard, 4-H Educator if you are interested in more information on the process.

Restoring Maryland 4-H In-Person Programs	
Baseline Conditions	
Faculty/Staff In-Person Maryland 4-H Programs to resume March 1, 2021 UME 4-H Volunteer pre-approved In-Person Activities to resume April 1, 2021	
	LOCATION 4-H Activity may be held outdoors or indoors. • Outdoors: Space must be large enough to allow physical distancing. • Indoors: Space must provide 56 square feet per participant.
	DIRECTIVES 4-H Activity must comply with state and local directives for indoor or outdoor gatherings.
	SIZE 4-H Activity may not exceed 35 people per group (140 total with multiple groups). This includes all staff, UME Volunteers, and 4-H Faculty/Staff Leaders. • Outdoors: 2 or more = UME Volunteer/4-H Faculty/Staff Leaders • Up to 33 = 4-H Members, parents, others • Indoors: Depends on size of the indoor space. Limited to how many people the room can hold, allowing 56 square feet of physical distance space per person. • Minimum group size: Room size (sq ft) ÷ 56 sq ft = how many people • 2 or more = UME Volunteer/4-H Faculty/Staff Leaders • Up to maximum group size, no more than 33 = 4-H Members, parents, others.
	HEALTH PLEDGE All youth and adults must complete a health pledge certifying they are well enough to participate in the 4-H Activity.
	FACE COVERING All participants must wear appropriate face coverings during the 4-H Activity, as recommended by the CDC.
	PHYSICAL DISTANCING Participants must stay at least 6 feet apart throughout the 4-H Activity.
	HAND HYGIENE All 4-H Activity participants must have access to supplies for hand hygiene (hand sanitizer, sink with soap and water, etc.).
	CLEANING Cleaning and sanitizing supplies must be available, high-touch surfaces and shared equipment or materials must be sanitized.

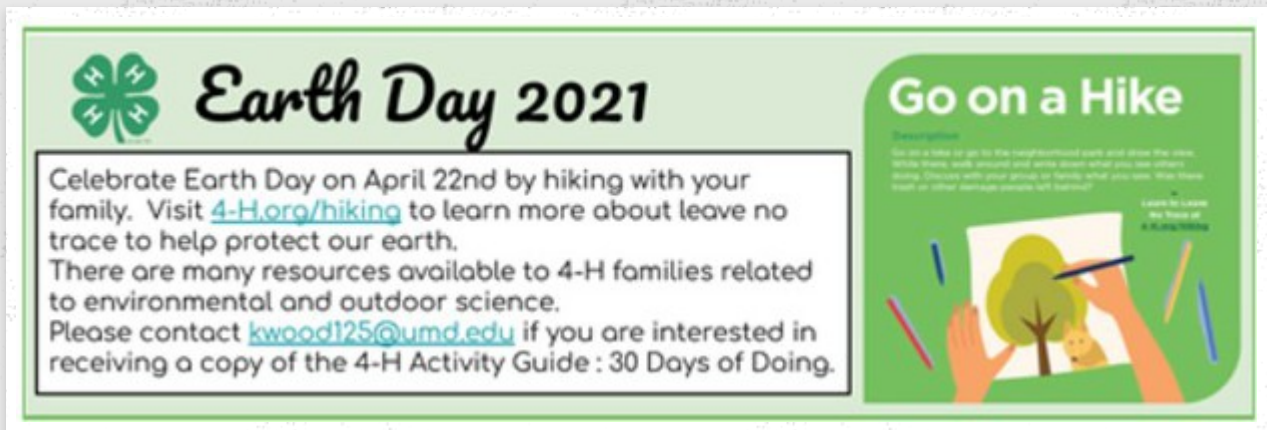
RECORD BOOK REVIEW FINALIZED



4-H record books have been reviewed and finalized. 4-H Leaders will be contacted when they can pick them up to be distributed to the club members.

We received over 250 record books this year! We thoroughly enjoyed all of your stories and pictures.

EARTH DAY ACTIVITY GUIDE AVAILABLE



RAIN BARRELS 101: WHY, WHEN, AND HOW?



Are you interested in learning about the benefits of capturing rainwater? If so, this class is for you! Rain barrels can play an important role in stormwater management and you can use a rain barrel as a best management practice in your landscape. This virtual class will be offered on April 29th and will cover the maintenance requirements, hooking the barrel up to a downspout, and also how to build your own barrel. Restrictions apply, but if you have a Garrett County address, agree to send us a follow-up photo of your installed barrel, and are one of the first 40 people to register after you attend the virtual class, you may be able to earn a free rain barrel. Additional details on the free barrel and downspout adapter will be shared during this class! Registration is required!

[Register Here](#)

RAISED BED BECOMES A FAMILY AFFAIR

Ashley Bodkins, Master Gardener Coordinator, and her family worked together on building this raised bed. Click on the blog post below for the complete story.



Building a Raised Bed – A Famil...

marylandgrows.umd.edu

The snow is finally melting here in Garrett County and spring is getting warmer every day. My husband, Josh, had a few hours to help me build our new raised bed on Saturday. Some of you may have read my planning and budgeting blog from last month, but my building materials have changed. Josh found...

CALF MANAGEMENT WEBINARS

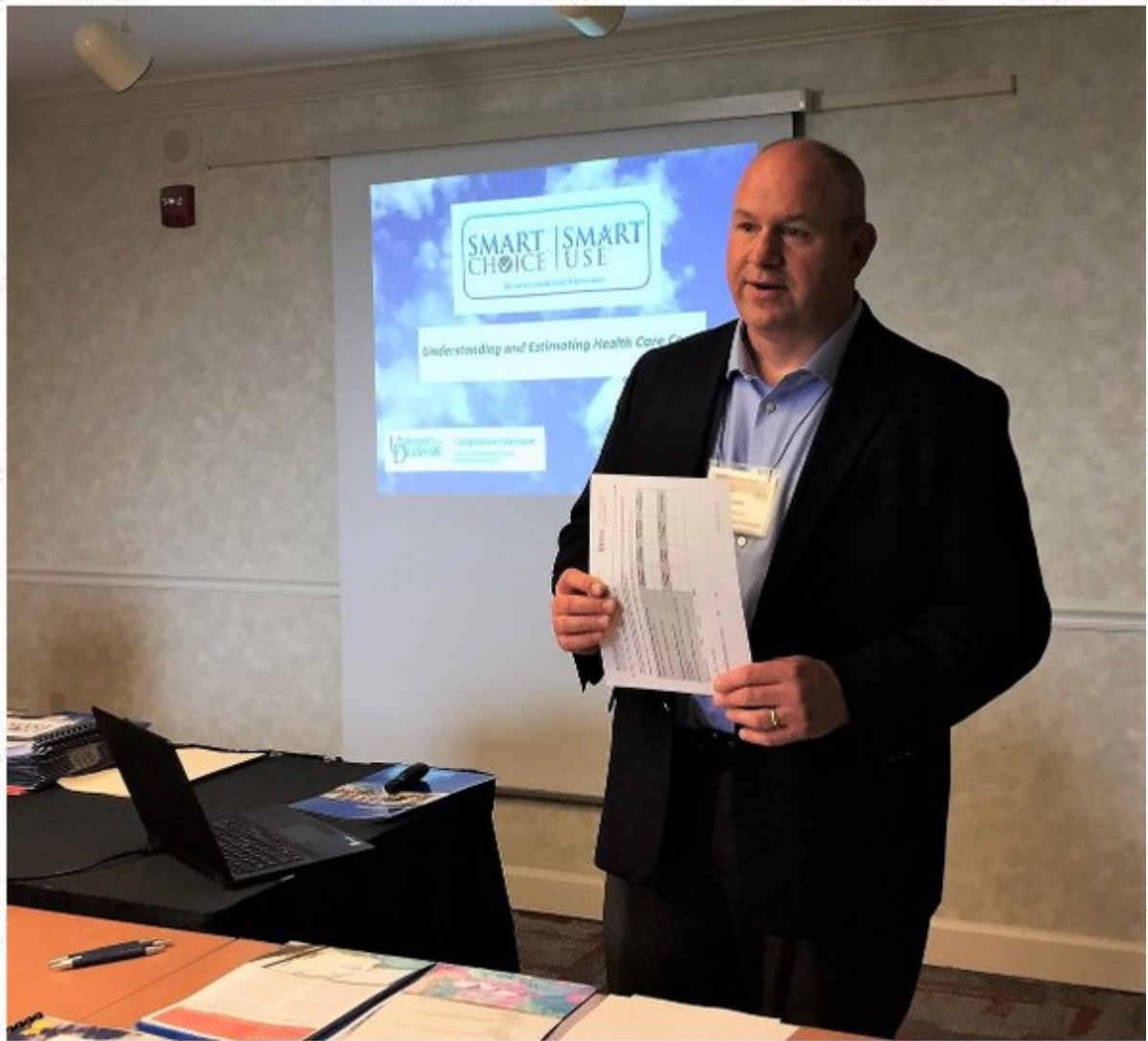


The University of Maryland Extension and the University of Maryland Department of Animal and Avian Sciences will be joint-hosting two free Zoom webinars about calf care and management during the month of April. Regardless of the production system, care and management of calves during the first few months of life is critical in helping them reach their full productive potential. Session I will focus on calf management for the beef herd, while Session II will focus on calf management for the dairy herd. Both events are free, but registration is required. Session details and registration links are listed below. Sessions will be recorded and posted to the dairy and beef extension pages for those who are unable to attend the live event.

Session I: Calf Management, Birth to Weaning: For Beef Producers. **Monday, April 12th from 7:30 - 8:30 p.m.** Registration is available at the following link: https://go.umd.edu/calfcare_beef

Session II: Calf Care, Birth to Weaning: For Dairy Producers. **Thursday, April 22nd from 11 a.m. - 12 p.m.** Registration is available at the following link: https://go.umd.edu/calfcare_dairy

DO YOU REALLY UNDERSTAND YOUR HEALTH INSURANCE BENEFITS?



The University of Maryland Extension Health Insurance Literacy Initiative team has partnered with University of Delaware Cooperative Extension to offer a new, four-part spring series titled Smart Choice Smart Use Health Insurance that aims to assist consumers in understanding their health insurance options and choosing the health insurance plan that best meets their needs.

[Register Here](#)

For more information, contact Dr. Jesse Ketterman at jketterm@umd.edu or 301-724-3320.

EXPLORING TREATMENT GAPS AND THE IMPACT OF COVID 19 ON RECOVERY



The Rural Opioid Training Assistance program (ROTA) is working in collaboration with the Center for Substance Abuse Research (CESAR) at University of Maryland at College Park to offer a series of free, public health-related webinars in 2021. Our next webinar, on Thursday, April 8th, at 2:00 PM, will address "**Telemedicine Perspectives: Exploring Urban-Rural Treatment Gaps, the Impact of COVID-19, and a Successful Rural Program.**"

For more information about this series, contact Dr. Stephanie Hutter-Thomas at shutttert@umd.edu or 301-724-3320. To register, visit our [Maryland ROTA](#) website.



KEEPING CONNECTED

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

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extension.umd.edu/garrett-co...

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