

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

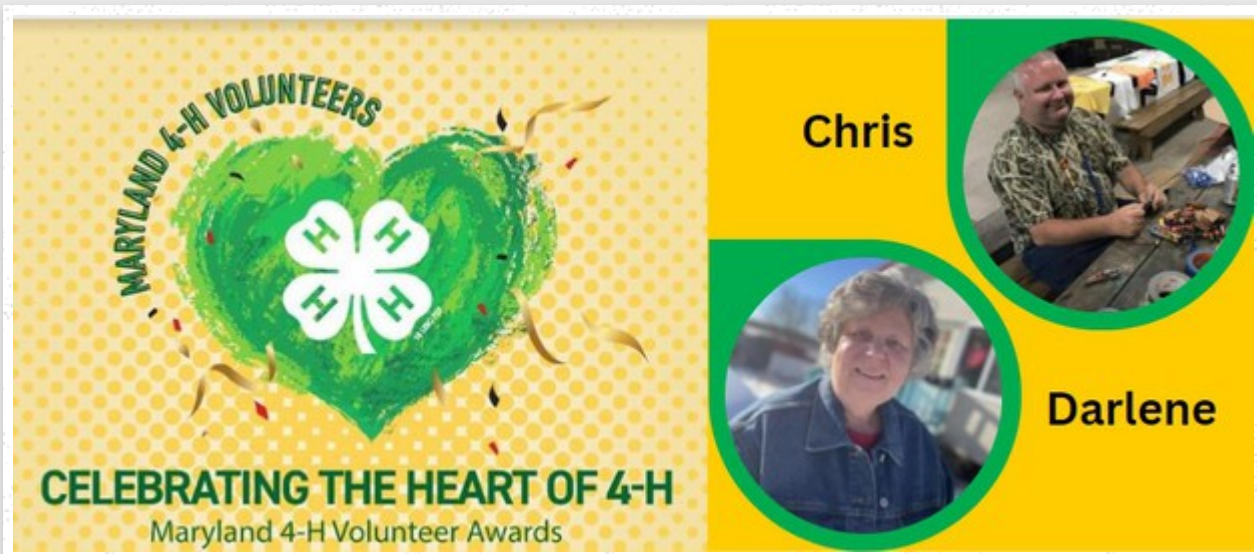
MARCH 2023



WELCOME

Our office is open from 8 am to 4:30 pm Monday through Friday. As always, we are here to answer any questions you might have related to agricultural production, nutrient management, home horticulture, food safety, nutrition, financial management, and 4-H youth development.

**2023 MARYLAND 4-H AWARDS GALA
CELEBRATES 4-H YOUTH &
VOLUNTEERS**



The 14th annual Maryland 4-H Awards Gala was held virtually on February 19th. This year's videos were themed "Be EPIC", and "Maryland 4-H Volunteers: Celebrating the Heart of Maryland 4-H". The virtual event celebrated and highlighted the wonderful stories and achievements of 4-H youth and volunteers.

The following 4-H members received awards:

Jaxson Corbin, Hannah Frazee, Bristol Ketterman & Revie Miller were recognized for earning the Diamond Clover Level 5 award. To earn the award they completed eight tasks including serving as club leaders, assisting younger members, attending regional or state events, providing leadership for activities, and participating in public speaking events.

Laura Huelskamp was recognized for earning the Diamond Clover Level 6 award. To complete this level, 4-H members plan and execute a community project.

Jaryn Teets was recognized for her participation as a member of the 2022 Maryland 4-H Horse Bowl Team and then went on to represent Maryland at the Eastern National 4-H Horse Roundup as the first chair. Also, Hannah Frazee was recognized for her participation in the National 4-H Congress Delegation.

The following 4-H Volunteers were recognized:

Chris Herbert was selected as a recipient of the W. Sherrard Wilson 4-H Service Award. This award recognizes a UME-certified 4-H Volunteer and is designed to honor major Service contributions to the 4-H Program. Darlene Schmidt was the recipient of the Dorothy Emerson 4-H Citizenship Award. The Dorothy Emerson 4-H Citizenship Award recognizes a Certified 4-H Volunteer and is designed to honor major Citizenship contributions to the 4-H Program.

To watch the entire presentations visit the Maryland 4-H YouTube channel at:

<https://www.youtube.com/@maryland4-h715>

JOIN KAREN TO BUILD AN ELECTRICAL CIRCUIT



Learn about electricity and make paper and squishy circuits during the one-hour class at the Extension Office with Karen Wood on Monday, March 20th from 2-3 pm. All supplies will be included. Call our office at 301-334-6960 to register.

INVASIVE PLANTS TO AVOID WHILE PLANT SHOPPING



Plant shopping soon? Avoid buyi...

marylandgrows.umd.edu

It's a sunny day in late February and that means I'm looking at seed catalogs and dreaming of new plants! Have you been plant shopping yet this year? Adding new plants and seeds to your garden creates new scents, textures, colors, and shapes and is the easiest way to increase biodiversity in your landscape!

DO YOU WANT TO BE A CERTIFIED MASTER GARDENER?

2023 Spring Training

UNIVERSITY OF
MARYLAND
EXTENSION

MASTER
GARDENER

TO BECOME A CERTIFIED MASTER GARDENER

TOPICS COVERED

- Introduction to UME, Pre-Test, Intro to MG Program, Intro to Horticulture
- Botany, Plant Science
- Soil Science/Plant Nutrition, Building Salad Boxes
- Ecology, Good Bugs/Bad Bugs, Glyphosate Webinar
- Strawberry, Raspberry & Fruit Production
- Vegetable Gardening, Flowering Shrubs, Storm Water Management
- Entomology, Insects, Pests, Beneficial's---IPM
- Plant Pathology, Plant Diseases, Resources, Plant Diagnostic Keys Insect Presentations
- Bee Keeping/Invasive Insects- Herb Gardening- Invasive and Native Plants
- Heirloom Tomato Gardening, Seed Saving 101, Fall Chores, Bulbs for Spring
- Weed Science, ID, Control, Pesticide Safety, Pesticide Use, and Composting
- Turn in Exam, Volunteer Training, Agreement, etc.- Master Gardener Meeting, Schedule MG Volunteer Hour



Two Training Options
Weekly-March 17-June 22
9:30 am-noon
or

One Week Training April 24-April 28
9:30am-4:00 pm

**Cost \$150 to include Master Gardener Handbook,
Materials & Background Check**

CONTACT TO REGISTER
ASHLEY BODKINS
GARRETT COUNTY MASTER GARDENER COORDINATOR

1916 Maryland Highway
Mountain Lake Park, MD 21550
301-334-6960 ext. 6959
abachte@umd.edu

This institution is an equal opportunity provider.

Two training options will be offered this Spring for becoming a Maryland Master Gardener! A one-week training will be offered April 24-April 28 and a weekly training will be offered March 17-June 22 at our UME-Garrett Office.

The first step in becoming a certified Maryland Master Gardener is to take the Basic Training course. ~ 40 hours of classroom instruction, hands-on demonstrations, and more! Maryland Master Gardener Handbook is included in the \$150 fee. A background check is required to become a volunteer with University of Maryland.

For more information and a complete syllabus of topics please call 301-334-6959 or email abachtel@umd.edu

SPOTTED LANTERNFLY WEBINAR

SPOTTED LANTERNFLY

In Western Maryland Webinar What, Why & How to Control

Wednesday, March 22, 2023 @ noon

MDA Entomologist, Kenton Sumpter will give an update about this pest
Facilitated by University of Maryland Extension

This is a free webinar, but registration is required

Photo Credit: Lawrence Barringer, Pennsylvania Department of Agriculture, Bugwood.org



Registration Link: <https://go.umd.edu/2023lanternflywebinar>

IF YOU HAVE ANY QUESTIONS, PLEASE

CONTACT

ASHLEY BODKINS

MASTER GARDENER COORDINATOR

301-334-6959

OR EMAIL

ABACHTEL@UMD.EDU

UNIVERSITY OF
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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.

Join Kenton Sumpter, an entomologist with Maryland Department of Agriculture, for this informative webinar! The Maryland Department of Agriculture wants to make every Marylander aware of the threat posed by spotted lanternflies and encourages everyone to do their part to slow the spread of this bad bug!

Registration is required by clicking [HERE](https://go.umd.edu/2023lanternflywebinar).

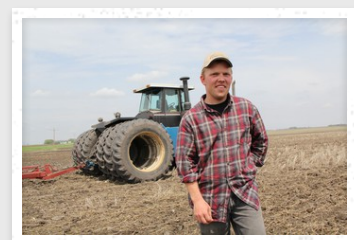
TRY SOMETHING DIFFERENT



Trying new foods with your child could be one of your goals for this year. Eating a variety of fruits and vegetables provides your body with many of the vitamins and minerals it needs to stay healthy. Click [HERE](#) for suggestions from the Maryland SNAP-Ed Program for ideas on how to get them to try new foods.

BEGINNING FARMER WORKSHOP

This spring, a workshop series will be held for individuals who want to learn more about basic farming practices. Topics will include soil and crop fertility, pest management, production practices, equipment, farm resources, and economics. The focus will be on small farms with crop production.



The workshops will begin on Thursday, March 16th, and run for six weeks. The session will be held at the University of Maryland Extension Office in Mt. Lake Park from 6:00 to 8:00 p.m. The cost for the program will be \$20.00. To register or for more information, contact Willie Lantz at 301-334-6960.

SUSTAINABLE AND HEALTHY NUTRITION PRACTICES

Fifty years ago, the Academy of Nutrition and Dietetics created National Nutrition Month to educate the public about the importance of nutrition in all stages of life and the value of Registered Dietitian Nutritionists (RDNs) to assist individuals with dietary needs. RDNs celebrate this month in March nationally and locally. This year's theme is Fuel for the Future focusing on sustainable nutrition practices. You can create healthy habits that are sustainable to protect the environment and meet your specific nutritional needs. Read the entire article below.



Sustainable and Healthy Nutrition Practices Article

Submitted by Lisa McCoy, Extension Educator

[Download](#)

182.6 KB

WORK EXPERIENCE PROGRAM CONTINUES



Our FCS Educator, Dr. Ketterman, continues facilitating workshops for the WEX program on basic financial and health insurance literacy. The Work Experience Program (WEX) participants, while receiving benefits from the Department of Social Services, attend the classroom gaining tools working towards career readiness. Equip work experience program participants with tools for career readiness, including building resumes, acquiring soft skills, conducting job searches, and helping the participants accrue a solid employment history, a professional reference, or a permanent hire status through job site placement.

HEALTH INSURANCE WEBINARS



March 13, 2023
12:00-1:00 PM

**Smart Use Health Insurance™ -
Managing Health Insurance and Resolving Conflicts**

Do you know what to do if you are denied coverage for care?

What if you think you have been billed incorrectly?
Learn how to manage the process for handling disputes with your health insurance company and how to avoid them in the future.



<https://www.eventbrite.com/e/smart-use-health-insurance-managing-health-insurance-resolving-conflicts-tickets-533811513607?aff=ebdsoporgprofile>

March 20, 2023
12:00-1:00 PM

Smart Use Health Insurance™ - Smart Actions

Knowing how to use your health insurance will make you a smart healthcare consumer. Identify smart actions that will help you become a Smart User of health insurance.

WANDA GUARD WILL RETIRE EFFECTIVE APRIL 1, 2023

Being a part of this organization for the past 18 years has been a great privilege and honor. While at Extension, I have found a deep sense of purpose and belonging that will always hold a special place in my heart. Working alongside such exceptional clients and colleagues has been an incredible journey, and I feel immensely grateful for the opportunity. As I embark on the next chapter of my life, I will carry with me fond memories of Extension.

Warmest regards,
Wanda Guard
Business Services Specialist



JOB OPPORTUNITIES

UNIVERSITY OF MARYLAND EXTENSION

COME GROW WITH US

We are seeking an Extension Educator-Horticulture, Agriculture and Master Gardener Coordinator with the University of Maryland Extension in Allegany County. Bachelor's degree required, preferably in an agriculture-related field. This is a full-time faculty position focused on conducting educational programs in home horticulture and agriculture for adults and youth. This position also manages the Master Gardener Program, which includes volunteer recruitment, supervision, and training. Salary commensurate with experience, with a starting salary of \$43,300 per year. The University of Maryland offers an extensive benefits package. Visit <https://ejobs.umd.edu/postings/104578> for more information and to apply. Closing date 3/15/23 or until filled. AA/EOE

WE'RE HIRING

APPLY NOW

Tech Extension Educator/Navigator (Position 127636) UME is seeking to fill positions, one of which is based in Western Maryland (Garrett, Allegany, or Washington County). Within the UME Family and Consumer Science Program, the Tech Extension project addresses the digital divide and increases broadband adoption through digital literacy and navigation programs in Maryland. The Tech Extension Educator will work in digital literacy education, outreach, and digital navigation programs in their respective city/county/cluster.

We Are HIRING

TECH EXTENSION EDUCATOR/NAVIGATOR
Tech Extension Educator/Navigator (Position 127636)
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Find out more at:
<https://ejobs.umd.edu/postings/99785>

For more information, click [HERE](#)



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 Jill Hauser Nutrient Management Program Coordinator jhauser1@umd.edu	Ashley Bachtel-Bodkins Senior Agent Associate Master Gardener Coordinator abachtel@umd.edu
Family and Consumer Sciences	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	Hannah Frazee ExtensionProgram Assistant hfrazee@umd.edu
Administrative Assistants	Wanda Guard wguard@umd.edu	Roberta Cvetnick rcvetnic@umd.edu



UME GARRETT COUNTY



1916 Maryland Hwy., Suite A M...

rcvetnic@umd.edu

301-334-6960

[extension.umd.edu/locations/...](https://extension.umd.edu/locations/)

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