UPCOMING EVENTS

- **December 23 through January 1—**UME Office Closed. Open January 2.
- **February 1—**Several items due to the 4-H Office. See page 2 of the newsletter for details.
- **February 4, 11, 18 & 25—**Livestock Skillathon Practice, 6:30 p.m.
- **February 25—**Animal Science volunteer webinar series, *Clovers in 4-H Animal Projects*, 7:00 p.m.

NATIONAL TRIP APPLICATIONS

National 4-H trips are open to Senior age 4-H members. This cycle applications are for the following National Trips: National 4-H Congress (Atlanta, GA), West Virginia Older Members Conference (Jackson Mills, WV), Virginia 4-H Conference (Virginia Tech Campus), or Camp Miniwanca (Shelby, MI). These trips will take place Fall 2014.

Applications, including a 4-H resume, essay, and application, for National 4-H trips are due to Lacie by **January 10**. The essay topic is: **Write an essay to explain to an elected official your experiences in 4-H and why they should continue to fund the 4-H program.** More details are at [http://extension.umd.edu/4-h/youth-families/awards-recognition](http://extension.umd.edu/4-h/youth-families/awards-recognition).

SEWING CLASS

A beginning sewing class for anyone wanting to learn to sew begins **Monday, January 6 from 4:30 to 6:30 p.m.** The intermediate class will also be meeting at the same time. Classes will be held at the City Park and Recreation Building.

Classes will be held every week for six to eight weeks. If you have a sewing machine you may bring it, but it is not necessary. A list of supplies will be given out at the meeting. Adults are invited to participate also.

**Questions call 301-777-7843.**

NEED A FIELD TRIP?

The **Pennsylvania Farm Show** is the largest indoor agricultural exposition in the country, with nearly 6,000 animals, 10,000 competitive exhibits and 300 commercial exhibits. Held **January 4-11, 2014** at the Farm Show Complex, Harrisburg, PA. Details at [http://www.farmshow.state.pa.us/](http://www.farmshow.state.pa.us/)

The **Great American Outdoor Show** is a nine day event celebrating hunting, fishing and outdoor traditions that are treasured by millions of Americans and their families. The show features nearly 1,000 exhibitors ranging from shooting manufacturers to outfitters to fishing boats and RV’s, and archery to art covering 650,000 square feet of exhibit hall space! It is held **February 1-9, 2014** at the Farm show Complex, Harrisburg, PA. Details at [http://www.greatamericanoutdoorshow.org/](http://www.greatamericanoutdoorshow.org/)

The **National Pet Expo** is an exciting and fun event for pet owners and pet lovers of all ages. It will be **March 1-2, 2014** at the Farm Show Complex, Harrisburg, PA. Details at: [http://www.nationalpetexpo.com/](http://www.nationalpetexpo.com/).
Due to 4-H Office
February 1, 2014

The following are due to our office by February 1, 2014:

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- 4-H Enrollment forms (members and volunteers)
- Club Secretary Book which includes Public Relations Effort by Clubs Form AA-4H/HE4.
- 2014 Planning Calendar
- 2014 Club Officer list
- 4-H Record Books and Project Records for 2013
- Shooting Sports Inventory and Instructor Report

Changes in 2014

- Member fees are not to be submitted with enrollment forms. Once enrollments are entered into the system, a current club list will be sent to the club leader. Fees can then be submitted by May 1.
- Treasurer’s Books with your Annual Financial Report and Club Inventory Report for July 1, 2013 to June 30, 2014 are due to this office by September 1, 2014.

Record Books, Awards, and Fair Eligibility (Read Carefully)

- To receive a ribbon and certificate/seal: members must complete a record book with at least one completed project record inside.
- To receive project pins: projects must be complete and inside a complete record book.
- To meet fair eligibility to show livestock: members must complete a project record on each project exhibited at the 2013 fair to show at the 2014 fair. Records must be submitted in a folder with your name and primary club printed on the front.

For a Record Book Guide which gives the order of the record book and what not to put in your record book, email jparrish@umd.edu or visit: https://www.extension.umd.edu/allegany-county/4-h-youth/4-h-forms

Friend of 4-H Award

The Friend of 4-H award is designed to recognize individuals, groups, businesses, governmental bodies and other institutions in the community who have worked hard to support the 4-H program and are not enrolled in 4-H.

Nominations for this award are now being accepted. Please encourage your club to discuss this, vote, and submit a nomination of a “friend” that has helped 4-H throughout the year. All nominations must be submitted no later than March 1, 2014 to the Extension Office. Applications are available at the office.

Award Sponsored by: Allegany County 4-H All-Stars

4-H Scholarships

Applications for the 2014/2015 academic year are now being accepted. 4-H members planning to continue their education after high school and returning students are encouraged to apply. Applications are available at the UME Office, by email—jparrish@umd.edu, or at http://extension.umd.edu/allegany-county/4-h-youth/4-h-forms

Deadline is April 30, 2014.
What’s in a Record Book?

- **Cover**—a sturdy cover of some sort with your name and primary club on the front
- **Title Page**—picture of you, your name, address, primary club, and the year
- **Table of Contents**
- **Summary Record Sheet**
- **4-H Story**—a written story about your projects, your 4-H year highlights, your 4-H activities, experiences, etc.
- **Project Record Sheets**—one for each project carried during the 2013 year
- **Pictures**—of you, your projects, your club activities, etc. Any pictures that relate to 4-H (descriptions are a nice touch)
- **Newspaper Clippings**—of you, your club, or an activity you participated in (highlight your name or your club, a description of why you included it is always nice.)
- **Correspondence**—letters and notes related to 4-H that you received during your 4-H year

Some Other Tips:

- Put certificates under Correspondence
- Put project workbooks in the back
- Put Diamond Clover reports in the back.
- Actual ribbons earned are safer at home (we try to be very careful with your books, but would hate to accidentally lose one.)
- Remember to have your club leader review and sign it before submitting to the 4-H Office.

STATE EVENT POSSIBILITIES
Maryland 4-H has many competitive events. Check them out and let Lacie know if you would be interested.

Animal Science Events
- Dairy Bowl
- Dairy Judging
- Dog Bowl
- Dairy Goat Judging
- Hippology
- Horse Judging
- Horse Communication
- Horse Bowl
- Egg Preparation
- Poultry & Egg Judging
- Avian Bowl
- Livestock Judging
- Livestock Skillathon
- Rabbit Judging

Engineering Events
- Bicycle Safety
- Lawn Tractor
- Tractor Operator Safety
- Small Engine
- Electric
- Computer
- Robotics

Other Events
- Horticulture Judging
- Fashion Revue
- 4-H Presents!
- Public Speaking

This season, we thank you for giving the gift of life-changing experiences for 7 million 4-H youth.

Happy Holidays
from our 4-H family
to yours,
National 4-H Council
MDA has revised the fair and show animal health requirements for the 2014 show season. Below is a synopsis of the revisions. Please be sure to read the complete requirements on their website at http://mda.maryland.gov/animalHealth/Pages/Fairs-Shows.aspx

New for 2014: New Federal and State Animal Identification requirements are being implemented. All animals (cattle, swine, sheep, goats) must have “Official Identification” to enter fairs and shows. MDA classifies “Official Identification” as:

**Cattle** – “Official Identification” is a tag with the US shield on the tag. Brands or tattoos will no longer be an acceptable form of identification for MDA Health Requirement purposes.

**Swine** – “Official Identification” is a tag with the US shield on the tag. Recognized breed ear notches or tattoos will no longer be an acceptable form of identification for MDA Health Requirement purposes.

**Sheep & Goats** – All sheep and goats must be officially scrapie-identified. In addition, “Official Identification” can be one of the following options:

a. Tag with the US shield on the tag;

b. Legible registration tattoos, for which the registration paper shall accompany the animals, or;

c. Legible tattoos consisting of an individual animal number unique with in the flock in one ear and the official scrapie premise identification number (flock ID) in the other ear.

**How to prepare for this requirement:** Members/producers have two options:

1. Members/producers can request official identification tags having the US shield from MDA by calling 410-841-5810, or emailing animal.disease.traceability@maryland.gov, tags should be free of charge, more information for requesting tags at http://mda.maryland.gov/animalHealth/Pages/disease-traceability.aspx or;

2. When the veterinarian comes to complete and sign your inter/intra state health papers, the veterinarian can tag the animal with an official tag containing the US shield (MDA says veterinarians will have the tags, but a call ahead asking your vet might also be a good idea).

So for 2014 fair, unfortunately, yes our market and commercial breeding animals will have two tags, our 4-H tag, and a MDA official tag in order for a veterinarian to sign off on your health papers. However for 2015, MD 4-H is hoping to work with MDA to get their US shield on our 4-H tags.
Livestock Skillathon is a contest to demonstrate your knowledge and understanding of animal science and management in the areas of breeds identification, equipment identification, meats identification, meats judging, hay judging, wool judging, feeds identification, animal parts identification, anatomy, quality assurance, and a written exam.

We will have practices February 4, 11, 18, 25, at 6:30 p.m. at the little white church past Rocky Gap. We are also trying to schedule some joint practices with Garrett County 4-H to have speakers or field trips.

A County contest is to be determined for the end of January. Keep on the lookout!

A SPECIAL THANK YOU...

To our volunteers and parents who assisted with steer tagging. We tagged 18 market steers for the 2014 fair.

4-H HORSE ART CONTEST

The seventh annual 4-H Horse Art Contest will be held January 18-20, 2013 at the Maryland Horse World Expo in Timonium, MD. Youth carrying a 4-H horse project may submit drawings, paintings and photographs that illustrate a skill or set of skills they learned through their participation in the Maryland 4-H horse project. Entry forms and artwork must be submitted by Wednesday, January 9, 2013 to the address listed on the entry form.

http://extension.umd.edu/4-h/4-h-horse-art-contest-maryland-horse-world-expo

Felicia Blubaugh, member of the High Rock 4-H Club, attended the ARBA National Convention rabbit show held in Harrisburg, PA for the newsletter. She won 5th place with her Netherland Dwarf Chestnut Senior Buck and 6th place with her Himi Mini Rex junior buck. She also won 1st place in color photography and 1st with a pencil drawing.

Danielle Flinn, Member of Mt. & Valley 4-H Club, recently attending the Lambing and Kidding School. Susan Schoenian, Sheep & Goat Specialist for UME, holds the classes at the Western Maryland Research Education Center in Keedysville, MD.
**LET’S SEW**

Members of the Mt. View 4-H Club, Mt. Savage, participated in a sewing class for beginners. The class was held in Cumberland at the Constitution Park.

Pictured with their completed lounge/sweat pants from left to right are Hannah Winters, Alexis Dom, and Shawnta' Rodenberg.

**WILDLIFE WEEKEND**

Four Allegany County members attended the Wildlife Habitat Education Program held at Camp Misty Mount in Thurmont, MD. The weekend included wildlife identification, ecological concepts, and wildlife management practices.

Pictured left to right: Rob Bower, Dillon Young, Olivia Young, and Elizabeth McKenzie.

**4-H & TRACTOR SUPPLY**

Members of the High Rock 4-H Club recently assisted with the sale of paper clovers at the Tractor Supply in LaVale.

Pictured are: Andrew Young, Jeremiah Mudge, Brianna Ravenscroft, Jayla Parker, Lydia Mudge, Olivia Young, Dillon Young

**JOINT CLUB MEETING**

4-H Paws and Pals would like to thank the members of Just Hoofin' It 4-H Club, who hosted a joint club meeting in May.

The members of Just Hoofin' It did an informative meeting on horses for the members of 4-H Paws and Pals. It was a fun time for both clubs!
STATE SHOTGUN MATCH RESULTS

Allegany County had nine members compete in the State 4-H Shotgun Match. Results were:

**Junior:** Chase Scarlett 4th place overall, and 3rd in Trap; Rob Bower 5th overall

**Other Participants:** Bill Bower; Ricky Jones, Khyle Klem, Zachary Pheasant, Remington Ross, Drew Scarlett, Griffith Speis.

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CRAFT CORNER

SNOWMAN JAR CRAFT

**You will need:**
- Empty (clean) peanut butter jar
- Cotton balls
- Black and orange craft foam
- Child’s sock
- Piece of felt
- Glue (or glue dots – one of our new favorite products)
- Scissors
- 2 googly eyes

**Instructions:**
1. Fill the peanut butter jar with cotton balls. Try to squish them into the jar tightly. Put the lid on the jar.
2. Glue on two googly eyes.
3. Cut a small orange triangle out of craft foam and glue it under the eyes as a nose.
4. Cut some small circles out of black craft foam and glue them into a smile on your snowman.
5. Cut a piece of felt that is able to wrap around the jar. Glue it into place towards the bottom of the jar.
6. Roll the bottom of the sock up and fit it over the lid of the jar as a hat.

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**January Birthdays**
Kayla Albright  
Emily Book  
Rebekah Book  
Katelyn Davis  
Joshua Davy  
Jayla Dewalt  
Carmen Fox  
Brittney Humbertson  
Christian Humbertson  
Emily Hunter  
Ryan Jacks  
Audrey Kimble  
Benjamin Northcraft  
Jordan Pierce  
Jacob Slattery  
Michael Snyder  
Darrah Speis  
Samantha Youngblood

**February Birthdays**
Jakob Bartlett  
Kylee Cessna  
Tiffany Cooper  
Allyson Crowe  
Kayelah Davy  
Jordan Delgado-Cleveland  
Trenton Hite  
Kristina Mason  
Charles O’Boyle  
Thomas Price  
Jenna Puffinburger  
Matthew Puffinburger  
Yasmina Rustique  
Jordan Shivers  
Kimberly Simmons  
Audrey Slattery  
Dillon Young

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MORE NEWS!

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HEALTHY HOLIDAYS WITH THE FAMILY
Lisa McCoy, Extension Educator, Family & Consumer Sciences

December is a month filled with many family traditions – from gift-giving, holiday dinners to visits with long-distance family members. But the holidays can also be a stressful time of year. Childhood holiday memories stay with us our whole life so make your holidays more happy than stressful. Here are some tips to help your family enjoy the holidays and make some new memories:

♦ Choose gifts that are special. Don’t feel pressure to spend a lot of money on gifts - consider a handmade gift instead. Take the time to help your child to “make” a gift for those special family members – it will be priceless.

♦ Enjoy the sights and sounds of the season. Select an evening when you pile everyone in the car, turn on the Christmas carols and drive around the neighborhoods to enjoy the Christmas lights.

♦ Have a movie night. Pop the popcorn, dim the lights and enjoy your favorite holiday movies with the whole family.

♦ Remember to keep balance in your eating. Holiday celebrations often find us overindulging in sweets and high-calorie foods. You can still enjoy those holiday meals but balance it with healthy foods throughout the rest of the holidays. Use your slow cooker to save time in the kitchen so you can spend more time with your family.

♦ Find ways to be active as a family. Just 30 minutes of activity each day will prevent that holiday weight gain, relieve stress, and help you enjoy the holidays more. Take a walk outside and enjoy nature. When it snows, make the most of it. Play outside with your family: build snowmen, make snow angels, go sledding or have an old-fashioned snowball fight.

♦ Volunteer. This is a time of giving so what better way to teach your children than to volunteer at a soup kitchen, homeless shelter or nursing home. They will remember that good feeling they get from helping others.

♦ Remember to laugh. Laughter releases those important stress-reducing chemicals in our brains. Laughter is also contagious so share it with someone you love.

SLOW COOKER CHICKEN TACOS

1 can green chiles, diced
1 jar salsa (12 ounces)
1 teaspoon ground cumin

1 whole onion, chopped
2 cloves garlic, minced
2 pounds boneless, skinless chicken thighs

1. Place chicken in the bowl of a slow cooker. Top with salsa, diced green chiles, cumin, onion and garlic. Cover and set on low. Cook for 8 hours.

2. Remove chicken from pot, shred, and return to juices.

3. Spoon chicken into taco shells, with whatever toppings your family likes. Or use the meat to make burritos, tostadas or as a filling for enchiladas.

Source: Alison Needham, DisneyFamily.com
## 2014 4-H Calendar

### January
- **1**—UME Office Closed
- **10**—Resumes for national trips due to Lacie.
- **15**—Resumes for national trips to State 4-H Office.
- **17 to 19**—World Horse Expo
- **20**—UME Office Closed
- **28**—Animal Science Volunteer webinar series, *State Animal Science Program Updates*, 7:00 p.m.
- **TBA**—County Livestock Skillathon Contest

### February
- **1**—Due to 4-H Office: Record Books & Project Records, Enrollment Forms, Secretary Books
- **4, 11, 18 & 25**—Livestock Skillathon Practice, 6:30 p.m.
- **17**—4-H Day in Annapolis
- **20**—UME Office Closed
- **28**—Animal Science volunteer webinar series, *Clovers in 4-H Animal Projects*, 7:00 p.m.

### March
- **4**—Officer Training, 6:30 p.m.
- **7**—Public Speaking Contest, 6:30 p.m.
- **8**—State Livestock Skillathon
- **25**—Animal Science volunteer webinar series, *Liabilities Surrounding Animal Projects & Events*, 7:00 p.m.

### April
- **5 to 10**—National 4-H Conference
- **18**—Easter Egg Hunt, UME Closed
- **26**—Spring livestock tagging, 8 a.m. to 12 p.m.
- **26**—Maryland Day, State Public Speaking
- **27**—Achievement Night,
- **29**—New Volunteer Training, 6:00 p.m.
- **29**—Animal Science volunteer webinar series, *Club Activities to Support Animal Projects*, 7:00 p.m.
- **30**—County 4-H Scholarships Due

### May
- **1**—ALL Livestock Registrations, County Bred Entry Cards, Bred & Owned Entry Cards, Horse, Chicken, Rabbit Registrations, Breeding/Performance Leases—for all animals exhibiting at fair—both breeding and market!
- **3**—State 4-H Wildlife Habitat Education Contest
- **3 to 4**—MD Sheep & Wool Festival
- **17**—4-H/FFA District Livestock Show, Garrett Co.
- **26**—Memorial Day, UME Closed
- **27**—Animal Science volunteer webinar series, *Volunteer Roles in Clubs*, 7:00 p.m.

### June
- **24**—Record Book workshop, 6:30 p.m.
- **28 to 30**—Horse Jamboree and Horse Communications Contest
- **29**—4-H/FFA District Livestock Show, Garrett Co.
- **29**—Animal Science volunteer webinar series, *Volunteer Roles in Clubs*, 7:00 p.m.
- **30**—County 4-H Scholarships Due

### July
- **4**—UME Closed
- **8**—Fair set up & picnic
- **12 to 19**—Allegany County Fair
- **16**—4-H Presents at Fair
- **19**—4-H/FFA Livestock Sale at Fair
- **31**—State Fair entries due

### August
- **20 to Sept. 1**—Maryland State Fair
- **23**—State Engineering Contests at State Fair
- **30**—State Judging Contests at State Fair

### September
- Enrollment for new 4-H year begins.
- **1**—Labor Day, UME Office Closed

### October
- **5 to 11**—National 4-H Week
- **5 to 11**—TSC paper clover sales
- **10**—National Trip applications to Lacie.
- **28**—Record Book Workshop

### November
- **4**—Election Day, UME Office closed
- **10**—New Volunteer Training
- **11**—Veterans’ Day, UME Office closed
- **20 to 23**—Northeast Region 4-H Volunteer Forum, Ocean City, MD
- **22**—County steer tagging, 8-10 a.m.
- **27 to 28**—UME Office closed for Thanksgiving

### December
- **November 28 to December 2**—National 4-H Congress
- **1**—Market Steer registrations, County Bred Entry Cards, Bred & Owned Entry Cards due to 4-H Office.
- **25 to Jan. 1**—UME Office Closed for winter break

Dates and Times Subject to Change
Don’t forget to “like” Allegany County 4-H on facebook to receive the latest news and updates.

http://extension.umd.edu/allegany-county/4-h-youth

To receive your newsletter by email, send a note to: jparrish@umd.edu