Montgomery County 4-H

News & Notes

December 2014

A PDF Version of this newsletter is available on the Montgomery County 4-H Website

Montgomery County 4-H
18410 Muncaster Rd
Derwood, MD 20855
(301) 590-9638
extension.umd.edu/montgomery-county/4-h-youth

Alganesh Piechocinski, CFLE
Senior Extension Educator
4-H Youth Development
(301) 590-2804
algapie@umd.edu

David Gordon
Extension Educator
4-H and Agriculture
(301) 590-2813
dgordon3@umd.edu

Jeanine Shriver
Administrative Assistant
(301) 590-3210
jshriver@umd.edu

Mike Laudwein
4-H Program Assistant
(301) 590-2824
mlaudwei@umd.edu

4-H CALENDAR

December
19 - HoneyBaked Ham orders due
29 - Beef registration due

January
3 - Beef weigh-in
7 - First skill-a-thon meeting
9 - Due—record books, president’s service award form
9 - Due from leaders—award nomination forms, level 1-4 diamond clover reports
10 - 1st Healthy living summit
14 - Record book judging
15 - Out-of-state trip applications due

!!! VERY IMPORTANT !!!
THE NEW WAY TO RE-ENROLL IN 4-H

All youth and volunteers who wish to remain in 4-H must re-enroll every year, and the process for re-enrolling in 4-H has changed for 2015. The state 4-H office has decided to use a new online re-enrollment system called 4-H Online and we hope that it will make the process smoother and easier for everyone. Since this is the first year we’re using it, everyone will need to enroll in 4-H as a new member, even if you’ve been a member for years. We ask that everyone enroll themselves online since it will greatly reduce errors, but if you can’t access the internet, there is a paper form you can fill out and return to your club leader—you can find it on our website in the members’ area or get it from your club leader.

You will use 4-H Online to select your club and the projects you plan to take for the year. If you wish to enroll in a new club, you must first ask the club leader for the club you wish to join before enrolling in it online. If you don’t have the contact information for the club you want to join, you may request it from Mike Laudwein at the county office (mlaudwei@umd.edu, 301 590 2824).

The 4-H Online re-enrollment system will become active on January 2—you may then create your account in the system and re-enroll for 2015. Instructions for youth members and adult volunteers will be posted in the members’ area of our website, along with the link to 4-H Online: https://extension.umd.edu/montgomery-county/4-h-youth/4-h-member-area.

PLEASE COMPLETE YOUR RE-ENROLLMENT NO LATER THAN FEBRUARY 15!
If you are having difficulty using the system, please contact your club leader.

RECORD BOOKS DUE IN JANUARY

If you are doing a record book, you will need to turn it in to your club leader because they need to sign off on it—check with them to see when they need it. Then, your leader will need to turn it in to the county 4-H office by January 9th.

If you need a record book cover, you can pick them up at the 4-H office for free; your leader may also have some. To find out how to complete a record book and to download the appropriate forms, go to our 4-H member page: https://extension.umd.edu/montgomery-county/4-h-youth/4-h-member-area. If you need help in putting your records or resumes together, please contact our office no later than December 19.
20 - Healthy lifestyles workshop
24 - 2nd Healthy living summit
26 - New officer training
31 - communication workshop

February
7 - Visual presentation workshop
8 - Dog agility match
15 - ONLINE REENROLLMENT DUE
21 - Recognition night

March
14 - Public speaking contest
28 - Gardening workshop

April
11 - Healthy lifestyles contest
26 - Maryland day

June
6 - Fashion revue
20-22 - Summer science days

July
12-17 - 4-H Camp

RECORD BOOK JUDGES NEEDED

Record Book Judging will take place at the 4-H Office on January 14 starting at 4:00. Each 4-H Club MUST send at least two volunteers to assist with the record book judging process. An extension educator will be available throughout the judging to provide on-the-job-training and to answer questions. Club leaders need to RSVP to Jeannine (301 590 2804 or jshriver@umd.edu) by January 9 with the names of their volunteers.

PORTFOLIOS & OUT-OF-STATE TRIP APPLICATIONS

4-H seniors (4-H age 14 and up) from across the state will be selected to represent Maryland at the following events:

- National 4-H Congress
- West Virginia Older Youth Conference
- Virginia 4-H Congress
- Camp Miniwanaca in Michigan

Youth who are selected for one of these trips will receive a full scholarship and travel expenses. In order to be considered for this great opportunity, you must submit a portfolio and an out-of-state trip application to the state 4-H office by January 15. A portfolio consists of a resume and an essay. You will also be interviewed by state 4-H staff—you will be contacted with the details. Your essay should describe the impact that being in 4-H has had on your life and should be no longer than two pages, double-spaced, with one inch margins, and a font of 12 point Times New Roman. The resume should be no longer than three pages, single-spaced, with one inch margins, and a font of 12 point Times New Roman.

Visit the state website to find out more about this program, download the application, and see the score sheets for your resume, essay, and interview: http://extension.umd.edu/4-h/youth-families/awards-recognition.

Submit your trip application and portfolio online here: https://adobeformcentral.com/?f=BG7TIZOPBqqAsA9phUZhCQ#You can also send your portfolio to the county 4-H office by Jan 9 to have it judged with the record books.

If you need help with your portfolio, call Alganesh Piechocinski at the 4-H Office, 301 590 2804.

4-H CAMP TAWASENTHA

This year the camp will take place from July 12 - 17. 4-H Camp is for any youth (not just 4-H’ers) who will be 8 – 13 on January 1, 2015. We offer swimming, fishing, and canoeing on 24 acre Cunningham Lake and campers sleep in rustic cabins throughout the grounds. We have several nature trails and a nature education center. Campers can enjoy educational hikes led by a trained naturalist.

Campers who want a challenge can experience our outdoor confidence course, led by professionals trained to help campers safely test their physical ability and gain team building skills. We also have a rifle and archery range with certified instructors. We offer crafts classes, leatherworking, multiple group activities, and we provide our culinary-inclined campers a chance to learn outdoor cooking skills.

All the forms you need to register for camp will be uploaded to our website in early February: https://extension.umd.edu/montgomery-county/4-h-youth/4-h-camp-tawaswentha.

Camp youth leadership for 14 – 18 year olds

Our camp is certified by the American Camp Association (ACA), so we meet exacting safety and training standards. Part of these standards require all 14 – 18 year olds to hold a youth leadership position. If you will be 14 – 18 as of January 1, 2015 and are interested in being a leader at 4-H camp this summer, contact Mike Laudwein (mlaudwei@umd.edu, 301
590 2824) to be sent the necessary forms and bring them to our initial meeting on January 11, 2015 from 1 – 4 pm at the 4-H office. We will be interviewing for all leadership positions on January 25, 2015 from 1 – 4 pm at the 4-H office. The deadline for all leadership applications is January 25, 2015.

If you have any questions regarding camp, please contact Mike Laudwein at the 4-H office.

**PRESIDENT’S VOLUNTEER SERVICE AWARD**

The President’s Volunteer Service Award will be presented once again this year at Recognition Night in February. To earn an award, you must submit a record of your volunteer services for a 12 month period (Jan 1, 2014 – Dec 31, 2014). To learn more about the award and to download the record form, visit our website: [https://extension.umd.edu/montgomery-county/presidents-volunteer-service-award](https://extension.umd.edu/montgomery-county/presidents-volunteer-service-award).

Please send the form to the 4-H Office no later than January 9 to receive credit for your hours. Below are the requirements for earning the award—there have been some changes this year to make it easier for younger people to earn the award.

<table>
<thead>
<tr>
<th>AGE</th>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids (5-10)</td>
<td>26 – 49 hours</td>
<td>50 – 74 hours</td>
<td>75 + hours</td>
</tr>
<tr>
<td>Teens (11–15)</td>
<td>50 – 74 hours</td>
<td>75 – 99 hours</td>
<td>100 + hours</td>
</tr>
<tr>
<td>Young Adults (16-25)</td>
<td>100 – 174 hours</td>
<td>175 – 249 hours</td>
<td>250 + hours</td>
</tr>
</tbody>
</table>

**BEEF REGISTRATION DUE DECEMBER 29**

If you plan on having market beef as a project this year, you need to complete the Livestock Registration Form and send it to the county 4-H Office (18410 Muncaster Rd, Derwood, MD 20855) no later than December 29. You can find the form, and more information about 4-H animal sciences, here: [https://extension.umd.edu/montgomery-county/animal-science-info-forms](https://extension.umd.edu/montgomery-county/animal-science-info-forms). Registration forms for other animals are due at a later time.

**BEEF WEIGH-IN**

The beef weigh-in will be held at 8 AM on January 3 at the county fairgrounds. If you are not in the beef club and need to participate in the weigh-in, please contact Peggy Davis, montbeef@aol.com, 301 447 2651.

**SKILL-A-THON**

Interested in learning more about farm animals? Think you might be interested in being a veterinarian? Regardless of whether you own an animal or simply have a desire to learn about them, we want you! The Livestock Skill-a-thon Team is getting ready to start practices. You will learn everything you would in an introductory animal science class, including feeds, meats, animal identification, equipment, and everything in between. If you are interested, please contact David Gordon at (301) 590-2813, email at dgordon3@umd.edu, or simply come to one of the first meetings. This year, we will again be practicing with Howard County, and the first two meetings are at the Howard County Fairgrounds dining hall on Jan. 7 and 14 at 7 pm. Most practices will be on Wednesday nights. Everyone who participates will have the chance to attend the State Skill-a-thon Contest held in connection with the Maryland Cattleman’s Convention on the first Saturday in March in Hagerstown, MD. Please contact David Gordon if you have any additional questions.

**LEADERS—CHARTER RENEWAL FORMS NEEDED**

This is a reminder that the 4-H office is still missing important charter renewal documents from several clubs. If you have not done so already, please send the following completed forms to Mike Laudwein at the 4-H Office: Charter Renewal Application, Program Plan, 990 form, Public Relations Efforts, Affiliation Agreement, Property Inventory, Behavioral Forms, Financial Summary, and By-Laws. Please try to have everything to us before January 1.
FUNDRAISING FOR THE 4-H INTERSTATE EXCHANGE PROGRAM

The Interstate Exchange Program is a great way for our 4-H’ers to experience new places, meet new people, and learn new things, and then bring that knowledge back to benefit Montgomery County. Our Exchange members need to raise a large amount of funds to make this happen, and we hope that you can help us. There are several ways you can aid us:

1. Help us by purchasing delicious hams, turkeys, side dishes, and baked goods for the holidays from the Gaithersburg HoneyBaked Ham. To place an online order, go here: https://myhoneybakedstore.com/gaithersburg/2205/epp/index.asp. Then, enter this code: GNWYJB. Ordering ends Dec 19. Pick up your purchase on Monday, December 22, from 3:30 to 6 pm at the 4-H/Extension Office (18410 Muncaster Rd, Derwood, MD 20855).

2. Collect bags of empty aluminum soda cans, bags of clothes, and ink cartridges and bring them to the 4-H/Extension Office.

HEALTHY LIFESTYLES WORKSHOP

Want to learn and have fun on your day off from school? Mark your calendar for the 2015 Healthy Lifestyles Workshop! All 4-Hers are invited to attend the workshop, which takes place on Tuesday, January 20, 2015 from 8:30 am – 2 pm at the county 4-H Office in Derwood. There will be a guest speaker, followed by two hands-on workshops. The topics have not all been finalized, but will follow in the tradition of bringing you the latest trends in fitness, nutrition and healthy living. The workshops will be separated by lunch. A special healthy pizza-making activity will take place during lunch, but feel free to supplement the pizza with your own extra lunch items brought from home. Beverages will be provided.

This is a great opportunity for a county-level event on your Diamond Clover plan, as well as a nice entry for next year’s record book, especially if you carry a foods project. However the best reason to come is that you are going to have a great time with all your county 4-H friends and learn some cool stuff!

Please register no later than January 14 by completing our online form (https://extension.umd.edu/montgomery-county/healthy-lifestyles-workshop-2014) or by contacting Mike Laudwein (mlaudwei@umd.edu, 301 590 2824) with your name, phone number, and a parent’s email address.

Lastly, volunteers are needed for the workshop. We ask that 4-Hers 12 and over sign up to volunteer for this opportunity, which can be used to earn SSL hours and to learn leadership skills. Please contact Alga Piechocinski (301 590 2804) if you are interested in volunteering.

BECOME A HEALTHY LIVING AMBASSADOR

The Maryland 4-H Healthy Living Program is holding two Healthy Living Summits in January to recruit and train healthy living ambassadors. We are asking clubs to designate two 4-Hers to come to one of these summits to become ambassadors for their 4-H clubs and communities.

These healthy living ambassadors will learn about healthy snacks, activities, and exercises and take them back to their clubs and counties to promote healthy lifestyles.

You may attend either summit. The first takes place at the Montgomery County 4-H Office on Jan 10, and the second at Thendara 4-H Center in Dorchester County on Jan 24. Both summits run from 10 am to 3 pm. The summits are open to all 4-Hers ages 8 - 18! Please RSVP by Jan 1 for the Montgomery County Summit and Jan 15 for the Thendara Summit.

Please see the flier at the back of this publication for more information and to register.
COMMUNICATION & VISUAL PRESENTATION WORKSHOPS

The 4-H Central Cluster (Montgomery, Frederick, and Howard Counties) is providing a great opportunity for all 4-H youth to participate in two workshops that allow you to express yourself and to improve your ability to speak before an audience:

- Communication Workshop – Jan 31 at the Howard County Fairgrounds. This workshop will help you present prepared, extemporaneous, and improvised speeches, as well as radio spots.
- Visual Presentation Workshop – Feb 7 at the Montgomery County 4-H/Extension Office.

You will expand your speaking talents and learn many valuable lessons that will help you in school, college, and in the job market. You can also use what you learn to compete in the cluster and state public speaking events and the demos/illustrated talks at the county fair.

To register for the workshops, visit our website: https://extension.umd.edu/montgomery-county/communication-visual-presentation-workshops, or contact Mike Laudwein, mlaudwie@umd.edu, 301 590 2824.

FAIR AWARD DONORS NEEDED

4-H is in need of some donors to support certain county fair awards. The cost of most awards range between $15 and $25. If you, or an organization or business that you know, is interested in supporting our 4-H’ers by providing an award, contact Mike Laudwein, mlaudwei@umd.edu, 301 590 2824. Please contact us before January 1 so that we can arrange to have these awards in the 2015 fair catalogue. These are the awards needing donors:

**Indoor Awards:**
- Junior and Senior Reserve Champion in Pies
- Junior and Senior with the Most Blue Ribbons in Candies
- Champion Presentation Team in agriculture
- Junior and Senior 4-H member with the Best Entry in Needle Arts
- Judge's Choice Award to Junior or Senior member for Best Piece of Needlework (done by using a needle with an eye)
- Junior and Senior with the Best Entry in Salads

**Outdoor Awards:**
- 1st Year Beef Showman
- Master Dairy Showman
- First place Junior three-year old Jersey Cow
- Champion Swine Showman
- Master Showman Award to 4-H’ers who have already won a Fitting and Showing Championship
- Herdsmanship Contest winner, Swine Department
- Overall Champion of the Promotion Class, 4-H Pet Show
- Oberhasli Champion
- Junior Equitation Champion
- Junior Hunter Champion
- Junior Promotion Division Champion, 4-H Horse & Pony Dept.
- Senior Promotion Division Champion 4-H Horse & Pony Dept.
- Sportsmanship Award, 4-H Horse & Pony Dept.

JOIN THE 4-H STATE COUNCIL

Are you passionate about 4-H? Are you a senior 4-H Member (14 - 18) that has been with 4-H (in any state) at least two years? Are you interested in serving as a leader for your Club, your County, and your State? As a council member, you will serve for two years and join one of several state committees—planning and outreach, service, public issues, public relations, or finance. You will also be a vocal advocate for 4-H and the Council through public speaking engagements at the club, county, regional, or state levels.

Send your applications to the state 4-H office by **December 15**—8020 Greenmead Drive, College Park, MD 20740, or email to alishat@umd.edu.

**DOG AGILITY MATCH**

A 4-H dog agility match is taking place to allow Maryland 4-H’ers to compete with each other in a fun and friendly event. See the flier at the back of this publication for more information.

**4-H ADVANCED ELECTRIC CLUB**

The 4-H Advanced Electric club meets at 7:30pm on the third Wednesday of the month from September to July at the 4-H Center. The next meeting is on December 17th.

Club members learn electrical and electronic principles and practices. The projects can be entered in the fair. If you are interested in participating contact the club leader Ed Hogan at 301-926-9547 or contact the 4-H office. All are welcome the attend meetings.

Club members are learning about switches, resistors, diodes, batteries and circuit wiring. The current project involves building an LED flashlight.

**THE ENTOMOLOGY PROJECT CONTINUES**

Do you want to have fun learning about insects and nature? And join the other 4-H’ers who participated earlier this year? Ages 8 - 18 are eligible for 4-H, and their families are invited, so spread the word that we welcome newcomers. Join us on the first Thursday of each month at the 4-H/Extension Office at the Agricultural History Farm Park, 18410 Muncaster Road, Derwood, MD.

We will start at 7:00 PM and finish about 8:30 PM.

In addition, space is reserved for the same time on the third Thursdays for special projects such as assembling your own wooden collection display cases, guest speakers, demonstrations, insect identification, labeling, and pinning. We may do insect photographing, field trip collecting, insect raising and much more, while making new friends.

For more information, please contact edwardmhogan@gmail.com or sandybackintime@aol.com.

**NEW OFFICER TRAINING**

Training is required if you hold a new club position that you have never been trained for. The new officer training session will be held at the 4-H Office on **January 26 at 6:30 PM**. Training will be provided for the following offices: president, vice president, club secretary, corresponding secretary, treasurer, and historian. There will also be a session for new club leaders. To register, visit our website: https://extension.umd.edu/montgomery-county/4-h-youth/4-h-activities-events, or contact Mike Laudwein, mlaudwei@umd.edu, 301 590 2824. You MUST register no later than January 19.

**NATIONAL YOUTH SUMMIT**
There are two upcoming National Youth Summits coming up—the Agri-science Summit running from Jan 16 – 19 (register by Jan 1), and the Healthy Living Summit running from Feb 13 – 16 (register by Jan 30). You will meet youth gathered from across the country but you won’t have to travel far—the summits are held at the National 4-H Youth Conference Center in Chevy Chase, MD. You will also need a chaperone to accompany you, so if you plan to attend, please contact Alganesh Piechocinski (301 590 2804) at the 4-H office so that we can arrange the chaperones.

To register, visit the National Youth Summit website: http://www.nationalyouthsummit.org.

HORSE ART CONTEST

The ninth annual Maryland 4-H Horse Art Contest will take place this year during Maryland Horse World Expo, to be held January 16-18, 2015 at the Maryland State Fairgrounds in Timonium. The registration form can be downloaded from the 4-H Horse Program website at http://www.4hhorse.umd.edu/activities/artcontest.html. Entries must be received no later than January 7. Entries will be judged the first day of the Expo (January 16th) by an Expo clinician and will be displayed throughout the Expo.

STORYTELLING WITH THE DOGWOOD DOGS

This year the Dogwood Dogs 4H Club focused on our Storytelling Project. During the 2014 calendar year our performing group, the Twinbrook Tellers, did oral storytelling programs at six community events. In January we told Asian Tales for the Lunar New Year at a Taiwanese school in Bethesda. In February we performed at the Folklore Society of Greater Washington’s (FSGW) Minifest in Takoma Park. In April we told tales at the Kensington Park Celebration of the International Day of the Book. In June, we appeared at the FSGW Folk Festival in Glen Echo Park. In July, we entertained residents at the Village in Rockville Retirement Community. And Labor Day weekend we participated in the 200-year anniversary re-enactment of Brookeville, U.S. Capital for a Day.

Our Twinbrook Tellers also visited the Quatro Huaches 4H Club to introduce them to our storytelling project. And we did four fundraising events, entertaining children and their caregivers at the Mosaic Center in Virginia in February, July, August, and October. It’s been a busy year, and we’re look forward to more storytelling in 2015.

As always, the Dogwood Dogs say: Bark! Bark! Do Art and Tell Tales!

Submitted by Eve Burton, Dogwood Dogs 4H Club Leader

KIDS’ CORNER

Articles by our 4-H’ers

SPREADING CHRISTMAS JOY TO THE WORLD

Dairy Goat Club

By: Faith "Mindy" Burton

The 4-H Dairy Goat Club used their Heads and Hands to share the joy of the Christmas holidays through donations to the Samaritan’s Purse and Heifer International programs. At our October meeting, we packed and decoratively wrapped boxes full of small toys, crafts, books, stuffed animals, and personal health items such as toothbrushes, sanitizers, and soaps to send to children in need throughout the world as part of Operation Christmas Child. When children in far off lands receive their shoebox gifts, they know that someone cares about them and this make them very happy! Many of
the families cannot afford to buy even basic necessities for their children, so the toiletries are appreciated as well as the small gifts. Our 4-H club is also donating money to purchase a dairy goat for a needy family. Giving an animal is like giving someone a small business, providing wool, milk, cheese, and more. The goat will provide a family with a hand up economically, increasing access to medicine, school, food and a sustainable livelihood. The family that receives the goat will be trained in its care and will be required pass its offspring on to another person in need, continuing the cycle of giving. By sharing our Heart with others, we can bring Health and better living to our world.

SOARING TO THE TOP AT THE 64TH NATIONAL ENGINEERING CHALLENGE!
By Patrick J. O’Hanlon

What does it take to represent the state of Maryland in aerospace? It takes a whole lot of studying and dedication. It takes a lot of people behind you—from your parents and teachers to your friends and club leaders. It makes it a lot easier if you’ve had the opportunity to build a multitude of rockets so that you know rockets inside and out and exactly how they work.

Kai Huang and I had that opportunity from September 28–October 1 at the National Engineering Challenge at Purdue University. Upon arriving in Indiana with our coach, Mr. Lempicki, we headed to the Tippecanoe Fairgrounds for orientation and a welcoming ceremony. Then it was time to get to work! Making wadding with the other aerospace teams came first. Then Kai and I began designing and building a rocket out of household materials. The last thing we did was to take the parts-identification test with all the parts enclosed in boxes, and a written exam of 106 questions: short answers, multiple choice, fill-in-the blank, and an essay. It took us just about eight and a half hours to do everything. In the end we received the Champion ribbon in the aerospace division!

There were an additional nine competitors from Maryland representing the project areas of robotics, small engines, bicycle safety, lawn tractors, and farm tractors. No one represented our state in electricity, computer programming, or welding.

While we were there, we had a tour of Purdue University’s private airport. It is the only university in the United States that has its own private airport. The tour took us up close to the airplanes. We got to board two of the airplanes. One other cool thing is the Honor Flight program that we help with in Washington, DC took off from the Purdue University airport while we were there. Later on that day, we would be returning to the airport where we would shoot off our rockets for our rocket competition.

We were given the privilege to tour Zoocro labs, the Purdue airport, the Neal Armstrong building, and the main campus of Purdue University. The library and hall of records were outstanding. Thank goodness Neal Armstrong was a pack rat. He saved everything which has now been passed onto the University for them to archive.

We went to Fair Oaks Dairy farm to see how they milk 80 cows on a carousel at a time. It only takes five minutes to milk a cow. This goes on for six hours nonstop, with cows getting on and other cows getting off the carousel. This farm is self-sufficient and is the biggest dairy farm in the country.

It was truly an honor to represent Maryland, and especially Montgomery County! Thank you to everyone who helped prepare us for our competition: Mr. Driesman, the Schepis family, the Dobos family, the Harris family, and Mr. Lempicki. Thank you to Lucky Clovers, the Flying Tigers 4-H Club, the Extension Office, and the Maryland 4-H Foundation, the Maryland Agricultural Fair Board, and the Fairview Farm Richard and Jane Evans for their generous donations to Kai and me. I’d like to thank Gail Yeiser for providing us with the UMD sweatshirts. I’d also like to thank the Jim Nichol’s family for preparing our meals each night.
EVERYONE NEEDS 3 EVERY DAY OF DAIRY  
By 4-Her and Alternate Maryland Dairy Princess Hannah Adkins

Did you know that seventy percent of preteen girls (ages 6-11) and 60 percent of preteen boys do not meet current calcium recommendations? Did you know that nearly 9 out of 10 teenage girls and 7 out of 10 teenage boys (ages 12-19) don’t meet daily calcium recommendations? On average, teen girls drink twice as much soda than milk in a day.

With the holiday season approaching get your 3 every day of dairy with White Christmas Pizza adapted from dairyspot.com

Ingredients  
• 1 frozen, pre-baked pizza crust, thawed (12 inch)  
• 1 tablespoon butter  
• 1 1/2 cups (12 ounces) Ricotta cheese  
• 1/4 cup (1 ounce) crumbled Gorgonzola cheese  
• 2 tablespoons grated Romano cheese  
• 1/2 teaspoon dried basil leaves, crushed  
• 1/4 teaspoon dried oregano leaves, crushed  
• 1 cup (4 ounces) shredded Mozzarella cheese  
• 1/2 cup (2 ounces) shredded Fontinella cheese  
• 1/2 cup diced tomato  
• 2 tablespoons chopped parsley  
• 2 thin slices Proscuitto, diced

Directions  
Spread crust with butter; toast under broiler. Set aside.

Combine Gorgonzola, Romano, basil and oregano; mix well. Spread over crust; top with remaining cheeses. Bake at 450°F for 5 to 8 minutes or until cheese is melted. Top with remaining ingredients.

LAND OF THE LITTLE HORSES  
By Tessa Breitenbach

September 26, 2014 was a warm, sunny day for the field trip that the Wild West Wranglers 4H club took to Land of the Little Horses (LLH) in Gettysburg, PA.

LLH is known mostly for their large herd of Falabella horses—a particular breed of miniature horses. Falabella horses originated in Argentina, South America and stand just less than two feet tall. Because of their anatomy, these particular equine are considered horses, as opposed to ponies. They are most often used to pull carts, but for a light enough person, they can be a great ride!

LLH uses their small equines for both ‘pony rides’ and an entertainment variety show, which included acts with dancing, jumping and, ... believe it or not, math problems! One very smart horse marked its hoof on the arena floor 36 times in answer to the question, "What is 6x6?" showing off her multiplication skills. After the show, the club also got to spend time grooming some of the horses and exploring the farm park. The field trip tour finished up with a visit to the equine specialty gift shop.

This farm park is a great place for horse lovers of all ages to provides the opportunity to have a safe and friendly visit with a number of different farm animals such as a donkey that roams the park freely greeting guests, a number of rescue dogs, and of course the Falabella horses. There are a lot of amazing things to see and do and of particular enjoyment for our club was being able to watch the releasing of the herd out into the fields at the end of our tour. For all you horse and
animal lovers I strongly recommend a visit. If you’d like to plan a trip yourself, you can get discounted tickets with a group of 25 or more people by visiting their website at www.landoflittlehorses.com.

BUTLER’S ORCHARD 34TH ANNUAL PUMPKIN FESTIVAL
by Heather Guernsey, Lucky Clovers 4-H club

On Saturday, October 25, the Lucky Clovers 4-H Club helped provide crafts and demos to festival-goers at Butler’s Orchard 34th Annual Pumpkin Festival. It was our way of saying thanks to them for allowing us to use their tractor bed for our float at the County Fair. The Annual Pumpkin Festival at Butler’s Orchard draws many visitors from DC, Maryland and Virginia and is an October family tradition for many in the area. October 25th was a day of amazing demos and fun activities. Special thanks to adult volunteers, Tachiea Morris and Abbey Zhao, for coordinating the event, and to all club members who did demonstrations or led the craft stations. There were many entertaining activities, such as making spider lollipops, animal masks, paper butterflies and paper pumpkins—or you could try your skills at Nutrition Jeopardy.

Many people of all ages came to try out the activities. Our activity and demo stations were strategically located just outside the food barn, so we had a steady stream of customers, especially during lunch time. Lynda Guernsey was the emcee for most of the day, announcing demos and drawing in more of the festival-goers. There were a variety of demo topics ranging from learning all about pumpkins, to caring for farm animals, and even learning about a current debate in Rockville on backyard chickens. And no festival would be complete without learning how to make yummy holiday treats! Our 4-H club probably helped boost sales in the food barn with all the food demos our 4-H club gave! We kept mouths watering with demos on how to make caramel apples and pumpkin apple butter. We even tickled the younger kids’ taste buds with apple ladybug treats and clever Halloween lunches and snacks, such as ‘ghostly’ sandwiches and “boo-nanas!” As appetites were sated, we delved into history, science and technology, covering topics such as the Crusades, solving the Rubik's Cube, Lego Arcade, and basic rocketry. Everyone knows that the holidays are stressful—money is tight, but you want to give something special to your friends and family, so what to do? 4-H had the stress element covered with demos on the benefits of yoga and how to make a stress ball. And what better way to save money (while saving the earth) for the holidays than to recycle containers into holiday crafts and jewelry boxes? Saving the environment while making someone’s day is sure to put a smile on anyone’s face!

Thank you to Butler’s Orchard for this outstanding opportunity. We hope to see you there next year for the 35th Annual Pumpkin Festival!

ZENITH CLUB EXPLORES THE UNDERGROUND RAILROAD
By Sierra Madden

The Zenith 4-H club went on the Underground Railroad Experience Trail in Sandy Spring, Maryland. We hiked the 3 mile round trip through Northwest Branch Steam Valley Park, our first stop being the Woodlawn Manor and Barn. Once there, we learned the history of the Quakers who lived there, the Palmer family, and the possibility of it being one of the stops along the Underground Railroad.

We had an excellent tour guide, who told us about the impact of historical figures such as Harriet Tubman, Frederick Douglass, and Harriet Beecher Stowe. We were also introduced to slave culture such as the retelling of folk tales like “Briar Rabbit and the Briar Patch.” At the end of the trail, we got to visit the original Sandy Spring.

Many of our club members found visiting the original Sandy Spring to be fascinating. The youngest members and clovers enjoyed the hike itself and running around the most. We all found following the possible escape route of runaway slaves an insight into the past and the horrible practice of slavery.

For more information, visit:
http://www.montgomeryparks.org/PPSD/Cultural_Resources_Stewardship/heritage/urr_experience.shtm
The next issue of News & Notes will be coming out in February. Please send any articles you wish published to Mike Laudwein (mlaudwei@umd.edu) no later than January 28.

For the latest news & events, please visit http://agnr.umd.edu/news.

If you need special accommodation for a 4-H program, event, or activity, please call (301) 590-2824 or email mlauswei@umd.edu.

The University of Maryland, College of Agriculture and Natural Resources programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, political affiliation, or gender identity and expression.

©2010 University of Maryland College of Agriculture & Natural Resources
4H Agility Match

A 4H agility match is taking place for Maryland Counties’ 4hers to compete with each other in a fun and friendly event!

When: Sunday February, 8th 2015 at 2:00pm

Where: Breakaway Action Dogs (BAD) 900 East Patrick Street Frederick, MD 21701

If you are interested in participating please contact kidsndogs4h@outlook.com for more information

Fee: ??

Hope to see you there!
Become a Healthy Living Ambassador!

Interested in healthy lifestyles such as eating healthy and exercising, or are you interested in learning more about these topics? Come to a Healthy Living Summit and become a MD 4-H Healthy Living Ambassador!

**What does a 4-H Healthy Living Ambassador do?**

It is a Healthy Living Ambassador’s job to take back to counties and 4-H Clubs simple ways that you can stay healthy, whether it’s organizing a healthy snack for your monthly 4-H Club meeting or attending an event and promoting healthy lifestyles through educational displays and activities. Healthy Living Ambassadors are Maryland 4-H’s Health “H” promoters! We would like each 4-H Club to have at least two Healthy Living Ambassadors.

Past Healthy Living Ambassadors have also organized activities at Maryland Day, taught different healthy living topics at state events, and even attended the National Healthy Living Summit in Washington D.C.!

**How old do I have to be to be a Healthy Living Ambassador?**

Any 4-H age from 8-18! We need Healthy Living Ambassadors of all ages!

**Dates and Locations:**

We will be hosting two Summits—one for the Eastern Shore and one for the Western part of the state.

- January 10th from 10am-3pm: Montgomery County 4-H Office
- January 24th from 10am-3pm: Thendara 4-H Center—Dorchester County

**We have lots of fun activities planned!**

So far we are planning on having line dancing, smoothie making with the Blender Bike, a make-your-own trail mix station, a hand wash station, healthy living kits to take home, door prizes, games and much more!!!

**How do I sign up?**

All you have to do is send in your RSVP on the back of this page for one of the two summits to the Maryland 4-H Center, 8020 Greenmead Dr., College Park, MD 20740 or email Suzannah Macleod at smacleo1@umd.edu.

Questions? Call Suzannah Macleod at 301-314-7821 or Sandy Corridon at 301-314-7363
Maryland Healthy Living Summit RSVP

Name: ____________________________________________

County: ___________________________ 4-H Club: ___________________________

Home Address: ___________________________________________________________

City: ___________________________ State: ___________________________ Zip: ___________

E-mail: ___________________________ Phone Number: ___________________________

I will be attending...

_____ January 10th Summit at the Montgomery County Extension Office

_____ January 24th Summit at the Thendara 4-H Center—Dorchester County

Sponsorships...

_____ I would like to sponsor this event. I am including a check with this form for $_________.

Sponsorships will help offset the cost of lunch and educational activities since this event is free to 4-Hers!

Volunteering...

We can use all the help we can get! If you would like to volunteer at one or both of the summits, please let us know. Whether you would like to teach a workshop, or help with a preexisting activity, we would love to have you! Contact Suzannah Macleod for more info.

University of Maryland Extension programs are open to any person and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, national origin, marital status, genetic information, political affiliation, and gender identity or expression.