LOOKING BACK AT THE COUNTY FAIR

We cannot thank our 4-H volunteers enough for all of their hard work during the Montgomery County Fair. Much effort was extended by many and we could not be nearly as successful year after year without your help. Not only were we lucky to have the dedication of our volunteers’ time, but once again we had great support from all who participated in our annual cake auction. A big thanks to both donors and 4-Her’s who presented their cakes. Your hard work and support is what keeps 4-H going and helps us support many 4-Her’s throughout the year. Through your donations and hard work you are truly helping Montgomery County 4-H make the best better! We also want to thank the Montgomery County Fairgrounds for all the support they give 4-H members, volunteers, and staff!

STATE FAIR RESULTS

The State Fairgrounds has posted some of the results for the 2014 4-H competitions. They can be found online here: http://www.marylandstatefair.com/exhibitors/4-h.

7TH ANNUAL NATIONAL SCIENCE DAY
3-2-1 Lift-Off—Rockets to the Rescue!
by Cathy Dobos

Get ready—it’s 4-H science time again!
Please join us on Sunday, October 5 from 2-5 pm at the fairground’s Heritage Dining Hall for the 2014 National 4-H Science Experiment called “Rockets to the Rescue.” The Lucky Closers and Flying Tigers 4-H clubs have joined forces to present this aerospace activity to Montgomery County 4-H youth at the start of National 4-H Week. The experiment provides the opportunity to explore firsthand how aerospace engineering can be used to solve real world challenges—such as food distribution in emergency situation—to make a positive impact in our world. With your teammates, build a rocket (“food transportation device”) that will reach an island target whose people have experienced a natural disaster and are in need of food, water, and supplies. Use the principles of aerodynamics and flight to see that your rocket hits the bull’s-eye and helps those in need!

After the experiment, Mr. Thomas J. Pitman from NASA will speak to us about the logistics of re-supplying the International Space Station.

To sign up for this awesome science experiment, RSVP to Cathy Dobos at cdobos@washingtonian.com AND Leslie Jenkins at lesliehilljenkins@verizon.net. (It is important that you e-mail both since Mrs. Dobos will be away for two weeks in
September.) It is suggested that you sign up early since the spaces fill quickly. Attendance is free and all materials will be provided. You will be grouped with two other youths upon arrival to make a team. 4-Hers must be 4-H ages 8-18; sorry, no Clovers may participate.

**NEW CLUB FORMING—INVENTOR'S 4-H CLUB**

The Inventor’s 4-H Club will focus on having kids use their imagination and innovation to conduct engineering projects. The main focus of the club is to bring out the creative and inventive sides of children. This leads to all kinds of unique solutions to engineering. This approach also re-enforces a child’s natural ability to learn what they are doing is fun. The club members will problem solve with inventive construction instead of kit construction. The club members will get hands on experience with different experiments to see how things work. Members will investigate, “What if we did this...?” The club will follow the *Maker Movement*, which is a “Do It Yourself” approach to using new technology. The club members will work with electronics, robotics, and other materials to apply what they learn by building unique projects. Many of the projects will be group projects. This will help the children learn to work with teams, to check their ideas among a group, and to mesh different ideas into a single project.

We are going to start by building Rube Goldberg machines. These are fun to watch, but require quite a bit of engineering. The best part is that there is no “Step-by-step” manual. Each is unique. The kids will learn by trying, and have fun doing it. The younger members are going to work with something called Makey Makey, [http://www.makeymakey.com](http://www.makeymakey.com). This is an interactive system that exposes children to alternate ways to approach engineering problems. The club is also going to work with the Silver Spring Maker Faire, [http://makerfairesilverspring.com](http://makerfairesilverspring.com). We will have a booth at the event and showcase their projects.

If you have any questions about joining the club, please contact the club leaders, Bud and Kathy Worth (bkworth@verizon.net) or Joe Hamblin (hamblin.joe@gmail.com), or the County 4-H Office—Alganesh Piechocinski (301 590 2804, algapie@umd.edu) or Mike Laudwein (301 590 2824, mlaudwei@umd.edu).

**NEW CLUB FORMING IN CHEVY CHASE!**

A new community club is forming in the Chevy Chase area and will hold meetings at the National 4-H Council Campus! If you are interested in joining, contact Alganesh Piechocinski, 301 590 2804 or algapie@umd.edu. Spread the word!

**LEADERS! – FALL 4-H LEADER UPDATE/DINNER—PLEASE ATTEND!**

The Fall 4-H Leader Update will be held on October 8th starting at 6 pm in the multipurpose room at the 4-H Office. There are many things to cover this year, including tax information, club charter renewal requirements, and the NEW method we will be using in Maryland to register/renew 4-H memberships.

You will soon receive charter renewal packets in the mail—you may wish to start working on them or review them before the meeting so that you can ask questions. Please call or email Jeannine Shriver (301 590 3210, jshriver@umd.edu) by the October 3rd to indicate if and how many leaders from your club will attend. Every club should have at least one representative. Dinner will be served!
NEW 4-H FAMILY ORIENTATION NIGHT
*Calling all new members and interested youth!*  
If you have recently joined 4-H and want to learn more about our programs or you have questions that need answering, then we welcome you to join us for our new family orientation on Tuesday, September 30 from 6:30 – 8. This invitation is also open to any non-members who are interested in finding out more about 4-H. The orientation will be held at the Montgomery County 4-H Office—18410 Muncaster Road, Derwood, MD 20855. Please RSVP to this event by September 24th at the latest by calling our office at 301 590 3210.

FAIR 4-H BUILDING SUPERINTENDENTS & CHAIRPERSONS DINNER
The 4-H Building Superintendents’ and Chairpersons’ meeting will take place on October 1st at 6 pm at the 4-H Office/Agricultural History Farm Park.

FAIR SCHOLARSHIPS
The Montgomery County Fairgrounds is offering post-secondary educational scholarships, ranging from $500 to $2,000, to 4-H’ers who plan to continue their education in agriculture, family and consumer science, or related fields. To be considered, applications must be completed by November 17 and returned to the County Fairgrounds (16 Chestnut St, Gaithersburg, MD 20877). Scholarship winners will be notified by mail in February. Download the application and instructions here (pdf): http://www.mcagfair.com/wp-content/uploads/2014/08/Scholarship_Rules_and_Letter_082714-1.pdf.

4-H INTERSTATE EXCHANGE PROGRAM
Our 4-H Interstate Exchange Program provides unique and wonderful opportunities for 4-H’ers to expand their horizons and experience the vast cultural and geographic diversity of the United States. The Exchange Program involves a partnership between Montgomery County 4-H and another 4-H program from a different state and takes place in the summer over the course of two years. Each group of 4-H’ers hosts the other and guides them around their state, sharing what it means to live there. **4-H’ers are expected to fully participate in raising the funds needed** to take part in the program, and there are minimal out-of-pocket expenses. The Exchange Program aims to help 4-H’ers:

- develop knowledge of other people and their ways of life;
- gain a deeper insight into one’s own values;
- foster the development of initiative, independence, and leadership;
- learn about other areas of our state and nation;
- create new, and perhaps, lasting friendships;
- expand understanding of 4-H beyond the local and state levels;
- gain ideas to strengthen local 4-H clubs and activities;
- share information learned with other members and families upon return home;
- become involved in another community.

If you wish to participate in the 2015/2016 Interstate Exchange Program and will be at least 14 years old by January 1, 2015, please plan to attend an introductory meeting at the 4-H Office/Agricultural History Farm Park on October 7 at 6:30—register for the meeting online here (https://doodle.com/9vekk7nkfx2xcrg8) or contact Mike Laudwein (mlaudwei@umd.edu, 301 590 2824). At the meeting, we will talk about what you will do as a member in the program and give you an application. **REMEMBER**—this is a two year commitment.

The 2013/2014 program took place in partnership with 4-H’ers from Yellowstone County, Montana. In 2013, a group of our 4-H’ers traveled to Montana where they were hosted by local 4-H families, participated in fun and exciting activities like a rodeo, and traveled across Montana to places like Yellowstone National Park, the Buffalo Bill Museum, and the Grizzly and Wolf Center.
This past summer, we hosted our friends from Montana and showed them around Maryland, DC, Pennsylvania, and Delaware, visiting places like Assateague Island and Ocean City, the Chesapeake Bay, the U.S. Capitol building and the National Air and Space Museum, the National Aquarium and an Orioles game, and Hershey Park in Pennsylvania.

**RECORD BOOK/RESUME TRAINING WORKSHOP**

We will be holding a record book/resume training on October 30th starting at 6:30 pm at the 4-H Office/Agricultural History Farm Park. All 4-H’ers are encouraged to create yearly record books of their project work, accomplishments, and learning experiences. This workshop will help you learn to organize your record book properly so that you can, if you want, enter it in the record book judging in January. You will be given an official 4-H record book cover at the workshop. You can find out more about 4-H record books and see the forms we use at our website in the 4-H Member Area: https://extension.umd.edu/montgomery-county/4-h-record-books.

Senior 4-H’ers (14 years old and up) can create resumes that can be used to apply for the county fair court and out-of-state 4-H trips—this workshop will help you gain the skills needed to craft an excellent resume.

To register for the workshop online, go here: https://doodle.com/iauywcq4z585kyty. You will need to enter an email address—we need this to give you further information. If you don’t have an email, you can register by contacting Mike Laudwein (301 590 2824, mlaudwei@umd.edu). We require 15 individuals to hold the training and won’t accept walk-ins, so register as soon as possible. Record books and resumes will be due in early January, so get an early start and bring your work with you to the training.

**IMPORTANT THINGS DUE JANUARY 9th**

- President’s Volunteer Service Award hours form
  - Learn about the program here: https://extension.umd.edu/montgomery-county/presidents-volunteer-service-award
  - Download the form here: https://extension.umd.edu/sites/default/files/_docs/volunteer%20service%20award%20record%202014.doc
- Resumes—see instructions here (pdf): http://extension.umd.edu/sites/default/files/_docs/programs/4-H/awards/The4-HResume.pdf
- Record books—see instructions here: https://extension.umd.edu/montgomery-county/4-h-record-books
- Completed Diamond Clover Reports
- FOR LEADERS: achievement awards nomination form—download here: https://extension.umd.edu/montgomery-county/4-h-youth/club-leader-area

**SuGo ROBOTICS WORKSHOP II**

Want to build a Sumo wrestling robot? And then have your robot try to knock another robot off the playing field? That’s the fun of SuGo! The workshop will be held on Saturday, September 20th from 3PM to 6PM at the 4-H Office at the Agricultural History Farm Park. 4-H’ers 10 and up may participate and the cost is $20.

To participate, see the flier at the end of this edition of News & Notes.

**ADULT VOLUNTEERS WANTED FOR CLOSE ENCOUNTERS WITH AGRICULTURE PROGRAM**

Want to share your knowledge of animals with others? Want to be part of the largest agriculture education program in Extension? As the fall is arriving, we are looking for volunteers to help with Montgomery County Extension’s Close Encounters with Agriculture program. The program runs Oct. 13-17, Oct. 20-24, and Oct. 27-30. During that time we will teach over 3,000 Montgomery County 4th graders about agriculture. We are always looking for people to serve as station teachers for our animal sections (pigs, goats, beef, dairy, and horses). If you are interested, please contact David Gordon to sign up (301 590-2813, dgordon3@umd.edu). Training and scripts will be provided if you would like them.
Volunteers are also needed to teach about food, nutrition, and agriculture as well as environmental science. If you wish to volunteer in these other areas, contact Jeannine Shriver, 301 590 3210 or jshriver@umd.edu.

REGISTER FOR THE NORTHEAST REGIONAL VOLUNTEER FORUM

Instead of holding the Maryland Volunteer Forum this year, Maryland is hosting the Northeast Regional Volunteer Forum, which will be attended by 4-H volunteers from 13 states. The Forum will be held in College Park from November 20 – 23 and participants will exchange ideas, collaborate, and attend many great programs presented by talented experts. We hope to see you there!

The website is here: http://www.mymaryland4hfoundation.com/events/northeast-regional-volunteer-forum
And the link to register is here: http://www.mymaryland4hfoundation.com/events/northeast-regional-volunteer-forum

CAN YOU BE READY? 4-H ELECTRIC CLUB

The 4-H Electric Club starts a new area of interest October 15. The traditional 3rd Wednesday of each month the downstairs Workshop at the Extension Office on Muncaster Road from 7:30 to 9:00 PM is reserved for our use. No meeting in September while you get your fall schedules in line.

Past Electric projects raised a lot of interest at both the Montgomery Co. Fair and the Damascus Community Fair so we may get some new members too. Some Club members earned outstanding Ribbons and premiums. Now be ready to try some new electric activities.

Please be sure to save the dates starting in October, and bring along anyone else who may be interested in electricity, its uses, and sources. Please help spread this news to others. Anyone with questions may contact edwardmhogan@gmail.com. Anyone not at the first or second meeting will not be able to catch up, so let’s start together.

THE ENTOMOLOGY PROJECT 2014 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 Activity Center on the Agricultural History Farm Park, 18410 Muncaster Road, Derwood, MD.

We will start at 7:00 PM and finish about 8:30 PM beginning October 2.

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.

OUT-OF-STATE TRIP APPLICATIONS

You can apply for various exciting out-of-state trips through the state 4-H Office. There is an out-of-state trip application form, due by January 15, 2015, for the following trips—National Congress, West Virginia Congress, Virginia Congress, and Camp Miniwanka.

There is a special application to attend the National 4-H Conference which is due by October 15, 2014.

In order to apply, you must complete the correct trip application, create a portfolio/resume, and write an essay. You can get help with your portfolio/resume at the county workshop—see page 4. You then need to upload these three things to the Out-of-State Trips Portal on the state 4-H website: https://adobeformscentral.com/?f=BG7TlZOPBqqAsA9phUZhCQ#.
Visit the state 4-H Office for the forms you need to apply: http://extension.umd.edu/4-h/youth-families/awards-recognition.

CUATRO HACHES LEADER NEEDED

After nine years of offering this wonderful 4-H after-school program to 4th and 5th grade students at Brookhaven Elementary School in Aspen Hill, the Lyons will be ending their leader service when the club’s program ends in May. In order to continue the program, we are seeking another volunteer (or two) to take over the twice a month activity (the club meets two Wednesdays or Thursdays immediately after school from 3:15-4:30pm) Started as a Diamond Clover project to promote diversity in 4H, the program has produced some exceptional youth who have done great things in our 4H community. The mission of the program is to introduce the principals and values of 4H as well as various project areas to the youth. The majority of the speakers and projects come from other 4H clubs around the county! The 4-H Office would provide the necessary training to the person to become a 4H leader and would assist in any administrative requirements. Ms. Lyons is willing to orient the new person and work with him/her for the first few months to get the program running next Fall. Ms. Lyons and the 4H Office can help in getting the yearlong program set up with the support of these other clubs. Please contact Ms. Lyons 301-570-5577 or kmhlyons@aol.com to discuss your interest. If we do not get a volunteer leader, this terrific afterschool 4H club will have to disband after this school year.

HONOR OUR VETERANS WITH HONOR FLIGHT

Honor Flight Network is a non-profit organization created to honor America’s veterans for all their sacrifices. It transports our heroes to Washington, D.C. to visit and reflect at their memorials. We’ve had a fantastic summer with the vets so far but it doesn’t end here! October 4th is the last day to volunteer.

Let’s give these WW2 vets the respect they deserve. It’s time for 4-H to step up and serve the ones who sacrificed so much for our freedom. Please help! To sign up, please contact either Carolyn Corazza (Corazza2@comcast.net) or Jessica Corazza (jcorazza23@gmail.com).

You can visit our website for more information here: https://extension.umd.edu/montgomery-county/honor-flight.

OPERATION GREATEST GENERATION: MAIL CALL!

Honor Flight is making preparations for the autumn Honor Flight Capital Region trip, and they’re in need of hundreds of letters and cards for our WW II veterans.

Honor Flight Capital Region provides WW II veterans in our area with a very special day of honor and recognition that has been owed to them for 70 years. One very special part of the day is the “mail call,” where veterans are given a bundle of letters and cards from family and loved ones. Sadly, there are many veterans who do not have any friends or family left, and they shouldn’t be left out! To make sure that every veteran receives notes of thanks and appreciation, wonderful volunteers like you are needed to send in letters and cards.

There is a flier at the end of News and Notes that explains this project in further detail, along with all the instructions and info you need to know. Please note that all letters need to be received by October 24.
TWO THUMBS UP FOR MD STATE 4-H AEROSPACE CHALLENGE
by Cathy Dobos

Twenty-seven 4-Hers from eight counties attended the State 4-H Aerospace Challenge on Sunday, July 20 from 2-7 pm at the Howard County Fairgrounds. Ten competitors hailed from Montgomery. Whether an experienced rocket modeler or newcomer to the project area, youth had the opportunity to expand their study of aerospace, be tested on their knowledge, and make engineering decisions while building and launching a rocket—all while having a great time! The event and preceding workshop was organized and presented by the aerospace education team of Rachel Harris, Joe Schepis, Cathy and Andrew Dobos, and Rich Lempicki from Montgomery County, and Andy Driesman from Howard County. They were assisted by Montgomery volunteers John and Michelle Schepis, Marlena Nothwehr, Jerry and Martha O'Hanlon, and photographers Ellie Vandegriff and Daniel Diep. The workshop and Challenge were sponsored by the Montgomery and State 4-H Offices.

In order to prepare the 4-Hers, an Aerospace Workshop took place the week before on July 13, with thirty-eight attending from nine counties. This workshop included slide show presentations on aerospace history, physics, and flight with a separate session for the Juniors; model rocket parts-identification; gluing procedure; and three age-appropriate rocket kit-building sessions. The Juniors built an Estes Make It Take It with plastic fins; the Intermediates a Surefire Explorer X-19, with fin-design options; and the Seniors a Quest Courier, an egg lofter. Soon the rocketeers were launching their creations in the outer parking lot field to cheers and high-fives. The Seniors took special note of how their rockets behaved in order to prepare for their engineering challenge the following week: to build a rocket from components (not a kit) with few instructions, that would carry an egg payload safely back to earth in the shortest amount of time. All participants took home materials that they would need to study during the week to do well at the Challenge.

At the Challenge the 4-Hers immediately began building their rockets—whose launch quality would be scored this time. Besides the Seniors' egg challenge, Juniors built a BMS School Rocket with through-the-wall fins and streamer, and the Intermediates had a fun surprise to add to their component-built rocket: a payload for a live cricket! After the rockets were built, 4-Hers took aerospace examinations, and parts-identification tests. Then they proceeded to the launch area while adult volunteers scored exams and took their places on the range with score sheets, alti-trackers, and timers. An odd-roc built from oatmeal containers by Andrew Dobos opened the launch with the loud roar of three E12 motors. Then the Juniors launched first with every single rocket flying straight and true, and reaching at least 200 feet in altitude. The Intermediates had to coax a special chirping passenger into their payload bays before hooking up to the launch equipment. Every cricket survived (worth 5 points) and was given its freedom after the launch. The Seniors had the most difficult objectives to achieve; in the end two teams' eggs stayed intact and two broke.

After the ribbons and score-sheet packets had been distributed, it was announced that, courtesy of the State 4-H Office, the two top-scoring Seniors would be awarded a special "4-H Senior Aerospace Winners' Trip" to take place in October. This three-day excursion will include a stop at the CORE Lab (composites research) at UMD College Park; a trip to Wallops Flight Facility on Virginia’s eastern shore where they launch re-supply missions to the International Space Station, and a stop at the Maryland-Delaware Rocketry Association launch field on the Eastern shore where the seniors may launch their winning rockets.

Congratulations to our Montgomery contestants who studiously applied their knowledge and skills for a high-flying day: Juniors Andy Diep, Lauren, Eric, and Ryan Guernsey; Intermediates Trevor Babb (Champion) and Heather Guernsey; and
Senior teams Jessica Bleich and Richie Lempicki (Champion) and Kai Huang and Patrick O’Hanlon (Reserve Champion). The two top-scoring seniors who earned the first State 4-H Aerospace Trip were Jessica Bleich and Kai Huang.

**DOGWOOD DOGS 4H CLUB TELLS TALES AT THE REENACTMENT OF BROOKEVILLE MD, US CAPITAL FOR A DAY**

This summer, the Dogwood Dogs 4H Club, under the guidance of Louise Capon, dressmaker, and with the assistance of Linda McGivern (whose daughter graduated from our club last spring!) and many parent-volunteers, made costumes for twelve children to participate in the reenactment of the day, two hundred years ago, when James Madison and the U.S. Treasury came to Brookeville, MD. President Madison was fleeing the British soldiers who were invading Washington. Brookeville, MD, took in thousands of refugees fleeing Washington City, and when the President and treasury arrived, Brookeville became the “U.S. Capital for a Day.”

Some of the children in our club made their own costumes. You may have seen them at the Montgomery County Fair. Aurea Sellmeyer made and entered her dress and pantalettes, winning a first place for each of them. Elsa Sellmeyer made entered her dress and shift, winning a 2nd and 1st, respectively.

All of the children studied history and learned stories to tell. The Twinbrook Tellers presented four one-hour, oral storytelling shows of *Tales of the Times* over the two days of the reenactment. For this event, each of the children learned a story from or about the approximate time period. Since children of 1814 would have learned a lot of poetry, many of our stories were told in verse. From our youngest tellers, we heard verses as simple as the nursery rhymes *One-Two, Buckle My Shoe* and *Thirty Days Hath September*. Older tellers gave recitations of Sara Coleridge’s *Months of the Year*, part of Vachel Lindsay’s *Johnny Appleseed*, and Henry Wadsworth Longfellow’s *The Midnight Ride of Paul Revere*, the latter having been written a little after “our” time and about an event that took place a generation before. We also heard a tale from Charles Perault, some Aesop’s fables, and much more.

It was a wonderful program, representing hours of effort on the part of children who had to learn their tales by heart and find the courage to tell them before audiences of 30-60 people. It also represented hours of time from supportive parents!

**DOGWOOD DOGS 4H CLUB WISHES TO THANK:**

The Twinbrook Tellers of the Dogwood Dogs 4H Club for the effort you put into this project!

Parents of the Twinbrook Tellers who helped with costumes and support for their storytellers!
Linda McGivern whose daughter has already graduated from 4H, but is still helping us!

and most especially Louise Capon, costume-designer, sewing instructor, and dressmaker, without whom this project would never have happened!!!

ALSO THANKS TO 4H! If it weren’t for 4H, we wouldn’t have our storytelling group!

Submitted by: Eve Burton, leader of the Dogwood Dogs
Bark! Bark! Do Art and Tell Tales!

DAHLIAS AT THE MONTGOMERY COUNTY FAIR

There were a total of 23 dahlias entered in the Junior and Senior 4-H competition at this year’s Montgomery County Fair. It speaks strongly of the support and nurturing that the National Capital Dahlia Society has provided to Montgomery County 4-H gardeners because 3 of the 4 top awards, including Champion and Reserve Champion winners, were dahlias. The fourth award went to a blue hydrangea. Thanks to the National Capitol Dahlia Society (NCDS) and everyone else who has supported the 4-H youth in this ongoing project. The support of the Dahlia Society and its members has greatly contributed to our 4-H’ers learning so much about the dahlia and its culture. Hopefully, the cooperation between the Dahlia Society and Montgomery County 4-H will continue to be a wonderful success for many years to come. It would be great to see more 4H youngsters submitting dahlias to the Maryland State Fair as well.

NEW 4-H ALLSTARS

by Alethia Watkins

Three 4-H members from Montgomery County were inducted into the Maryland 4-H All Stars on June 28, 2014. Left to right, Ryan Watkins, Alana Hamann, and Jared Willis. The MD All Stars is a service/Honor Society (started in 1921) where its members continue to serve 4-H programs as volunteers and by providing awards and scholarships.
NEWS FROM THE KIDS ‘N DOGS 4-H CLUB  
by Hannah Marill


On June 21, 2014, members of the 4H Kids N Dogs Club walked a 5K (some along with their dogs) to benefit the National Ovarian Cancer Coalition (NOCC) and in support of a parent in our club. This was the first NOCC walk held in Frederick, MD. NOCC Frederick set a fundraising goal of $30,000. They far surpassed this goal by raising over $75,000. Our team, The Silver Linings, was the team with the largest fundraising amount (over $19,000) at this event. We look forward to participating in their 2015 walk.

4H Dog Show – August 11, 2014

On August 11, 2014, over 15 4Hers and their dogs competed in four events at the annual Montgomery County 4H Dog Show. The 4Hers competed in Fitting & Showing, Obedience, Agility and Promotion, plus we had 4 clovers showing their knowledge about dogs. It was a lot of fun to see everyone compete after having worked all year with their dogs. The majority of the 4Hers are members of the Kids ‘N Dogs 4H Club and train their dogs in the club’s dog training program. The Club has open enrollment year around and would love to add members to their roster. The 4Hers competed at the State Qualifier in June, and Montgomery County and Maryland State Fairs in August. Interested 4Hers should contact kidsndogs4h@outlook.com.

4H Pet Show – August 13, 2014

On August 13, 2014 at the Montgomery County Pet and Rally Shows, over 30 pets competed in this annual 4H event. Cats, dogs, reptiles, birds (pet chickens), rabbits and many more animals competed in a fun, exciting competition including a special clover program for one young man. After the 4H Pet Show, there was a dog Rally Obedience competition. All 4Hers are welcome to learn about Rally Obedience and join the fun. Many ribbons were won in many different categories. All pets and their owners had an exciting day.

4H Showcase – August 16, 2014

On the last day of the Montgomery County Agricultural Fair, the 4H Kids ‘N Dogs Club participated in its first 4H Showcase. Tables were set up along Maple Avenue with members sharing information about our club, dog breeds and puppy petting. Our members made a Dog Breed Board and tested patrons’ knowledge on dogs. The members love meeting and chatting with those checking out the puppies and our club. The Kids ‘N Dogs Club earned 2nd place overall when judged by the Fair king and queen. Anyone interested in joining the 4H Kids N Dogs Club should contact our club at kidsndogs4H@outlook.com.
HEALTHY LIFESTYLES CORNER
by 4-Her and Alternate Maryland Dairy Princess Hannah Adkins

Happy Cheese Month!

Did you know October is national Cheese Month? Here are a few frequently asked questions about cheese.

I love cheese, but can it fit into a healthy diet?
All foods in moderation can fit into a healthy eating plan and lifestyle. Enjoy a variety of foods, including dairy, whole grains, fruits and vegetables. Remember, consuming 3 servings of dairy each day, including cheese, is a deliciously easy way to help build stronger bones and healthy bodies. Visit http://www.nationaldairycouncil.org for more information on dairy’s powerful nutrient package.

Why does Swiss cheese have holes?
The most recognizable characteristic of Swiss Cheese is its holes, which punctuate the pale yellow exterior. These holes, also called, “eyes,” are caused by the expansion of gas within the cheese curd during the ripening period.

How should you refrigerate cheese?
Cheese should be refrigerated at temperatures of 35-40°F in the original wrapping or container, or in waxed paper, transparent wrap, foil, plastic bags, or tightly covered containers.

My cheese always breaks when I shred it. What is the best way to stead cheese to keep this from happening?
Cheese will shred more easily if well chilled; it can also be placed in the freezer for 30 minutes before shredding.

STATE 4-H ENGINEERING CAMP—A WEEKEND OF DESIGN CHALLENGES
by Heather Guernsey

I enjoyed learning about cranes, environmental science, welding, lawnmower safety and rocketry at the State 4-H Engineering Camp. The camp was held at the Rocks in Harford County from June 6 to June 8 this year. About 24 4-Hers attended the program, so everyone got to do the same activities this year since there were about half as many 4-Hers than last year. Last year, everyone was divided into groups based on their areas of interest and all the activities were related to that area. This year, we learned how to design a crane and a water filter, how to weld, how to maneuver a lawnmower safely and how to build and launch a model rocket.

Our first challenge was to design and build a crane to lift as much as possible. We were divided into teams and given tape rollers, pencils, markers, a shoe box, paper clips, a string and a foam cup to hold rocks to test how much weight our crane could lift. I used the shoebox for the base of the crane, a pencil for the crane arm with a string attached to the foam cup and a tape roller to reel the string in. I used markers as a counter weight at the back of the crane. I taped a paper clip to the arm of the crane to help hold the string on. My design was able to hold 12 small rocks!

The next morning after breakfast, we were split into 2 groups, one to weld and one to make water filters. Everyone over age 14 was put in the welding group first. All the other kids were put in the water filter group, so I made a water filter first. To make our filters, we used every day materials that you can find in a store such as a plastic water bottle, kitty litter, cotton balls, weed paper, pebbles, etc. By using the right materials and layering technique, you can filter dirty water through your homemade filter until the water was clear. We dyed the water to test our filters and experiment with our design until the water came out clear. This filtered out all the particles, but not bacteria, so we did not drink our filtered water.

Then the welding and water filter groups switched activities, so I learned to weld next. First we learned about safety, such as wearing protective clothing and gear. Everybody wore a welding helmet even if they weren’t welding since the light from the blowtorch can damage your eyes. Everyone got a chance to practice welding on a sheet of metal, one at a time. We wore protective gear and welded a line in the metal to practice welding in a straight line.

After the welding activity, we had lunch, learned about lawnmower safety and got to practice riding lawnmowers with the blades turned off. It was lots of fun! Then we took a break in the swimming pool to do a water challenge. Each
team was given noodles, duct tape, plastic pipes and connectors. The objective was to design a raft that would allow a team member to float in the pool. I got to be the floater for my team! Thank goodness, because the water was freezing!

Then we started building our rockets. We each built a single stage rocket with balsa wood fins and plastic nose cone with streamer recovery. It took a couple of hours to build the rockets, then we had dinner and went to bed. The next morning after breakfast, we took turns launching our rockets while we waited to be picked up from camp. We had fun building and launching our rockets. I can't wait to go again next year!

THE STATE 4-H AEROSPACE WORKSHOP—SOARING TO NEW HEIGHTS
by Heather Guernsey

3-2-1...Launch! The State 4-H Aerospace Workshop was held on Sunday, July 13 at the Howard County Fairgrounds from 2 to 6pm. We thank the Montgomery County 4-H Office for the grant money to sponsor this workshop. Thirty-six 4-Hers from counties all over Maryland attended this event. The main purpose of the workshop was to prepare 4-Hers for the Maryland 4-H Aerospace Challenge, which will take place on Sunday, July 20. Out of 32 4-Hers that went to the workshop, 14 were Juniors, 12 were Intermediates and 10 were Seniors.

At the beginning of the Aerospace Workshop, Rachel Harris and Cathy Dobos introduced all the volunteer leaders and gave an overview of the contest. Then the Intermediate and Senior contestants were seated in the front of the room for a slide show presentation by Joe Schepis on aerospace physics, history and model rocketry followed by a parts identification talk. At the same time, the juniors were seated at the back table for their own presentation by Rich Lempicki.

During the presentation we learned about Newton's Laws of Motion, forces of flight, the history of flight, phases of rocket flight, functions of rocket engines and understanding engine codes, stability, multi-staging, ejection, descent velocity control, shuttle operations and future space vehicles. My favorite part was watching all the test launches and learning how people turned failures into success. I also liked learning about the rocket engine parts and how rocket engines work.

While the intermediates and seniors were finishing watching the background presentation for their exam, Rachel Harris led the juniors on how to make quality paper airplanes that fly better than ordinary paper airplanes. Then everyone sat together for Andy Driesman's presentation on Rocket Component Identification. Then Mr. Dobos talked about the different build sessions and how to use the glue without gluing together things that you don't want together (like your fingers)!

Around 4pm, the build sessions started. The seniors, intermediates, and juniors were separated into their respective groups to build a kit for their age level. Juniors had a Estes Make It Take It Rocket, Intermediates made a Surefire Explorer X-19 with design-your-own balsa wood fins and streamer recovery, and Seniors made a Quest Courier which was designed to hold a raw egg for launch.

The Juniors' Estes Make It Take It Rocket kit was a small, red, white, and blue one-stage rocket with plastic fins, plastic nose cone and parachute recovery. They learned how to glue on an engine mount and launch lug and how to fold a parachute correctly. The Juniors had fun decorating their rockets with colorful stickers and markers when they were finished building!

The Intermediates' Surefire Explorer kit was a tall one-stage rocket with streamer recovery. The kit came with a slab of balsa wood to make your own fins. Mr. Dobos gave us multiple fin designs to choose from, like rectangle or parallelogram. I chose the parallelogram as the shape for my fins because I like how that fin style worked well on another rocket that I built last year. The Intermediates were given a exacto knife to cut their fins out with. When we were done cutting out the fins, we sanded them down so they were even. Then we glued them on. Most people used three or four fins. We built the rest of the rocket as usual. It was really fun!
The Seniors’ Quest Courier kit was a big one-stage rocket that was designed to carry a payload in the nose cone, in this case a raw egg! The objective was to launch the rocket and to recover a (hopefully) unbroken egg. It turned out to be quite a challenge - only one egg came down unbroken...the rest ranged from cracked and leaking to full-blown scrambled! Although we don't know for sure how Patrick's egg fared since his rocket disappeared into the hills over yonder....

The intermediate rockets all flew pretty high and most came down without a hitch. Some didn't launch the first time they were on the launch pad, though. Usually it was a problem with the igniter, but then the problem was fixed and the rocket launched fine.

The juniors were really thrilled to launch their rockets, especially since it was the first time building and launching a rocket for most of them. It was fun to watch their excitement in launching their rockets and recovering them.

The contest part of the Aerospace Challenge was held on Sunday, July 20 from 2-6:30pm. All participants were given a packet with study information, including a CD, to prepare for the written test. Mrs. Dobos and Mr. Schepis also forwarded links to additional study information.

Parents could stay for the Challenge on July 20, however they could not be in communication with the contestants while the exams and build sessions are taking place. This lasted for at least three hours before it was time to launch the rockets, and even the rocket launch was part of the competition, resulting in points on the scorecard. The rocket launch took place around 5:15pm. Congratulations to all participants in the contest!

NEWS FROM CLARKSBURG HELPING HANDS 4-H CLUB

by Stephanie Lehrman

Clarksburg Helping Hands Four-H Club has had a help-filled summer, full of volunteer service and fair events. From Little Bennett to the nation’s capital and everywhere in between, our club has participated in many community serving activities. We were only able to do this due to our amazing leadership. Jessica Corazza, our club president, lead us through nearly every activity we participated in. Vice President Raisa Niederhelman has stepped up and lead the club when Jessica was too busy to. Annette Bernier, our club secretary, has kept accurate and informational records. Our treasurer, James Wall, is organized and proficient in his club duty. Last but not least, Dale Ryan, our founder and sponsor, has been with us every step of the way to support and encourage us.

This summer we continued what the club has affectionately named the Clarksburg Helping Hands Catering Service. We served hot dogs, drinks, chips, and other food at Little Bennett Campgrounds and at Clarksburg Day. On both occasions it was a tremendous success, and at the Little Bennett event we had a complete sell-out in hot dogs! Everybody in the club greatly enjoyed these events. Another event was helping at Honor Flights at the WWII Memorial, where we honored veterans from that war. Even though this is a service we partake in often, it never loses its charm.

An exciting annual event was this year’s Montgomery County Fair. It was especially special since this year our president, Jessica Corazza, was a princess in the Fair Royal Court. The club supported her and cheered her on as she balanced her duties fantastically. The club as a whole earned many ribbons from its individual members, its books, its booth, its baskets, its banner, and our walking float.

All in all, Clarksburg Helping Hands has had a very successful summer. Hopefully, future summers will be this exciting and service-filled. The club looks forward to the new school year and new opportunities to help the community.
And by Dale Ryan:

The Clarksburg Helping Hands club participated this year in the local Damascus Community Fair Ice Cream making contest. The fair is free and accepts exhibits from local residents and children. It is a 3 day event with many activities. This year CCH made Mint Chocolate chip ice cream: Ingredients—2 cups 2% milk, 2 cups Heavy cream, 1 tsp salt, 1 tbsl vanilla and 1 tbsp. peppermint extract and 3 drop green coloring. Half way through churning the ice cream in the ice cream maker add 1 cup mini choc chips. The judges liked it and we received 5th place.

The next edition of News & Notes will be published in December—any articles to be included should be sent to Mike Laudwein, mlaudwei@umd.edu, before November 25.

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

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LEGO Robotics Workshop

Presented by the
4-H Mindstorm Maniacs Robotics Club

Want to build a Sumo wrestling robot?

And then have your robot try to knock another robot off the playing field?

That’s the fun of SuGo!

To learn more go to http://www.sugobot.com/.

When: Saturday, September 20th from 3PM to 6PM

Where: Montgomery County 4-H Multipurpose Room

Who: Age 10 and up

Cost: $20

Limit 15 children based on available equipment.

To reserve your spot, please call Jeannine Shriver at (301) 590 – 9638 and send a check made out to “4-H Mindstorm Maniacs” for $20. Please send this check to:

Montgomery County Extension Office
ATTN: Jeannine Shriver
18410 Muncaster Road.
Derwood, MD 20855.

Or visit our website and then follow the instructions to register your child.

http://www.4hmindstormmaniacs.com/sugo-workshops.html
The 2014 National Science Experiment, *Rockets to the Rescue*, provides young scientists the opportunity to explore how aerospace engineering can be used to solve real world challenges—such as food distribution in emergency situations—to make a positive impact in our world.

**MONTGOMERY COUNTY DATE:**
Sunday, October 5, 2014, 2-5 pm
The Heritage Dining Hall
Montgomery County Fairgrounds

**RSVP to Cathy Dobos AND Leslie Jenkins:**
cdobos@washingtonian.com  lesliehilljenkins@verizon.net
OPERATION GREATEST GENERATION:
MAIL CALL

WE NEED YOUR HELP!

Honor Flight Capital Region’s mission is to provide a day of honor and recognition to WWII veterans, and to ensure that each veteran has the chance to see the WWII Memorial in the company of their fellow veterans. We are also dedicated to providing our WWII veterans with the ‘welcome home’ ceremony that has been owed to them for nearly 70 years.

Part of this ‘welcome home’ includes a very special ‘mail call’, in which we present each veteran with a bundle of letters of thanks and gratitude from their fellow Americans.

We’re counting on you to reach out to your network of family, friends, co-workers, neighbors, classmates, and anyone else you can think of! This is a very personal and touching way to let our veterans know that, even after all these years, their sacrifices have not been forgotten. We try and give each veteran a mail bundle containing a minimum of 10 letters and cards. As such, we have a need for hundreds of letters and cards.

Examples range from a simple card, a hand-written letter, a coloring page from a young child, a hand-made card, etc. Be as creative as you’d like, while remembering that your card or letter must fit into a 6” x 9” envelope.

DETAILS ABOUT THIS MISSION:

Please do not send items that are larger than 6”x9”.

The mailing address is:

Honor Flight CR Mail Call
C/o L. Robertson
3524 Frostleaf Ct
Fairfax, VA 22033

All mail must be received no later than Friday, October 24 in order for it to be sorted and bundled with the other pieces of mail for our November trip.

Please See Page 2....
OPERATION GREATEST GENERATION:
MAIL CALL

IF YOU ARE ORGANIZING MAIL AS PART OF A CLASSROOM OR CIVIC PROJECT:

Examples of mail range from a simple card, a hand-written letter, a coloring page from a young child, a hand-made card, etc. Be as creative as you’d like, while remembering that your card or letter must fit into a 6” x 9” envelope.

Use the generic ‘Dear Veteran’ as your salutation. Please do not date your letter. Feel free to sign the letter and if appropriate, your corresponding group (schoolchildren should only use their first names).

Examples of appropriate signatures:
- Jason, Mrs. Kinsey’s 1st Grade Class, Winfield Elementary, Winfield
- Janice Boyle, Wheaton Lion’s Club
- A Grateful American

Thank you for honoring our Greatest Generation.

In Service,

The Volunteers of Honor Flight Capital Region