Help Us Promote the Health "H" by Becoming 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 "health officers" for their 4-H clubs and communities.

★ These Healthy Living Ambassadors will learn healthy snacks, activities, and exercises to take back to their clubs and counties to promote healthy lifestyles.

★ Mark your calendars for January 10th at the Montgomery County 4-H Office or for the summit on January 24th at Thendara 4-H Center in Dorchester County from 10am to 3pm. The summits are open to all 4-Hers ages 8-18!

For more information and to sign up contact Sandy Corridon, 4-H Youth Development Specialist at 301-314-7363.

4-H Website

★ Shooting Sports Website is now posted in the State 4-H Website!

★ We had the State 4-H Shooting Sports Website listed under Dorchester County 4-H page, but now that Conrad has retired, the State 4-H office will be handling it. Please go to: http://extension.umd.edu/4-h, 4-H Program Areas, Environmental Sciences, Shooting Sports.

University of Maryland Extension Celebrates 100th Anniversary Statewide

★ To celebrate the 100th anniversary of this significant milestone in our nation's history and its impact on our state specifically, special events were planned all across Maryland during the month of October.

“The University of Maryland is an Equal Opportunity Employer and Equal Access Programs”
Dorchester County held an Open House on October 28th to celebrate past accomplishments and demonstrate how UME is as vital in today’s world as ever before. Displays, historical and current, were presented by each department of the Extension Office; Agriculture, Nutrient Management, 4-H, UME Sea Grant, Shooting Sports, and Food and Nutrition. 4-H youth, Cammie Foxwell and Dontre King from Seeds of Change 4-H Club, attended to demonstrate the Chesapeake Bay Watersheds they each made as part of their environmental club activities.

Proclamations were presented to Sara Rich by Senator Colburn from the Senate and by Addie Eckardt from the House of Delegates.

Light refreshments were available throughout and everyone enjoyed the opportunity to renew old friendships and to make new ones.

He then became the 4-H Agent/Educator in Dorchester County in 1989 and served in that capacity until November 1, 2014, completing a total of 43 years in Extension 4-H leadership.

During his tenure, the Maryland 4-H Shooting Sports program has grown from a small project area to one of the state’s largest project areas as many more youth participate in shooting sports. He has coordinated the statewide team of volunteers and faculty that provide the leadership and training for the Maryland 4-H Shooting Sports program following the National 4-H Shooting Sports Curriculum. Statewide, over 150 volunteers provide the opportunity for over 8000 youth to have an educational experience through shooting sports. Mr. Arnold’s leadership with the shooting sports 4-H program has contributed to youth development at the County, State and National level.

Conrad had the primary responsibility for the management, program planning and maintenance of the 25 acre ACA accredited Thendara 4-H Center in Dorchester County. He has personally spent untold hours maintaining and upgrading the facility and overseeing the rentals for all activities taking place at this center. Under his leadership, Thendara was transformed from a structure badly in need of restoration to a beautiful, fully-functioning facility that is home to many 4-H clubs and events including the Eastern Shore 4-H Camp.

We wish Conrad the very best in his retirements and new endeavors. Thank you Conrad!

Conrad Arnold recently retired as a University of Maryland Extension Senior Agent, 4-H Youth Development Educator with 25 years of service. His career with Extension began in West Virginia with 18 years of service.
Don't forget to attend the Caroline County Christmas festival on December 6th and 7th at the Caroline County Fairgrounds. This event is sponsored by the Caroline-Dorchester County Fair Board and the proceeds go toward maintaining the fairgrounds and production of the 4-H County Fair.

SEE ATTACHED FLYER - We hope to see you there.

Candy Topped Christmas Ornament Cupcakes

Here's an easy Holiday Treat for the whole family, or for neighbors and friends.

Make cupcakes in the flavor of your choice. Use white frosting and decorate with Christmas colored candies; M&Ms, Skittles, Reese’s Pieces, whatever. Put an upside-down mini Reese’s Cup center top and stick a mini candy cane through the top. Voilà!

4-H CLUB NEWS

Seeds of Change:

★ Our first water-quality monitoring session was held on September 27th with representatives from Dorchester Citizens for Planned Growth. The club was invited to the home of Doug and Margaret Worrall and participated in the testing process from their dock. 4-H’ers look forward to water testing again when warmer weather returns.

★ The first Storm Drain Stenciling event on November 8th went quite smoothly. Fifteen youth and seven adult volunteers came out to help with the event and that included Seeds of Change 4-H’ers and parents; Dorchester Citizens for Planned Growth; Eastern Shore Land Conservancy; Choose Cambridge; Girl Scouts and Boy Scouts. Everyone had a great time and stenciled quite a few drains in Cambridge. John Baptista took a video of the entire event and his wife Joan took pictures. Mr. & Mrs. Baptista are environmental volunteers and donated their time, expertise, and the video and slide show to 4-H and Seeds of Change. A second date was scheduled but had to be cancelled due to weather.

Seeds of Change wishes to thank all those who have volunteered or invited us to their homes/farms to learn and experience examples of environmental responsibility and guardianship.

★ Choptank Animal Hospital
★ Pop’s Old Farm
★ Horn Point
★ Doug & Margaret Worrall
★ John & Joan Baptista
★ and so many more not mentioned here
**Trailblazers:**
Members have been very busy this past year:

- 4-H meetings
- trail rides
- educational field trips
- practice... practice..., practice... for the Caroline/Dorchester County Fair competition

Looking forward to our next big year-end event – the Hurlock Christmas Parade.

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**WHAT IS 4-H?**

**The 4-H emblem**

The H’s on each leaf stand for the words Head, Heart, Hands, and Health.

- **4-H Colors:** Green and White
- **4-H Slogan:** “learn by doing”
- **4-H Motto:** “to Make the Best Better”
- **4-H pledge:** “I pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service and my Health to better living, for my club, my community, my country, and my world.”

**Membership Age:**

- ★ 5 to 7 - Clovers
- ★ 8 to 18 - Regular 4-H'er

**Annual Participation Fee:** $10 for ages 8 to 18. No fee for Clovers
14th Annual

Christmas In Caroline

A FESTIVE CHRISTMAS EVENT
Hosted by Caroline-Dorchester County Fair Board

SATURDAY, DECEMBER 6th
9:00 a.m. to 4:00 p.m.

SUNDAY, DECEMBER 7th
10:00 a.m. to 3:00 p.m.

CAROLINE COUNTY 4-H PARK
8230 DETOUR ROAD, DENTON

A Unique Christmas Event Featuring Antiques, Crafts, Collectibles, Gift Merchandise Fresh Greens, Door Swags, Grave Blankets & Wreaths, Candy Cane Game, Winter Wonderland Wheel Game, Pony Rides and more!

Country Store    Silent Auction each Day
Kids Photos with Santa & Pets Welcome for Christmas Photos Too

11:00 a.m. – 2:00 p.m. each day

Children's Make-It Take-It Crafts Workshop
(10:00 a.m. to 2:00 p.m. each day)

Christmas Music provided by DJ Jay Davis

GREAT FOOD AVAILABLE BOTH DAYS

FREE ADMISSION AND PLENTY OF PARKING

For information call 410-479-0565
Proceeds benefit Caroline County 4-H Park Capital Improvements
**CHRISTMAS HIDDEN OBJECT CHALLENGE**

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