

# UNIVERSITY OF MARYLAND EXTENSION Garrett County

## May 2023 Newsletter

### 4-H Achievement Program

The annual 4-H Achievement Program was held on April 2nd at the Garrett County Fairgrounds. The program is held annually to recognize the successful completion of projects by 4-H youth and a celebration the work of volunteer leaders. There were 253 record books that were completed by members for 2022. In addition to project awards, youth are recognized for service hours earned and receive special awards for achievement.

Special thanks is extended to Larry Tichnell, Garrett County Commissioner, Cristy Enlow, Garrett County Farm Queen, Hannah Frazee, Rachel & Rebekah Campbell, Hopper's 4-H Club, Sarah Stone and Mike Kepple for their help at our program.

Pictured below are some of the award winners.



## Maryland 4-H State Public Speaking Contest Results

The Maryland 4-H State Public Speaking Contest was held at the University of Maryland, College Park on Saturday, April 29th. There were 98 participants representing 20 counties for this event.

Garrett County 4-H is pleased to announce that Dustin DeBerry, an intermediate member of Country Explorers 4-H Club, received State Champion for his extemporaneous speech in the intermediate division.

Other county champions who participated in the state competition were Brenton Gnegy, Kylie Bates and Laura Huelskamp who placed 3rd in the prepared speech category in the senior division.

# Grand Champion Extemporaneous Speech Intermediate Division



**Dustin DeBerry**  
**Garrett County**

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## 4-H Spring Chick Program

4-H Educators Karen Wood and Lacie Ashby along with assistant, Hannah Frazee joined Headstart storytime at the Ruth Enlow Library in Kitzmiller this month with two baby chicks and a hen named Stormfly.

4-H Educator, Karen Wood has provided STEM Programs throughout the year to the Ruth Enlow Libraries in Kitzmiller and Friendsville. The monthly programs are part of the STEAM Kids series. Programs offered were 3D Printing, Circuitry, and Robotic series using Lego WeDo1, WeDo 2.0, and Spike Essentials with block and scratch coding.



# 4-H Provides Chicken Program to Head Start



## 4-H STEM Summer Series to Start Up

Karen Wood will begin her Summer STEM Series kicking off with the LEGO Robotics Animal Behavior class on June 15th followed by Stop Motion Clay Animation on July 13th and the series will wrap up on August 17th with Splash Science. Class sessions will begin at 2:00 pm at the 4-H Extension Office. To register, call the office at 301-334-6960.

**4-H STEM SUMMER SERIES**

**JUNE**  
LEGO ROBOTICS  
ANIMAL BEHAVIOR

**JULY**  
STOP MOTION  
CLAY  
ANIMATION

SECOND THURSDAY OF EACH MONTH  
JUNE 15 - JULY 13 - AUGUST 17  
2:00 PM  
4-H EXTENSION OFFICE  
MEETING ROOM

**AUGUST**  
SPLASH SCIENCE

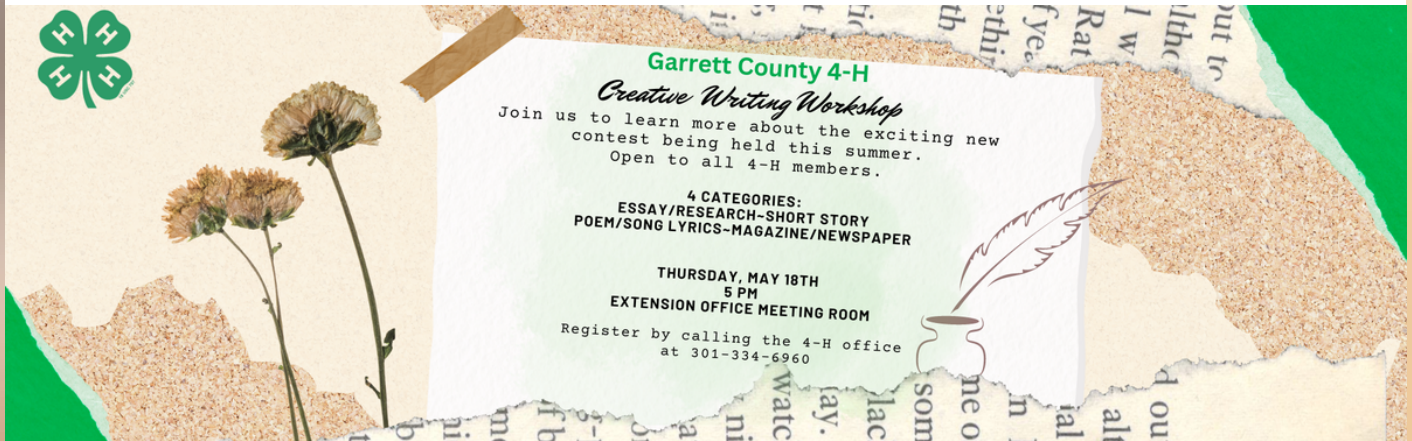
Space is limited  
Register by calling 301-334-6960

## Creative Writing Workshop To Be Offered

Karen Wood, 4-H Educator and Hannah Frazee, 4-H AmeriCorps Volunteer will be offering a Creative Writing Workshop on Thursday May 18th beginning at 5 pm. 4 categories will be offered:

- Essay/Research
- Short Story
- Poem/Song Lyrics
- Magazine/Newspaper

Please call the Extension Office to register at 301-334-6960.



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## Tomato Gardening Series Offered

Tomatoes are the number one vegetable grown in backyard gardens. Come out and learn some tips and tricks for successful tomato gardening.

# TOMATO GARDENING SERIES

FREE

Have You Ever Dreamed of Growing Delicious Tomatoes?

Sessions held at the Oakland Branch of the Ruth Enlow Library at 11:00am. Reserve your place by calling Andrew @ 301-334-3996.

April 20 - Planning & Starting Seeds

May 18 - Plant Shopping & Planting Tips

June 15 - Planting & Care Tips

July 20 -Tomato Insects/Diseases

August 17 -Harvesting & Entering Tomato Festival

The Ruth Enlow Library  
of GARRETT COUNTY

Community • Opportunity

This institution is an equal opportunity provider. If you need a reasonable accommodation to participate in any event or activity, please contact University of Maryland Extension @ 301-334-6960.

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**MASTER GARDENER**

## Join Our Community Garden

We are excited to start a new community gardening campaign in 2023 to coincide with our Grow It Eat It program! McHenry United Methodist Church at the intersection of Mosser Road and Bumble Bee Road has several plots available and free to anyone that is interested. All levels of experience are appreciated. Master Gardeners will have demonstration areas and be available to answer any questions throughout the growing season. Sign up today by calling 301-334-6960.

### "LETTUCE" HELP YOU GARDEN

New to gardening or just looking for a place to enjoy nature?

Join University of Maryland Extension & McHenry United Methodist Church at their Community Garden!

Plots are free of charge, water is on site, and soil will be tilled and ready for your creativity. Come grow with us in 2023!

Weekly Ask an Expert Sessions, Demonstrations, & More!  
To Sign Up  
301-334-6960    abachtel@umd.edu

If you need a reasonable accommodation to participate in any event or activity, please contact University of Maryland Extension 301-334-6960

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## Maryland Grows Blog



## Invasive Trees in Maryland: Princess Tree, Callery Pear & Tree-of-Heaven

Last month, my blog post was an introduction to invasive plants and today I want to share information on three invasive, deciduous trees found in Maryland. Springtime provides a breathtaking display of contrasting flowers in a wide array of colors, shapes, and sizes, which are found in herbaceous plants, as well as woody shrubs and trees.

🔗 [marylandgrows.umd.edu](http://marylandgrows.umd.edu)

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## Spring Cleaning the Pantry



It's Spring, so the birds are chirping and the flowers are blooming. Many people think of spring as a fresh start, so what better time for cleaning and tidying up the home. Use this time to clean out the kitchen cabinets and pantry or other food storage locations in the home.

Click [HERE](#) for ideas on how to organize and clean your pantry.

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## Alzheimer & Dementia Programs Offered for Caregivers

The University of Maryland Extension has created a FREE two-part program to support ADRD caregivers as they navigate the health, nutrition, and financial challenges ADRD poses. Two virtual options are being offered for our area. Click on the link below to register.

[Virtual One](#)

[Virtual Two](#)

## Alzheimer's Disease and Related Dementias (ADRD) Caregiver Education Program

This document was developed using grant funding provided to the University of Maryland Extension from the Maryland Department of Health, Center for Chronic Disease Prevention and Control.

The University of Maryland Extension has created a **FREE two-part program to support ADRD caregivers** as they navigate the health, nutrition, and financial challenges ADRD poses.

**The first 17 registered caregivers who attend both days of the program will receive \$150 to help cover costs that may inhibit them from attending.**

Six program options are available. Register for your preferred program option **before May 15th** using the links below (click on the event location).



### Program Options

1. **Virtual - 1**
  - May 17th and May 18th
2. **Virtual - 2**
  - June 1st and June 2nd
3. **Frederick County Extension Office**
  - May 30th and June 7th
4. **Kent County Family YMCA**
  - May 31st and June 5th
5. **MAC Center, Salisbury**
  - June 13th and June 21st
6. **Alzheimer's Association, Towson**
  - June 22nd and June 29th

### Session Topics

- Strategies for Improving Communication with ADRD Individuals
- Smart Choice Smart Use: Healthcare in Your Senior Years
- Managing Someone Else's Money
- The MIND Diet: Boosting Brain Power with Food
- Kitchen I Spy: Stop Food Poisoning in Its Tracks!
- Making Time and Space for Your Mental Health

If you need reasonable accommodations or have questions, contact [erinj@umd.edu](mailto:erinj@umd.edu) or 410-222-3900 between 8 am - 4:30 pm, before May 15th.

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MARYLAND  
EXTENSION



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

## May is Mental Health Awareness Month!

Check out this weekly calendar that provides you with journal prompts and activities for each day to focus on your spirituality and social relationships. Look for more tips we will share on our FB page <https://go.umd.edu/HealthyLivingInAlleganyCountyFB> from the UMD Extension.



● **Week 1: Spirituality and Social Relationships**

# Mental Health Awareness Month

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Mon	Tue	Wed	Thu	Fri
<b>Journal Prompt</b> What does spirituality mean to you? How has your understanding of spirituality evolved over time?	<b>Journal Prompt</b> Reflect on a time when you felt a deep sense of connection to something greater than yourself. What was it like and how did it affect you?	<b>Journal Prompt</b> How do you cultivate a sense of gratitude in your life?	<b>Journal Prompt</b> What are some things you do to maintain healthy and positive relationships with those closest to you?	<b>Journal Prompt</b> What role do boundaries play in your relationships? How do you set and communicate your boundaries to others?
<b>Activity</b> Spend time in nature, whether it's a hike in the woods or a walk in the park.	<b>Activity</b> Volunteer your time and energy to help those in need.	<b>Activity</b> Take time to reflect on what you are grateful for in your life.	<b>Activity</b> Plan a picnic or outdoor activity with your friends or family members.	<b>Activity</b> Take some time to sit down and share your thoughts and feelings with a family member or friend.

## Addressing Farmer Stress Webinar Series



Join University of Delaware Cooperative Extension Educators as they address the difficult topic of farmer stress. This four-part webinar series will increase your knowledge about mental health, effective communication techniques, building resilience within your community, stress and stigma as they have impact on producers and their families.

### Overview of the Four-Part Series:

June 7, 1-2pm EST *Confident Conversations – Using Improv and Humor to Address Mental Wellbeing and Increase Confidence*. This session will offer an overview of the educational resources and how to use them with your clientele. We will review the background of the development of these resources, ground the materials in communication and adult education theory and lay the ground work for the rest of this training series.

June 14, 1-2pm EST *Conversations in the Cornfield* – This session will introduce the humor and communication technique of “Yes and” and appreciative inquiry as tools to create safe environments for difficult conversations.

June 21, 1-2pm EST *Super Farmer of Hope* – This session will introduce the idea of character strengths and strength spotting as tools to validate and build on strengths to support communication and creative problem solving.

June 28, 1-2pm EST *WFRSAN Emotional Weather Report* – This session will review information about burnout, provide strategies for determining sources of burnout and offer techniques to address them.

[Register Here \(click here\)](#)

or go to: <https://www.pcsreg.com/confident-conversations-june-2023>)

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## Statewide Agriculture Newsletters



Newsletters from UME offer informative, researched-based information that the reader can put into practice. Informative articles include crop production, disease information, animal science, and upcoming programs. Take a closer look at the newsletters listed below.

The **Agronomy News** is a statewide newsletter for farmers, consultants, researchers, and educators interested in grain and row crop forage production systems. This newsletter is published once a month during the growing season and will include topics pertinent to agronomic crop production. Subscribers will receive an email with the latest edition.

### [Agronomy News](#)

The **Fruit & Vegetable News** is a timely publication for the commercial vegetable and fruit industry available electronically from April through October. Published by the University of Maryland Extension Agriculture and Food Systems team.

### [Fruit & Vegetable News](#)

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## Welcome Jessica

Jessica McClurg has joined the University of Maryland Extension team in the Garrett County office. She will be working part-time assisting in various program areas. Jessica worked with UME previously as a Nutrient Management Advisor in the Allegany County office and is excited to be back working with UME again.



## Keeping Connected

We are here to serve you in person, by phone, email, or by video conferencing. If you have questions, contact one of our experts to provide solutions.

<b>Area Extension Director Western Maryland Cluster</b>	<b>Dr. Jennifer Bentlejewski</b> <a href="mailto:jthorn@umd.edu">jthorn@umd.edu</a>	
<b>4-H Youth &amp; Development</b>	<b>Lacie Ashby</b> Principal Agent <a href="mailto:lashby@umd.edu">lashby@umd.edu</a>	<b>Karen Wood</b> Senior Agent Associate <a href="mailto:kwood125@umd.edu">kwood125@umd.edu</a>
<b>Agriculture &amp; Natural Resources</b>	<b>William Lantz</b> Principal Agent <a href="mailto:wlantz@umd.edu">wlantz@umd.edu</a>  <b>Jill Hauser</b> Nutrient Management Program Coordinator <a href="mailto:jhauser1@umd.edu">jhauser1@umd.edu</a>	<b>Ashley Bachtel-Bodkins</b> Senior Agent Associate Master Gardener Coordinator <a href="mailto:abachtel@umd.edu">abachtel@umd.edu</a>
<b>Family and Consumer Sciences</b>	<b>Lisa McCoy</b> Senior Agent <a href="mailto:lmccoy@umd.edu">lmccoy@umd.edu</a>	<b>Dr. Jesse Ketterman</b> Senior Agent <a href="mailto:jketterm@umd.edu">jketterm@umd.edu</a>
<b>Maryland SNAP Ed</b>	<b>Kristin Spiker</b> Senior Agent Associate <a href="mailto:kspiker@umd.edu">kspiker@umd.edu</a>	<b>Hannah Frazee</b> Extension Program Assistant <a href="mailto:hfrazee@umd.edu">hfrazee@umd.edu</a>
<b>Administrative Assistant</b>	<b>Roberta Cvetnick</b> <a href="mailto:rcvetnic@umd.edu">rcvetnic@umd.edu</a>	
<b>Program Management Specialist</b>	<b>Jessica McClurg</b> <a href="mailto:jmccclurg@umd.edu">jmccclurg@umd.edu</a>	

**UME-Garrett County**

Email: [rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)



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**Phone:** 301-334-6960

**Office Hours:** M-F 8:30 am-4:30 pm excluding holidays

**Facebook:** <https://www.facebook.com/4HGarrettCoMD>

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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters