OUR COMMITMENT TO YOU HAS NOT CHANGED

WE ARE NOW OPEN for in-person appointments with a number of restrictions. Unfortunately, we are unable to accept walk-in customers so please call ahead to 301-724-3320 to make an appointment and get instructions for your visit. A mask will be required to meet with any member of our team. If you don't need an in-person appointment, we look forward to assisting you by phone, email or video conferencing.

INTRODUCING OUR WOODLAND MANAGEMENT SERIES

Extension Natural Resources Educators Ashley Bodkins and Sherry Frick will host this free, online series entitled "Woodland Management for Landowners". The series begins August 18 and is open to anyone who has wooded area on their property. Guest experts include Juls Wood, Private Consulting Forester, Jonathan Kays, Extension Forestry Specialist and Paul Goeringer, Extension Legal Specialist. For more information, contact Sherry Frick at 301-724-3320 or sfrick@umd.edu.
ATTENTION ALL FARMERS AND RANCHERS FINANCIALLY IMPACTED BY COVID-19

The Coronavirus Food Assistance Program (CFAP), will provide up to $16 billion in direct payments to deliver relief to America's farmers and ranchers impacted by the Coronavirus pandemic. Are you a farmer or rancher whose operation has been directly impacted by the Coronavirus pandemic?

The Coronavirus Food Assistance Program provides direct relief to producers who faced price declines and additional marketing costs due to COVID-19. USDA is accepting applications through Aug. 28. Producers should apply through the Farm Service Agency at their local USDA Service Center. The Allegany County Soil Conservation District office is now open by appointment only. To schedule an appointment please phone 240-609-3493. For more

Woodland Management
A FREE WEBINAR SERIES FOR LANDOWNERS

AUG 18
IDENTIFY AND CONTROL INVASIVE PLANTS IN YOUR WOODS
ASHLEY BODKINS, UME NATURAL RESOURCES EDUCATOR
TO REGISTER: https://us02web.zoom.us/meeting/register/tJIldezcvq1bHx1NdmZ9gKqRsOGK1gKvAChw

AUG 25
ACHIEVE A HEALTHY WOOLD: ADVICE FROM A FORESTER
JurL WOOD, PRIVATE CONSULTING FORESTER
TO REGISTER: https://us02web.zoom.us/meeting/register/tJIldezcvq1bHx1NdmZ9gKqRsOGK1gKvAChw

SEPT 1
UNDERSTANDING SILVICULTURE: THE ART AND SCIENCE OF TENDING A FOREST
JONATHAN KAYS, FORESTRY EXTENSION SPECIALIST
TO REGISTER: https://us02web.zoom.us/meeting/register/tJIldezcvq1bHx1NdmZ9gKqRsOGK1gKvAChw

SEPT 9
INVASIVE INSECTS IN YOUR WOODLAND
SHERRY FRICK, UME NATURAL RESOURCES EDUCATOR
TO REGISTER: https://us02web.zoom.us/meeting/register/tJIldezcvq1bHx1NdmZ9gKqRsOGK1gKvAChw

SEPT 15
LANDOWNER LIABILITY AND RECREATION ACCESS IN MD
JONATHAN KAYS, FORESTRY EXTENSION SPECIALIST
PAUL GOERINGER, EXTENSION LEGAL SPECIALIST
TO REGISTER: https://us02web.zoom.us/meeting/register/tJIldezcvq1bHx1NdmZ9gKqRsOGK1gKvAChw

HOSTED BY SHERRY FRICK AND ASHLEY BODKINS,
UME NATURAL RESOURCES EDUCATORS
FOR INFORMATION: 301-774-3320
OUR 30 DAY MINDFULNESS CHALLENGE
WITH LISA MCCOY

Lisa McCoy, western cluster FCS educator has created a 30-day Mindfulness Challenge. Each day, participants can watch a brief video sharing a new mindfulness technique that will help individuals to bring awareness and focus to their daily lives. A brief introductory video and access to these daily videos can be found on the UME Western Cluster YouTube channel at: http://go.umd.edu/mindfulnesschallenge
Are you interested in taking the Master Gardener Basic Training in Fall 2020? We are piloting a new online training with educators from across the state teaming up to provide a broad range of expertise. The training costs $175 and includes the University of Maryland Extension Master Gardener Handbook. The training is open to all Maryland residents and will run from September 22 through November 19 with no classes the week of November 2. Participants are encouraged to join the live presentations as they occur, however, all presentations will be recorded for later viewing. For more information, contact your local Extension office. In Allegany County, contact Sherry Frick at 301-724-3320 or sfrick@umd.edu.
OUR 2020 4-H SUMMER ROBOTICS TECHNICAL DRAWING CHALLENGE

Our 2020 4-H Summer Robotics Challenge has been a success with students completing coding projects, engineering Rube Goldberg machines and participating in virtual competitions. The learning continues in August with our Technical Drawing Challenge. In August, students are challenged to complete a concept and technical drawing of a robot that can complete a pre-determined mission. For more information, contact 4-H educator Jessica Mellon at or jmellon2@umd.edu or visit our website at https://extension.umd.edu/allegany-county/4-h-youth/robotics-and-stem.
INVESTING IN YOUR FARM’S FUTURE

Each year, the average age of principal farm operators continues to get just a little bit older. Many of these principal operators may not have developed a retirement plan, considered how to handle health care issues as they age, developed a succession plan, or even developed an estate plan. Join specialists from the University of Delaware Extension and the University of Maryland Extension as they help prepare you for this process. Sessions will occur over four consecutive Thursday nights in August from 6:00 to 7:30PM. For more information, contact Financial Literacy educator Dr. Jesse Ketterman at 301-724-3320, jketterm@umd.edu or simply click the image below.
INTRODUCING MARYLAND SNAP-ED

Maryland's Food Supplement Nutrition Education (FSNE) program is now called Maryland SNAP-ED. There will be no change in the services provided. Maryland SNAP-ED provides nutrition education to help low-income individuals and families make healthy food choices, develop food preparation skills, handle food safely, improve shopping skills, and increase physical activity. Maryland Snap-Ed also provides nutrition education training to volunteers and professionals who provide services to low-income families, thus expanding the reach of the program. UME Healthy Food Access Faculty Assistant Mandy Hawkins has created this short video to thank the many partners and volunteers across Maryland who support the work we do. Thank you!
MARYLAND ROTA OFFERS SERIES TITLED
REGROUNDING OUR RESPONSE

Maryland ROTA presents "Regrounding our Response": A series of presentations that seek to address the stigma around substance use and raise awareness about public health approaches to the Opioid crisis in Maryland. For more information about the series, or about the Maryland ROTA program in general, contact Dr. Stephanie Hutter-Thomas at 301-724-3320 or shutterr@umd.edu.
Health Rocks! is a 4-H Healthy Living program designed for young people ages 8 to 14 with the goal of bringing youth, families and communities together to reduce adolescent substance use. Using the 4-H Positive Youth Development model, the program aims to provide young people with the experience and skills necessary to make healthy decisions that lead to healthy lifestyles.

Thanks to a grant from the National 4-H Council, Health Rocks! piloted in Allegany County in 2019 and will expand into Garrett and Washington counties in 2020. Programming is conducted on-site in partnership with public schools, after school programs, libraries, YMCAs and other places easily accessible to students. By offering a broad range of both group and
one-on-one activities, Health Rocks! establishes a mentoring network with the positive adult role models that serve as volunteers. All volunteers are vetted with reference and background checks. For more information about Health Rocks!, contact Lacie Ashby at 301-724-3320, lasthy@umd.edu or Michelle Harmon at 301-334-6960, mharmon2@umd.edu.

Health Rocks! Lesson 1 Why Health Rocks

KEEPING CONNECTED

WE ARE NOW OPEN for in-person appointments and available by phone, email and video conferencing. If you have questions, contact one of our experts to provide solutions.

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Western Maryland Cluster
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