

MONTGOMERY COUNTY NEWS & NOTES

NOVEMBER 2023

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The next issue of News & Notes will be published on the first week of December 2023. Please submit your articles to Anna Hamann, ahamann@umd.edu, by November 27, 2023.

If you need special accommodation for a 4-H program, event, or activity, please call 301-590-3210 or e-mail jshriver@umd.edu.



The Montgomery County's 4-H Office Staff wishes all the 4-H members and volunteers a Happy Thanksgiving!

NOVEMBER	
14	2024 National 4-H Conference Application closes November 14.
15	Maryland 4-H Dog Bowl Contest – Registration closes at 11:59 on November 15.
15	Record Book Training. 18410 Muncaster Rd., Derwood Registration closes at 11:59 on November 14.
15	Montgomery County Agricultural Fair Scholarships due. https://mcagfair.com/scholarships/
27	Horse Bowl Clinic – Registration closes at 11:59 on November 27.
DECEMBER	
2	Horse Bowl Clinic. Animal Science (ANSC) Bldg., 8127 Regents Dr., UMD, College Park.
3	Maryland 4-H Dog Bowl Contest. ANSC Bldg., UMD, College Park.
9	Montgomery County Club Leader Training Day 1: Youth Mental Health First Aid Training. 4-H office in Derwood Registration closes at 11:59 on November 25.
10	Montgomery County Club Leader Training Day 2. Various sessions, Maryland 4-H, and UME updates). 4-H office in Derwood Registration closes at 11:59 on December 4.
15	2024 International Outbound Opportunities Registration closes at 11:59 pm on December 15.
JANUARY	
6	Steer Weigh-In, 7:00 am Montgomery County Fairgrounds. For more information, please contact Chris Boher at Chris@maplelawn.com , or Emely Morris at emilywarnock@hotmail.com
8	President 's Volunteer Service Award nomination, Resumes, Diamond Clover Levels 1-4 Reports, Club Youth Nominations, Portfolio & Out-of-State Trip applications
15	2024 National Leadership Trips Portfolio due to State Office (National 4-H Congress, Camp Miniwanca, West Virginia Older Member's Conference and Virginia Congress).
23	Record Books due at the 4-H Office.
TBD	4-H Enrollment. Information will be sent through 4-H Online

FEBRUARY	
11	4-H Dairy Fun Day. Virtual 9:30-11:00 am. Information will be sent through 4-H Online
24	Maryland 4-H Dog Skillathon or Fun Day (Tentative 1:00-3:00 pm) Information will be sent through 4-H Online
MARCH	
2	Maryland 4-H Horse Bowl, Montgomery County Fairgrounds. Information will be sent through 4-H Online. Snow date 3 March.
9	Maryland 4-H State Livestock Skillathon. ANSC Bldg., UMD, College Park. Information will be sent through 4-H Online
23	Maryland 4-H State Dairy Skillatho. Carrol County Extension Office. Tentative. Information will be sent through 4-H Online
23	MoCo 4-H Award Ceremony. 7:00 pm. Heritage Room, Gaithersburg Fairgrounds
APRIL	
6	State Horse Communication Contest. Virtual. Information will be sent through 4-H Online
27	Maryland Day, UMD, College Park
27	Maryland 4-H Dairy Bowl Contest. Carroll County Extension Office. Tentative. UMD, College Park, MD
27	State Public Speaking Competition. UMD, College Park, MD

Volunteers

In 2021, UME initiated a new volunteer background check policy in order to provide for the safety and well-being of University of Maryland Extension (UME) volunteers, and staff members, and program participants, and the community. In addition to protecting UME's assets and reputation as a service provider.

The policy requires that volunteers be background-checked every 3 years. The Calendar year 2024 is the first recertification period for individuals who completed their background check in 2021.

A current volunteer needs to complete the background check process by the end of this year (2023). The State Office provided notification of the need for renewal according to the following schedule:

- September - volunteers initially screened in January – April of 2021
- October – volunteers initially screened in May-August of 2021
- November – volunteers initially screened in September – December of 2021

The notification to renew your background check will come from Sterling Volunteers.

Their email address is "theadvocates@sterlingvolunteers.com".

The background check should be completed within 30 days of the invitation to avoid separation and dismissal and ensure your 2024 enrollment is approved by the March 1 target deadline.

Power Protectors is a collection of three activities that teach kids how to address real-world issues and explore careers in energy.

The STEM Challenge kit is perfect for youth ages 8-14 years to spark an interest in STEM and inspire real-world actions.

The kit consists of three activities that are highly adaptable for afterschool programs, 4-H clubs, classrooms, home use, and more. Each kit contains enough supplies for 6 youths and most supplies are reusable.

More information at:
<https://4-h.org/programs/stem-challenge/>

In addition, you can also download the Facilitators Guide in Spanish.



2023 4-H STEM Challenge- *Power Protectors Kits*

Explore the exciting world of renewable energy with the *Power Protector* STEM Challenge Kit.

4-H educators from Cornell University, the University of Illinois, Utah State University, and West Virginia University developed Power Protectors.



Horse Bowl Clinic

The 2023 Horse Bowl Clinic will be on Saturday, December 2, 2023, at the Animal Science Bldg. on the UMD campus in College Park.

This clinic will provide an opportunity for Maryland 4-H youth, volunteers, and UME faculty/staff to acquire skills and knowledge about the different aspects of Horse Bowl.

Youth participants will play each other in a "mock contest" format and will learn about

scoring rules, and the type of questions to study for and expect in a real contest! Adult participants will learn tips and breakdowns of learning to teach, how to set up a successful practice schedule, and more!

The cost is \$10.00 and includes light refreshments and materials.

Registration for the event is due by November 27, 2023.

2023 Maryland 4-H Dog Bowl Contest



The 2023 Maryland 4-H Dog Bowl will be on Sunday, December 3, 2023, at the UMD campus in College Park. The contest will feature Junior, Intermediate, and Senior age divisions.

Registration for the event is due by November 15, 2023.

The rules and regulations for the 2023 contest are posted on the Maryland 4 H webpage. Click on the Animal Science Resources Link and scroll to

Competitive Events: Judging / Bowls / Skillathons / Hippology Contests.

Youth Mental Health First Aid (YMHFA)

When: Saturday, December 9

Where: 4-H Building, Derwood, MD

Youth Mental Health First Aid (YMHFA) teaches participants how to help youth experiencing a mental health challenge, crisis, or addiction issue. The course introduces common mental health challenges and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, psychosis, disruptive behavior disorders, and eating disorders.

For more information, please see the flyer at the end of the News and Notes. Space is limited and registration is required.

Continental breakfast and lunch provided.

Registration for the event is due by November 25, 2023.

(Registration link below)

https://MoCo4H_Dec9.eventbrite.com

2024 Leadership Trips

To earn one of these trips, you must submit a Senior 4-H Portfolio through the appropriate 4-H Online Event registration by:

- **For 2024 National 4-H Conference by November 14, 2023**

• **For all other 2024 National Leadership Trips by January 15, 2024**

- National 4-H Conference (D.C. in April)
- National Leadership Conference (at Camp Miniwanca in Michigan in June)
- West Virginia Older Member's Conference (June)
- Virginia 4-H Congress (June)
- National 4-H Congress (Atlanta in November)

For more information about the Senior 4-H Portfolio Program or the National 4-H Leadership Trip Opportunities, visit: <https://go.umd.edu/leadershiptrips>



2024 International Outbound Opportunities!

Registration closes December 15, 2023 at 11:59 pm.

In 2024 Maryland 4-Her's have the opportunity to explore the world and become culturally aware in 6 different outbound locations, Japan (4 & 8-week programs), Costa Rica (4 weeks), Taiwan (4 weeks), Norway (4 weeks), Argentina (4 weeks), and South Korea (4-week).

Each outbound opportunity provides a unique cultural immersion experience. Delegates will experience aspects of daily life that allow them to understand deeply both their host culture and their own!

Program fees include lodging, meals, transportation, camps, and cultural excursions throughout the program. Scholarships are available through States' 4-H upon application approval.

If you are interested, please submit an application at

<https://app.smarterselect.com/programs/92010-States-4-H-International-Exchange>

For more information on Outbound Opportunities, please contact Joseph Y. Cho at jcho8@umd.edu

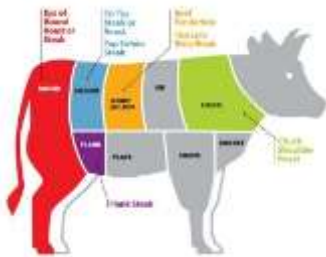
2024 Inbound Opportunities!

Do you know any families wanting to experience the world all in the comfort of their own home? We are seeking families to open their homes and hearts to a Japanese delegate between 12-17 years old and show them the American Culture. We need 14 families to host a Japanese Delegate this coming summer (2024) from mid-July through mid-August. The program is open to any family with a child 9-18 years old. No special trips or accommodations are required; simply let a delegate change your and your children's cultural awareness for the better! If you are interested in being a host, please submit an application at

<https://www.states4hexchange.org/apply/host/>

For more information on Inbound Opportunities, please contact Joseph Y. Cho at jcho8@umd.edu

Steer Weigh-In and Tagging



January 6, 2024
at the
Montgomery
County
fairgrounds.
Those who wish
to show a steer
MUST attend and

complete the livestock registration form beforehand. More information to follow.

Due by January 8 at the 4-H County Office

- 2023 President's Volunteer Service Award Forms.
- Resumes.

Resume Information Format

<https://extension.umd.edu/locations/anne-arundel-county/4-h-youth-development/4-h-forms>

- Completed Diamond Clover Reports for levels 1 – 4.

Please use the Maryland 4-H Website for a sample of the Diamond Clover Reports

<https://extension.umd.edu/progrAMs/4-h-youth-development/progrAM-areas/youth-and-adult-leadership/diamond-clover-awards-and-scholarships>

Record Books

If you plan to do a Record Book for this year, please refer to the guidelines on 4-H Online.

What is a 4-H Record Book? A 4-H Record Book is a standard record of your activities in 4-H - your projects, activities, events, skills development, and learning experiences. The 4-H Record Book helps improve your skills in record keeping, goal management, and reflection on your achievements and growth in 4-H.

If you are doing a Record Book, please:

1. Place a rubber band around the Record Book so the book stays together.
2. If you are submitting your Record Book personally, or if a Club Leader is submitting Record Books, please contact a 4-H Staff to be available to receive the Record Book(s)

If you have any questions, please contact Jeannine Shriver at jshriver@umd.edu.

Record Books are due at the County 4-H Office on or before Friday, January 23, 2024.

Record Book Training with Catherine Savage on **November 16, 2023**, at the 4-H office. 6:30-8:00 pm. (Light refreshments

provided).

Registration closes November 14, 2023, at 11:59 pm.

Sign up at 4-H Online

Record Book Format



Record Books illustrate your 4-H experiences throughout the year. The pages in your Record Book must be placed between the Record Book covers.

The Record Book covers are available at no cost at the 4-H Office.

You should use dividers in your book for each of the sections below.

1. Title Page - This will include a current picture, name, age, 4-H Club and address.
2. Table of Contents - This should include all of the sections that can be found in your 4-H Record Book.
3. Summary Record – Write all of your activities (4-H and others) throughout the year. Also, include the highlights of your projects (awards, communications, activities, etc.).
4. 4-H Story - Write a story telling the reader about your 4-H experience. Summarize your experiences; describe your different projects and events you attended. What did you learn this year? Personalize your story! (Story should be 2-3 pages double-spaced)

5. Project Records - Include your completed project records in this section. You can find project records forms at

<https://extension.umd.edu/locations/anne-arundel-county/4-h-youth-development/4-h-forms>

6. Pictures - You can have up to 3 additional pages of pictures that highlight your 4-H year. Make sure you include a caption with each picture.

7. Newspaper/Social Media Post - If you were featured in the 4-H County Website, or on a newspaper, you can print those posts to include in this section.

4-H Dairy Fun Day



February 11. Virtual.
9:30-11:00 am.
Information will be sent through 4-H Online.

Come learn about, practice and try your hand at Dairy Skillathon, Dairy Quiz Bowl, and Dairy Educational Experience.



Maryland 4-H Dog Skillathon Fun Day

February 24. Tentative 1:00-3:00 pm.
Information will be sent through 4-H Online.

The 4-H Dog Skillathon event provide 4-H members participating in county 4-H dog clubs and programs the opportunity to demonstrate their knowledge of dog related subject matter in a competitive setting.

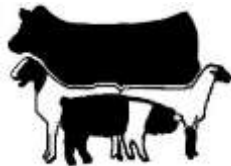
Maryland 4-H Horse Bowl Contest



March 9. ANSC Bldg., UMD, College Park. Information will be sent through 4-H Online.

The primary objective of the Horse Bowl Contest is to provide an opportunity for youth involved in the 4-H horse project to demonstrate their knowledge of equine-related subject matter in a competitive setting where attitudes of friendliness and fairness prevail.

4-H State Livestock Skillathon



March 2, at the Montgomery County Fairgrounds. Information will be sent through 4-H Online.

The Maryland 4-H Livestock Skillathon Contest provides an opportunity for youth enrolled in 4-H to demonstrate the breadth of their knowledge and understanding of animal science and management.

Practices are usually held at the Howard County Fairgrounds. However, there is a chance of hybrid practices.

No prior knowledge of livestock is required.

Maryland 4-H Dairy Skillathon

March 23. Carroll County Extension Office. Tentative. Information will be sent through 4-H Online.



The 4-H Dairy Skillathon offers age-appropriate quizzes and stations that are designed to test youth knowledge of the dairy industry. The stations include visual diagrams and questions to demonstrate dairy related knowledge.

State 4-H Horse Communication Contest



April 6. Virtual. Information will be sent through 4-H Online

The Maryland 4-H Horse Communications Contest provides an opportunity for youth enrolled in 4-H to demonstrate their knowledge of equine-related subject matter in a competitive setting.



Dairy Bowl Contest

Date April 20. Carroll County Extension Office. Tentative.

The 4-H Dairy Bowl Contest offers age-appropriate quizzes and match questions

that are designed to test youth knowledge of the dairy industry. The practical application of the contestants' knowledge and skills is emphasized.

Camp Tawasentha

Teen Camp Leaders!

Its time! Camp Tawasentha 2024 is already in its planning stages. In January, we will begin the selection process of our Teen leaders for the summer. If chosen, you will be required to participate in monthly training, with a day of training, possibly on-site, in order to be able to be a leader at camp for the summer.

Topics such as program planning, Ages and Stages of childhood development, risk management, leadership, and communication are included. Camp dates for 2024 are July 7-12.

Please watch your email for an invitation to sign up for your leadership interview for

2024 Camp Tawasentha! Interviews will be held on February 5, 2024, at the 4-H office in Derwood. If you previously attended camp and are of leader age, you or your parent should receive an invitation by email. If you have not received the invite by 12/15/2023, please reach out to Anne Clagett, at camp@montgomerycountymd4-h.org.

If you have not been to camp before, are 14 years old or above, and are interested in camp, you can qualify to be a Teen leader for next summer. Please reach out to Anne Clagett, camp@montgomerycountymd4-h.org to be included in the interview process.

For more information, please contact Anne Clagett, at clagettmom@gmail.com

Editor's note: Clip art appearing in this newsletter are copyright free from National 4-H Foundation, Shutterstock.com, and Clipart-library.com, the Graphics Fairy, and other Universities' 4-H Websites.

SPOTLIGHT



Noah M.




2023 has been quite a year for 10th grader, Noah M. It began with his victory grand-champion win in the 4-H Public Speaking Contest at University of Maryland. Along with his serving on the 4-H State Council, he also served as a Master of Ceremonies at the annual 4-H Volunteer Gala. The springtime brought wonderful opportunities for Noah like when he assisted with the Inaugural Maryland 4-H ACTS, Annapolis-Civics-Thriving-Serving event. At this fabulous event, Noah was a part of a small group of 4-Hers that met Maryland's new Governor Wes Moore and other state legislators. In addition to 4-H activities, Noah spent his summer working part time for Teenworks Montgomery County and volunteering as a Montgomery County Parks and Recreation, Roots to Rocks Trail Ambassador, building bike trails. Noah is also an entrepreneur! He has been running The Morris Brothers Soap Garden, making and selling his specialty soaps since he was a clover! Hats off to 4-Her, Noah!

CLUB CORNER

Montgomery County 4-H STEM Club

Celebrating National 4-H Week

Caitlyn Y.

This year's National 4-H Week, themed "I  4-H," serves as a reminder that every child possesses valuable strengths and the capacity to positively influence the world. For years, 4-H has been dedicated to nurturing America's youth and striving to continually enhance their abilities. As the nation's largest youth development organization, 4-H programs offer hands-on learning experiences for young individuals.

The MOCO Sunny STEM 4-H Club celebrates National 4-H Week through various activities. The club engaged in sharing 4-H stories, promoting 4-H, and performing community service.

Sharing 4-H Stories: The club actively participated in this year's 4-H In Action program, utilizing social media such as the American Farm Publications newspaper to share our club's narratives. These stories encompassed the member experiences from the 2023 Institute of Electrical and Electronics Engineers Maryland Robot Challenge and their contributions to community service projects. Notably, two articles were selected by the editorial manager and published in the National 4-H Week Special Section. The primary aim was to illustrate how 4-H has significantly influenced their current identities while expressing their appreciation for the 4-H program.

Promoting 4-H: Members of the club proudly displayed their 4-H pride by wearing green and donning 4-H apparel in various settings. They believe that a 4-H shirt symbolizes their commitment and enthusiasm for the organization. In addition, they participated in the making of a promotional video for the 2023 National 4-H STEM Challenge.

Giving Back: Another highlight of the celebrating activities included club members engaging in community service by preparing meals and donating supplies to people in need. This act of generosity aimed to uplift the community and

contribute positively to those who require assistance.



The MOCO Sunny STEM 4-H Club Welcomes Photographer and Writer Mr. Visser as Guest Speaker

Caitlyn Y.

The MOCO Sunny STEM 4-H Club's October meeting welcomed photographer and writer Mr. Ken Visser as a guest speaker, who gave a lecture on "Techniques for Taking Better Photos" to the club members.

With over 20 years of Professional photography experience, Mr. Visser is the Chairman of the Indoor Exhibition Photography Department at the Montgomery County and Damascus Fairs.

Mr. Visser first explained the basic theories and concepts of photography to help club members and volunteers understand better the basics of photography. He also provided an overview of digital cameras, as well as photographic composition, lighting, and common shooting techniques. For example, what is the rule of thirds?

According to him, the rule of thirds refers to an off-center composition in which the important elements of a photo are evenly distributed on a three-by-three grid, thus dividing the image's parts equally into nine.

When composing a photograph, the intersection of each line is called the "center of interest." When people appreciate or view a photo, the first place people's eyes notice is the "interesting center", so when taking a photo, try to arrange your subject in the interesting golden center, not the exact center of the image.

He used his wonderful photos to illustrate how important it is to place your subject in the right place in the photo. Good composition can make a photo more attractive and guide the viewer's eye.

After the lecture, club members and volunteers each took out some photos and asked Mr. Visser to comment and make suggestions. Mr. Visser reviewed their photos and offered suggestions to improve, while also pointing to favorable aspects also.

Mr. Visser sincerely invites club members to participate in photography creation and collection activities with him during next year's expo.

Finally, he took a group photo with everyone.



Editor's correction: Caitlyn Y. wrote The September Montgomery County 4-H STEM Club's article.




UNIVERSITY OF
MARYLAND
EXTENSION

Youth Mental Health First Aid Training

Private, in-person Youth Mental Health First Aid training
for Montgomery County 4-H.

YOUTH MENTAL HEALTH FIRST AID

Saturday, December 9th

 18410 Muncaster Rd. Derwood, MD 20855
9:00 AM - 3:00 PM



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

ABOUT YOUTH MENTAL HEALTH FIRST AID

- Suicide is the second leading cause of death in youth aged 10-24
- 1 in 5 children aged 13-18 will have a mental illness at some point in their life
- Over 5,000 students in grades 7-12 attempt suicide every day in the USA

Youth Mental Health First Aid (YMHFA) teaches participants how to help youth experiencing a mental health challenge, crisis, or addiction issue. The course introduces common mental health challenges and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, psychosis, disruptive behavior disorders, and eating disorders.

Register Here!

https://MoCo4H_Dec9.eventbrite.com



MarylandROPTA.org



MarylandROPTA@umd.edu

