

# UNIVERSITY OF MARYLAND EXTENSION

## January 2025 Newsletter

### Tri State Hay and Pasture Conference to be Held



The Tri-State Hay and Pasture Conference will be held at the Grantsville VFD 178 Springs Rd, Grantsville, MD 21536 on Wednesday, January 22nd from 9am-3:30pm. The event will include a light breakfast and lunch. The cost is \$30 if registered by January 12th or \$40 for late registration and at the door. Credit card registration can be made via Eventbrite at

<https://go.umd.edu/wmdforage> or contact the Garrett County

Extension Office for cash/check registration at 301-334-6960. Checks will need to be made payable to Maryland-Delaware Forage Council.

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### Holiday Fun With 4-H 🎄

The Garrett County 4-H Program hosted an enjoyable afternoon dedicated to decorating gingerbread houses. The participants arrived to admire the homemade gingerbread creations made by special guest volunteer Ann Sherrard. The large assortment of candy provided a fun experience, and everyone had a fantastic time.

## GINGERBREAD HOUSE CLASS



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## Holiday STEM Classes Held Across The County

4-H STEM Educator Karen Wood introduced the basic concepts of electricity and circuits in a fun and interactive way to afterschool youth across the county. The squishy circuit project brought excitement to the young builders as they watched their creations come to life with bright lights on their trees.





## 4-H HOLIDAY STEM SQUISHY CIRCUITS



After-school students enjoyed a lesson on circuitry to investigate and successfully make squishy circuit holiday trees. They created a functioning electrical closed circuit using a battery pack, LED lights, and conductive and insulating clay.



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## Festival of Trees Benefits GC Dove Center

The recent participation of Garrett County 4-H clubs in the 17th annual Festival of Trees was a testament to their creativity and community spirit. This event, which supports the Dove Center, showcased the artistic talents of 4-H members through their unique wreaths and decorated trees. Garrett Hoof Prints 4-H Club took home the first-place award in the youth table top tree category, while the Trailblazers 4-H Club secured the second-place position. Additionally, the Avilton 4-H Club was recognized with a second-place finish for their youth tall tree, and Ryan's Glade 4-H Club earned a second place for their wreath. Country Explorers had an entry in the youth tall tree division. These achievements highlight the clubs' commitment to giving back to the community. Congratulations to all the participating clubs for their hard work and for promoting the values of 4-H through such a meaningful event!





Country Explorers



Garrett Hoof Prints



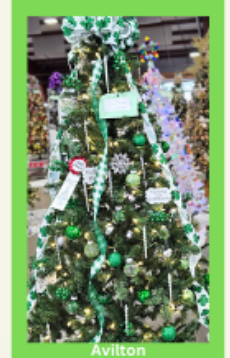
Ryan's Glade



Ryan's Glade



Trailblazer's



Avilton

## Yule Log History

GILL (Garrett Institute for Lifelong Learning) gathered on Dec. 3rd at Garrett College to learn about the history of yule logs and make a festive holiday decoration. Real logs, evergreens, and crafting supplies were available for participants to use to kick off the holiday decorating season. Many parts of the yule log can be traced back to the late 1600's with much symbolism. The log was actually an entire tree that was burned slowly over several days while the remaining tree stuck out, ashes from the tree were saved and used to fertilize crops. Often part of the yule log was saved to burn the following year. Candles helped to chase away the darkness of the long nights of winter and lure back the sun. Evergreens were brought indoors to symbolize life, rebirth and renewal. Holly used to adorn doors, windows and fireplace because of its prickliness it was thought to ward off evil spirits before they could enter a home.





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# Master Gardeners Celebrated

Master Gardeners joined together for the annual Appreciation Luncheon on Dec. 4th and took the opportunity to relax and enjoy each other's company while connecting. This year those people who attended the luncheon were invited to create an oil jar candle with natural materials as one small token of appreciation for their hard work, dedication, and support for sharing the love, passion, and knowledge of home horticulture in Garrett County! Four people were awarded their official Maryland Master Gardener Certification for completing and submitting the required 40 hours of volunteer service in Garrett County- Daniel Portwood, Diane Scattergood, Jean Tumberello, Mary Alice Simpson. Garrett County Master Gardener Jo Ann Kocielek was also awarded the State level award of Master Gardener Volunteer of the Season for Winter 2024!



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## 7 Steps To Successful New Year's Resolutions



At the beginning of each New Year, we see the opportunity to press the "reset" button to make changes in our lives. These New Year's resolutions usually focus on changing habits related to diet, exercise, alcohol, managing money, and personal organization skills. Less than 10% of people keep their resolutions throughout the year and many do not even remember their resolution by the end of the year. We often set ourselves up for failure by overloading our brains with abstract goals and too many changes at one time. Let's think of these resolutions in a different way that will improve your chance for success. The key is to make any goal a habit first and break it down into small behavior changes. By breaking the goal down into small steps, you increase your chances for success by 50%. Try these 7 steps to be successful with your New Year's resolutions in 2025.

1. **Pick only one resolution.** Make a list of things you would like to change and pick the one that is **most important** to you. Remember, that your brain focuses better on one thing at a time instead of trying to focus on several changes at the same time.

2. **Identify small steps** to be successful with your resolution. This means paring it down to the simplest tasks that are realistic to achieve. For example, if your resolution is “lose weight”, break it down into steps like eating smaller portions at meals, walking for 10 minutes after dinner, eat fruit instead of doughnuts in the morning. Select an easy task that you feel confident that you can achieve. Starting with a confident goal is a great start to the new year.

3. **Make it a short-term goal**, like 3 months. This takes pressure off when you think about making a change or giving up something for the whole year. Since most of our goals focus on creating new habits to replace our unhealthy habits, it takes about 66 days or more to change just one habit.

4. After a successful start in the first 3 months, you are ready to **choose a more challenging task** for the next 3 months. As the year goes by, you build on your success with new habits every 3 months or so. These successes lead to a boost in your self-confidence.

5. **Write down your resolution and the reasons why it is important to you.** Writing it down increases your chances of being successful. Thinking about why it is important will help to keep you motivated when you hit a rough patch. Consider keeping a log on your progress for your 3-month tasks. This helps to show how far you have come from the beginning to motivate yourself forward.

6. The **people around you can have a significant impact** on your behavior. Having a supportive group of family and friends can help you to achieve success. Avoid people who don't believe in you or provide negative feedback. Positive feedback on your new habits increases your success rate.

7. **Celebrate your successes along the way** with small, healthy rewards but don't be too hard on yourself. Everyone has set-backs – just pick yourself up and keep on going. Select something that is rewarding to you and write down what you have to achieve to earn that reward. This helps you to achieve the big goal in the end.

The New Year is a great time to look ahead to a better you in 2025. New Year's resolutions are about changing habits, and they can be positive and healthy if you are realistic and patient. Remember that many of the things that we would like to change about ourselves are the result of habits that we have had for many years. Breaking goals down into small tasks helps us to make those changes. Remember that change does not happen overnight or in a few weeks. Focus on small, little steps or tasks every 3 months. One of my favorite quotes is from Mark Twain who said “Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.” Wishing you a happy and healthy 2025!

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## Ketterman Attends Symposium

Jesse Ketterman attended the Association for Financial Counseling, Planning, and Education Symposium in Columbus, OH. In addition to attending sessions, he presented a poster on the Personal Finance Seminar for Professionals. Participating in the symposium provides him with updates in the field of personal finance. He also received Continuing Education Credits (CEUs) toward his Accredited Financial Counseling® certification.





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## Financial Education Provided to Frostburg Residents

Jesse Ketterman visits the Housing Authority of the City of Frostburg to provide financial education to the residents. The Housing Authority provides affordable housing solutions for low-income families, seniors, and those with disabilities. On this visit, Jesse led a Financial Jeopardy game.



# Financial JEOPARDY

## Strategic Planning Underway ~ More Opportunities to Participate

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EXTENSION

**MAKE YOUR VOICE  
HEARD!**



Please scan this QR code or visit <https://bit.ly/ume-1s> to provide your input on UME's strategic planning process.

University of Maryland Extension (UME) has started a strategic planning process to determine future directions of our programs. A listening session was recently held for Garrett and Allegany Faculty and Staff as well as a Town Hall meeting for our local stakeholders. The feedback gathered will play a crucial role in guiding the direction of UME's initiatives, aligning them with the evolving needs of the communities they serve.

If you missed participating in one of the Town Hall meetings, you can still share your thoughts and feedback by completing the survey available through this provided [link](#) or scan the QR code below. Additionally, keep an eye out for the announcement of a virtual Town Hall meeting, which will allow for further engagement and discussion. Details about the virtual session will be shared as soon as they are finalized, ensuring everyone has the chance to participate and stay informed.

Pictured is the Town Hall Meeting for Garrett and Allegany Stakeholders that was recently held at the Allegany County Fairgrounds.





## Update AG Client Contact Information



Agriculture & Food Systems

Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

## Keeping Connected

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





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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters



