

# MONTGOMERY COUNTY NEWS & NOTES

DECEMBER 2023

12/20/23

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The next issue of News & Notes will be published on the first week of January 2024. Please submit your articles to Anna Hamann, ahamann@umd.edu, by December 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  
Holiday!

**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 - 10	Montgomery County Club Leader Training Day 2. Various sessions, Maryland 4-H, and UME updates). 4-H office in Derwood. <b>Registration closes at 11:59 on December 4.</b>
15	2024 International Outbound Opportunities. <b>Registration closes at 11:59 pm on December 15.</b>

**JANUARY**

5	The Farm Credit Foundation for Agricultural Advancement's scholarship due date.
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	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	Resumes, Record Books, Diamond Clover Levels 1-4 Reports, President's Volunteer Service Award, and Special Achievements Awards nominations due at the 4-H Office.
TBD	4-H Enrollment information will be sent through 4-H Online.

**FEBRUARY**

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.
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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 Skillathon. 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.
<b>APRIL</b>	
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.
<b>MAY</b>	
4-5	Maryland Sheep and Wool Festival, Howard County Fairgrounds.
5	Goat, Sheep & Wool Skillathon, 8:00 am – 1:00 pm Howard County Fairgrounds.
TBD	Horse Bowl Buzz-Off, MD 4-H Center, 9:30 am – 1:00 pm.
TBD	Maryland 4-H Robotics Workshops.

## 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

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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.

Check your email or spam folder for a notification from Sterling.

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.

## 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.



## The Farm Credit Foundation for Agricultural Advancement's scholarship

The Farm Credit Foundation for Agricultural Advancement's scholarship program will award at least ten scholarships in 2024, each valued up to \$10,000. All applicants must be planning to pursue a career in agriculture, and must reside within Horizon Farm Credit's 100 county territory. In *Maryland*, Baltimore, Carroll, Caroline, Cecil, Dorchester, Frederick, Harford, Howard, Kent, Montgomery, Queen Anne's, Somerset, Talbot, Washington, Wicomico and Worcester. For more information, please go to

<https://fcfoundationforag.smapply.io/>

## 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 January 15, 2024.

- National Leadership Conference (at Camp Miniwanca in Michigan in June)

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- 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-Hers 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.

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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](mailto:jcho8@umd.edu)

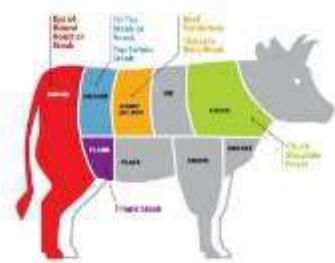
## 2024 Inbound Opportunities!

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](mailto:jcho8@umd.edu)

## Steer Weigh-In and Tagging



January 6, 2024  
at the  
Montgomery  
County  
fairgrounds.

Registration  
forms are due to

Catherine Savage, Csavege9@umd.edu, by  
December 29. Those who wish to show a  
steer MUST attend and complete the  
livestock registration form  
beforehand. More information to follow.

## Due by January 23 at the 4-H County Office

- Record Books.
- 2023 President's Volunteer Service  
Award Forms.
- Special Achievements Awards  
nominations
- 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:

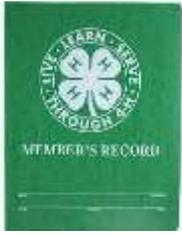
1. Place a rubber band around the Record  
Book so the book stays together.
2. If you are submitting your Record Book  
personally, or if a Club Leader is submitting  
Record Books, please contact a 4-H Staff to  
be available to receive the Record Book(s).

If you have any questions, please contact  
Jeannine Shriver at [jshriver@umd.edu](mailto:jshriver@umd.edu).

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

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# 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.

## Special Achievements Awards

Club Leaders submission's due by January 23. Please contact Ms. Sheila Ford, [sheilaf@umd.edu](mailto:sheilaf@umd.edu), for the form.

These awards recognize 4-H youth that have shown outstanding achievement in their project area and participation at the local, county, state, and national levels. In addition have demonstrated exceptional leadership and citizenship qualities in their project areas (i.e. mentoring new club members, leading, or participating in club or county activities).

The awards categories are:

- Animal Science
- Creative, Performing, & Visual Arts
- Environmental Science/Natural Resources Award
- Science, Engineering, & Technology Award
- Human Sciences

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## 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.

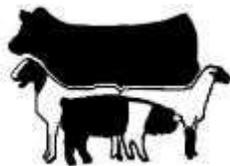
## Maryland 4-H Horse Bowl Contest



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 at the 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

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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

SAVE THE DATES! Camp planning for 2024 Camp Tawasentha is in full effect!

Mark your calendars for July 7-12, 2024. Camp Tawasentha is ACA certified and all adult volunteers are certified thru the University of Maryland's Extension program.

Camp is open to all children ages 8-18 as of January 1, 2024. Those that are aged 14-18 as of January 1 must hold a teen leadership position. Interviews for Teen Leadership positions will begin early next year.

More information will be provided later on the N&Ns.

## 4-H on Television Series



*The Simpsons - Apocalypse Cow. Season 19, Episode 17.*

4-H Films, Audio and Video Recordings – The First 75 Years  
[http://4-HHistoryPreservation.com/Media\\_AV.asp](http://4-HHistoryPreservation.com/Media_AV.asp)

Did you know that films documenting 4-H projects, events, and 4-H'ers personal stories, go back before the 1920s? There were many reasons for making the films. For example, showing the benefits of becoming a 4-H'er, for educational or instructional purposes, or just for entertainment. The films were produced by Extension Offices, universities, private corporations, and Hollywood!

Regardless of its origin, nearly every TV show or film showed achievements of young people, and how 4-H affected both the family, and the community.

Here are few episodes that you might be able to check out:



Title: *Walt Disney's Wonder World of Color, Season 13, Episode 21.*  
"Atta Girl, Kelly:  
K for Kelly."

Release Date: 1967

Description: Kelly is one of a litter of puppies born on a puppy farm. This farm breeds dogs especially for the Seeing Eye,

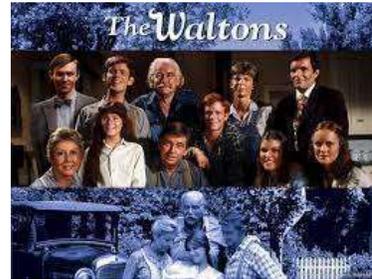
the organization that provides dogs for the handicapped. This episode follows Kelly through her days at the farm and her life after being given to a family to raise. Danny Richards wants a dog so much he is willing to raise Kelly as his 4-H project, knowing he will have to give her up after a year. He loves Kelly and she learns to love him, which makes it very difficult for both when the time comes for Kelly to go to the Seeing Eye and Danny and Kelly have to part.



*Lassie and the 4-H Boys, Season 15, Episode 13 of the TV Series, "Lassie"*  
Release Date: 1968

Description: Two teen-age brothers are quarreling over ownership of a prize bull. With the assistance from Lassie, the brothers learn a lesson in cooperation and

mutual respect as they work on their 4-H project.



Title: *The Waltons. Grandma Comes Home. Season 6, Episode 22*

Release Date:

1978

Description: Grandma returns from the hospital but the family does not let her do anything. Elizabeth joins the 4-H Club and raises a small pig.

Title: *The Simpsons - Apocalypse Cow. Season 19, Episode 17.*

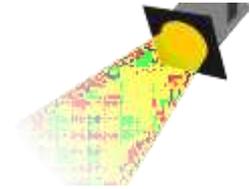
Release Date: 2008

Description: After joining 4-H, Bart saves a cow named Lou and gives it to a girl named Mary a farm girl. Her father, Cletus, mistakenly believes it as a token for Mary's hand in marriage, and attempts to get the two married.

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



# SPOTLIGHT



## A Visit with The President

By Noah M.

On November 19, 2023, President Joseph Biden performed a memorable turkey pardon on the White House's South Lawn. Only five Maryland 4-H members were invited to this special event, and as one of those five, I am pleased to share my experience.

It all began at the National 4-H Office, just a crosswalk away from the venue. There, we assembled our team for the event. Our comrades included Jill Bramble, The President and CEO of 4-H, a group of Virginia 4-H Congress members, Maryland 4-H members, Washington DC 4-H members, and a slew of parents eager to see the president.

After we fully assembled, we huddled into the White House's West Wing, where we were greeted by an ornate display. Decorated military personnel lined an almond corridor adorned with portraits of the First Ladies. The corridor opened up into a golden room, bedecked with two grand chandeliers. We were elated to be there, taking pictures of almost every nook and cranny we could reach. However, much to our chagrin, our cameras were soon confiscated to make way for the president.

As we awaited his arrival, a White House representative helped us get in formation for our picture and answered some gripping questions about the estate. After being told some interesting fun facts, the president arrived, seemingly emerging from a sea of cameras ready to get our picture. He then swiftly greeted us in a quick but endearing manner, filled with jokes and handshakes. Sadly, he departed as fast as he arrived, for the pardoning was near.

As the last of his cameramen departed, we were guided back to the beautiful South Lawn with sweeping hills to the back, an orchestra to the right, and the Liberty Bell on the left. We were soon seated in the third row, and the performance began thereafter. It consisted of the president's grand entrance along with a short speech commemorating the upcoming holiday and the lucky turkeys.

Overall, I am elated to have attended this year's turkey pardon. It was a day I will never forget!



EDITOR: Except from CNN article.

CNN by Betsy Klein – November 20, 2023, <https://www.cnn.com/2023/11/20/politics/biden-turkey-pardon/index.html>

“President Joe Biden presided over the annual White House Thanksgiving tradition of the turkey pardon Monday, sparing Liberty, a 42.5-pound turkey, and Bell, 42.1 pounds.

Rumors of turkey pardons go back in presidential history as far as the Abraham Lincoln administration. Folklore has it that Lincoln’s young son asked his father to spare a pet turkey that was supposed to be part of their Thanksgiving dinner.

The first documented turkey pardon was given by John F. Kennedy in 1963, though it didn’t catch on right away. Turkey pardoning became the norm in 1989, when George H.W. Bush revived the tradition, now a staple of the White House holiday season.”

“I pledge my head, heart, hands, health...for my club,  
my community, my country...and my world”:  
Discoveries during a year abroad

by K.L. P-F, Lucky Clovers Club

Hello! If you're wondering why I wasn't at fairs, or any other in person 4-H events, it's because I'm currently in Southwestern Germany (Bayern, Deutschland) as part of the Congress-Bundestag Youth Exchange program (CBYX).

I'm about a third of the way through the year, and there is so much I can talk about, but here, I'm going to focus on the three most general skills I've needed so far that I'm thankful I worked on back home.

1. Making your needs known (especially to new people)

I am 17, and don't have any biological siblings, and lived with one parent. Currently, I live with a six year old and a three year old (and their teacher parents and visiting grandmother). These parents have never had a teenager before, and won't for another 6 or 7 years. Am I stressing the disconnect enough? (You know, besides my German language gap.) People can be very nice, fun, interesting, responsible, organized, generous, and caring—yet can still also be unaware of something another person in their new circle needs. At least, at first. One personal trait of mine (for better or for worse) is that I can roll with things. However, as I'm finding out, there are lines that have to be drawn. This skill doesn't come naturally to everybody. For me, it only comes naturally around a select type of people. So, practice is essential.

2. Going outside your comfort zone

Thriving versus merely surviving. Visualizing concepts instead of just memorizing them. Going out and exploring (and falling into a bog), instead of staying in your room in the rural countryside on a mid-week school-holiday. Going sledding as a big brother to another family's littles. Remembering things after the test to talk to teachers about in the hallway, to get to know them more and show appreciation for their patience with exchange students. Saying hi to aloof and dissimilar cross-galaxy strangers (I mean classmates) when feeling shy. All of these are important for making the most out of your time abroad.

Unfortunately, it can take a lot of bandwidth and energy to do this. An extended exchange for an entire school year brings home the advice 'this is a marathon, not a sprint'. That's where my third tip comes in:

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### 3. Having your support network

You know the interesting thing? The program I'm on recommends not talking to your friends back at home too much. The idea makes sense, because you are trying to integrate into a new culture and shouldn't live too much in the other world. However, they are the people you know best, and are the people that know you best, too. Reaching out to my mentors for advice and to my friends for touchstones we share has contributed greatly to my sanity. Even those of you I haven't been able to contact you are in my thoughts. What I learned from my network, from you, helps me, daily. Thank you.

Of course, I have developed a support group here, too, from other exchange students to classmates to teachers to host family to program staff. They embody the other part of the principle: creating the network as well as using it.

Okay! I have my mind on an upcoming math test right now, but if you may be going out into the great unknown (e.g., States 4-H at <https://www.states4hexchange.org/> and State Department programs at <https://exchanges.state.gov/highschool/>, or moving away for college; questions for me can go to 1klpf@pm.me), these are the soft skills I'd recommend honing the most. To recap: practice knowing yourself and politely making your needs known, creating and building a healthy support network to help meet those needs, and then remember to keep exploring the possibilities around you.

Happy holidays!



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## Interim Maryland 4-H Program Leader – Sandy Corridon

Please welcome Ms. Corridon as the interim Maryland 4-H Leader. Ms. Corridon's UME career progressed as county 4-H/FCS educator, County Extension Director, and 4-H Youth Development Specialist.





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](https://MoCo4H_Dec9.eventbrite.com)



MarylandROPTA.org



MarylandROPTA@umd.edu



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