

Kent Clover Jan/Feb Winter 2016

WELCOME TO
KENT COUNTY 4-H



69 Transportation Circle, Dover, DE 19901
Phone: 302-730-4000 Fax: 302-735-8130
<http://extension.udel.edu/4h>



Dear 4-H'ers, Parents, and Leaders,

A New Year is upon us and 2016 will find many 4-H activities and events that have been planned and are on the schedule for all 4-H members to participate. As we ended 2015, the County Trim A Tree event provided many beautiful and creative trees placed in various areas of our county that helped share the holiday spirit. Many wonderful entries were seen by all at our Holiday Fun Day. The participants at this event continue to show and increase their creative talents each year. Thanks to all the participants and to all the members and leaders who worked on making these successful events again this year. The Teddy Bear drive was also a success! Due to your support and help in this program, Kent County 4-H'ers donated a large assortment of bears and other animals to children and family members who are in the hospital during the holidays. Thanks again for caring and participating in this worthwhile activity and community service event and thanks to everyone for their generous donations.

As we move into 2016, I encourage each and every 4-H member to get involved in an upcoming 4-H event. During the next two months you can participate in Favorite Foods, Livestock Overnighter, State Horse Bowl, the County Photography Contest, and judging contests in Foods, Photography, and Woodworking. You can also plan to attend training for Livestock Judging and Demonstrations. Also, look for upcoming information on various 4-H camps and plan to attend, learn and have fun. These are great opportunities and experiences for everyone and all 4-H members are encouraged to get involved in one or all of these events.

Plan to get involved and have fun in 4-H while learning and growing at the same time. There are many excellent opportunities and experiences available to all 4-H members and we strongly encourage you to take advantage of them. I look forward to seeing each of you in 2016 at a 4-H activity soon!

Yours in 4-H,
Kristin Cook, Extension Educator, 4-H & Youth Development



Judy Kling will be out of the office Jan 8-31.

If you need assistance, please contact Kristin Cook by email or phone: kristin@udel.edu or 730-4000.

The next newsletter will be published at the end of February for March-April events.

Inclement Weather Cancellations

If events are cancelled due to bad weather, we will attempt to take the following steps:

- We will post the cancellation on our Kent County 4-H Facebook page.
- We will email all Organizational Leaders if the cancellation is decided during regular working hours.
- We will post our cancellation on WDOV and WBOC.
- We will phone people, if we know who is attending.
- We will place a sign on the outside doors.

Please also note if our building is delayed in opening or closing, we follow the Del Tech Terry Campus, Dover schedule.



Woodworking and Photography Judging Contests - Jan. 13th



These judging contests will be held at the County 4-H Office on Wednesday, January 13th. These are events that you should definitely consider participating in, especially if you are involved in the Woodworking or Photography project areas. Participants may arrive to complete the judging contests between 4:30 and 7:00 pm. Training materials for these judging events can be found on the State 4-H website under 4-H Competitions.



Public Speaking Contest—Sunday, Jan. 24th

Information and entry form are found on page 4 of this newsletter and on the web, and are due to the office Jan 8th. ***Please note: Youth must be enrolled with their club through 4-HOnline to participate in this contest.***

Favorite Foods Contest Training - Jan. 26th

A training workshop will be held for the Favorite Foods contest beginning at 6:30 pm at the County 4-H Office. Be sure to attend, especially if this is your first year in the contest, and have all of your questions answered. Please come to learn more about this very popular contest!

State 4-H Teen Conference—Jan 30-31

Information on this conference open to all 4-H enrolled youth ages 13 and up will be found on pages 7 & 8 in this newsletter and on the State 4-H website.

Honey Bee Essay Contest - Due Feb 1st



The Foundation for the Preservation of Honey Bees, Inc. is again sponsoring the 2016 4-H Honey Bee Essay Contest. This contest is open to all active 4-H Club members. The topic of the essay for this year is *“Bees and Pollination. How important is it?”* Any 4-H member interested in writing an essay may do so and submit typewritten or computer entries it to the State 4-H Office no later than February 1st. Mail to “4-H Beekeeping Essay Contest, State 4-H Office, 531 S College Ave, 113 Townsend Hall, Newark, DE 19716. For additional information phone the State 4-H Office (302-831-2509) and for confirmation of the receipt of your essay. Cash prizes are awarded for the top 3 winners in the nation.

Poultry Judging Contest - Feb 1st

Start preparing for this contest now to challenge the knowledge you have gained from the poultry project area. The Contest will begin at 6:30 pm and everyone needs to arrive promptly to participate. Please check the Poultry Judging Guide for information on this contest on the State 4-H Website under “4-H Competitions”. You will find many great resources to help prepare.

Day Camp Counselor Training - Feb 4th

Training for those who signed up to serve as counselors for the 2016 summer camps should plan to attend this first training on Thursday, February 4th at the county 4-H office from 6:30-8:00 pm. Additional trainings are planned for March 22nd, April 12th, May 19th and July 5th. Form to sign up are included in this newsletter and are due Jan 15th.

PARTICIPATION IN ANY 4-H EVENT OR TRAINING REQUIRES 4-H ENROLLMENT TO BE UP TO DATE.

County Photography Contest and Favorite Foods Entries Due Feb 5th

Please check out the informational pages in this newsletter for details on these popular contests. Favorite Food Contest will be held Feb 20th in the Exhibit Hall of the Delaware State Fair. Photos will be on display at this contest.

State 4-H Leader Forum - Feb 6th

Information will be shared with all 4-H volunteers as soon as it becomes available. Registration will be on the State 4-H website. We encourage any and all 4-H volunteers to attend. Kent County 4-H Leaders may attend at no charge. The Leaders Association and 4-H County funds will cover all participation fees.

Club News Due Feb 12th

Please be sure your club is represented in the March Clover, and keep us informed of your club's activities! It's so easy! Simply email Judy Kling at jkling@udel.edu.

Foods Judging Contest - Feb 20th

In conjunction with the Favorite Foods Contest, we will be holding the County Foods Judging Contest. Guides for this event can be found on the State 4-H website under Competitions. Start preparing now and challenge yourself to participate in this event and see all the knowledge you have gained through your 4-H foods project work. Remember, the top 10 Senior category winners will participate in the State Foods Judging Contest at the Delaware State Fair in July.



4-H Winter Fun Day - February 20th at the Favorite Foods Contest

The Kent County 4-H Order of Links will once again hold the 9th Annual 4-H Winter Fun Day in the Exhibit Hall of the Delaware State Fair on the same day as our Favorite Foods Contest. This event will be a fun-filled time for everyone. There are several different activities planned and there is definitely something for everyone. Don't miss out on the fun and come out to have a great time with your other fellow 4-H members! You do not need to participate in the Favorite Foods Contest to attend and no registration is required.



PARTICIPATION IN ANY 4-H EVENT OR TRAINING REQUIRES 4-H ENROLLMENT TO BE UP TO DATE.



Public Speaking Contest - Sunday, January 24th

The Kent County Public Speaking Contest will be held at the Kent County Levy Court Office, 555 Bay Rd., Dover. **Times of arrival are staggered: Juniors and Seniors will begin 1:00 pmin Room 220; Beginner Categories and Cloverbuds will begin at 2:00 pm in the Chamber Auditorium.** This is a great time to get started by choosing a topic you would like to talk about in this contest. Please keep these ideas in mind when writing your speech.

- Public Speaking participants should write speeches with topics that are special or interesting to them.
- Public Speaking is not a demonstration contest so posters and props should not be used.
- Please visit the contest information (sample speeches, rules, etc.) on the State 4-H Website [HERE](#).

You have lots of time to write and practice your speech. When choosing a topic, consider your other 4-H projects, your pets, school activities, or just a special community issue that you would like to stress. Your speech can be serious, funny or sad. All speeches should be informational and they will be scored on the organization of the information, use of communication skills and contact with the audience. The participants should write his or her own speech. Check our website next month for resources to prepare for this contest.

<u>Division</u>	<u>Age</u>	<u>Minimum Speech Time</u>	<u>Maximum Speech Time</u>	<u>Arrival Time</u>
Beginners	8-9	1.5 minutes	3 minutes	2pm
Beginners	10-11	2 minutes	4 minutes	2pm
Juniors	12-13	4 minutes	6 minutes	1pm
Seniors	14-19	5 minutes	7 minutes	1pm

Rule: 1 point for every 15 seconds over or under the required length will be deducted from the final score. Audience should not be asked if there are any questions at the conclusion of the speech.

Public Speaking Contest Registration Form DUE January 8th

ENTRIES ACCEPTED AFTER THE DEADLINE MAY NOT BE INCLUDED IN THE PUBLISHED PROGRAM

Name: _____ Club: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

4-H age as of January 1, 2016 _____

Category:

Cloverbud (5-7) ____ Beginner (8-9) ____ Beginner (10-11) ____ Junior (12-13) ____ Seniors (14-19) ____

Topic _____

Speech Title _____

FOR CLOVERBUDS ONLY Cloverbuds should fill in the blanks with their own answers. Please limit the responses by completing the sentences. DO NOT add additional sentences. Use this form, copy, or hand write this on a note card. And bring it with you the day of the contest. **Please arrive at 2pm on the day of the event!**

Hello. My name is _____ . I am _____ years old.

I go to _____ school and am in _____ grade.

I am a member of the _____ 4-H Club.

My favorite part about 4-H is _____ .

Wanted - Day Camp Counselors! - Forms Due - Jan 15th

First Training Feb 4th

Beginning February 4th, we will start holding training sessions to prepare 4-H members to serve as counselors for Summer Day Camps. 4-H members who are ages 13-19 (as of 6/1/16) may serve as Traditional or Cloverbud camp counselors. Participants will learn to plan the camp and learn the behind the scenes details that are incorporated in helping set up for a week full of fun. Counselors will also be planning interesting classes, speakers, and activities for our camps. If you are interested in serving as a Day Camp Counselor, complete the form below and return it to the 4-H Office by January 15th. Please phone the office if you have any questions related to this activity. You can also email Sara Busker: breeding@udel.edu, with the same information.



OR TRY OUR GOOGLE DOC ELECTRONIC SIGN UP: [click here](#)

*Training sessions are scheduled for ALL counselors for 6:30-8:00 pm on the following dates:
February 4th, March 22nd, April 12th, May 19th & July 5th*

*Day Camp Dates and Locations: **Harrington Moose Lodge Day Camp, July 11th-15th**
Kent County Extension Office Day Camp, August 8th-12th*

Day Camp Counselor Registration Form

Name _____ Age as of 6/1/2016 _____

Club _____ Phone _____

Email _____

Street _____

City _____ State _____ Zip _____

Comments _____

State 4-H Camp Scholarships - Deadline Jan 15th

Kent County 4-H will have scholarship money available to award to 4-H members who are interested in attending State 4-H Camp. These scholarships will be awarded based on financial need, 4-H participation, etc. The application below will be due into the County Office by January 15th. Please be sure to have your leader sign this form. In addition, do not wait to hear about a scholarship before filling out and submitting your state camp application with your camp deposit. We will make every effort to notify you as soon as possible about scholarships to be awarded.

Name: _____ Club: _____

Address: _____ City: _____ Zip: _____

Email: _____ Years in 4-H: _____

Number of years 4-H'er has attended camp: _____ Circle: State Camp or Environmental Camp

Phone: _____ Age as of 1/1/2016 _____

4-H Involvement in past 12 months (Give as much detail as possible.)

Which Camp are you planning to attend? (Check one) Environmental Camp State Camp

Family Information

Number of members in household _____

Parents' employment status:

Has 4-H'er attended camp in years past?

Leader's Signature

4-H Member's Signature

Leader's Comments: (Please include specific leader comments regarding financial need)

(If you need more space, attach a separate sheet)

Delaware State Teen Conference, Jan 31st, Deadline Jan 20th

As we prepare for the upcoming holiday, a committee made up of your Delaware 4-H State Teen Council Officers has been busy diligently working. The officer team has designed a fun-filled weekend and you are invited. Join other 4-H members from throughout the state for a meaningful weekend as we *Dream with Disney* at the 2016 Delaware 4-H State Teen Conference.

The conference will be held Saturday, January 30 through Sunday, January 31, 2016. Accommodations are being provided by the UD Courtyard Marriott Hotel in Newark. The total cost to attend conference is \$100. However, many 4-H members will qualify for a 50% discount through your County Junior Council and Leaders Associations. These organizations have graciously agreed to offer these funds again this year to support this program, provided youth meet the minimum requirements of participation. **Prior to registering, please contact your county office to confirm if you receive the 50% discount.** Included in the registration fee is lodging, three meals, a ticket to the 87ers Basketball game, educational workshops, and a visit to the recreation center and pool at the Carpenter Sports Building. Participants are also invited to a Disney-themed dance and pizza party on Saturday evening, following the basketball game.

For weather and safety issues, all Sussex and Kent County attendees are required to ride the bus to the event. Pick-up and drop-off locations for the bus will be at the Kent and Sussex County Extension Offices. Four members of the Delaware 4-H staff will chaperone this event.

This year, **registration will only be accepted online.** Please visit this website to register: www.udel.edu/4h-teen-conference. Credit card payments will be accepted online, or you can choose to send a check for the appropriate amount made payable to "University of Delaware". All attendees must be enrolled via 4-HOnline for the 2015-16 program year and have a valid Health Form on file in the system. The final day to register for the conference is **Wednesday, January 20, 2016.**

Additional details, including the schedule and registration information will be posted to the Delaware 4-H webpage. If you have any questions or concerns, please feel free to call me directly at 831-8965 or send me an email at mvogl@udel.edu. I hope that you will be able to join us in January for this wonderful opportunity to learn with your Delaware 4-H family.

Yours in 4-H,

Mallory Vogl, 4-H Educator,

University of Delaware

New Castle Cooperative Extension

461 Wyoming Road, Rm 131

Newark, DE 19716

Phone: 302-831-COOP

Fax: 302-831-8934

Delaware 4-H State Teen Council 2015-16 Officers

Paige Vincent, President

Lena Berry, Vice President

Shawn Mitchell, Secretary

County Representatives:

Colleen Anderson, Sussex

Grace Cords, New Castle

Spring Vasey, Kent



2016 DE 4-H State Teen Conference

Community Service Project

The Delaware 4-H State Teen Council has decided to make care packages to deliver to three homeless shelters in Delaware—one shelter in each county. The plan is to create at least 50 care packages for each shelter during the upcoming State Teen Conference.

In order to ensure we receive the necessary items, we have split the requested donations into three divisions, based on your county.

Kent County

- Toothbrush
- Toothpaste
- Chapstick
- Hand Sanitizer
- Band-Aids



Sussex County

- Gloves
- Socks
- Comb
- Lotion
- Tissues



New Castle County

- Healthy snack items; Suggestions include: fruit cups, goldfish, crackers, raisins, granola bars, etc.
- Mini bottles of water



If you are attending the conference, please bring items with you to check-in on January 30. If you are not attending the conference but would still like to contribute, please bring your items to your county office by Wednesday, January 27. Please e-mail Mallory Vogl at mvogl@udel.edu with any questions.

Livestock Overnighter 2016 - Registrations DUE Feb 1st

The Kent County Livestock Advisory Committee is busy planning another fun and educational Livestock Overnighter for all Kent County Livestock project members. The event is planned for Saturday and Sunday, February 13-14 in the Exhibit Hall at the Delaware State Fair. Registration begins at 9:00 am. Weekend activities will end at 11:00 am Sunday. This livestock event is designed for young people currently involved with livestock projects and those who might be interested in enrolling in one. **Please note that if you plan to participate in the overnighter, you must be present for the entire event. We will not be allowing participants to come and go throughout the weekend.**

Fun interactive learning sessions are being planned. A portion of Saturday afternoon's sessions will count towards Quality Assurance Training as it relates to producing a safe and high quality meat product. This is a great opportunity to renew your PQA certifications. Young people that participate will receive their 2016 certification. Fun and games are planned for Saturday night following dinner and will conclude with ice skating. Teen members of the Livestock Advisory Committee are planning some additional activities for our youngest participants. A Livestock Quiz Bowl will also be included. Questions will come from the beef, sheep, swine, and meat goat project manuals. Teams will consist of 2 members from each level of Beginners (age 8-10), Intermediate (age 11-13), and Seniors (age 14-19).

*Once again there will be Ice Skating! Permission slips are in this newsletter.
The schedule of events, once your registration is received, will be mailed.*

Parents are welcome to join us for the weekend's activities and we are always looking for additional individuals to serve as overnight chaperones, if they have completed the Delaware 4-H volunteer screening. The committee requests that any adults planning on spending the weekend with us, fill out the parent registration form, and include \$10 per adult to partially cover food costs for the weekend.

If you are interested in attending this excellent and fun training opportunity, please complete the registration form included in this newsletter and return it to the Kent County 4-H Office by February 1st along with the registration fee and ice skating permission. **YOU MUST BE ENROLLED WITH YOUR CLUB THROUGH 4-HONLINE, WHICH INCLUDES YOUR HEALTH/CODE OF CONDUCT/PHOTO RELEASE INFORMATION IN ORDER TO ATTEND.**

In addition to the \$20 registration fee per youth participant, all youth attending MUST bring an item(s) of \$5 value with them, to donate to the Kent County SPCA. The SPCA provides shelter for not only dogs and cats but large animals that are housed on "foster" farms and even small pocket pets like hamsters, guinea pigs, and rabbits. Below are examples of items on the SPCA "Wish List" (new items only please).

- Canned or dry cat/dog food (any type)
- Hand sanitizer/hand soap
- Kitten and puppy formula
- Collars
- Leashes
- Stamps
- Rawhide and chewies
- Cat litter
- Bowls
- Dish soap (blue Dawn or green Palmolive)
- Paper Towels
- Liquid laundry detergent
- Rabbit hay and feed
- XL Trash bags
- Bleach
- Pet toys

2016 Livestock Overnighter Registration Form

Deadline February 1st

**YOU MUST BE ENROLLED WITH YOUR CLUB THROUGH 4-HONLINE
WHICH INCLUDES YOUR HEALTH/CODE OF CONDUCT/PHOTO
RELEASE INFORMATION IN ORDER TO ATTEND**

4-H Member Registration

Name: _____ Club: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Age as of Jan. 1st _____

Staying Overnight? ___Y ___N

Is there any health issue that we should know about that is not covered on the Health Form?

LIST ALL ALLERGIES HERE

COST is \$20 / 4-H member & \$10 / parent

Number of members \$20 _____

Number of parents \$10 _____

Total enclosed \$ _____

-

PLEASE MAKE CHECKS PAYABLE TO: KENT COUNTY 4-H LIVESTOCK COMMITTEE

Mail Registration, Ice Skating Permission & payment to:

Livestock Overnighter

Kent County Extension Office

69 Transportation Circle, Dover, DE 19901

Parent Registration

Name: _____ Email: _____

Have you been screened as a Kent County 4-H volunteer? Yes ___ NO ___

**IF NO, you must pass a Criminal Background Check
well in advance of the Overnighter.**

Please provide your Date of Birth ___/___/___ Daytime Phone: _____

Address if different from Youth above: _____

ICE SKATING PERMISSION ON NEXT PAGE

Ice Skating Permission for Livestock Overnighter

As part of the overnighter activities we will be walking over to the ice arena for our own private skating time from 7:45 pm to 9:15 pm on Saturday, February 13th. The fee for skating and skate rental is covered by your registration fee and the Kent County 4-H Livestock Advisory Committee. If you wish for your child to wear a protective helmet while skating, the ice arena staff suggest sending a bike helmet along with your child. The ice arena no longer provides helmets to skaters.

Please check the appropriate box(es) and sign.

- Yes I give my permission for my child to go ice skating at the Delaware State Fair Ice Arena as part of the Livestock Overnighter event.
- Yes I wish for my child to wear a helmet while skating and am sending their bike helmet with them.
- No my child does not have my permission to go skating as part of the Livestock Overnighter Event.

Child's Name _____

Parent or Guardian Signature _____

Date _____

This form must accompany your registration!

Children with no permission slip returned will not be allowed to participate.

Don't forget your \$5 donated item/child for the SPCA as part of your admission for the weekend and your permission slip if you wish to go ice skating!

PLEASE MAKE CHECKS PAYABLE TO: KENT COUNTY 4-H LIVESTOCK COMMITTEE

Mail Registration, Ice Skating permission & payment to:

Livestock Overnighter

Kent County Extension Office

69 Transportation Circle, Dover, DE 19901

2016 COUNTY PHOTOGRAPHY CONTEST ENTRIES DUE February 5th

The Kent County Photography Contest photos will be on display on February 20th in conjunction with the Favorite Foods Contest, Foods Judging Contest & Holiday Fun Day. 4-H members will be able to enter their favorite snapshots in the following categories:



- People Picture
- Creature Picture (any animal, insect amphibian, fish or living thing)
- Landscape (a portion of land/territory which the eye can comprehend in a single view, including objects it contains)
- Marinescape (a view of the sea)
- Waterscape Picture (center of attention/dominant feature is on any body of water except the sea or ocean; water in the picture is not enough)
- Building Picture
- Action Picture
- Close Up Picture
- Special Effects Picture (a picture with some sort of special effect – see page 50 of the Unit 1 4-H Project Manual *Focus on Photography* for tips and suggestions. Member must describe the special effect on the back of the photo)
- Composition (picture showing interesting shapes, patters, and textures; shadows and lighting can also be important. Show one of the following: Depth of Field, Backlighting, or Lines and Shapes)
- Sunrises / Sunsets
- Plants / Flowers
- Still Life (arrangement of non-moving or still objects in an interesting way)
- Delaware History
- The Delaware State Fair
- Patriotism
- What Green Means to Me (display of 6 pictures illustrating what “Green” means to you)
- The 4 Seasons, one picture, each 5” X 7” representative of each of the 4 seasons mounted on 14” x 22” poster board
- 6 Picture Story Sequence (display of 6 pictures with title illustrating idea, event or “how to project” mounted on 14” x 22” poster board)
- Best Photo Album of photos taken by 4-H member (minimum of 5 pages)
- Delaware Agriculture (a photo depicting agriculture in Delaware)

Mount individual photos on poster board, mount board or mat board;

not to exceed 6” x 8” except where noted. DO NOT USE construction paper or foam core board.

All entries should be taken during the current 4-H year. Photographs can be taken using a digital camera, color film or black and white film. **Members are limited to one photo per category. Back of photos must include the Kent County Photography Contest Label attached, and include name, club, age and class and indicate camera type, brand, model, and film size if film is used.** Please also note anything unusual about your picture that you think will help the judges to better understand your picture. **Form is in this newsletter** or can be obtained from your 4-H Leader, from the Kent County 4-H website, or from the County 4-H Office. Entries will be on display at the Favorite Foods Contest. This is an excellent opportunity for 4-H project members and all the “camera buffs” out there to show off their skills in photography. It is also an excellent opportunity to prepare future exhibits for the Delaware State Fair. Start taking photographs now and plan on participating in this event!

Kent County Photography Contest Label

NAME: _____ **CLUB:** _____ **AGE:** _____
 as of Jan 1st

CAMERA TYPE: _____ **BRAND/MODEL/FILM SIZE:** _____

Category: (CHECK ONE) - ONE PHOTO PER MEMBER PER CATEGORY

1. ___ People
2. ___ Creature (any animal, insect, amphibian, fish or living thing)
3. ___ Landscape (apportion of land which the eye can comprehend in a single view)
4. ___ Marinescape (a view of the sea)
5. ___ Waterscape (center of attention on any body of water except the sea or ocean)
6. ___ Building
7. ___ Action
8. ___ Close Up
9. ___ Special Effects (explain) _____
10. ___ Composition: depth of field, backlighting, lines, or shapes
11. ___ Sunrise/Sunset
12. ___ Plants/Flowers
13. ___ Still Life (arrangement of no-moving or still objects in an interesting way)
14. ___ Delaware History
15. ___ The Delaware State Fair
16. ___ Patriotism
17. ___ What Green Means to Me: display of 6 photos on poster board
18. ___ The 4 Seasons: display of 4 photos mounted on poster board
19. ___ 6 Picture Story Sequence (display with title illustrating idea, event or how to project mounted on poster board)
20. ___ Best Photo Album or photos taken (minimum of 5 pages)

JUDGES COMMENTS:

- Overall Great Good
- Composition Great Good
- Subject Clear Not clear Interesting Dramatic Out of focus Get closer
- Lighting Good Add flash Subject over exposed
- Wait for brighter conditions Use faster speed film
- Foreground/Background Good Overpowering
- Turn camera 90 degrees to increase vertical emphasis
- Try a different viewpoint Get higher Get lower Move left Move right
- Plan ahead and exercise patience to get the best shot
- Pay attention to what you see around the subject; distracting items should be avoided or kept out of focus
- Interesting items were cut off
- Don't leave date on print
- Camera not level
- Mounting not proper for State Fair (poster board, mount board, or mat board not to exceed 6" X 8")
- Title does not match category Title missing
- Wrong category

2016 FAVORITE FOODS CONTEST - February 20th

The Kent County Favorite Foods contest will be held in the Exhibit Hall at the Delaware State Fairgrounds.

4-H members can choose to enter in any of the 5 following categories:

Appetizers, Hors d'oeuvres, & Soups

Fruits & Vegetables

Meat & Main Dishes

Desserts

Breads

Participants will select a favorite recipe to make and prepare a table setting to display their dish to the judge. Members will need to submit a completed entry form (all 3 pages) with the selected recipe and a meal plan that includes the prepared dish. Entry forms are available from your Organizational Leader, the Extension Office, or on our website. All participants will be sent a scheduled time to arrive. It is very important that we remember Food Safety at this event so please make plans now to keep COLD foods COLD and HOT foods HOT. This contest is only open to Youth members of 4-H.

APPLICATIONS and RECIPES ARE DUE TO THE OFFICE BY FEBRUARY 5TH

3-Page ENTRY FORM CAN BE FOUND IN THIS NEWSLETTER

AND FILLABLE ON OUR WEBSITE UNDER FORMS AND RESOURCES



2014 Favorite Foods Contest Winners

2016 Contest will be held Saturday, February 20th - Entry Deadline is Friday, February 5th

Email completed 3 page form to jkling@udel.edu or FAX to 302-735-8130

Favorite Foods Contest Entry Form
No Late Entries Will Be Accepted!

Entry Form: (3 Sheets Total)

Return to: Favorite Foods, Kent County Extension Office, 69 Transportation Circle, Dover, DE 19901 Or email: jkling@udel.edu Or Fax to: 735-8130

Name: _____ Club: _____

Address: _____ City: _____

Phone: _____ Email: _____ Age: _____ (as of Jan 1st)

TRADITIONAL MEMBERS (AGES 8 TO 19)

- | | |
|-----------------------------|---|
| <i>DIVISION</i> | <i>CLASS of FOOD (Check One)</i> |
| _____ Beginner (8-10 years) | _____ Breads |
| _____ Junior (11-13 years) | _____ Meats and Main Dishes |
| _____ Senior (14-19 years) | _____ Desserts (Junior & Senior) |
| | _____ Desserts (Beginner - Div. I) - Cookies, Cupcakes, Candy |
| | _____ Dessert (Beginner - Div. II) - All Other Desserts |
| | _____ Fruits & Vegetables |
| | _____ Appetizers and Hors d'oeuvres |

CLOVERBUDS (AGES 5 TO 7)

- | | |
|-----------------------------|----------------------------------|
| <i>DIVISION</i> | <i>CLASS of FOOD (Check One)</i> |
| _____ Cloverbud (5-7 years) | _____ Cookies |
| | _____ Brownies |
| | _____ Cupcakes |

If you need to be scheduled at the same time as another person, such as siblings or someone else you have to ride with, please list their names here:

Recipe Title: _____

RECIPE

Recipe Title: _____

AGE on January 1st: _____ Number of years in Favorite Foods Contest (include this year): _____

RETURN THIS PAGE WITH YOUR ENTRY FORM - Do not put your name on this page.

(If you can send your recipe and menu electronically, please email to jikling@udel.edu)

Please fill in the information below carefully, neatly and accurately. This sheet will be given to the judge. .

BE SURE TO PROOFREAD AFTER WRITING!

Be sure the amounts of ingredients are accurate! List ingredients first in order of use...then directions!

MENU

Recipe Title: _____

AGE on January 1st: _____ Number of years in Favorite Foods Contest (include this year): _____

RETURN THIS PAGE WITH YOUR ENTRY FORM - Do not put your name on this page.

Please fill in the information below carefully, neatly and accurately. This sheet will be given to the judge.

Please print neatly or type and glue or tape on to this page.

BE SURE TO PROOFREAD AFTER WRITING!

Cloverbud: No menu is required. Beginner & Junior: Plan for ONE meal. Senior: Plan a FULL DAY.



WOODSIDE EMERALDS 4-H CLUB HELPING THE HOMELESS



WINTER CLOTHING DRIVE TO BENEFIT CODE PURPLE DELAWARE

FOR MORE INFORMATION PHONE: 302-632-6710

All donations, including monetary, will be accepted.

COLLECTION SITES:



DYNAMIC PHYSICAL THERAPY OFFICES

South State Street, Dover

Modern Maturity Center, Dover

Queen Street, Dover

Longacre Village, Camden

University of Delaware, Kent Cooperative Extension

Paradee Center, 69 Transportation Circle, Dover

302-730-4000



COLLECTION DRIVE
SPONSORED BY



I pledge my **head** to clearer thinking, my **heart** to greater loyalty, my **hands** to larger service, and my **health** to better living, for my club, my community, my country, and my world.

4-H Trees Brighten Kent County

The results are in and our 4-H clubs gave our judges another difficult task in choosing overall winners in each of the respective Christmas tree categories. I have had the opportunity to review many of the trees and must say the creativity and work effort came shining through in your finished projects. Thanks for participating in this event and helping to spread the Christmas spirit at this time of the year. The results are:

Traditional Christmas Theme

- 1st Midstate 4-H Club
- 2nd Happy Harvesters 4-H Club
- 3rd tie New Horizons 4-H Club
- 3rd tie Country Wildcats 4-H Club

4-H Theme

- 1st Woodside Emeralds 4-H Club
- 2nd Peach Blossom 4-H Club
- 3rd Vernon Creek 4-H Club

Other Theme

- 1st Pure Country 4-H Club
- 2nd Houston Cardinals 4-H Club
- 3rd Happy Horses 4-H Club



Congratulations to all our winners and a BIG THANKS to the 24 4-H clubs for their participation in this event. A special thank you to the Harrington Sunshine 4-H Cloverbud Group and On Target Cloverbuds who also did for this activity. I am sure that everyone who has seen these trees has enjoyed them and found themselves right in the holiday spirit!



**Houston Cardinals,
Shannon O'Hara,
Reporter**

Since this is the season of giving, our club loves to give as much as we can. At the December and January meetings we have collected many mittens and hats, canned goods, teddy bears, and wrote Christmas cards for the veterans. We participated in the Trim a Tree contest. Our tree's theme was "Winter in the Woods" and is currently being displayed at the Hometown Diner in Milford. The tree was full of woodland creatures that love the snow! Our club is promoting the Public Speaking

Contest. We hope to have more members participate; and we love seeing all of our Cloverbuds gain confidence! Our club discussed many upcoming events such as the Statewide Ice Skating on December 26th where we hope everyone can come and bring a friend, have fun, promote 4-H and keep warm! The Photography and Woodworking Training sessions were discussed, and we encouraged all members to attend so that that they have good chance of placing in the judging competitions. At the end of the December meeting, we had our annual gift exchange between members. Everyone enjoyed the snacks made by the project leaders. Everyone was thinking the same thing... YUM! We hope to see everyone again at the next meeting and have another productive and thrilling meeting!

Mid-State, Jessica Butler, Reporter

Mid-State held its annual Christmas party/Club Award Night and December meeting on Dec. 1st. Thank you to Ronnie and Joanne Carter for setting up for the dinner. We collected teddy bears for the 4-H Teddy Bear Drive. We completed making the ornaments at Mrs. Rash's house for the Trim-a-Tree. Our tree was put up on Nov. 27 and is displayed at the Felton Bank. The tree looks great and smells wonderful. Logan Rash and Jessica and Jarrett Butler attended the International Foods Day at Lake Forest High School. Everyone enjoyed the wonderful food. The club worked on the Christmas float at the Sylvester's house on 11/22 and 11/27. The club members enjoyed the parade and the float was beautiful. Thank you to all who participated. We are looking forward to the skating party for 4-H at the end of the month and wish everyone Happy Holidays and a Wonderful New Year!

Vernon Creek, Grace Murphy, Reporter

Vernon Creek is ready for Christmas! We started off with our Trim-A-Tree at the Marvels. Our tree was in Curt Conley's office in Harrington. Thanks Mr. Conley for letting us use your office! We then decorated our 4-H float for the Harrington Christmas parade that was on Dec 4. This years' theme was Festival of Lights. We decorated a hay wagon and a friend of our 4-H club pulled us with a Farmall H tractor. That was so cool! It was a really cold night! We always have a great time at the parade. Thanks to all the adults who helped us participate in the parade. We are looking forward to all the exciting things we have planned for January!

William Henry Middle School, Janada Bishop, Reporter

Participating as a 4-H Club has been so much fun for our school this year. We were very happy have our Window Display sit in an enclosed case at our school. Electing officers was exciting and made us feel like an official club. Science Day safely exploded in our library, with the help of our leader. We had Ms. Dot Abbott, from the UD Extension Office come by and share her wildlife lesson. She literally had us "on the edge of our seats". A teen volunteer came by to teach us Health Rocks. We currently have two boys teaching us Food Smart Families. The food and games we enjoyed had students in other classes join us. The word about 4-H is getting out, and we want everyone to know about us!



Woodside Emeralds, Mary Moller, Reporter

Our club has had a busy month preparing for the holidays. All of our members worked very hard making ornaments for our Trim-A-Tree. Our theme for our tree is Code Purple so the tree is decorated with ornaments shaped like hats, mittens, and scarves. It is located at Dynamic Physical Therapy in Longacre Village in Camden. We decided to build upon our theme by adding a clothing drive to benefit Code Purple and Dover Interfaith Mission housing. So far, we have collected 6 large bags of clothes! That is amazing! We will be continuing this community service project throughout the year. If anyone would like to donate clothing, food, or other necessities, there are collection boxes in all the Dynamic Physical Therapy locations as well as in the Kent County 4-H Office. Thanks in advance for considering donations to this great cause. We want everyone to experience some Christmas cheer. Our club also collected 19 teddy bears for the Teddy Bear Drive. At our December meeting, we celebrated Christmas by having a gift exchange, eating yummy snacks, and making ornaments for a tree at The Code Purple House. We made a total of 200 ornaments! We will decorate their tree and celebrate with the residents by bringing s'mores and hot chocolate. On Christmas break, our members are looking forward to Holiday Fun Day, the 4-H Ice Skating party, and a photography scavenger hunt through Dover. Our knitting group is also starting up again. As community service, our members will be knitting hats to donate to Caring Caps' Dover Chapter. Some of our members are also starting to prepare for the upcoming Public Speaking Contest. We can't wait to hear their speeches! One of our members, Ryan Bray, built a galvanometer and will share it with the club in January. We're sure that his presentation will be very interesting and informative. We hope that everyone has a Merry Christmas and a very Happy New Year! See you in 2016!



Country Wildcats, Isabel Dypsky, Reporter

Merry Christmas All! The Country Wildcats have been quite busy these last few months. We were creating our "Christmas Critters" ornaments for our Trim a Tree that is placed at Williamsville Country Store. We tied for 3rd place in the Traditional theme category. Great Job to all the clubs that participated – 24 trees in total displayed throughout Kent County. Way to get 4-H out in the public.

We held our 4th Annual Community Food Drive with the Town of Houston and had a great response and our highest total of pounds collected year to date. We donated 1003 lbs to the Delaware Food Bank in Milford. Our 4 year total is over 3500 lbs donated. We also were busy with creating, building and decorating our Christmas Float for the Harrington Christmas Parade. This year's theme was Festival of Lights and we did our spin on that with a focus of Family Chaos, demonstrating the fun it is in trying to get the lights up for the holidays. We were very pleased to find out we received 1st place for our entry. Thanks to Harrington Parks and Rec for another great parade and the weather was actually nice. We have several members that made wreaths and gingerbread houses for Holiday Fun Day and all received blue ribbons. Congrats to Kylla for placing 2nd in her division for Gingerbread Houses. We are preparing to help ring the bell for the Salvation Army Kettle Drive at Redner's Market coming up soon. We are also working on several projects like Archery, Woodworking and planning our Clothing & Textiles entries for the upcoming Fashion Revue. Looking forward to a great new year with many opportunities available to us. Happy New Year from Country Wildcats!

Harrington Sunshine, Weston Williams, Reporter

Happy Holidays! We have been very busy this month celebrating the holidays. Our club had a float in the Harrington Christmas Parade, we've completed crafts, played holiday bingo with local seniors, and decorated our Club Christmas Tree at the Harrington Senior Center. Many of our members also prepared gingerbread houses and cookies for Holiday Fun Day. Our Foods group has been working on many projects; and we have a trip planned to the Herr's Factory and the Turkey Hill Ice Cream Factory over Winter Break. That's will be a sweet time! We're also preparing our speeches for the Public Speaking Contest in January, and getting ready for the Photography and Woodworking Judging Contests. Enjoy your holidays and spend time with friends and family.





Create 2 Learn & 2 Lead, Autumn Wood, Reporter

Our Club had a busy month. Our leader reminded us that Civic Project members who participate with Youth in Government need to begin working on their Legislative Bills; and Public Speaking Project members need to have their topics prepared by the Christmas Party. A big thank you to our Foods Project leader Ms. Sandy, for everything she did this month. She helped Noah, Autumn and CJ make sweet potato casserole and a winter squash & apple casserole for Fifer's Front Porch Demo. We passed out a sample on the coldest day of autumn. She also taught us how to make pies and biscuits for Thanksgiving. Our Outdoors group studied the Lenni Lanpe Indians this month and learned how they survived in the woodlands. Noah and CJ created Wigwam models and Breechclouts. They also attended a workshop on Indian lore and earned their BSA Merit Badge. Our Jr. Science leader Noah, attended 2 days of engineering workshops and earned his BSA Engineering Merit badge. He used reversed engineering principles that we were taught on 4-H Science Day. The excitement just didn't stop! Sarah set up our club Trim-A-Tree at the Milford Library. A Reporter from the local Milford paper came by. He was writing an article on the Milford Library Christmas Tree Extravaganza fundraiser. He was just in time to get a photo of Robert Hoover putting the lights on the tree. Our club Sharing & Caring event was very busy. The Hoover's collected donations for the Chronically Ill Hospital in Smyrna, Robert was in charge of our 3 Operation Christmas Child shoe boxes and coordinating over 140 cards for the Milford's Veteran's Home. Sarah collected donations for the SPCA animal shelter. CJ, our Jr. Health Nutrition leader, and Noah collected a large box of food donations for the Milford Food pantry; they even wrapped the box in Christmas wrap. The members have also been busy earning money to help out local organizations. Noah collected donations for the Sunday Breakfast Mission's Christmas Dinner, the Milford Public Library adopted Holiday Family, and Funds & Toys for the Milford Police Dept. toy drive. Autumn collected 8 Teddy Bears for the Kent County Teddy Bear drive. We also kicked off our Code Purple Collection too! Members also made holiday crafts. They were surprisingly more challenging than we thought they would be. We made a beaded Christmas necklace and a Holly Pin from duct tape. Big things are surely happening with our small club!

MORE 4-H in Review

Holiday Fun Day

The annual 4-H Holiday Fun Day was held on December 13th at Lake Forest High School with 51 youth participating. Everyone that attended was able to enjoy seeing 31 creatively decorated gingerbread houses, wreaths, sugar cookies and Christmas trees that had been prepared by the 4-H youth. The Kent County Junior Council provided several activities for attendees to take part in while the various items were judged and the Leaders Association provided refreshments for everyone. Everyone had a great time and this was a great way to get the holiday season started. We would like to thank our committees who volunteered at this event that included: Junior Council Committee: Danielle Dixon, Kaylee Collison, Maycee Collison, Cheyenne Galloway, Morgan Galloway, Leslie Webb, Oliver Menard, Joshua Menard, Justin Bazemore & Kristin Kemp. Leader Committee: Heather Crouse, Shannon Dixon, Jennifer Menard, Mary Sturgill, Dana Sharpe, and Karen Crouse. And thank you to all who were there who helped make this annual event so wonderful! Award winners for this event can be found on the next page.



Holiday Fun Day 2015 Winners

Gingerbread Houses

No Scene

Beginners

- 1st Katie Argo, Harrington Sunshine
- 2nd Thomas Knight, Peach Blossom

Juniors

- 1st Rachel Taylor, Harrington Sunshine
- 2nd Riley Taylor, Harrington Sunshine

Seniors

- 1st Natalie Buchmoyer, Happy Harvesters
- 2nd Savannah Snyder, Harrington Sunshine

Senior Team

- 1st Kristen Hedstrom & Sierra Thomas,
Peach Blossom

With Scene

Beginners

- 1st Addison Brode, Harrington Sunshine
- 2nd Kylla Rust, Country Wildcats
- 3rd Isaiah Dypsky, Country Wildcats

Beginner Team

- 1st Rylee Barlow, Madison Poore, & Sydney Messick,
Peach Blossom

Juniors

- 1st Leighton Webb, Peach Blossom
- 2nd Weston Williams, Harrington Sunshine
- 3rd Braxton Snyder, Harrington Sunshine

Junior Team

- 1st Leighton Webb & Evan Knutsen, Peach Blossom

Seniors

- 1st Lauren McLaughlin, Harrington Sunshine
- 2nd Lena Berry, Harrington Sunshine
- 3rd Brittany Jarvis, Happy Harvesters

Seniors Team

- 1st Shelby Poore, Zoe Poore & Lexi Hay,
Peach Blossom
- 2nd Leslie Webb & Bethany Knutsen, Peach Blossom
- 3rd Garrett Geidel & Reese Yost, Peach Blossom

Cookies

Decorated

Beginners

- 1st Addison Brode, Harrington Sunshine
- 2nd Katie Argo, Harrington Sunshine
- 3rd Julia Popelas, Harrington Sunshine

Juniors

- 1st Weston Williams, Harrington Sunshine
- 2nd Rachel Taylor, Harrington Sunshine
- 3rd Riley Taylor, Harrington Sunshine

Seniors

- 1st Lauren McLaughlin, Harrington Sunshine
- 2nd Natalie Buchmoyer, Happy Harvesters
- 3rd Jaden Cain, Harrington Sunshine

Not Decorated

Juniors

- 1st Weston Williams, Harrington Sunshine

Seniors

- 1st Natalie Buchmoyer, Happy Harvesters

Wreaths

Beginners

- 1st Caleb Holderman, Happy Harvesters
- 2nd Katie Argo, Harrington Sunshine
- 3rd Addison Brode, Harrington Sunshine

Juniors

- 1st Weston Williams, Harrington Sunshine
- 2nd Riley Taylor, Harrington Sunshine
- 3rd Rachel Taylor, Harrington Sunshine

Seniors

- 1st Brittany Jarvis, Happy Harvesters
- 2nd Leslie Webb, Peach Blossom
- 3rd Natalie Buchmoyer, Happy Harvesters

Decorated Christmas Trees

4-H Theme

Seniors

- 1st Justin Bazemore, Woodside Emeralds

Other Theme

Juniors

- 1st Weston Williams, Harrington Sunshine

OTHER IMPORTANT INFORMATION



Delaware 4-H Foundation and United Way

The Delaware 4-H Foundation is not a United Way agency, but is eligible to receive write-in contributions as a non-profit organization. If you and other 4-H friends and supporters would like to designate your United Way contribution to 4-H, please complete the write-in account section of the form with the number **9020 and Delaware 4-H Foundation** (113 Townsend Hall, Newark, DE 19716). Funds received in this manner become part of the general contributions account and are used where needed. The 4-H Foundation usually receives a list early in the year indicating all money pledged to 4-H. All contributions will be acknowledged by the Delaware 4-H Foundation when United Way notifies us of the pledge. The write-in option is only available through work place giving. We appreciate your continued support of 4-H!

The State Employees' Charitable Campaign (SECC)

This is an annual fund-raising drive approved by the State of Delaware. Each year state employees raise thousands of dollars through the SECC that benefits many local non-profit charitable organizations. These charities fight disease, make life more meaningful for the young and old, help the impoverished, and train people to become self-sufficient. By promoting and supporting fund raising through the employee focused, cost-efficient SECC, state employees provide the opportunity to improve the quality of life of all Delawareans. This year state employees will again have the option of choosing the Delaware 4-H Foundation as one of the charities that are eligible as part of this campaign. Many 4-H families contribute through this campaign. The Delaware 4-H Foundation in turn supplies funds to support camp scholarships, awards in each county, and trips to Club Congress, National 4-H Conference, the National 4-H Engineering Event and more. Consider supporting the program that supports your children.

Delaware Farm Bureau Scholarship

There is a \$2500 scholarship opportunity for 4-H'ers whose family is a member of the Delaware Farm Bureau. This will be awarded to a college bound student who is pursuing a degree in an agriculture-related field. Deadline is April. For more information, please call the Farm Bureau office at 1-800-273-0012 or 697-3183.

2016 Delaware Pork Producers Annual Banquet

Felton Fire Hall

The Delaware Pork Producers Association will be holding their annual dinner and banquet on Saturday, January 23rd at the Felton Fire Hall. Dinner will be served family style beginning at 6:30pm. The menu will consist of Felton's famous fried oysters, delicious pork roast, mashed potatoes and gravy, dumplings, green beans, dessert and beverages. Please call Karen or John Tigner at (302)632-4250 or email tignerfarms@yahoo.com for more information or to purchase dinner tickets. Adults \$25, Youth 6-12 \$12.50, Children 5 and under are Free.

The Delaware Pork Producers Association has graciously provided support to Delaware 4-H Livestock programs for many years.





JUNIOR DUCK STAMP PROGRAM

What is the Junior Duck Stamp Program?

“The Federal Junior Duck Stamp Conservation and Design Program is a dynamic art- and science-based curriculum that teaches wetland and waterfowl conservation to students in kindergarten through high school. The program encourages students to explore their natural world, invites them to investigate biology and wildlife management principles and challenges them to express and share what they have learned with others.”
– USFWS JDSP Website

Youth participate in an artwork competition featuring a JDSP-approved waterfowl species. The winning artwork from the national art contest will serve as the design for the Junior Duck Stamp.

By incorporating different subjects, JDSP can engage multiple types of learners and promote critical thinking, problem solving, and creativity.



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES



**2015 Delaware Best in Show
Junior Duck Stamp Art**
Northern Pintail
Marley Fishburn, 13
Watercolor
Group III (Grades 7-9) First Place

2016 Art Competition

Entries must be post-marked
to the State 4-H Office by
March 15, 2016

Art Workshop

4-H Winter Workshop
February 13, 2016
9am-12noon

Art instructor will be
available to help with your
competition artwork.
Contact the NCC 4-H office
for more information at
(302)831-8965.

Adopt-A-Duck

Condensed science and art
curricula available for club
meetings and classes. Visit
the Delaware JDSP website
for electronic copies.

STATE 4-H OFFICE

113 Townsend Hall
Newark, DE 19716

[http://extension.udel.edu/
4h/junior-duck-stamp-
program/](http://extension.udel.edu/4h/junior-duck-stamp-program/)

Autumn Starcher
starcher@udel.edu

Scribbles from Susan Garey, Extension Educator, Animal Science

Delaware Equine Council Scholarship- \$1000- Due Jan 31st

Eligibility:

Must be a U.S. citizen and a Delaware resident or Delaware Equine Council member. (\$10.00 to become an individual member)

Must be enrolled and in good standing in an agriculture, equine, veterinary or vet tech program in the United States.

Must submit a typewritten 250-word essay :

"How I plan to use this course of study to further the equine or agriculture industry."

Must complete a typed application and include a transcript of a minimum of one full semester's grades from an accredited college or university.

All awards are given without discrimination as to race, sex, or creed.

Application postmark deadline is January 31, 2016. Winners will be awarded at the scholarship dinner on March 5, 2016. To download the application or for more details please visit:

<http://www.delawareequinecouncil.org/ScholarshipPAGE.html>

Delaware Ag Week

Delaware Ag Week programs, along with an agricultural trade show and exhibits by the First State Antique Tractor Club, are being held January 11-15, 2016 at the Delaware State Fairgrounds in Harrington, Delaware. Sessions focused on beef cattle production, small ruminant production, equine management and hay and pasture are among the variety of programs being held. For the complete schedule of events and individual session schedules please visit

<http://sites.udel.edu/delawareagweek/>

Delaware Ag Week Seminar for Beef Cattle Producers

January 11, 2016- 6:00-9:00 pm- Exhibit Hall Board Room

6:00 pm-6:45 pm Understanding the New FDA Regulations for Veterinary Feed Directives (VFD's) and How They Will Affect Beef Cattle Producers

Dan Severson, Extension Agriculture Agent, Agriculture, University of Delaware

6:45 pm Break for Light Dinner & Delaware Beef Advisory Board Updates

Sponsored by the Delaware Beef Advisory Board

7:00 pm-8:00 pm Understanding Meat Quality Factors and the Producers Role

Dr. Gregg Rentfrow, Associate Extension Professor, Meat Science, Department of Animal and Food Science, University of Kentucky

8:00 pm-8:45 pm Direct Marketing Beef Producer Panel

Hear from local beef producers who are in different stages of their direct marketing experiences

8:45 pm Questions, Evaluations and Adjourn

Please RSVP by January 7th to Dan Severson severson@udel.edu or (302) 831-8860 if you plan on attending so we can make the necessary arrangements for food and materials.

Delaware Ag Week Seminar for Small Ruminant Producers

January 12, 2015- 6:00-9:00 pm- Exhibit Hall Board Room

6:00 pm-6:15 pm Update on Small Ruminant Health Program Grant Dan Severson, Extension Agriculture Agent, University of Delaware

6:15 pm-7:00 pm Understanding the New FDA Regulations for Veterinary Feed Directives (VFD's) and How They Will Affect Small Ruminant Producers Dan Severson, Extension Agriculture Agent, University of Delaware

7:00 pm Break for Light Dinner

7:10 pm-8:00 pm Understanding Meat Quality Factors and the Producers Role

Dr. Gregg Rentfrow, Associate Extension Professor, Meat Science, Department of Animal and Food Science, University of Kentucky

8:00 pm-8:45 pm Opportunities for Using the New Delaware State University Mobile Meat Processing Lab John Clendaniel, Small Farms Program and Dr. Dennis McIntosh, Aquaculture Specialist, Delaware State University

8:45 p.m. Questions, Evaluation and Adjourn

Please RSVP to John Clendaniel by January 8th jclendaniel@desu.edu or (302)857-6425 if you plan on attending so we can make the necessary arrangements for food and materials.

Delaware Ag Week Equine Pasture Management Seminar

January 12, 2016- 6:00-9:00 pm- Exhibit Hall

6:00 pm-6:05 pm Welcome and Announcements

6:05 pm-6:40 pm Pasture Management for All Seasons Dr. Amy O. Burk, University of Maryland

6:40 pm-6:55 pm Nutrient Management Program Update/Slow Feeder Competition Lauren Torres, Environmental Scientist, Delaware Department of Agriculture

6:55 pm Break

7:05 pm-7:55 pm The Inside Story on the Horse Gut: Horse Feed from the Microbial Perspective Dr. Amy Biddle, University of Delaware

7:55 pm Break

8:05 pm-8:40 pm Saving Money by Selecting Hay for Optimal Nutrition

Jessica Flores, University of Maryland and Dr. Richard Taylor, Extension Agronomy Specialist, University of Delaware

8:40 pm Adjourn

Session Summary:

DE Pesticide Certification Credits: 0

MD Pesticide Certification Credits: 4

DE Nutrient Management Credits: 2

MD Nutrient Management Credits: 1

Certified Crop Advisor Credits: NM: .50, CM: 1

Animal Science Project Leader Training Offered Feb 6th

The State 4-H Leader Forum will be held on Saturday, February 6, 2016 from 9 am-3 pm at the Del Tech in Georgetown. The following training sessions will be offered for animal science and equine science project leaders.

"How to Coach a Horse Bowl Team"

This session will be presented by Susan Garey and volunteers from the Delaware 4-H Horse Advisory Committee. Learn about how the Delaware State 4-H Horse Bowl is organized and run and how age appropriate questions are developed from resource material. Hear from members of the horse advisory committee who will share their experiences with how to effectively engage and train youth to participate in this fast paced, knowledge based quiz bowl competition and how to have fun doing it!

"Animals Inside and Out"

Animals Inside & Out is a hands-on lesson series designed for 3rd – 5th grade youth. Animals provide milk, meat and fiber, as well as provide companionship and provide by-products that youth use every day. Animals Inside & Out will help youth better understand these concepts, as well as learn more about:

- What animals need and how to care for them to keep them healthy
- Careers which are available in the animal science area
- To Categorize Order, Classify, Collect Data, & Hypothesize
- To compare the body systems of different types of animals
- How science relates to companion animals, livestock animals, and horses
- Hands on activities and games are used to enhance learning. The lessons are appropriate for youth who have animal knowledge or don't have any prior experiences. Activities cover the following topics:
- Animal Management
- Digestive System – Life Stage, Feeds & Nutrition
- Skeletal System & Muscular System
- By-products
- Respiratory and Circulatory Systems
- Animal Science Careers – threaded throughout the curriculum
- Reproduction

Please visit the State 4-H website <http://extension.udel.edu/4h/> for Leader Forum registration information.

Delaware Youth Dairy Futurity- 2nd Payment Feb 1st

The second entry deadline for the 2016 Delaware Junior Dairy futurity is February 1, 2016. The entry form can be found here <https://cdn.extension.udel.edu/wp-content/uploads/2012/02/29153235/2016-Delaware-Youth-Dairy-Futurity-Entry-Form.pdf>

To participate in the 2016 Futurity for Summer Calves, a calf must be nominated by May 1, 2016. All calves, born June 1, 2015 to August 31, 2015 inclusive, of any dairy breed are eligible to enter the Delaware Youth Dairy Futurity. Calves MUST be exhibited by a Delaware State Fair Junior Dairy Exhibitor. Leased animals are eligible and an exhibitor must be named on the last entry on May 2, 2016.

1st payment of \$5.00 due on or before November 16, 2014

2nd payment of \$10.00 due on or before February 1, 2016

3rd payment of \$15.00 due on or before May 2, 2016

Late entries are permitted but if you do not enter the animal on the first due date, the payment will be doubled. If your first entry is made on February 1, your entry fee will be \$30.00. If you do not enter until May 2, your entry fee is \$70.00 on May 2. Entry questions can be directed to volunteer Dairy Futurity co-chairs John Hickey or

Charmayne Busker cpbusker@gmail.com

The 2016 Delaware 4-H Avian Bowl Study Sections:

All questions and answers will come from the following material:

- Breeds, varieties and strains (Introduction, Bantams, and through American class)
- Raising gamebirds (All)
- Eggcyclopedia (Eggs A to Z through Cooking terms)
- Ratites (All)
- Commercial poultry industries (All)
- Changing world of poultry and egg markets (All)
- Avian influenza (All)

Embryology (Introduction through Table 28)

Please Note: The above study material came from the National 4-H Avian Bowl Manual revised in 2015.

The manual will be available in early 2016 from:

Clemson University, Bulletin Room - Room 82

96 Poole Agricultural Center

Clemson, SC 29634-0129

Cost per packet is \$15.00 plus shipping

(864) 656-3261 (phone); (864) 656-0742 (fax); Attn: Mick Smith

The quickest and most accurate method of ordering is to go to our website: <http://shopping.clemson.edu/> and, using the manual publications code (PubCode): MAN 161 place orders through there. It will require the use of a credit or debit card. This method will automatically bring up appropriate shipping charges during the order process.

If a check MUST be used, you will still need to go through the same ordering process up to the point where shipping charges are shown and selected to give you a total cost without actually submitting the order. Shipping charges are based on the shipping address used when ordering. **Make checks payable to Clemson University**

Delaware 4-H Horse Bowl- NEW CONTEST LOCATION FOR 2016!!

The Delaware 4-H Horse Bowl will be held on March 12, 2016 at Lake Forest High School. The entry form and guidelines for the 2016 contest are available on the State 4-H Animal Science page.

Divisions are available for Ages 9-10, 11-13, and 14-19 as of January 1 of the 2016 4-H year.

Questions may come from:

4-H Horse Manuals:

“Giddy Up and Go”, “Head, Heart and Hooves”, “Stable Relationships”,
“Riding the Range,” “Jumping to New Heights,” “Horse Project Helper’s Guide.,”
and 4-H Horse curriculum corrections found on-line at www.n4hccs.org.

In addition to the 4-H Horse Project manuals:

Age 8-10: Your Pony, Your Horse, by Cherry Hill

Age 11-13: Your Horse, a step-by-step guide to horse ownership, by Judy Chapple (and age 8-10 material).

Horses and Horsemanship – by Ray Antoniewicz, National 4-H Council- **NEW!!**

Age 14 and older: Storey’s Horse-Lover’s Encyclopedia, edited by Deborah Burns (and age 8-10 and 11-13).

Horse Science- by Ray Antoniewicz, National 4-H Council- **NEW!!**

Teams must be preregistered in order to compete in the 4-H Horse Bowl. Day of contest entries will not be accepted. If you have registered for the Horse Bowl, you will receive written confirmation in return. The entry deadline is February 12, 2016 to the State 4-H Office. For complete rules and an entry form, please visit the State 4-H Animal Science web page:

<https://cdn.extension.udel.edu/wp-content/uploads/2012/02/29153235/2016-HORSE-BOWL-CONTEST3.pdf>

DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

Goals:

To review

Concepts: Flexibility, Strength, and Endurance.

Participants will gain skills in the areas of flexibility, and strength and will feel comfortable doing these activities on their own.

Participants will have fun and develop self-esteem and confidence about exercise.

Supplies:

Attachment with the pictures and instructions.

Ask youth in advance to wear sneakers or shoes that do not slide.

Time Required:
20-30 minutes

Note: Encourage everyone to stay together but at their own ability and comfort and to stop if they need to rest

Activity Name: Strength and Flexibility Exercises

2...Seated and Floor Exercises.

Procedure:

Gather youth in a line facing the teacher. They will need to be far enough apart to be able to extend their arms.

Tell them you will be playing a game to learn some strength and flexibility exercises that they can do at home for 15 minutes each day.

Explain that strength activities build our muscles, and flexibility activities enable us to maintain the range of motion for our muscles. These are just two aspects of physical fitness.

Explain: The third aspect is endurance and includes activities that make it feel harder to breath. We will learn more about these activities next time.

Once youth are lined up facing the presenter, have the presenter explain each position on the attachment, then have youth perform that activity. Move on to the next position and teach as written. After all position have been taught, follow the sequence with limited time in between each position.

For a bonus activity, involve the youth in leading it. Have them take turns teaching the activities as numbered 1-4. Allow youth to take teach as long as they wish

Reflect:

Ask youth which activities felt like they were building muscle? What muscles were you building?

Which felt like they were stretching our muscles? Did any feel like they were doing both at the same time?

Apply:

Following the activity, ask youth if they think these are activities that they could do at home?

Ask which of these thing do they found the hardest to do; easiest?

How will you share this information with others?

4-H hosts Train the Trainer sessions for teens and adults all year long, in each county. We also hold special fun events for teens and our "Healthy Living Ambassadors". To learn how you can become involved, visit our website at <http://extension.udel.edu/4h> Or email krjohn@udel.edu or your county agent for more information.

In 2014-2015

- 4-H facilitated 4-H Food Smart Families to over 2500 youth and Up for the Challenge Assets & Fitness to 3300 youth!
- Health Rocks & Botvins reached over 8500 youth with Prevention Life Skills!

For information on booking 8-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h/>

Or call your County Cooperative Extension Office.



Cooperative Extension
COLLEGE OF AGRICULTURE & NATURAL RESOURCES

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Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!

1. Position hands firmly on the floor, shoulder width apart and fingers spread. Plant toes firmly on the floor as show. Back should be flat and appear as a straight line from neck down to your feet. Hold stomach tight to support your back. Breathe normally.

Plank



3. Positions hands directly under shoulders as shown and knee on the floor. Round your back like a cat; Exhale as you move.

Cat



2. Knee on the floor and place hands directly below your shoulders, fingers spread. Back should be flat like a table.

Table Top



4. From Cat position, drop your stomach and look upward. Inhale as you move.

Cow



1. Lie flat on the floor on your stomach and stretch arms in front of you. Slowly life your back. You can stay on your elbows or go up to your hands depending upon your body. Hold for 16 seconds and return to chest on the floor.

Cobra



3. Sit on the floor and place your hands behind you with fingers pointing towards your feet, hands under shoulders. Place feet in front of you and bend knees at 90°. Lift stomach and hold for 8-16 seconds as you feel comfortable.

Bridge



2. From Tabletop, push drop down and release your back into this position. Arms can be ahead as shown or at your side. Face looking at the floor. Hold for at least 16 seconds and relax!

Mouse (Child's Pose)



4. From seated position, rest right arm behind your back creating a "second spine". Cross right leg over your left, use left arm to hold your right leg, and turn your body to the right to twist into a pretzel! Hold for 16 seconds. Switch sides with left arm as "second spine" and left leg crossing over right, using right arm to hold your leg, and twist to the left. Hold for 16 seconds.

Pretzel



4-H WINTER CALENDAR

DECEMBER

- 21 Junior Council Meeting
- 24-1/3 Holiday Break - Extension Office Closed
- 26 Statewide 4-H Holiday Ice Skating Party 6:00-7:30 pm Delaware State Fairgrounds

JANUARY 2016

- 8 Public Speaking Entries Due
- 13 Woodworking/Photography Judging Contests 4:30-7:00 pm Kent County Office
- 15 State Camp Scholarship Forms Due
- 15 Day Camp Counselor Forms Due
- 15 Kent County Order of LINKS Holiday Party Felton UM Church
- 16 Poultry / Fiber & Needle Arts Project Meeting 10:00 am & 2:00 pm Home of Brigid McCrea
- 18 Martin Luther King Holiday – Office Closed
- 19 Leader’s Meeting 7:00 pm Kent County Office
- 22 4-H Poultry, Avian Bowl Meeting 7:30 p.m. Kent County Office
- 23 BBQ Project Meeting 10:00 am Home of Brigid McCrea
- 24 Public Speaking Contest 1:00 pm Kent Levy Court Office Building
- 25 4-H Exchange Group Meeting 6:00 pm Kent County Office
- 25 Junior Council Meeting 7:15 pm Kent County Office
- 26 Favorite Foods Contest Training 6:30 pm Kent County Office, Sandy Reynolds
- 30-31 DE 4-H State Teen Conference UD, Newark Campus
- 31 Delaware Youth Dairy Futurity 2nd Payment Due

FEBRUARY

- 1 Honey Bee Contest Essays Due
- 1 Livestock Overnighter Registration Due
- 1 Poultry Judging Contest 6:30 – 8:00 pm Kent County Office
- 4 Day Camp Counselor Training 6:30-8:00 pm Kent County Office
- 5 Favorite Foods Contest Entries Due
- 5 County Photography Contest Entries Due
- 6 State 4-H Leader Forum 8:30 am Townsend Hall, UD, Newark
- 12 Club News Due for March Clover
- 12 Horse Bowl Entries Forms due to State 4-H Office
- 13-14 Livestock Overnighter 9:00 am Delaware State Fairgrounds
- 16 Leader’s Meeting 7:00 pm Kent County Office
- 16 State 4-H Horse Advisory Meeting 7:00 pm Kent County Office
- 20 Project Meetings Poultry 10AM; Fiber and Arts 12PM Home of Brigid McCrea
- 20 Favorite Foods Contest & Foods Judging Delaware State Fair Exhibit Hall
- & Photography Contest Display & Winter Fun Day
- 22 4-H Exchange Group Meeting 6:00 pm Kent County Office
- 22 Junior Council Meeting 7:15 pm Kent County Office
- 23 State Horse Advisory Meeting 7:00 pm Kent County Office
- 27 BBQ Project Meeting 10:00 am Home of Brigid McCrea

MARCH

- 1 Begin Selling 4-H Horse Show Ads

