



# Rhode Island 4-H

Hands Health Head Heart Hand

# The Wave

## Upcoming Events Calendar

Pollorum and AI Testing  
April 16 2012

Terrarium Workshop  
April 18, 2012

Food Challenge  
April 20, 2012

Cloverbud Art Show  
April 21, 2012

Photo Fine Arts  
April 27-29 2012

Management Papers Due  
May 1, 2012

Cattle Clinic  
May 5, 2012

Beef Scholarship Application Due  
June 1, 2012



## Features

Club of the Month P.1

Low Cost Animal Clinics P.5

Food Challenge Rules P.6

Spring Horticulture Series P.12

And much more!

## Club of the Month: 4-Horse Power

WRITTEN BY: CHRISTY DUTRA

The 4-HorsePower 4-H Club was welcomed to Barrett's Power Connection, located in Hope Valley, RI, for a tour on Saturday, February 25<sup>th</sup>. The relatively new club only has 5 members as of now, but is looking for new members. Four of the members, ranging from age 7 to 14, were able to attend the tour. The members were extremely grateful to Mr. & Mrs. Barrett for opening up their business to them on a busy Saturday.

Mr. and Mrs. Barrett welcomed our club for an hour tour, where the boys were able to see the showroom, sit on ATVs and Snowmobiles, see the garage work area, and all were able to take Mike's 'dirt bike test.' He started by showing the boys how to walk a bike correctly, and then to test the correct size fit, each boy took a turn picking up a dirt bike that was turned over on it's side.

Needless to say, all of them are VERY interested in purchasing a dirt bike or ATV very soon!

4-HorsePower is a Small Engines club that focuses on tractors, engines, and hopefully, in the future, ATV safety. In addition to touring Barrett's the club has taken apart a small generator, figured out why it was not running, put it back together, then actually



got it running again! Last winter they took a trip to Tangy's Indoor Archery, where they were instructed on archery safety. If you are interested in joining the club, please contact Christy Dutra at [Casbar85@gmail.com](mailto:Casbar85@gmail.com) or 539-0742.

The URI 4-H Program is an educational program that combines hands on education and life skills. Youth can join community clubs, do 4-H in after-school settings and join as individual members. To join 4-H contact Kristy Horan at [kstone@uri.edu](mailto:kstone@uri.edu).



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AND LIFE SCIENCES

For More Information:  
[www.uri.edu/4h](http://www.uri.edu/4h)  
401-874-2959



# Oh What Fun it is to Ride in a One Horse Open Sleigh!

P2

WRITTEN BY: ALEX BOURQUE

*Just imagine, being on a sleigh, and taking a nice sleigh ride in the sparkling white snow...*

Members of the 4-H Club, called Canterng Colts, were at Paine Farm, in Foster, RI, did just that on Jan. 22<sup>nd</sup>. Finally, we got snow, we waited for 2 months. We had 30 people go on sleigh rides plus all of the 4-H kids who volunteered. Everyone who went on a sleigh ride got a free hot chocolate. While people waited, they hugged baby bunnies. We had lots of brownies and cookies! Thanks to everyone who purchased something at the bake sale! The 4-H Canterng Colts will have another sleigh ride event on Sunday, February 19<sup>th</sup>, (snow date-February 26<sup>th</sup>). As long as we have at least 2 inches of snow! Call 647-7230 if you're not sure. So come and have a fabulous time at Paine Farm's sleigh rides!





# Nutrition Session at RI State 4-H's February Vacation Fun Day

Written by: Lisa Dallas

The Nutrition section of the day was quite fun! We started the class with a food science experiment which included some great background nutritional information. Liz Laprise is the expert on this and has lots of information to share with you. If you really want to keep it simple, you could simply review the USDA's Food Guidance System on <http://www.choosemyplate.gov/>.

The class then made their healthy snacks, reviewing and using the healthy principles already introduced. The kids were encouraged to make a snack that included as many of the categories on the Food Plate as possible. We shared two examples: one covering all food categories, the other only 2 categories but it looked very appealing. The participants identified the missing categories and came up with suggestions to make it healthy that they would love to eat.

Creative creatures and scenes were designed. We supplied toothpicks and other sticking agents helpful in assemblies such as peanut butter and yogurt, even raisins once squished.

The participants used a 'snack evaluation sheet' to rate their snack. They scored themselves on how many food groups they included and the eye appeal of their creation. We sat with each participant individually to help fill out or review their evaluation form. I was surprised how interested they were in their overall snack

performance! There was quite an interest in the creative process as well.

## The snack ingredients that were very popular were:

Cheese sticks (very popular... ended up making small strips from them)  
 Cheese blocks  
 Hard boiled eggs  
 Bananas (best left sliced with skin on for participants to choose)  
 Peanut butter  
 Vanilla Yogurt  
 Apples (different varieties for color variations)  
 Broccoli  
 Carrots (sliced in rings or shredded were fun)  
 Celery  
 Wheat tortillas

## Moderately popular ingredients:

Asparagus  
 Humus  
 Red or green Peppers  
 Cucumbers  
 Tomatoes  
 Flat Bagels  
 Sliced wheat bread

Have fun with this. Let the kids create something healthy and they will be more likely to eat it!



# Foundation Corner:

Dear 4-H Friends,

We are gearing up for the **2012 golf tournament** to be held on **June 2<sup>nd</sup> at the Laurel Lanes Country Club** in West Kingston. This year we are holding the tournament in memory of our dear friend, Jeff Greer, who passed away last year. Jeff loved the 4-H program and all it had to offer. Hopefully, you have seen the tournament flyer or have visited the Foundation website to learn all about it. I will be sending out flyers to every club in about a month. The tournament committee would like to round up as many 4-H members (and volunteers) as possible for the start of the tournament (11:30am to 1:30pm) and then some help throughout. New this year we would like to have 4-H members make posters that thank the golfers for supporting 4-H and show how much 4-H has to offer. We would also like to have 4-Hers on hand to personally thank the golfers and sponsors while passing out the favor bags. Older members and volunteers are needed throughout the tournament to help with the betting hole, contest holes, raffle and so on. Besides volunteering, we are hoping all of you will help us in finding new sponsors, raffle items and golf teams. Please contact me for an assignment and to let me know if you will make a poster. (If you need flyers I can get them to you, too!)

Thanks in advance!

*Heidi*

Heidi Wright, Executive Director of Program

[heidew@etal.uri.edu](mailto:heidew@etal.uri.edu)

[www.ri4hclubfoundation.org](http://www.ri4hclubfoundation.org)



## BEEF SCHOLARSHIP

It is my pleasure to inform you about a scholarship opportunity made available through the ESE 4-H Beef Program Committee. Over the years, donations and successful fund raising efforts of the Committee have created funds above and beyond those needed for the yearly educational program. In order to use these funds for the benefit of those who have been in the program, a scholarship fund has been developed.

Two \$1,000 scholarships will be awarded in 2012.

Entries are open to high school seniors and current college students who have participated in the Eastern States Exposition 4-H Beef Program.

\*Awards will be announced during the ESE 4-H Beef Activity at The Big E.

\*Scholarships will be awarded after the successful completion of the first semester of a 2 or 4 year program.

\*Return application by June 1, 2012 to:

4-H Beef Scholarship  
Agriculture & Education Department  
Eastern States Exposition  
1305 Memorial Avenue  
West Springfield, MA 01089

DOWNLOAD THE APPLICATION:

[http://www.thebige.com/ease/aboutus/documents/12ag4hbscholarshipapp.pdf?utm\\_source=2012+February+Webnews&utm\\_campaign=bige+agwebnews&utm\\_medium=email](http://www.thebige.com/ease/aboutus/documents/12ag4hbscholarshipapp.pdf?utm_source=2012+February+Webnews&utm_campaign=bige+agwebnews&utm_medium=email)



# Upcoming Opportunities

We have had multiple organizations contact us in the past week about opportunities for clubs or individuals to do community service or public speaking. I'm going to do a quick summary with who to contact. Also, Brianna has developed some posters and brochures strictly on "Starting your own 4-H Clubs". We understand that many clubs are at capacity with how many volunteers they have. So these could be ways to encourage others to start clubs and relive some of our club leader's workloads! Also, we have all the materials you would need to do an exhibit or demonstrations in a few areas: poultry, local grown food, food lab, simple lego kits, apple nutrition/picking, vet science center, etc... So if you want to exhibit something. Let us know, we probably have materials for you to borrow!

1) The Arcadia YMCA has a "Healthy Kids Day" April 28th from 11-1, they have health care/wellness booths. A 4-H Club could set up a booth talking to the public on starting their own 4-H club and maybe demonstrating a project. If you or your club are interested contact Diane Martin by March 5th at [cornerstonefarm@cox.net](mailto:cornerstonefarm@cox.net).

2) East Farm Festival- May 12, 2012 from 10am - 2pm. Located at URI's East Farm on rt. 108 in Kingston, RI. Each year we have a 4-H exhibit at the East Farm Festival. If a club is interested in demonstrating a project, contact Kristy Horan, [kstone@uri.edu](mailto:kstone@uri.edu) by April 20th.

3) Burrillville 21st Annual Family Fair, May 5th from 10am - 2pm. 4-H Clubs are invited to tell the community about what they do or do demonstrations. It's free to exhibit and could be great to promote 4-H in NRI. Need to register before April 27th, 2012. For more information contact [parksandrec@burrillville.org](mailto:parksandrec@burrillville.org) or 401-568-9470.

4) Roger Williams Park Zoo Healthy Active Earth days April 18th and 19th from 11-3pm. 4-H clubs are invited to have an exhibit with a focus on any outdoor activities (i.e. horseback riding, dog training, etc). The more hands on and visually appealing (props are great) the better. The zoo is charging \$25 to exhibit. However, if a club is interested in this opportunity, I will find a scholarship for them to participate as it is promotion for the URI 4-H program.

Also the zoo has a very specific request for a youth in the sheep project. They would like for a 4-Her to do a mock demonstration on sheep shearing with a life-sized sheep stuffed animal they have. Yes, I know unusual request. The youth would not actually

shear the stuffed animal but show the tools, how it would be done and explain how to turn wool into yarn/make items of wool. For more information contact Jill Austin at the Zoo, [JAustin@rwpzoo.org](mailto:JAustin@rwpzoo.org).

Don't forget we also have Photo Fine Arts Fair April 27-29, multiple animal science events and we are working on some horticulture programs for this spring as well. Should be busy!!! Kristy

## Low Cost Clinics for 4-H Show Animals

First on May 5th, Dr. Susan Littlefield (former state vet) will hold a cattle clinic at Peckham Farm. It will cost \$25 per animal for a rabies certificate and CVI. Dr. Littlefield can do other testing and shots if needed. Please contact her directly for information. YOU MUST REGISTER AND CONTACT DR. LITTLEFIELD IF YOU ARE COMING TO THE CLINIC!!! Her email is [sinead2@cox.net](mailto:sinead2@cox.net) and her website is [www.greenwichbayanimalhospital.com](http://www.greenwichbayanimalhospital.com).

Second, Dr. Dina Scotto will hold a clinic for multiple species (Cattle, goats, sheep...) at the Foster Fair grounds in the middle of May. She is waiting for the OK from the town of Foster on the date. The prices for rabies shots will be the same and she can do some other shots. PLEASE CONTACT HER DIRECTLY TO FIND OUT WHAT SHOTS, WHAT YOU NEED TO BRING AND TO REGISTER!! Her email is [countrycrittersvet@gmail.com](mailto:countrycrittersvet@gmail.com).

DEM-Division of Agriculture, URI Animal Vet Science Department and 4-H are partnering to provide Pullorum and Avian Influenza testing for Poultry. If you are planning on showing this year, you need to have your flock tested! This will count for all year.

WHERE: URI Peckham Farm

WHEN: April 16th, 2012

TIME: You will be given a time when you register.

If you need to get your birds tested, please contact Marisa Coates ([marisa.coates@dem.ri.gov](mailto:marisa.coates@dem.ri.gov)) (401-222-2781 x 4515) directly. She will schedule you a time and will let you know how many of your birds you need to bring and any other requirements for the day.

These are not clinics run by 4-H, they will be run by the Vets. But we do thank them for helping those families that need the help. Please contact them directly with any questions.

Rhode Island  
4-H 



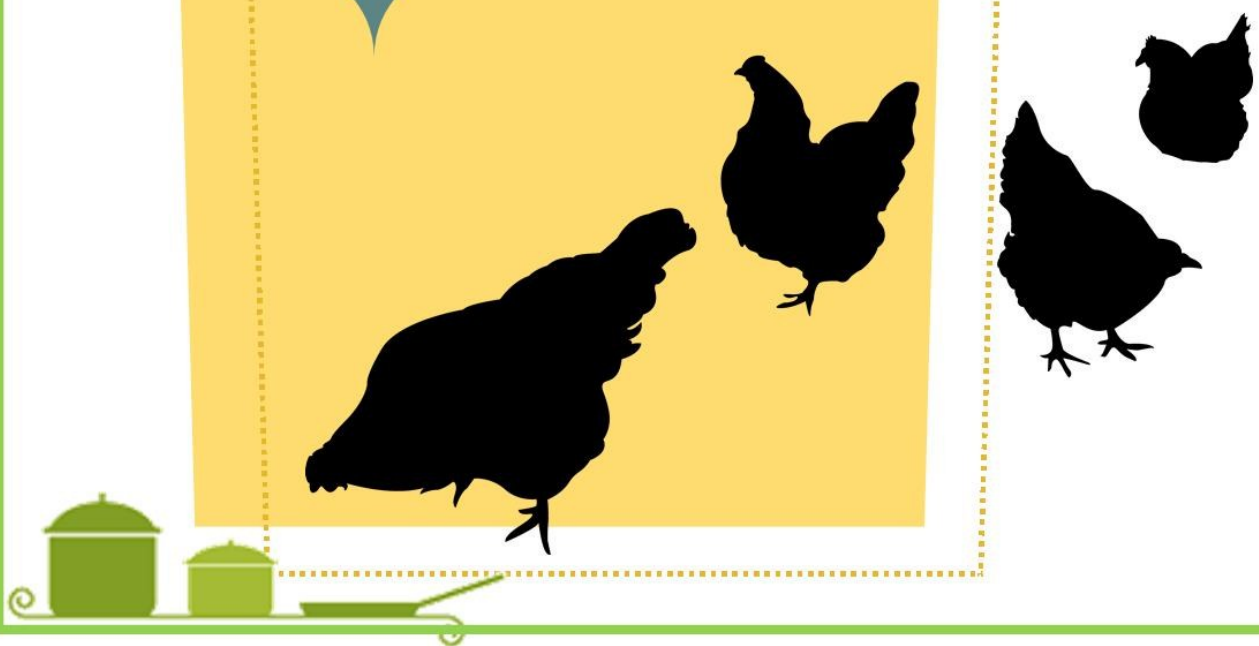
*Eat Local*  
**FOOD CHALLENGE**

DATE: April 20th, 2012: 9-11 AM

LOCATION: Exeter Grange

REGISTER: no later than April 10 by  
emailing [briannaOC@gmail.com](mailto:briannaOC@gmail.com).

Please list your name, age and who your  
teammates will be.







## Join us for our 2012 4-H Food Challenge!

### Eating Local - Eating Healthier

#### 2012 Challenge Description

This year's food challenge has a Rhode Island twist! 4-H members will work in teams to create a **breakfast** meal (comprised of three separate dishes) of their choice featuring a local food product. (meat, eggs, honey, milk, jams & jellies, maple syrup, cornmeal, vegetables, anything grown or raised in Rhode Island!)

Your second challenge is to use your creativity and knowledge of nutrition to take an ordinary recipe and improve it.. Replace as many unhealthy ingredients with healthy alternatives as possible and present these to the judges.

**\*\*Please note:** Unlike last years food challenge, we will not be providing any ingredients. You need to bring all of the food that will be used to create your dish. Remember to store and handle your ingredients appropriately .

We encourage Cloverbuds to participate by creating a meal or single dish without using the stove or griddle. We will have blenders and microwaves available for them to use.

Participation Fee: one or more canned goods per person for Our food drive!





## Rules:



You must use at least 5 ingredients in your meal. Pick and choose wisely to make the most tastiest, well balanced dishes. To be well balanced the total meal should have all food groups and be reasonable in calories. You will make only 1 serving of each dish. You need to write which ingredients you used on an index card at the contest. This can be done after you are done cooking, in case you change your minds at the contest.

Teams can be 2-5 members. Clover buds can be singles, or with other Clover-buds, or have parents help them. They will all receive participation rewards. They will only be able to use microwave for any heating. An example of three dishes for a Cloverbud team would be: cereal, fruit salad or sliced fruit, smoothies, oat-meal, yogurt parfait, microwave egg recipes.

Equipment that will be provided: Microwave, hot plate, blender, paper plates for plating dishes, sink, dish soap, rags, paper towels, pot holders, silverware, plastic gloves.

You will be given 1/2 hour to make all three dishes! So TEAMWORK will be important!

You must bring the equipment you need for a group: A sauce pan or skillet, spatula, cooking utensils, knife, cutting board, mixing bowls, dry and liquid measuring cups, etc.. Coordinate with your team mates if possible. If you don't have a team but would like to participate please let us know, as soon as the registrations are in we will assign teammates to those who need them and give your team mates contact email to coordinate.







## SCORING:

### HOW YOU WORK (35)

20 Points - Preparation skills - mixing, measuring, cooking, work space/equipment management

15 Points - Work Habits- Cleanliness, food and equipment safety

### KNOWLEDGE & COMMUNICATIONS (35)

5 points- Using all food groups in the total meal.

10 Points - Presenting & explaining finished product and how you used local food products and made healthy improvements.

5 Points - 1 point for each healthy improvement made.

5 Points - 1 point for each Rhode Island food product used.

10 Points - Teamwork, communication, effective use of each persons time.

### FINISHED PRODUCT (30)

30 Points - Finished products, taste, look.

*CASH REWARDS FOR 1st, 2nd & 3rd place Jr & Sr. Teams*

## RESOURCES TO PREPARE FOR CHALLENGE:

- Food groups & nutrition <http://www.choosemyplate.gov>
- Rhode Island Farms & Farmers Markets near you: <http://www.farmfreshri.org/>
- Rhode Island Local Foods Festival: <http://www.farmfreshri.org/about/localfoodfest.php>





## Helpful Hints & 4-H Kitchen Safety

- Be well groomed. Clothes should be neat, clean and washable
- Avoid long sleeves, loose fitting jackets or sweaters. They can be a safety hazard.
- No jewelry, except a watch is recommended
- Wear flat comfortable shoes.
- Use an apron and chef's hat or hairnet.
- Keep hands away from hair and face. Tuck bangs under hairnet.
- Wash hands with soap and water before cooking and after handling raw meat or other foods that could cause cross contamination (this is also true when using utensils, wiping your nose or picking up something from the floor).
- Never put the food tasting spoon back into the food.
- Be sure all utensils, work areas and dishes are clean. Wipe up spills and dropped items immediately.

### **Handling Knives:**

- When you hand a knife or something sharp to a person, extend the handle to be grasped. Be sure the cutting edge is away from your hand.
- Use a cutting board. Cut food down toward the cutting board and away from fingers.
- Keep your knives sharp. Clover buds will use plastic knives.
- When using a knife, take your time and keep your eyes on the knife.
- Use the right size and type of knife for each job.
- Hold knife by the handle when washing or drying.
- Always slice in a direction away from you.







## Measuring:

- Dry measuring cups have a flat edge on top. You scoop ingredients or spoon them in and level it off with a knife.
- Liquid measuring cups are usually clear and have a spout. Pour the ingredient into the cup on a level surface and look at it at eye level to make sure you have right amount.
- Shortening, brown sugar and peanut butter are packed into a dry measuring cup before leveling

## Cooking Food

- Turn handles of pots and pans in (but not over burners).
- Handle hot pans with dry potholders.
- Lift covers away from you.
- Never add liquid to hot fat; allow fat to cool first.
- Keep books, papers and clothing away from heat source.
- Do not throw water on a fat fire. Cover immediately or throw baking soda on top of the fire.

## Using Small Appliances

- Avoid handling any appliance with wet hands or when standing on a wet floor.
- Plug cord into appliance first, then plug into wall outlet. Disconnect from the wall first, then appliance.
- Always disconnect by grasping the plug, not pulling or yanking on the wire.
- Keep cord safely out of the way
- Even if an appliance is turned off, keep it unplugged when not in use.
- Do not overload circuits by plugging two heat-producing appliances into the same outlet.



# 2012 Horticulture Program



March 14

**Floral Arranging Workshop**— March 14th 6-8 pm—Work with cut flowers & Learn about the florist trade. You will bring home a beautiful arrangement. Since this event is coming up soon you may email your registration to [briannaOC@gmail.com](mailto:briannaOC@gmail.com) and pay that night. Event held at Richmond Grange.

April 18

**Build a Terrarium**— April 18th 6-8 PM—Design and create your own miniature garden in a glass bowl. Event held in SRI, location TBA.

May

**Raised Beds**—May—Come to Peckham Farm for a hands on workshop on Landscape maintenance and horticultural techniques. Learn about and work on a raised bed, each participant will make and bring home a wooden raised bed and materials to start a home garden.

July

**District Floral Contests:** SRI, ERI and Foster Old Home Days Floral hold floral arranging and wreath design contest. Flower, potted plants and Vegetable categories.

August

**Washington County Fair**—4-H Flower, Potted Plants and vegetable categories.

Because cost of materials for these activities is so high, and workshop sizes are limited, there will be a non refundable fee of \$5.00 per workshop.

## Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Club: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Circle which workshop(s) you would like to attend:

Floral Arranging

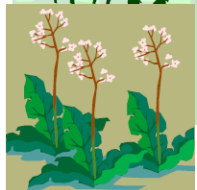
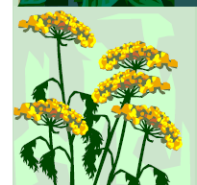
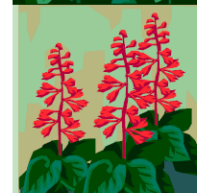
Terrarium

Raised Bed



THE  
UNIVERSITY  
OF RHODE ISLAND  
COLLEGE OF  
THE ENVIRONMENT  
AND LIFE SCIENCES

Please include cash or check made out to RI 4-H  
Foundation: 75 Peckham Farm Rd, Kingston, RI 02881





# 2012 4-H Clover Bud Art Show

April 21st-May 1st at the Exeter Library, on Rte 102



Clover buds age 5, 6 and 7 as of 1/1/12 can bring their artwork to The Exeter Library from 10am-2pm Saturday April 21st.

The librarian will collect them and they will be on display Tuesday the 24th-May 1st.

On May 1st cloverbuds can pick up their participation ribbons and artwork anytime from 10am-8pm. If you can't make it on the Tuesday they will hold them for you to pick up on Saturday the 5th from 10am-2pm.

If your clover bud wants to display artworks, just let me know by emailing [kstone@uri.edu](mailto:kstone@uri.edu) the number of artworks and size of them.

## News from the North East Southdown Breeders Association

We are once again offering our Annual Youth Award. A junior that resides in one of the New England states or New York may apply to win a Southdown Ewe Lamb donated by Splendorview Farm Southdowns, Kyle & Cara Thayer.

Forms must be postmarked by June 1, 2012 and our winner will be notified by July 1, 2012 so that they may exhibit their new ewe lamb at the North East Youth Sheep Show.

For more information or to get the application, contact Sig Brousseau @ [sig2150@gmail.com](mailto:sig2150@gmail.com) !



Do you know these Spring  
Bulbs?







4

Match the Name to the Pictures:

Daffodil \_\_\_\_

Grape Hyacinth \_\_\_\_

Common Hyacinth \_\_\_\_

Snow Drop \_\_\_\_

Tulip \_\_\_\_

Crocus \_\_\_\_



5



6

Answer: Daffodil 3, Grape Hyacinth 4, Common Hyacinth 6, Snow Drop 5, Tulip 1, Crocus 2.