



DEVIN ALTOBELLO

ALDERMERE FARM, A PRESERVE OF MAINE COAST HERITAGE TRUST

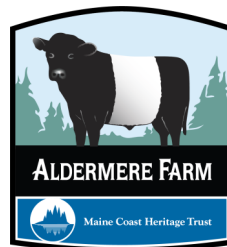
Aldermere Farm, a landmark of midcoast Maine, is one of the world's premier breeders of Belted Galloway cattle. The 136-acre farm is owned and managed by Maine Coast Heritage Trust, a statewide land conservation organization dedicated to protecting the scenic beauty, outdoor recreational opportunities, ecological diversity, and working landscapes of the Maine coast. The Trust maintains Aldermere as a working farm and educational center, helping visitors deepen their appreciation for land conservation and sustainable agriculture.

VOLUNTEER

We rely on volunteers to assist with daily chores, carpentry projects, haying, farm tours and events at Aldermere Farm. Contact our farm office to learn about the many ways you can get involved!

For more information:

Aldermere Farm
70 Russell Avenue
Rockport, ME 04856
207-236-2739
jalbury@mcht.org
www.aldermere.org



Aldermere Farm Hands



Get up close and personal with Aldermere Farm's Belted Galloways in this free after-school program for youth **ages 10-18**. Learn how to halter, groom, lead and interact with young calves and heifers.

Participants provide a community service to the Farm by helping calves become accustomed to being handled by people, so they are well-tempered and manageable when they are full grown. Youth also learn about important agricultural, conservation, and environmental issues as well as skills such as team work, trust, and patience.

Aldermere Farm is a preserve of



CLOTHING REQUIREMENTS

Because this is a farm program, there are clothing requirements:

- Clothes:
You WILL get dirty and it WILL get cold at times. Please wear old clothes that you do not mind getting dirty and wear long pants for protection from scrapes. Some overalls will be available for participants to wear over their clothes if needed.
- Footwear:
Wear boots or old sneakers. Appropriate footwear is essential for protecting your feet around the calves and the shoes you work in will get dirty from mud and cow poo! NO OPEN-TOED SHOES. Some over-shoe rubber boots will be available for participants to borrow if needed.
- Gloves:
Gloves are very important for protecting your hands from rope burn, splinters, and dirt.

PLEASE DO NOT WEAR:

- Sandals, flip-flops or other open-toed shoes
- Shorts or skirts/dresses
- Dangly jewelry (or anything that is valuable to you)

EXPECTATIONS

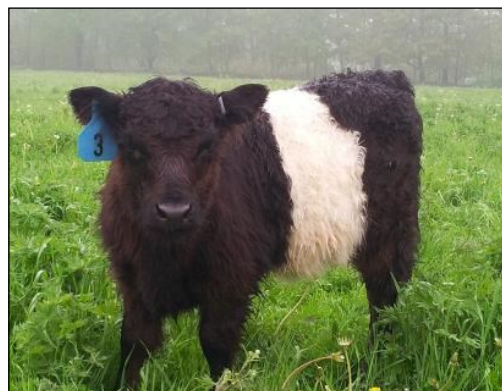
Participants are expected to:

- Listen and follow directions.
- Ask for help when they need it.
- Respect the cattle, farm property and other group members.
- Use appropriate behavior around the cattle. This means:
 - ◊ Speak quietly, no loud voices.
 - ◊ No running or rough-housing.
 - ◊ Be aware of their surroundings.
 - ◊ Be gentle, patient and move slowly.
 - ◊ Watch out for their own safety and the safety of those around them.

SCHEDULE

School Year Sessions: Fall, Winter, Early Spring, Late Spring
3 consecutive weeks each session
3:30-5:00 PM every T & Th

Summer Sessions: July, August
3 consecutive weeks each session
8:30-11:30 AM every T & Th



HOW TO ENROLL

Due to the high demand for Farm Hands, there is a wait list for participation. Anyone interested in registering may contact Joelle at the Aldermere Farm office to be added to the waitlist.

ALDERMERE ACHIEVERS 4-H

Two (2) sessions of Farm Hands is one of the prerequisites to joining Aldermere Achievers, Aldermere Farm's premiere 4-H Club. The other prerequisites are:

- Must be 12–18 years old
 - Receive a recommendation from a 4-H Leader
 - Complete registration paperwork
- For more information, contact Joelle at the Aldermere Farm office.

CONTACT:
Joelle Albury

jalbury@mcht.org, (207) 236-2739