



UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION



The Gazette

The Monthly Newsletter of UNH Cooperative Extension's
4-H Youth Development Program

February 2005

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1. A Word from Wendy...

In our busy schedules we often forget about the resources we have to support the work we are doing in 4-H Youth Development. I would like to remind you of two. The first is the notebook and video tape for New Leader training that provides you with the video resource on child protection. Be sure that this is shown to all new leaders during their orientation or a county wide meeting.

The second resource is "Teenagers as Teachers, Twelve Essential Elements". This was provided to each county as part of the YAP training held at the New England Center. We are encouraging more leadership and teaching opportunities for teens so this resource is an excellent reminder. Here is a review of chapter 1(pg 2&3)

Teenagers as Teachers - key research findings
Teenagers were sometimes seen by program planners as convenient teachers for large groups of children. However, the benefits to the teenagers quickly became evident.

- With adequate training, teens were effective, innovative teachers.
- Teenagers with similar backgrounds to the children they taught were often powerful, positive role models.
- As role models, teenagers often felt the most important lesson that they taught younger children was to "keep away from the bad stuff and go into the good stuff."
- For many teenagers, their teaching position was their first job, providing the opportunity to impart positive work behaviors and attitudes.
- Teenagers who were struggling with the challenges of living in high-risk

environments often benefited most from their experiences as cross-age teachers.

Basic Program Elements

- Teenagers teach small groups of young children.
- Teenager teach an established curriculum.
- Programs are for enrichment, not remediation
- Programs are long enough so that teenagers develop relationships with one another and with the children.

Tips from the Field

- Constantly promote the positive development of teen teachers.
- Provide adequate initial and ongoing training for teen teachers
- Use plenty of positive reinforcement, recognition, and rewards to support cross-age teachers.
- Set up teenagers for success by having incrementally higher expectations.
- Make teenagers your highest priority, but treat teens as the most valued component of your program.

The booklet goes on with more information about how to make each of the above items work. Use this a refresher for yourself as well as a basis for a volunteer training to help the 4-H volunteers whether in clubs or after-school programs work more effectively with teens.

Wendy

In the Granite State

2. Wayne Rich Scholarship - Change in Distribution

We have been notified that *effective this year* the Wayne Rich Scholarship will be awarded to a Maine youth on odd-numbered years; and a New Hampshire youth on even-numbered years. *This means that New Hampshire youth will not be eligible for a Wayne Rich Scholarship this year.*

They are sorry for any inconvenience this may cause but feel that it is the best way to fulfill Mr. Rich's wish that both Maine and New Hampshire youth be awarded the scholarship.

3. NH 4-H Camp Brochures Available

The 2005 University of New Hampshire 4-H Camps Brochure is now available from your UNH County Extension Office. The programs offered at Bear Hill and Barry Conservation Camp are described in detail, as is the registration procedure. Camp sessions begin June 26th, 2005.

To receive a copy of the 2005 Brochure call your UNH Cooperative Extension county office, or the camps office in Durham at 180 Main St. Moiles House, 03824. Telephone (603) 862-2184 or visit our web site at www.extension.unh.edu to download a copy of the 2005 UNH 4-H Camps Brochure.

4. Feeling the need for some quality family time?

Feeling the need for some quality family time? Have you found yourself playing catch up with your kids by talking to them on their cell phones? Or "IM"ing them? Are you busy multi-tasking for yourself and your children? Balancing time, activities and life's day to day moments is beginning to cause pressure for many families.

How about carving out a weekend just for the family?

Come back to summer camp as a family! You are invited to attend the 2nd Annual Family Weekend at Bear Hill 4-H Camp. This year's weekend has been scheduled for June 3-5, 2005--so stop right now--check your calendar. Can you make it? We hope so! Last year's weekend was so much fun, that we are sure you will not want to miss out on this year's, which will be filled with fun, fellowship and family!

Families are invited to arrive Friday evening after dinner and stay until Sunday afternoon.

Some of the weekend activities may include swimming, canoeing, hiking, crafts, group games, archery, fishing and other camp favorites. All activities will be led by camp staff with ample opportunity for families to "do their own thing". Meals will be single menu and served family style in our beautiful dining hall.

I am confident that last year's campers would agree with me when I say that this is a great opportunity to come to camp, play, and enjoy the beauty of Bear Brook State Park!

Each family will live together in the own camp cabin. All the resources of camp will be available for your use, under the direction and guidance of camp staff. At least one adult must accompany each family. Adults will be responsible for the supervision, health care, and safety of their children throughout the weekend. Please no pets!

The fees--same as last year-- are \$50.00 per adult (18 years and older), \$25.00 per child (6-17 years), and children 5 years and younger are

free. All fees are due with the application. We encourage you to apply by April 8, 2005 so that we may plan accordingly. Once registered, you will receive a letter of confirmation with the final details.

be glad to help you, send out application, and answer any questions you have.

Come join us and add a great paragraph to your families' next year's holiday letter!!!

Please contact the UNH 4-H Camps office at 603-862-2132 with any questions and we will

UNH 4-H Camps "Where the learning lasts a lifetime."

5. Governor's Conference on Volunteerism

Wednesday, May 18, 2005

NHTI, Concord

Choose from over 35 workshops for volunteer managers. Learn who the Volunteer Manager of the Year will be. Come and network with other folks who work with volunteers throughout the State of New Hampshire.

For more information, contact Andrea Powers, Andrea@volunteernh.org. Registration will be on line at the Volunteer NH website the first week of March.

Deb Cheever, Paula Gregory, Chris Conlon, Wendy Brock and Lisa Townson are all presenter.

6. 4-H Foundation funds proposals

The 4-H Foundation of NH reviewed proposals and were very pleased with the variety of opportunities to fund. The following proposals are being funded for the year starting July 2005.

4-H Foundation budget '06

Programs	Fund		Programs	Fund
National 4-H Conference - DC	\$5,000.00		National dairy conference	\$2,100.00
National 4-H Congress	\$6,500.00		ESE dairy show/judging	\$225.00
State Activities Day	\$1,500.00		National dairy judging contest	\$3,585.00
Family/Cons. Science Trip	\$6,540.00		National Horse Roundup Kentucky	\$6,665.00
Volunteer Leader Training	\$8,000.00		State horse judging/hippology	\$390.00
Volunteer Support	\$6,500.00		NH & ESE working steer	\$270.00
State Teen Conference	\$4,500.00		Skill a thon	\$355.00
4-H Camps - Teen Discovery	\$5,008.00		Animal Science Vol. Training	\$450.00
Camp Staff Support	\$6,500.00		Heritage Arts program-Grafton Co.	\$700.00
Camp Brochure	\$3,100.00		Sharing Common Ground	\$3,465.00
Shooting Sports	\$500.00		Teen Winter Camp	\$500.00
Dairy- state show	\$750.00		Hillsborough at risk	\$646.00
Dairy judging contest	\$1,320.00		Green Thumb Team	\$2,000.00
National dairy quiz bowl	\$2,440.00		State Advisory committee	\$1,500.00
			Program Total	\$81,009.00

As requested by the Counties, here is the list of clubs who have donated to the 4-H Foundation:

Abendroth Family Club - Sullivan County
Coos County 4-H Advisory Council
Happy Hill Four H Club - Merrimack County
Hemlock Hi-Toppers - Sullivan County
Krazy Kritters 4-H Club - Strafford County
Luck Leaf - Cheshire County

Milan Hilltops 4-H Club - Coos County
Seward Family Club - Rockingham County
Sullivan County 4-H Teen Club
Sunbeam 4-H Club - Cheshire County
Victory Workers 4-H Club - Merrimack County

7. Rural Youth Development grant makes a difference in New Hampshire

Below you will find the results of year one in the Rural Youth Development Grant project in NH. A difference is being made in the effects of the program and we will continue to see more as we continue to integrate youth and adult partnerships and 4-H afterschool programs into our ongoing programs.

Belknap County

S. Situation- The 4-H Youth Development Program in Belknap County was in a slump. There was a need to find ways to retain teens in the program. There were minimal ways for youth to demonstrate their leadership skills in the program.

R. Extension Response – The County 4-H Advisory Council and 4-H Foundation Board, offered to provide meaningful roles for youth to fill and would provide scholarships to help youth attend functions on the state level to learn new leadership skills.

R. –Results

- Twenty-four teens attended State 4-H Teen Conference (an increase of 12) from the previous year,
- Two applied and were selected by their peers to serve on State Teen Council (no state council member from the county in previous years),
- One state council member is teaching a workshop at the 2005 State 4-H Teen Conference,
- Two teens have been appointed to the County Extension Advisory Council and the adults request their input on issues,
- One teen serves on the county 4-H Foundation Board,

- Two teens received scholarships from RYD 2 to attend Leadership In Training Program at UNH 4-H Camp,
- Six teens teamed up with three adults to receive Health Rocks training, and conducted three Health Rocks programs,
- Teens successfully conducted the Winter Clothing Drive and learned about collaboration.
- Three teens volunteered to be on the state planning committee for the Clothing and Textile trip to NYC, they were appointed to the committee, and
- Teens in the 4-H program wanted to recognize 4-H volunteers that have given so much of their time helping youth. The teens took the lead on planning the county recognition program. They secured permission from the site, developed a power point presentation, secured donations, recruited other youth volunteers to help decorate and gift wrap awards. The teens were MCs, and the volunteers had a greater appreciation for the night because it was planned and implemented by the youth.

Merrimack County

S – Situation - The Pittsfield Youth Workshop (PYW) is an out of school time program that has provided a high risk community with a safe place for their children to meet, learn and have fun. Over the years the program has expanded from a dream to a funded ongoing community based program. This program has a governing Board of Directors of adults who are community citizens, funders, school personal and other adults, no youth. When the opportunity arose to select a training team to represent New Hampshire at the Regional YAP training, PYW was identified as an organization that believed in developing the community leadership skills of its youth membership. The group came to the training with the commitment to conduct a statewide YAP training event, but more importantly to design a project to increase the youth voice on their Board of Directors.

The PYW staff and Board of Directors had been planning for many years to have youth representation on the board to help make programming decisions. The three youth and two adults who attended the YAP training set the goal to establish a youth membership on the PYW Board. The group presented the “Communication Maze” activity to the board, which in turn recognized a need for a “Youth

Board”. The Youth Board and subsequent youth leadership programs were begun in July 2003.

R. – Extension Response – In July 2003 PYW brought 3 youth and 2 adults to the YAP training at UNH. This was extremely beneficial – the youth were especially excited to share their experiences and knowledge upon our return. Deb Cheever, 4-H Youth Development Educator has kept in contact with PYW throughout the process of developing our Youth Board. She has been a positive role model to our youth, and has continued to support and collaborate with us on subsequent events.

R - Results – Since June of 2003, 6-12 youth have consistently participated on the Youth Board and associated committees. Two youth representative have sat on the Board of Directors since September of 2003. Since July 2004, approximately 35 youth have participated in a variety of leadership programs, community events, and YAP events. The formation of the PYW Youth Board has greatly increased the participant’s ability to take ownership of the program. Overall, the youth have felt very positive about their participation in all of PYW activities- especially the youth board, YAP conferences, and the Youth and Adult Board Retreat.

In recognition of the outstanding after school program and their work in youth and adult partnerships, representatives of PYW were selected by PlusTime NH to represent New Hampshire after-school youth in Washington DC in May of 2004 at the National After School Alliance meeting. This group was excited to meet Don Floyd, CEO of National 4-H Council and members of the JC Penny After School Team. (See photo in photo section of report).

Sullivan County

S-Situation –The community of Claremont was one of the previous CYFAR project sites in New Hampshire. The after school program grew for both elementary and middle school youth. Many of the best practices were duplicated in the town of Newport. Both communities have support to develop a teen center, but they were at risk of maintaining the centers due to lack of teen involvement and commitment.

R-Extension Response *The 4-H Youth development Educators in Sullivan County encouraged an advisor and two teens from Newport to participate in the November Youth and Adult Partnership Training, This inspired the group to take a more active leadership role. They encouraged a team from the Claremont Teen Center to take advantage of the March*

YAP training to help increase skills and commitment of both the youth and adults.

R-Results The teens from both groups returned to their respective teen center and took on more leadership roles. They ensure that important business is discussed at the meetings and that teens run the meeting. Each center has taken on additional community projects thus increasing their visibility in the county in a positive manner. The adult advisor states that the teens' talents have been very evident as they move

forward with board business. She credits some of their enthusiasm coming from the YAP training that 4-H offered them. The Newport Teen Center opened in a church basement as a drop-in-center. It is a safe place for kids after school. Another church in the community is supportive of the teen center, thus pays the rental charges to the church hosting the center. That is true community collaboration to support the efforts of the teens.

State 4-H Teen Council/Conference

S-Situation- New Hampshire has an active state teen council that plans the State 4-H Teen Conference. This group has had an active youth voice, but has not embraced the partnership role. The youth have been active participants in the pre-conference work, but at the conference expected the adults to make everything work while they played and enjoyed the conference. This type of attitude created tension between the teens and the adult advisors.

R-Extension Response- Two members of the state teen council were either current or past members of N4-HYDC and worked with the UNH Extension staff to help design YAP activities that could be used at state teen council meetings to help build the sense of team with the group. The advisor and five additional state teen council members participated in the Spring Youth and Adult Partnership Conference.

R-Results – During the YAP training, the group demonstrated an increased amount of respect to each other. Both the teens and adults were impressed by the dedication of the other, and support that each team member needed to have a successful conference. Examples of:

- Youth are conducting the adult chaperone meeting at conference.
- State 4-H Teen Council members have increased their appreciation for the connection with the university and the types of resources the university could provide to the conference.

- Youth and adults shared the responsibility of being workshop hosts and transportation supervisors.
- State Teen Council describes themselves as a team, rather than teen members and advisors.
- Youth and adults are behind the scenes setting up and cleaning up.
- Youth and adults enforce the conference rules together.
- The group continues to do youth and adult partnership skill building activities at monthly meetings.
- More teens are applying to serve on state 4-H Teen Council due to the recruitment plan designed by the current council.
- One county educator reported she was ready to start the county orientation for state 4-H conference, and the state 4-H Teen Council members from her county took over the meeting and did the complete orientation. She wished they had told her ahead of the meeting they were prepared to do the orientation, then she would not have spent the time preparing, but she viewed this as success in small step.

The teens still note that they need reminders of deadlines. Adults still need to be reminded that they are to be adults and help the youth with crowd control, disruptive behavior, and the enforcement of policies set by the university. This spring they will hold a retreat at the UNH 4-H Camp to continue in building team skills.

Youth and Adult Partnership Training Teams

S-Situation – The state of New Hampshire has had little formal training in youth and adult partnerships. The 4-H Foundation of NH has supported youth participation in N4-HYDC, but hadn't put their new talents to good use when they had returned to the state. Staff saw the value in exploring ways to increase youth leadership opportunities in the state. Three youth and adult teams would be selected to participate in the NE Regional training offering in New Hampshire. These teams would in turn each conduct one YAP training in different locations throughout NH to increase the understanding and skill set related to youth and adult partnerships. At the last minute one team did not participate in the regional training.

R-Extension Response – 4-H Youth Development Extension Educators identified training teams that would provide diversity to the delivery of future trainings. One team, Pittsfield Youth Workshop (PYW), was an established youth group in a high-risk community that had a goal to develop youth leadership and increase the role of youth involvement in their community. The second team was from Hillsborough County and composed of home schooled youth and adult parents. The third group was to represent a community service school based group (this was the group that did not attend). Each team was expected to complete their individual project as well as conduct one statewide training. Extension educators would work with each team as a supporting adult to help with the logistical details of roll out conference, to enable the teams to concentrate on content.

R-Results- New Hampshire did successfully hold three roll out conferences. They were scheduled several times due to snowstorms. The PYW group succeeded with their individual

project of getting youth involved on their board of directors. See previous success story Merrimack County. They conducted two of the roll out sessions as well as providing training to another community center group in Henniker. The growth observed from the initial training to teaching a second session was amazing. The group found that they couldn't practice enough. They co-taught with the adults, and each member of the team stepped up to the plate if another team member was having a challenge. The leadership within the group grew, respect for each unique talent grew, and the youth speak up and listen, which were personal skills that were demonstrated on a very limited basis before this experience.

The Hillsborough group wanted to establish a strong youth voice in the state Home School Network. This project proved to be bigger than they thought. They were unsuccessful in that goal, but they were successful in becoming part of the planning team for the New Boston summer day camp series. They helped design the camp themes, identify instructors, helped with marketing and were hired as staff for part of the summer. They learned that well planned activities need to change as the number of participants increase or decrease. That flexibility is essential, and practice actives, don't only read the instructions, than teach. They conducted a YAP roll out session. They had hoped for 50 and only had 20 participants the day of the event. There training was successful and each team that attended their training completed projects. They have used many of the activities in smaller groups in the county, and continue to work at increasing the youth voice in the home school network.

Outcome Statements	Original # Goal	Total # Reached
Youth Trained in Youth/Adult Partnerships	70	242
Adults Trained in Youth/Adult Partnerships	50	204
Youth Participating with Adults in a Concrete Project		820
Adults Participating with Youth in a Concrete Project		407
Total Hours Spent by Youth & Adults Engaged in a Concrete Project (Total # Youth + Total # Adults x Hours Spent on Project)	200	8,005

Youth Engaged as Partners in Governance w/Adults (example: serving on committee or boards)		311
Adults Engaged as Partners in Governance w/Youth (example: serving on committees or boards)		562
Total Hours Spent by Youth & Adults Engaged in Community Problem Solving Via Governance & Partnership w/Adults (Total # Youth + Total # Adults x Hours Spent)		8,395
Total # Youth Participants		1,750
Total # Adult Participants		876
Total # Organizations Involved		116
# Youth Recognized As Making Contributions to the Community		322

Outcome Statements	Original # Goal	Total # Reached
New 4-H After school Program Clubs Started	5	10
Total # Youth & Adults Working Together to Start 4-H After school Clubs		
After school Care Providers Receiving 4-H Curriculum Training	10	208
Youth Participants (Under Age 10)		687
Youth Participants (Age 10 & Older)		
Adult Participants/Volunteers		174
Older Youth (Ages 13 & Up) Taking Leadership Roles in 4-H After school		41
Youth Recognized as Making Contributions to the Community thru 4-H After school		Not Recorded
Total Hours spent by youth and adults working as partners with 4-H After school clubs (# older youth involved + # adult volunteers/caregivers X estimated hours spent planning and carrying out the program):		Not Recorded

8. Re-Creating Recreation

Saturday, April 2nd, 2005

Littleton High School, 105 School Street, Littleton, NH

Sponsored by:

The Model Community Project

North Country Health Consortium/Northern NH Area Health Education Center

The Town of Littleton

and

The Jean and William Hallager Fund of the Northern NH Foundation

Workshops will center on how to include all youth in recreational opportunities.

Keynote presenter Ted Tedrick is a professor of Sports Management and Leisure Studies at Temple University in Philadelphia, PA. In his 33 years in the field of recreation, he has worked at all levels, from instructor to administrator. He has written many papers and presented workshops on a broad variety of topics, including the role of leisure in the lives of older adults, minority populations, and people with disabilities.

More information will be mailed to county offices as it is available.

9. N.H. State 4-H Dairy Judging Contest and PDCA Judges Training

April 30 and May 1, 2005

Participating Farms in Connecticut

Eligibility: Senior Division - 4-H members 14-18 as of 1/1 of the current year
Junior Division - 4-H members 12 and 13 as of 1/1 of the current year
Unlimited numbers of youth may participate in each division

Registration: The Contest schedule will be available after March 11, 2005. 4-H members who desire to participate in this contest are responsible for requesting a contest schedule and registration packet after March 11 and completing and returning the contest registration prior to April 8.

Request contest details from:

**Maryann Kasprzak, UNH Cooperative Extension - Equine Center,
278 Mast Road, Durham, NH 03824-4735 (603) 862-2188**

Type classes will be placed; senior participants will be required to give oral reasons. Junior participants will not be required to give oral reasons.

Food: Each participant must bring a bag lunch.

Awards: The five highest scoring individuals in the junior and senior divisions will be recognized; more may be recognized based upon participation.

State 4-H Dairy Judging Team: Team members participating in the National 4-H Dairy Judging Contest, Madison, Wisconsin, must be 15 years old as of 1/1 of the current year.

The 10 highest scoring senior youth in the contest will be named as team members in training. These ten youth will continue to train over the summer months in preparation for regional 4-H judging events. Eight of these youth will be named by August 1 to participate in the Eastern States Exposition 4-H Dairy Judging Contest

10. Spaces Conference Seeking Presenters!

We are looking for presenters to lead hands-on-learning workshops for children and teens at our 12th Annual Spaces Conference sponsored by UNH Cooperative Extension, 4-H Youth Development, Rockingham County. Spaces will be held on Saturday, April 23rd, 2005 at the Cooperative Middle School in Stratham, NH.

Workshops are 90 minutes long and focus on the following topic areas:

- ★ Outer Space (science and technology)

- ★ Inner Space (personal development, relating/coping)
- ★ Shared Space (environmental, global, cultural)
- ★ Special Spaces (recreational or inspirational finale to the day)

For more information and a presenter request form please contact Rick Alleva, Extension Educator, 4-H Youth Development, via phone: 603-679-5616, 1-800-248-6672 or email: rick.alleva@unh.edu or his assistant Jeanne Hussey at jeanne.hussey@unh.edu

11. State and National Achievement Awards

The State and National Awards resume judging interviews took place on January 15, 2005. According to feedback from the candidates and judges. it was a successful day.

The judges choices for award recipients is as follows:

National Conference:

Rachel Henderson - Hillsborough
Sarah Smith – Rockingham
Hannah-Joy Waechter - Rockingham

Alternates:

1. Justine Morris - Grafton
2. Katelyn Wuebbolt - Hillsborough

National Congress:

Elizabeth Littlefield – Strafford
Jay Rice – Rockingham
Justine Morris - Grafton
Rachel Eades – Merrimack
Valerie Caswell – Rockingham

Alternates:

1. Sarah Smith - Rockingham
2. Katelyn Wuebbolt – Hillsborough
3. Tim Riel - Merrimack
4. Hannah Hebert – Hillsborough
5. Tomas Bowling - Rockingham

National Dairy Conference:

1. Holley Weeks
2. Justine Morris

The judges decided that all alternates will receive a **State Achievement Award** as well as:

Jacob Burgess
Tyson Goss
Rebecca Hines

Rebecca Hutchinson
Emilea Raymond
Martha Robie

12. Helping Young People Master Generosity

Herbert Hoover once said, “Children are our most valuable natural resource.” When young people are engaged in philanthropic activities, they gain a greater understanding of the “common good”. When we are generous we not only feel better about ourselves, but we see the world in a different way.

The process of growing into a healthy and contributing adult is an emotional journey with many social challenges. Along the way, it is typical for young people to become self-absorbed with their own concerns, worried about what others think of them, and stressed by growing pressures to do well in school. Physician Hans Selye spent 50 years studying the causes and consequences of stress. He advocated for altruism as “the ultimate resource in coping with life's conflicts”. He believed that when we perform generous acts, we gain a boost in self-esteem and are better able to break free of self occupation. Giving, helping others, and contributing to community improvements helps shift the focus from their own concerns to those of others.

Although we know volunteering is important, we don't know how many young people actually perform volunteer community service work. Many different methods are used to measure the volunteer rate, resulting in widely different results. Most studies find that young people volunteer more than adults. A University of Michigan study has tracked trends among 50,000 high school students since 1976. The volunteer rate among high school seniors remained at 67% between 1976 and 1990. By 2001, the rate had increased to 76%. Even among eighth-graders, the rate has increased. Despite this increase, young people who volunteer on a regular weekly basis remain in the minority.

Ideas to help youth volunteer

1. Find an organization that needs help. If you want a young person to volunteer, take a look at where most youth voluntarily contribute their time. Over two thirds of young volunteers do so through a youth organization, and half do so through health service or social service organizations. One in five youth volunteers work for an environmental organization, and fewer than one in 10 volunteer for a political organization or political candidate.
2. Invite youth to volunteer. The Center for Information and Research on Civic Learning and Engagement reports that “being asked is the top reason, motivating young people to volunteer.”
3. Become a role model for volunteering. Growing up in a household where adults volunteer sets a good example for young people to be active in their community.
4. Talk about the experience of volunteering. Studies have shown that young people who discuss their experiences in volunteering are twice as likely as others to volunteer regularly.
5. Be sure the experience is meaningful to others. When community service work is done as a requirement for high school graduation, young people may resist doing it. However, when youth clearly see that their voluntary contribution is helping someone who needs it, the act of volunteering is more appealing.
6. Match the volunteer experience to the ages and stages of development of the youth. Middle school youth do best in volunteer activities that are concrete and take advantage of their talents and strengths. They do well helping with daily living tasks in nursing homes, or in small projects to beautify public parks.
7. Involve youth in the decisions. Allowing young people to have control in decisions about voluntary contributions encourages future giving of themselves and their resources.

The National Scene

13. NFL Charities Awards Impact Grant to 4-H Afterschool

Counties should begin thinking whether there is any interest in applying for this grant. At this point there are no further details, however, the purpose for the grant is pretty clear here.

(Washington, DC) 4-H has been awarded a \$376,500 Impact Grant from NFL Charities and its chairman, NFL Commissioner Paul Tagliabue the first ever funding alliance between the NFL and National 4-H Council.

The funds will be used to support 4-H Afterschool with a specific focus on workforce preparation. It is 4-H Afterschool that trains after-school staff and volunteers and develops quality after-school programs where young people learn leadership, citizenship and life skills.

Grants will be made to 10 states that will be responsible for training older teens to teach middle school youth about the skills needed for workforce readiness. Each state will establish a training team of youth and adults who will work in several counties across the state. Through this

national initiative with NFL Charities, 4-H Afterschool hopes to reach 360 high school students, 7200 middle school youth and 180 adult 4-H volunteers in 10 states.

This work with NFL Charities will further strengthen the foundation 4-H Afterschool has been able to build through the generous support of the JCPenney Afterschool Fund.

The program seeks to support a youth population across America, both in rural and urban areas, with a particular focus on underserved audience including youth enrolled in 21st Century Community Learning Center programs that are considered academically “at risk.” It will be implemented in partnership with National 4-H Headquarters, 4-H state specialists, state 4-H military liaisons and county Extension professionals.

Contact: David Henderson at 301-961-2972 or dhenderson@fourhcouncil.edu

14. ESRI GIS software grants for 4-H

ESRI company is once again offering software grants to 4-H clubs who are interested in learning more about geographic information systems (GIS) and doing mapping projects.

Information and proposal application can be found on the ESRI Web site at

http://www.esri.com/grants/esri/04080_4h-programs.html

[also on 4-H.org at <http://www.4-h.org/tech/gisgps/> (scroll to bottom) and the National GIS/GPS Integration Team Web site <http://www.tnstate.edu/iager/gisgps/main.htm> (click the 2005 grant button)].

Proposals are received and reviewed on a first-come basis. Fifty grants will be awarded. Deadline is March 31 or sooner if all grants are awarded.

15. National Model Rocketry Technical Conference

March 11-13, 2005, at The University of Wisconsin-Parkside, Kenosha, WI.

This year NARCON, the annual technical conference of the National Association of Rocketry, is again being held in Kenosha, Wisconsin. Last year we presented a very successful concentrated track of programming geared to serving educators and youth leaders in rocketry activities, and this year we are continuing this direction. We are also adding more programming content on high power rocketry and technical sessions, while still providing the "fun" events that are so popular with NARCON attendees.

In addition, we are bringing to NARCON a number of very special guests of particular interest not only to model rocketeers, but also to anyone interested in space exploration:

Dr. Jay Apt -- Dr. Apt is a former Space Shuttle astronaut with four missions and over a month in space to his credit. His missions included time on the Mir space station and performing an emergency satellite repair. He is also an accomplished space scientist and pilot. He will be presenting a talk about his experiences in space titled "What's It Like Up There?"

Ky Michaelson -- Ky is one of the pioneers of the hobby of high power rocketry and was seen on the Discovery Channel's "Rocketry Challenge" program. He is also a former Hollywood stunt and pyrotechnics expert who worked with legendary stuntman Dar Robinson. Ky is an accomplished storyteller with an unlimited supply of tales regarding his rocketry and film experiences.

Opportunities Unlimited

16. NH 4-H Focus on Fashion Career Trip....Don't miss out

The every four years journey to New York City to see the world of clothing and textiles and gain insights to the fashion industry and related careers will depart on August 10th by a coach bus. 4-H youth ages 13 by August 10, 2005 and

Vernon and Gleda Estes -- Vern and Gleda are an important part of the living history of our hobby. They worked with Harry Stine in the early years of rocketry to make it safe for everyone, as well as helping in the struggle to make it legal in all fifty states. Along the way they started Estes Industries, which remains the world leader in model rocketry products.

In addition to these special guests, there will be a large number of rocketeers in attendance who will be happy to discuss rocketry at any level. Also attending will be NAR President Mark Bundick and Trip Barber, who is the NAR's coordinator for the Team America Rocketry Challenge.

We cordially invite any and all interested 4-H members and leaders to attend. We recognize and appreciate that 4-H, through its Aerospace program, is committed to furthering aerospace education in our younger members and promoting model rocketry as a safe and educational hobby. We firmly believe that both of our organizations can benefit from closer association.

For more information, visit the NARCON 2005 Web site at: <http://www.narcon2005.org> (email: director@narcon2005.org). The deadline for pre-registration and T-shirt orders is 02-18-05!! Adult registration is \$25 if received on or before 02-18-05. After that date it is \$35. Youth registration is for attendees 18 years old or younger, and is \$10 (there is no late fee for youth).

older and adult volunteers will have 4 days and 3 nights at the Edison Hotel located just off Times Square. Seminars by designers, costumers, shop owners, and fashion industry trade magazine publishers will expand your

knowledge and give you opportunities to ask questions. Special opportunities to explore the city with tours of the Fashion Institute of Technology, Metropolitan Museum of Art, Radio City Music Hall, Ellis Island, Statue of Liberty, Empire State Building, Broadway shows and the Staten Island Ferry are being planned too. If you are a teen, be looking for the Focus on Fashion information that will coming to your mailbox soon.

Approximate cost of this educational trip of a lifetime is \$650/person based on four people in a room and the generous grant from the 4-H Foundation of NH. Extra room supplements apply for triple, double or single rooms. A deposit of \$250 will be due with the application on early May. A benefit raffle with prizes of a sewing machine, quilted wall hanging and quilt books has been organized to help youth earn money for the trip. If interested in learning more about the details contact Lynn.Garland@unh.edu or Dorothy.Burrows@unh.edu .

Hannah Joy Waechter, North Hampton, was a teen delegate on the 2001 Focus on Fashion Career Trip. She reflects on the experience: "The Focus on Fashions trip to New York City was an incredible opportunity for me. It was the first time I had been to NYC and I had a wonderful time walking around with my group and seeing everything there was to offer. While we were there, I had the chance to visit clothing designers, see Rockette costumes at Radio City Music Hall, examine a costume exhibit at the Metropolitan Museum of Art, go to my first Broadway show, and overall have a lot of fun.

On this trip I saw an amazing number of things I never would have gotten the chance to see if I hadn't been with the 4-H program (such as backstage at the "Lion King") and got to know many kids from my own state that I never would have met before. Looking back, I would recommend this trip to anyone who is interested in the clothing and textiles project and loves to travel. It's an experience I will never forget."

17. National 4-H Photography Contest

National 4-H Council needs winning photos from your state and county fairs (2000 – 2004) to create the 2007 4-H Calendar. Thirteen photographs will be selected. These original photographs will be gallery mounted and framed and a brass plate engraved with the photographer's name will be attached. The winning photos will be on display at the National 4-H Conference Center from September 2005 through November 2005 and also posted on our web site, www.4-hmall.org.

We will return all submissions, if not selected, by late August 2005. Winning photographs will be returned no sooner than December 10, 2005. After final selection we will notify the winners and ask them for a signed release to use the photo in the 2007 4-H Calendar. Both the photographer and parent/guardian must sign the release. We will also request a second photo to display at the National 4-H

Conference Center.

VERY IMPORTANT - Submissions will only be considered if they meet these criteria:

- 1. Full NAME and AGE of person submitting photograph:***
- 2. Affiliation with 4-H:***
- 3. Complete return address (for UPS delivery and USPS 1st Class mail):***
- 4. Telephone number:***
- 5. List of awards that submitted photographs have received (county, state, 4-H or other). If it has not received some prior award or recognition, it will not be considered:***
- 6. The photographer's thoughts about the photograph, in 25 words or less (include title of photograph):***

7. Photo submissions should be 8" x 10", in color, and in a horizontal format. Vertical shots will be accepted only if they can be cropped to fit the horizontal format of the calendar. Black and white photos will not be considered for this full color calendar.

8. Please do not submit photos printed on a home printer, color photo copies, or low resolution digital prints. Have the print developed at a photo processing store.

9. E-mail Address (if applicable).

Please submit photos to: 2007 4-H Calendar
National 4-H Supply Service
7100 Connecticut Avenue
Chevy Chase, MD 20815

The deadline for submissions is March 1, 2005.

Odds and Ends

18. New Year – Resolving to Understand

Paula J. Gregory, Extension Specialist, 4-H Youth Development

The hustle and bustle of the December holidays can leave us more than ready to approach the New Year with serious resolutions. These resolutions can go beyond the familiar promises to lose weight, spend more time with the family, or spend less money.

We live in a world of great transition, where cultural misunderstandings lead to conflict, and intolerance of differences is displayed through aggression. What would happen if we jumped ahead two weeks and reflected on the vision of Martin Luther King, Jr. before we made our New Years resolutions? Dr. King was considered a champion of inter-racial brotherhood and sisterhood, economic justice, and nonviolence.

One of the most important resolutions of the New Year involves taking stock of the changing culture around us, and learning more about our own prejudices, behaviors and beliefs. We know from the 2000 Census that the United States is becoming more ethnically, linguistically and culturally diverse. From 1990 to 2000, the Latino population increased by 60%. This includes all those who have Spanish-speaking

ancestry, but may belong to any race. The U.S. Census Bureau projects that, by the year 2050, this segment of the population will have increased from 12.6% of the total population to 24.4%. According to the U.S. Immigration and Naturalization Service, nearly 50 million foreign-born immigrants were admitted to the United States in the last decade, and Census data shows one in five Americans over the age of five spoke a foreign language at home. One of the fastest-growing segments of the Asian population in America is among Asian Indians. When people of so many cultures come together, there is potential for misunderstanding and conflict.

As we think about how population shifts are changing the culture of our communities, we can resolve to learn as much as we can about the beliefs, social behaviors, and languages of all people. Culture defines who we are. It is often described as the sum total of our life experiences, including learned behaviors and ways of life. Aspects of our culture include our family, faith, beliefs, values, country and region of origin, music, arts, language, and traditions. When we are aware of the culture of the people we encounter, we are better able to react to any distinct differences without misinterpreting emotions, language, and behaviors. Understanding culture can also help us to avoid prejudging another person.

In addition to a resolution to increase our cultural awareness, our relationships with fellow human beings can also be enhanced by strengthening our communication skills. In verbal communication, this includes focusing on trying to understand another person's perspective, rather than trying to be heard or to enlighten that other person. In areas where we may disagree, we can strive to take an assertive rather than aggressive stance. This involves stating our position, rather than forcing our opinion.

It has been 36 years since Dr. King's assassination, and 21 years since Congress

took the rare step of recognizing a social leader by naming a national holiday in his honor. Although Martin Luther King Day was signed into law in 1986, only 44 states adopted the holiday within the next three years. New Hampshire's Martin Luther King Day Committee worked for more than a decade, from April 1988 to June 1999, before the Martin Luther King, Jr. Civil Rights Day Bill was signed. We can make this new holiday meaningful by searching for truth and greater understanding in our relationships with people of all cultures.

Dr. King knew, as reported in the Seattle Times in 1985, that "it takes time for attitude change." It's not too early to start adjusting our own attitudes about the changing culture of our communities.

19. COMING IN APRIL 2005.....

CYBERCHASE, the award-winning PBS KIDS Go! series features its breakthrough financial literacy campaign, CYBERCHASE: KNOW YOUR DOUGH! By tackling topics such as saving, spending and budgeting, CYBERCHASE helps kids 6-11 learn smart money skills they can use their whole lives.

BROADCAST - April 15, 2005

Watch the special CYBERCHASE: KNOW YOUR DOUGH 2-hour money marathon on April 15th hosted by CYBERCHASE FOR REAL stars Harry & Bianca. The four episodes will be repeated April 18th -21st in their regular time slots. (Check local broadcasting listings.)

CYBERCHASE: KNOW YOUR DOUGH EPISODES

- Balancing Act (premiere)
(Know Your Dough theme: Budgeting Money)
- Trading Places
(Know Your Dough theme: Money Systems)
- The Snelfu Snafu - Part 1
(Know Your Dough theme: Saving Money)
- The Snelfu Snafu - Part 2
(Know Your Dough theme: Spending Money)

CYBERCHASE ONLINE

(www.pbskidsgo.org/cyberchase) - April 1, 2005

Fun financial literacy games, activities, and lesson plans will be available online at www.pbskidsgo.org/cyberchase. Kids can join the

CyberSquad and use money smarts to defeat Hacker in a NEW CYBERCHASE: THE QUEST web game.

EDUCATIONAL OUTREACH THE SNELFU SNAFU WORKSHOP ACTIVITY KITS

The kit includes a "Gollywood Squares" board game, View, Do, and Read activity sheets....and much more! Visit the Parents and Teachers section at Cyberchase Online (www.pbskidsgo.org/cyberchase) for downloadables.

CYBERCHASE PARTY KIT

A collection of activities, reproducibles, tips and more to make your own CYBERCHASE PARTY. Will include a special focus on KNOW YOUR DOUGH money math fun. Stay tuned for more details.

NEW CYBERCHASE DVD/VHS

And...The Snelfu Snafu on DVD/VHS by PBS/Paramount is coming March 29th! Available at www.shopPBS.org & other retailers.

CYBERCHASE....the hit TV math adventure series. Watch it weekdays on PBS Kids Go. Check the CYBERCHASE Web site for local broadcast schedules....and for lots of fun math

resources, cool games and more (www.pbskidsgo.org/cyberchase).

BRAIN POWER RULES!

For more information, contact CYBERCHASE at: Cyberchase@thirteen.org or 877-290-9912

20. NH 4-H Family and Consumer Science Curriculum and Focus on Fashion Career Trip Team

Meeting held on Jan 31 at the Belknap County Extension Office, 6-8pm

Attending were: Kenna Jean, Laura Romero, Charlotte Cross, Van Anderson, Dotty Burrows, Hannah Joy Waechter, Kay Romero, Maria Frangione, Anna Stowell, Kathy Conway-Frangione, Mary Ann Janigian and Lynn Garland... (5 youth, 7 adults)

Details on the Focus on Fashion trip

- Established dates of Wednesday, August 10 to Saturday August 13
- 4-H teens need to be 13 by age of the trip...open to all 4-H teens Girls and Boys.
- Dotty's brother is interested in attending and thus would help with chaperoning teen boys on trip.
- Reviewed and made suggestions on the letter and application form
 - keep in the name of one roommate on application
 - Set dates of May 13 for the \$250 deposit and June 20 for final payment.
- Reviewed the 2001 daily schedule
- Discussed options for evening programs
 - one musical and one performance like Stomp or Blue Man Group
 - Hannah Joy recommended Stomp as 1st choice as she has been to both performances
- Remember to include some non scheduled time particularly pre dinner to rest some as schedule in 2001 was jammed and temperatures were consistently 103-104F and humid
- Also have some things as optional program components
 - perhaps Today Show or Good Morning America early morning
- to be in the crowd shots with 4-H posters.
- Broadway show
 - Check out www.Playbill.com for details
 - In the choices now are Hair Spray, Phantom of the Opera, Chitty Chitty Bang Bang, Lion King, Little Women, Beauty and the Beast
- Budget figures were reviewed
 - Agreed to the \$650 cost for the trip as long as we get the NH 4-H Foundation grant for transportation, meal etc We try to keep it as low as can and still have quality program. All adults and Extension staff also pay so we have the lowest cost from the Field Studies Center which provides hotel arrangements, four seminars, tour guides and admission tickets to the major sights.
- 4-H Foundation Grant reviewed
 - Paragraph from note from Karen Gosselin to be included as well as quotes from teens who went. Decided to request \$4,500 to include \$50 stipends/scholarship for room moms and dads.
- Promotion of program.
 - List of participants from 2001 passed around

- Perhaps they might be able to speak at county fashion revues or county activities day
- Design poster/display board for use at 4-H events
- Use Lynn's photos from 2001 to do a power point presentation for the 4-H web site
- Maybe have a video camera on trip this year to create some streaming video for the web site for the future
 - Hannah Joy and Joelle Janigian will assist in selecting photos for PR. and put together the power point.
- Lynn will take everyone's notes for trip letter, application, and foundation grant and incorporate into final items... Please get to Lynn by Wednesday, Feb 2
- Need for contacts we make for special programs we add to the workshops.
 - Dotty has a potential designer
 - Also interns at Macy's Dept. Store combined with a walk through the expensive designer dept to look at techniques used
- Raffle: Lynn contacted Auger's and Sons of Rochester for the donation of a sewing machine for the career trip benefit. Also as prizes are quilted wall hanging that Dotty will coordinate and quilt books that Lynn received as a donation from the Sewing Guild. Tickets are \$1 each and 6 for \$5. 50% goes to spending money for individual teen who is going on trip and who sells ticket and 50% to the overall budget. In

2001 a little over \$600 was raised and hope we can do even more. It helped us have the final lunch in the city before departing.

Fashion Revue and Fashion Selections Program

- Lynn passed around the revised documents and hopefully we can get them up on the 4-H web site.

Fashion Revue; workshops

- Still like the modeling session, youth liked the samples so keep Mary Kay and remember to ask for them.
- Potential new sessions on machine repair or trouble shooting, Hair Care, Personal appearance table top action exhibits...Something special for the boys???? Ideas and potential presenters information needed.
- Sewing from the Heart. Options include cool wraps for the military; premie bonnets and blankets and quilts for David's House or ABC quilts. Preference for this year is to have premie bonnets & blankets and to have a representative from the Elliott Hospital come to State Activities Day to accept them.
- New Curriculum in the Family and Consumer Science areas were on display.

Meeting adjourned at 8pm

Reminders –

21. Jane M. Healy, PH.D., Best selling author, lecturer, and educator is coming to Keene

. She will present a free public talk on Thursday, April 14 at 7 PM at the United Church of Christ on Central Square on "Successful Parenting in an Electronic Age".

She will also present a day long professional workshop "Reclaiming Endangered Minds:

Child & Adolescent Brain Development in an Electronic World" on Friday, April 15 from 9 to 3:30 at the Keene Country Club. The Registration is \$100. For more information or to register contact Monadnock United Way at 352-4209, or 352-6898.

Pearls of Wisdom

"I have fought against White domination, and I have fought against Black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if need be, it is an ideal for which I am prepared to die."

Nelson Mandela, President of South Africa, imprisoned by the apartheid government of South Africa

"No arsenal, or no weapon in the arsenals of the world, is so formidable as the will and moral courage of free men and women."

Ronald Reagan

"Fear is an emotion that can paralyze us or motivate us. At some point in our lives, we will be called upon to move beyond paralysis and to take a stand for the things we value."

Varian Fry

On the lighter side...

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming - WOW-- What a Ride!"

Unknown