



Monsanto and  
National 4-H Council  
Proudly Support  
4-H Volunteers



## Preparing Volunteers for Today's 4-H

November 7, 2009

Profile High School, I-93 between exits 39 & 40, Bethlehem

**\*\*REGISTER ON-LINE AT [www.extension.unh.edu](http://www.extension.unh.edu) \*\***

*or call (603)862-2132 to register by phone*

8:30 – 9:00 am **Registration / Lobby area**

9:00 – 10:00am **Putting Our 4-H HANDS to Work through Active Citizenship**

*Charlotte Cross and Paula Gregory, Extension Professors/Specialists, 4-H Youth Development*

Citizenship skills and generosity are components of the "H" representing HANDS in the 4-H Clover. This session explores basic 4-H tools designed to help leaders guide youth towards active citizenship. Learn ways to help youth gain important life skills and experience as they create, change or improve something that is valuable to many people. Join us in using proven methods to coach youth in tackling issues of importance to New Hampshire 4-H, including Operation: Military Kids (OMK) and the Youth Voice: Youth Choice Challenge. Let's work together so the strength of 4-H HANDS helps make our state a better place to live, work and play.

10:10-12:15 **Workshop Session I** *(please choose one)*

### Are you UP for the CHALLENGE?

*Presenter: Angela Delaney, Program Assistant, PlusTime NH, Americorp*

Join the fun! **UP for the CHALLENGE: Lifetime Fitness and Healthy Decisions** is a new curriculum from the 4-H / Army Youth Development Project. It includes nutrition and physical activity suitable for each 4-H meeting...or as a whole project. Explore ways to involve youth in community service through the **4-H Youth Voices: Youth Choices Challenge Project**. Help them investigate the miles their own food travels, comparing imports to locally grown, and how that translates into their own healthy decisions and wellness plans.

### Finding the Science in my 4-H Project

*Claes Thelemarck, Extension Educator 4-H Youth Development, Carroll County*

For years our 4-H projects have helped us learn life skills, but you may not have considered that they can also help us learn critical science skills. In this workshop you will learn the basics of using 4-H projects as the basis for problem solving and inquiry based learning. We will ask "How do I ask investigable questions?" "How do I go about seeking answers to my questions?" You will also learn how to set up a fair test or "build a better mousetrap".

### Fun with Horse Knowledge Coaching & Events, Part 1

*Maryann Kasprzak, Program Coordinator, NH 4-H Youth Development*

Learn about the different horse knowledge contests and how to include "horseless members." Learn where to find coaching materials, how to vary the activities to make learning fun and interesting, how to make hippology stations (or how to make your stations more interesting) and put together individual and team "effort problems" to teach communications skills and horse knowledge. Participants will try out some fun horse knowledge activities.

### Club Management – Tooling up for Meetings

*Kathy Jablonski, Extension Educator 4-H Youth Development, Grafton County*

Be ready "on the run" for any meeting. We will create our own meeting kit and how to plan for the length of a project. Tips and tried and true techniques will be shared. Come with your best

organizing tip on a 3 x 5 card, ready to share with others. Participants will create together a resource kit, learn about project lesson planning by refer to the Framework for 4-H, ways to increase excitement at your meetings, teaching goal setting and a few surprises will be included. Resources found on the UNHCE website will be highlighted.

12:15-12:45

**Lunch**

12:45-1:15pm

**Motivating Youth**

*Larry Barker, Extension Educator 4-H Youth Development, Coos County*

1:15-3:15

**Workshop Session II (please choose one)**

Sewing Skills

*Kathy Jablonski, Extension Educator 4-H Youth Development, Grafton County*

Come and learn all about the requirements for sewing projects in New Hampshire. A survey of sewing techniques listed on the Fashion Revue scoresheet and points to remember will be given. Samples will be available for scrutiny and discussion. Find out about tried and true methods and techniques to be teaching your 4-H'ers in preparation for Fashion Revue events and judging.

4-H Science, Engineering & Technology (S.E.T.): Wind Energy

*Claes Thelemarck, Extension Educator 4-H Youth Development, Carroll County*

Through a series of hands on Challenges, Explorations and Investigations explore the promise and challenges of using wind to generate power and do work. This workshop will highlight the 4-H Power of Wind curriculum which makes a great project area and explores different elements of design, and various science concepts. In this workshop you will learn how to take this program and use the material as stand alone activities to build teamwork and problem solving skills as well as use in a 4-H project area.

Fun with Horse Knowledge Coaching & Events, Part 2

*Maryann Kasprzak, Program Coordinator, NH 4-H Youth Development*

Learn about the different horse knowledge contests and how to include "horseless members." Learn where to find coaching materials, how to vary the activities to make learning fun and interesting, how to make hippology stations (or how to make your stations more interesting) and put together individual and team "effort problems" to teach communications skills and horse knowledge. Participants will try out some fun horse knowledge activities. (Participants must take part 1 to participate in part 2)

Club Management – Communication Events

*Larry Barker, Extension Educator 4-H Youth Development, Coos County*

How in the world can I convince my 4-H members to give a presentation at our county event? What's the difference between a demonstration and an illustrated talk anyhow? How are presentations scored? What's next after the county event? Certainly, oral presentations are a great way for members to share information, teach poise, and gain self-confidence. It may seem confusing at first, but we'll help clear up the picture and teach the 4-H volunteer leader what can be done to help set the stage for success. Bring your ideas and questions about 4-H oral presentations...that's the focus of this workshop.

3:15-3:45pm

**Closing Session / Evaluation / Door Prizes**

3:45

**Clean-up** All Participants