



The Gazette

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

Happy Holidays

December 2004

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1. A Word from Wendy...

Time...we all wish there was more of it. As I continue in the Managing @ UNH we have learned some tips about time management. Each of us needs to identify some Habits that need changing and then start to *Build an Action Plan*.

The first part of building a plan is addressing **attitudes**. What you think is critical. It is important to avoid regrets and self-discipline pays off.

According to “Time Mastery Profile” here are Key Concepts about Attitudes:

- You never seem to have enough time, yet you have all the time there is. The problem is not a shortage of time, but how you choose to use the time available. The key is to concentrate on the essentials, and ignore the non-essentials.
- Time management is really self-management.

- Chinese Proverb: Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life lies in eliminating the non-essentials.
- Earl Nightingale: “Habits are the key to success. Successful people form the habit of doing the things that others don’t like to do.”
- Zig Ziglar: “When you choose a habit, you also choose the results of that habit.”
- It is not enough to know; you must also act. Knowledge without action is powerless.
- Most of us only change when we are forced to do so. That force can be either external or internal.
- The key to will power is want-power. If you want something strongly enough, you will usually find the discipline necessary to do it.
- Self-discipline is simply doing what you know you should do, regardless of whether or not you feel like doing it.
- Self-discipline is easier if you stop thinking about it, and simply do it.
- Press on. Nothing in the world can take the place of persistence.

- Henry Ford: “Whether you think you can, or whether you think you can’t, you’re right.”

It is up to each of us to create an action plan to improve attitudes.

1. The old habit(s) I want to change or eliminate:
2. The new habit(s) I want to develop:
3. Steps I will take to be sure I begin strongly:
4. Consistency and persistence are the only way to develop new habits. To keep myself from deviating from my new habit(s), I will:
5. Which people will I ask to help me, and what will I ask them to do?

As we work on performance management plans and trying to develop a balance between work and personal lives, each of us may find creating an action plan to improve attitudes helpful

Taken from: Time Mastery Profile, © 1992 by Inscape Publishing, Inc. pg. 8 & 9.

In the Granite State

2. UNH 4-H Camps Gearing Up

UNH 4-H Camps are gearing up for the new 2005 season. Here are some dates to remember in planning for our upcoming season.

- May 7th and 8th (Rake & Paint)
- May 14th and 15th (Nuts & Bolts)
- May 21st and 22nd (Clean and Varnish)

Camp Green Up days --Come help camp get read for the summer!! Lots to do and many different skills sets needed. Clubs can attend as a group and be given a project and or people can come and help out individually. More information to follow:

Spring Family Weekend June 3-5th 2005. Come to camp and spend a fun filled weekend with your family enjoying camp activities and the natural splendor of Bear Brook State Park. Call our office for information and an application, 862-2184.

June 5th 12-3pm, will be the Camp open house. Come tour Bear Hill Camp, meet staff and enjoy an afternoon at camp. Camp open house is strongly recommended for first-time camp families. Additional tours can be arranged after May 1st, call 603-862-2184, for more information and to schedule.

Camp Starts June 26th and will run until August 12th. We will offer 7 weeks of

program this year. Look for the brochure to be printed and out to counties around the first of the year.

If you would like to use camp for a county or club event please contact Chris Conlon, at 862-4871 to discuss your options. Also if you wish to have Chris join you for a county event please contact him, he would be happy to attend your event to promote camp.

3. Teen Council Update

Teen Council is hard at work and plans are coming together. Due to overloaded schedules and over commitment, Council is down to nine members after the resignations of Katie Mason, Joy Somers, and Tim Riel. The remaining members have all pulled together and have definitely picked up the slack.

The Council members have a deadline of the December 20 meeting to have all workshop description forms complete. If a council member sends you one, please return it quickly. There will be quite a few new workshops offered this year, and the evening programming ideas promise to be new and

different. Hopefully, those of you who were asked by the council members to be their mentors are being kept informed by the teens.

At yesterday's meeting, the idea of a concert format instead of a dance was discussed for Sunday night--one of the council members is involved with a band and feels he can pull together 4 to 6 bands to come in and play half hour sets with 4-6 different types of music. Talk for Monday night included having a beach party and cook out at Wallis Sands or Rye Beach. This is a new energetic group who definitely think outside of the box. It is exciting to work with them.

4. Congratulations to the New Hampshire State 4-H Dairy Bowl Team

New Hampshire youth placed 3rd over all at the 2004 North American Invitational 4-H Dairy Quiz Bowl event. This event was held November 5-7, 2004 at the North American Livestock Exposition in Louisville, Kentucky.

The team Maggie Kelly of Charlestown, Beth Dahl of East Swanzey; Ashlee Flanders of Winchester and Wayne Bailey of Farmington; was coached by Lisa Kelly, of

Charlestown, and accompanied to Louisville by Holly Bersaw of Franklin.

The National 4-H Dairy Quiz Bowl is one of the Nation's most challenging contests for dairy industry youth and attracts young people from throughout the United States. This event provides youth the opportunity to test their knowledge of dairy cattle and dairy products. Twenty teams from throughout the United States participated in this educational experience.

5. New Hampshire Youth Participate at Eastern National Horse Roundup

A NH 4-H youth took home top ten honors from the Eastern National 4-H Horse Roundup held in Louisville, KY on November 7th. Katie Stygles, Piermont, NH, took seventh place overall in the Individual Demonstration contest out of 20 competing states.

The Eastern National Horse Roundup brings over 340 4-H'ers from 26 different states across the country to participate at the Roundup part of the North American International Livestock Exposition (NAILE) held annually. These youth, coached by volunteers, demonstrate their knowledge of equine subjects at the event.

Contestants come together to compete in the horse Quiz Bowl, Hippology, Judging, and Communication contests of Public Speaking, as well as Individual and Team Demonstrations. The members of the Communications Team Katie Stygles, Piermont; Becky Davis, Madbury; Frances Hess, Charleston ; and Shannon Paulson, Charleston; used their knowledge of equine science and their communication skills in demonstration and public speaking.

Meghan Aube, Epsom; Susan Downing, Plymouth; Angela Haroutunian, Northwood

and Alicia Pickett-Hale, Concord; as members of the Hippology team used their knowledge of equine science including anatomy and physiology of the horse, reproduction, genetics, feeds and nutrition, safety management, equipment, disease, parasitology and more as they participated in the four stations of the contest: judging, written quiz, station judging, and team problems.

Judging team members Katie Garrett, Manchester; Hannah Hebert, Weare; Allison Paplaskas, Chester; and Sarah Rines, Danville, put their knowledge of breeds and their ability to present oral reasons to the test with competitors from 23 states.

NH youth in the Quiz Bowl event were; Nicole Ballas, Swanzey; Becky Hatt, Westmoreland; Hilary Thomas, Bedford and Christine Ives, Bow.

These 16 youth were coached by Jessica Putnam, Alstead; Maureen McLaughlin, Pittsfield; Jessica Dolan, Salem; and Susan Lawson-Kelleher, Chesterfield all 4-H volunteers in the NH 4-H Horse program. These Roundup events are part of the final competitions for senior 4-Hers earning top honors at their state contests.

Blue Ribbon Tip of the Month

6. Year End Processing

Is your county spending too much on copying and postage? If you have members and/or leaders in your Blue

Ribbon database who are not active you probably are.

The solution? Be sure to complete the year end processing. This will re-set all the members in your database to inactive status. They will then remain inactive until you manually re-enroll them.

It was brought to our attention that some counties are not completing year end processing when we used the statewide database to send an evaluation to leaders. Several leaders

contacted us to say that they had not been active for a year or more and did not appreciate being contacted.

Year end processing is an important step to ensure we are maintaining the accuracy of our records, not to mention that it will this save you postage and other costs. If you need a reminder of how to complete year end processing please see last month's gazette.

Opportunities Unlimited

7. From the Bookshelf...

Four Literacy Lessons for Adults Who Work with Youth

Paula Gregory, Extension Specialist, 4-H Youth Development

Read any good books lately? If not, what's stopping you? Too much work? Try thinking of reading in a different light. Popular literature, both fiction and non-fiction, is an important tool for staying relevant with our audiences! Reading helps us get beyond our limited daily experiences, and allows us to tune into the diversity of ideas in an ever-changing world. It can provide a meaningful link with the youth and families we serve.

Lesson 1: If you want to relate better with children, then read what they are reading! Ask for reading lists from teachers and librarians. Get to know the characters and themes of these books. Whenever possible, talk with children about the stories they are reading. Help them relate the characters and themes to their 4-H and life experiences. It's the experiential model with a different twist on our role! Instead of providing the experience and processing it with the children, we maximize an experience they bring to us by guiding them in self-discovery of a deeper meaning of the

story. They learn that school is relevant and literacy is important to understanding and navigating their larger world.

Lesson 2: When, as adults, we read classic children's stories, we expand our understanding of human behavior and our capacity to help children navigate their world. Read the classics, including modern ones that stay on teacher lists from year to year. Get to know some of the characters, their conflicts and challenges, and the skills they use to overcome situations. When children face a problem, help them remember how the heroes and heroines from books dealt with similar issues. Books that most middle school children have read now include: *A Wrinkle in Time* by Madeleine L'Engles; *The Lion, the Witch, and the Wardrobe* by C.S. Lewis; *Island of the Blue Dolphin* by Scott O'Dell; *The Indian in the Cupboard* by Lynne Reid Banks; *Bridge to Terabithia* by Katherine Paterson; and of course the Harry Potter series.

Lesson 3: The literature read by high school students often challenges them to think about complex issues from different perspectives. Older youth are reading the same classics we read in high school. But we may need to reread these stories before we can understand them in the way today's teens do. While we may remember the themes and characters from such books as Harper Lee's *To Kill a Mockingbird* or Charles Dicken's *Great Expectations*, we may be surprised by the depth of emotions these stories can stir in us as adults. These books address important themes, including loyalty, democracy, justice, equality, prejudice, failures of the legal system, social classes and status, and friendship and maturity. When we re-read them in adulthood, after the idealism of adolescence has been tempered by the toils of life, we see subtle messages that were missed before. With renewed understanding, we can use these stories as a key to helping youth link the values of fairness and tolerance with citizenship and effective leadership within their 4-H group and community.

Lesson 4: Popular literature can be an important tool in the process of life-long learning for us and our volunteers. Immerse yourself in some of the best sellers. Most likely you will discover a few to recommend in helping adult volunteers and parents better understand youth. For example, *the curious incident of the dog in the night-time*, is a short novel by Mark Haddon that is long on insight into the complex and often misunderstood mind of a youth with autism. The story reads like a self-study into the mysterious mind of a young boy with autism. The author, a creative writing teacher in Oxford, England draws on his experience working with individuals with autism to create a portrait of the incredible intellectual capacity that can be lost as individuals with autism struggle to negotiate a complex world of social conventions they cannot comprehend.

Pick up a good book, put your feet up, and embark on a journey of new insight and enthusiasm for working with youth and adult leaders!

8. Farm and Forest Exposition

Farm and Forest Exposition will be held February 4 & 5, 2005 at the Center of New Hampshire in Manchester. Among the many things happening during this time is the "Kids Teaching Kids" Day which will be held February 5, from 10:00am – 4:00 pm. Set-up for the first session begins anytime after 9:00 am. Set-up for the second session is 12:30 pm.

I am looking for 4-H clubs to do educational "hands-on" activities, or a play, dance, or sing for the children visiting the Exposition. I would like to extend an invitation to your club or clubs to participate in this program. Not only will the members enjoy the day,

but they can help promote 4-H and agriculture in our state.

The space at the Center can only hold about 30 exhibits. Please send in your name and activity as soon as possible. If you do not know what activity that is fine, but please drop me a line to hold your club space and the number of tables you need. **(Please no more than two tables per club.)**

If you would like to participate, please fill out the enclosed information form and drop it in the mail, fax 645-5252 or email it to Jolee Chase (e-mail jolee.chase@unh.edu) by January 7, 2005.

Odds and Ends

9. N.H. Scholarship Opportunities

Scholarship	Amount	Contact	Due (approximate dates, please check source for actual dates)
Abbie Sargent Memorial Scholarship	?	Farm Bureau	March 15
Charles W. Buck The award is given to any candidate who is at least a senior in high school. Candidates will preferably be planning on a course of study in agricultural studies, including pre-veterinary	\$400	Jolee Chase	Application and resume is due May 30,
Eastern States Trustees	\$1000	Lisa Townson	March 1
Morris 4-H Scholarship Must have been a program participant at the Big E for at least 1 year.	\$500	State 4-H Office	August 1 – Every odd numbered year
New England Sheep & Wool Growers Youth Award for children that are 12-18 years old and it awards a \$50.00 cash prize. Our second award is a Harry Hardwick award for a student ½ of their way through college or doing their master's studies, we award a agriculture award (someone studying in the field of agriculture) and a non-agriculture award both awards are for \$500.00.	\$500	Kim LaBlanc 588 Longmeadow St., Longmeadow, MA 01106 (413) 755-4365	April 30
New Hampshire Rural Rehabilitation Scholarship	up to \$500	Suzanne J. Booska Taylor Hall, Durham 862-1450	June 1
Wayne S. Rich Scholarship Application available on our website at: http://ceinfo.unh.edu/4H/Docs/4HProgs/05pinetr.doc For more information visit: http://www.umaine.edu/4hfoundation/	\$1000	Michele King Moiles House, Durham 862-2199	March 1

10. Volunteers – Seven Ways to Cater to “senior” Volunteers

taken from The Volunteer Management Report, December 2004.

Senior citizens are often times among the most sought-after volunteers. They have available time-even during workday hours. They are dependable. And they find gratification in doing good deeds.

So what can you do to attract and retain senior citizens? Each of these ideas caters to this special group:

- 1. Build flex time into seniors' tasks.**
Make it clear that these folks can give as little as an hour a week or far more time.

2. **Offer pick-up and delivery services.** There may be those who would love to give of their time but either doesn't drive or are reluctant to fight traffic.
3. **Give thought to the assignments you make.** Prepare an offering of tasks from which seniors can choose—those that take into consideration their physical limitations.
4. **Mix in some fun that caters to the 60-plus crowd.** Play some background music from the swing band era. Prepare and serve a “retro” lunch from the ‘60’s. Offer a series of speakers during non-work hours who will present topics of interest to this group: Reflections on WWII, the history of quilt making, travelogues, estate planning and more.
5. **Provide a comfortable work environment.** Offer adequate lighting, comfortable seating, minimal noise, pleasant room temperature, etc.
6. **Incorporate time to socialize.** Most seniors are energized by the chance to visit with their peers. Offer some fun opportunities, both during and outside of normal work hours, especially tailored to this group.
7. **Say “thank you” in ways that are special to seniors.** Pay a personal visit to a senior’s home for no reason other than to chat. Offer health-or meal related discounts or freebies. Take a moment to celebrate individual birthdays. Hold drawings for donated items.

11. Are you working with teens interested in promoting 4-H?

Cornell now has their ambassador notebook online with some great tips to teens in public presentations and public relations. It is available at:

<http://www.cce.cornell.edu/4h/events/events.ta.htm>

Cheshire County used the Illinois survey that measures perception of the presence of the eight critical elements in 4-H club settings with 4-H members. With our

survey we found some interesting information, including that 90% or more of our members feel all these elements are present BUT that club areas that are weaker are feeling they get recognized for doing something well and that they have a say in decision making, both areas that Cheshire County will work on this year. To see the surveys and the measures go to: <http://www.4-h.uiuc.edu/staff/pyd.html>

Reminders –

12. It is time again to think about the State and National Awards

The following dates apply to Awards process:

- **Judges names** due to Moiles House December 6, 2004. *Judges are expected from Belknap, Cheshire, Hillsborough and Rockingham Counties. Please see judging schedule for details.*
- **Application packets** due to Moiles House December 6, 2004; CD or Floppy disk preferred. (Since we are meeting on Dec. 7, please feel free to bring the resume disk to

the meeting.)

- **Application packets evaluation -by teleconference** – Monday, December 20, 2004
- **Interviews Saturday January 15, 2005**, (Snow date January 22, 2005)
- Presentation of awards (SAD awards ceremony)

Pearls of Wisdom

"We need to cultivate an engaged youth. This will provide results both for students and the community. It will also insure a future generation of thoughtful, sensitive and active citizens and leaders. This is the essential ingredient both to our form of government and our health as a society. "

Wayne Meisel

"Our nation became great not because of what the government did, but because of what its people did. We can't just keep asking, 'What's the government going to do?' Money helps but people solve problems."

George Romney

"I just carry hope in my heart. Hope is not a feeling of certainty that everything ends well. Hope is just a feeling that life and work have meaning. "

Vaclev Havel

"Giving helps the giver as much as those to whom the gift goes. It broadens the vision, and enlarges life. It cultivates love, sympathy, and kindness. It develops nobility of character, and generosity of conduct. "

Unknown

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure."

Peter Marshall