



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



The Gazette

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

March/April 2004

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1. A Word from Wendy...

This weekend I was reading "Reclaiming Youth At Risk, Our Hope for the Future" by Larry K. Brendtro, Martin Brokenleg, and Steve Van Bockern. This is a revised edition and each county will be receiving a copy of at our March 30th meeting. This book is an easy read, and I recommend all of you read it when you get the copy. When you read it, it should be nothing new, but helps to refocus what we do and why we do it.

The beginning of the book (page 3) talks about RECLAIMING. To quote the book: "The reclaiming environment is one that creates changes that meet the needs of both the young person and the society. To reclaim is to recover and redeem, to restore value to something that has been devalued. Among the features of powerful "reclaiming" environments are these:

1. Experiencing belonging in a supportive community, rather than being lost in a depersonalized bureaucracy.
2. Meeting one's needs for mastery, rather than enduring inflexible systems designed for the convenience of adults.
3. Involving youth in determining their own future, while recognizing society's need to control harmful behavior.
4. Expecting youth to be caregivers, not just helpless recipients overly dependent on the care of adults."

When we look at the environment within which we conduct our 4-H youth development program, we must reflect on the four points. These points fit within the constructs of the 8 essential elements of a positive youth development program and they reflect flexibility. Are we willing to look at the easiest ways to do things that provide a safe environment for youth?

I think those involved in our 4-H youth development program for the most part feel a sense of belonging. Is 4-H a program they want to connect with? Is the program meeting the need of a few and how does it need to adjust to meet the needs of more so they want to connect to the 4-H youth development program?

Do we provide the challenges necessary for youth to achieve mastery? As we continue to design and redesign events, let's challenge youth to want to learn more, not just achieve what is necessary. Let's expand our project leaders so that young people can receive the attention in specific subjects that lead them to new discovery and opportunities. Are there different opportunities available to a young person as a: Clover bud 5-7; Junior - 8-11; Junior/ Intermediate - 12-13; Senior - 14-18?

We provide a great opportunity for young people to develop the sense of responsibility for their actions and not always play the adult caregiver, a person who does for the youth and doesn't impose consequences for inappropriate behavior. It is as simple as establishing a deadline and having consequences for those who do not meet the deadline.

Take time to be with young people and listen to their ideas, needs and wants. Everything youth want, is not possible, but as we design or redesign the 4-H youth development program are we listening or are we doing what is convenient for adults? I think many of your programs have a great deal of input from the youth involved and those are probably the strongest programs within the county.

As the book moves forward, it leads you to recognize what it takes for a young person to be resilient according to Murphy (page 106). When they are resilient they can surmount family problems, disadvantaged neighborhoods, and inadequate schools.

The skills identified include:

- builds bond with adults and peers based on care and mutual concern
- thinks for him-or herself and can solve problems creatively
- can tolerate frustration and manage emotions
- avoids making other people's problems one's own
- shows optimism and persistence in the face of failure
- resists being put down and sheds negative labels
- has a sense of humor and can "forgive and forget"

A theme that runs through many of these skills is the attainment of autonomy, an internal locus of control where youth believe they are able to manage their lives and influence their environment.

Resiliency is the goal we should have for all youth in the 4-H youth development program. That quality will ensure leadership within their lives today and in the future.

I think you will enjoy the book. It is a quick refresher and reinforces the positive influence that a well designed 4-H youth development program can have on the life of a child.

Wendy



In the Granite State

2. Participation in State 4-H Competitive Events

Effective for the 2005 Program Year (2005 Program year begins October 1, 2004)

New Hampshire 4-H members must be 12 years of age (4-H Age) or older to participate in state-level competitive events. This includes: State Activities Day, judging contests, quiz bowls, Eastern States Exposition and others.

Events Exempt from this policy are:

- Events and shows at community based fairs
- County or multi-county events/shows
- State 4-H Dairy Show
- Working Steer ESE Qualifying shows
(These events are held in partnership with other organizations and do not require pre-qualifying for participation)
- Also, Statewide events that are exclusively educational in nature (not held in conjunction with a competitive event)



3. BEAR HILL FAMILY CAMP

MAY 21 – 23, 2004

Does the idea of going to Camp for a weekend interest you? Do you find yourself that every year you are sending your children to camp, yet asking yourself what about me? Well, NH 4-H Camps are holding a Family Retreat Weekend at Bear Hill 4-H Camp and YOU and your children are invited to attend.

What better way to spend an inexpensive weekend, with your children while we take care of everything. Activities will 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. This is a great opportunity to come to camp, play, enjoy the beauty of Bear Brook State Park and spend time with your children and make some new friends!

The fees 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. Early registration is encouraged so that we may plan accordingly. For more information, please call our office at 603-862-2132. We look forward to seeing you and your family at camp this summer!



4. Foods Career Trip

Have you ever seen a food cooperative operate? Did you ever wonder how some food products are made? Would you like to dine in a culinary restaurant? Do you have aspirations to work within a food related industry or business? Have you ever compared a home kitchen with a commercial kitchen? Are you a New Hampshire 4-H member between the ages of 13 and 18 as of July 1, 2004?

This trip is for you! Join 4-H members from throughout New Hampshire, Wednesday, July 14, 2004, for a trip through northern New England to learn more about career opportunities and entrepreneurship in our region. Current stops planned are Lebanon Food Co Op, New England Culinary Institute in Montpelier and Dartmouth/Hitchcock Dietary Department.

Learn more about the food industry, what careers are available and the education needed to compete in the job market.

Registration packets will be sent to County Offices by April 15. Registration deadline to the Grafton County Office will be July 1, 2004. A minimum of 20 youth must enroll. Maximum youth allowed are 35.

If an adult wishes to chaperone, please send a letter of application to: Kathleen E. Jablonski, Extension Educator, 4-H Youth Development, 3786 Dartmouth College Highway, Box 8, N. Haverhill, NH 03774.

Five chaperones are needed. For more details, contact: Grafton County Cooperative Extension at 787-6944 or email Kathleen.Jablonski@unh.edu. Registration fee is \$25.00 and the deadline is July 1, 2004, so don't delay!



5. Life Skills Evaluation – Documents You Need Are Posted on FTP

The 4-H Life Skills Impact Survey is designed to gather impact data on core Plan of Work life skills. Specific skills included in the survey are goal setting, communication and presentation skills, and pro-social skills such as making friends, solving conflicts, accepting feedback, and respecting differences. A standardized data collection tool, used with multiple sources (i.e. youth, parents, judges, youth leaders) from every New Hampshire County, will allow us to write ten credible county impact reports and an aggregated state impact report.

County Data Collection, Analysis, and Reporting

Use the **4-H Life Skills Impact Survey Forms** at any 4-H event where there will be a significant number of youth (ages 12 and over), parents, and judges in attendance. Try to survey as many 4-H youth, parents, and judges as possible. The survey may be used at more than one event, however, please ask youth and parents to refrain from filling it out more than once in a program year. Judges can fill it out more than once since the events will be different.

4-H leaders will NOT fill out this survey, unless they are doing so as a parent or judge. A different survey is in progress with a random sample of 4-H leaders.

County 4-H Staff are responsible for:

- Disseminating and collecting surveys
- Entering all survey data collected on the Excel spreadsheets (see FORMS below)
- Submitting the data records electronically to Paula Gregory **by September 1st**
- Reporting results to all interested stakeholders

State 4-H Staff are responsible for:

- Posting all necessary forms and instructions on the central 4-H ftp site
- Aggregating and analyzing all data submitted
- Preparing county-specific and statewide reports
- Reporting results to interested stakeholders

Forms and Instructions on the FTP site

Go to the UNH Cooperative Extension **County** FTP site and look under Annual Reports folder, (if you need a reminder of the user name and password to get into that site please email Michele King.)

Download the following ten files:

Instructions:

- | | |
|-------------------------------|------|
| 1. General Instructions | Word |
| 2. LSE Guide to data entry.04 | Word |

Survey Forms:

- | | |
|-----------------------|------|
| 3. FORM LSE04 JUDGES | Word |
| 4. FORM LSE04 YOUTH | Word |
| 5. FORM LSE04 PARENTS | Word |

Data Entry and Reporting files:

6. LSE 04 EDUCATORS SUMMARY	Word
7. LSE 04 Open Ended	Word
8. JUDGES LSE data.04	Excel
9. PARENT LSE data.04	Excel
10. YOUTH LSE data.04	Excel

- Please review the General Instructions and LSE Guide to Data Entry carefully.
- Copy, distribute and collect the three forms – FORM LSE04 JUDGES, FORM LSE04 YOUTH, and FORM LSE04 PARENTS.
- Use the three Excel files to enter the data – JUDGES LSE data.04, PARENT LSE data.04, and YOUTH LSE data.04
- Use the LSE 04 Open Ended file to enter all comments written on the surveys
- Use the LSE 04 EDUCATORS SUMMARY file to enter data requested.
- Submit the five data entry files electronically. You do NOT have to wait until you have the data files from every event where you used the surveys. Instead, forward the files on as soon as they are completed, and results will be aggregated for you at the state level.

Contact Wendy Brock with any questions.



6. Approved funding for 4-H Foundation Proposals for 2004/05 Program Year

4-H Camp – Support Institute on Disabltilities and NE Passage -	\$6,000
4-H Camp – Teen Discovery Program	\$5,500
State Activities Day	\$1,600
State 4-H Teen Conference	\$4,500
Food and Nutrition Career Trip	\$1,920
National 4-H Conference	\$5,000
National 4-H Congress	\$6,200
State Interview Day room rental	\$ 200
Shooting Sports Leader Trainings (2)	\$1,200
Volunteer Support – curriculum	\$4,000
Tenure recognition	\$1,500
North East Leader Forum support	\$6,000
State 4-H Leader’s Conference	\$1,000
4-H Working Steer- Tiller’s International	\$2,500
Eastern States – support of Livestock camper fees	\$ 330
State Horse and Dairy Quiz Bowl	\$ 100
State Horse Judging/Hippology	\$ 400
National Horse Round-Up	\$5,000
State Dairy Show	\$ 700
State Dairy Judging Contest	\$1,400
National Dairy Quiz Bowl	\$3,000
National Dairy Conference	\$2,220
Teen Winter Camp	\$ 500
Summer Heritage Arts – Grafton County	\$ 700

Hillsborough County 4-H Summer Science Program	\$ 1,339
Sharing Common Ground – Grafton, Hillsborough summer	\$ 3,465
Total program support funding	\$66,274



☺ *Your Input Needed* ☺

7. November 13 Volunteer Training

Looking for leaders and teens to help plan the third annual Statewide Volunteer training. This year’s conference is scheduled for November 13, 2004. The location is yet to be determined as we are looking into partnering with our Extension neighbors from Vermont.

The lead staff coordinating the program for New Hampshire are Jolee Chase and Kathy Jablonski. The goal is to include teens and leaders in the planning process. Volunteers should be willing to share ideas for session topics, program ideas and speakers. Please take the time to share this information within your counties at your next advisory or leaders meetings.

We would also like to offer Vermont a list of county activities that are going on in your 4-H program near the New Hampshire/Vermont border. All counties on the Vermont border, please email Jolee the list so we may share them with folks from Vermont. Jolee Chase and Nancy Franz have a telephone conference scheduled with staff from Vermont Extension on April 9th and would like to be able to share the list of programs with them at that time.

If you have any questions please call Jolee at 641-6060, email jolee.chase@unh.edu or Kathy at 787-6944, email Kathleen.jablonski@unh.edu



8. [Response Needed by April 9th](#) - John has to report at the NE Regional Directors Meeting on the different ways we are charging for programs. I know we charge for curriculum material to 4-H members, we charge entry fees for events, registration fees for conferences. Please let me know if there are other ways we are charging youth, adults or other agencies for our services.



9. Order additional Video tapes

Several of you mentioned at the staff meeting of wanting additional video tapes related to 4-H and Child protection. [Please let me know by April 9th](#) how many copies you would like and I will find out the cost. You will not be committed to an order until you know a definite price.



10. Friends of 4-H Golf Tournament

May 17th - Canterbury Woods Country Club

Please share with friends and co-workers who are golfers, this opportunity to support the 4-H Foundation and enjoy spring with a Monday game of golf. The fee is \$100 per individual, \$400 per team. If you want more information let Wendy know. This is a pre-registered event because only 144 individuals can play.



11. Fishing Camp Scholarship -

I read the letter more closely that came with the Memorial gift. This is for kids in Pittsfield, Epsom and Chichester. So Debbie and Nancy, I guess you are the major recruiters for this one. Sorry for the confusion.



The National Scene

12. Family Club, Individual members -

Becky raised the question after the 4-H Name and Emblem discussion about how Family clubs and individual members fit in the guidelines. I have contacted Cathann Kress. She will provide a letter that we can send to those groups that does not sanction them as a chartered club, but does extend the affiliation to our program. I will provide more detail when I receive the information.



13. Vendors who use 4-H Name and Emblem -

If you are using a vendor outside the state of New Hampshire, we must have them get permission to use the 4-H Name and Emblem from national headquarters. Some may already have this privilege, such as cookie sales, etc. [Please send me a list by April 15th](#) of the business names, address, and description of items you order with the name and emblem on it who are out of state. I will then send one list to Cathann for her to acknowledge they already have permission, or to grant them permission. If you use an out of state vendor, but they do not use the name and emblem, there is no issue.



Blue Ribbon Tip of the Month

14. Queries

Running queries in Blue Ribbon is very easy and can have *many* uses. Steps to run a query are as follows.

1. Open Blue Ribbon
2. Click on File| Member Query
3. Once you are in the Member Query screen, click on File| Filter

4. At this point a window will pop up to select the criteria for your query.
5. The fields you may select are on the left hand side of the window. One example of a query you may want to run is for name tags for new members 12 and older.
6. For this query you would scroll down and select: "Year in 4H", on the right it will ask for starting range and ending range, enter "1" in both fields.
7. Scroll down again and click on "Age," again it will ask for starting range and ending range.
8. Now click on OK and it will show you only the data of the youth who meet that criteria.

This data may now be exported into Excel or Access to print nametags, mail merge letters, certificates, etc. The possibilities are endless! If you are unfamiliar with the export command, please call Michele at 862-2199 and she will walk you through the process as well as provide you with written instructions.



Opportunities Unlimited

15. Youth Workforce Preparation Resources

At the Workforce Opportunity Youth Council meeting a new resource "Career Pathways and Clusters...Preparing NH's Youth for a Successful Future" was shared that may be helpful to folks you work with relating to workforce development including High School Financial Planning. Put out by the NH Dept of Education, it includes overviews, suggested HS courses, and post-secondary and career planning of the following career paths:

Biotechnology	Health Sciences
Education	Hospitality and Tourism
Engineering	Information Technology
Financial Services	Law, Public Safety, Security
Geographic Information Systems	Manufacturing

You can download the series of PDF's from <http://www.ed.state.nh.us/SchoolToWork/career2.htm> or can get a bound version with all the clusters included from Kim Runion, krunion@ed.state.nh.us , 271-7977.

Paired with "nhfirstjob, 2003" a previous resource I have mentioned available from <http://www.bcedc.org/html/jobs.html> these resources could be very helpful with youth audiences in any programs related to career planning, NH careers, internships, and apprenticeships.



Odds and Ends

16. RAISE AWARENESS AND PREVENT CHILD ABUSE

April is Child Abuse Prevention Month. You can help prevent child abuse by raising awareness of the issue and promoting positive parenting in your community.

"Gateways to Prevention: What Everyone can do to Prevent Child Abuse" is the 2004 child abuse prevention community resource packet developed by the U.S. Dept. of Health and Human Services' Children's Bureau, Office on Child Abuse and Neglect in collaboration with the National Clearinghouse

on Child Abuse and Neglect Information, and Prevent Child Abuse America.

The packet offers many resources for organizations and individuals to spread the word that everyone has a role to play in preventing child abuse and neglect. It includes an overview of child abuse and how to prevent it, suggestions for community events, a press kit for organizations, tips for being a nurturing parent, a prevention month calendar, and a national resource directory.

The complete packet is available online at <http://nccanch.acf.hhs.gov/topics/prevention/>.



17. Reminders –

- Teen Council candidate selection is being done through the counties this year. Please promote this along with Teen Conference in your counties.
- There is still time to sign up for 4-H camp, but don't delay some weeks are filling up...



Pearls of Wisdom

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”
Benjamin Disraeli

“Don't judge each day by the harvest you reap but by the seeds that you plant.”
Robert Louis Stevenson

“Ten people who speak make more noise than ten thousand who are silent.”
Napoleon Bonaparte

“The simplest truths often meet the sternest resistance.”
Frederick Douglass

"The Grand essentials of happiness are: something to do, something to love and something to hope for."
Allan K. Chalmers



It's A Date...

(Deadlines are in Bold Print)

April 2004

- 1 **Approval Form Deadline for Horses qualifying for ESE**
- 3 4-H Horse Judging/Hippology Contest – Location TBA
- 9 **Dairy Judging Entries due to Equine Center**
- 12 **Blue Ribbon Files due to Moiles House for Statewide Database Update**

- TBA Family & Consumer Sci Trip newsletter information mailed to counties.
- TBA Teen Conference Registration/Payment /Forms due to Counties**
- 18 Teen Council Meeting, Merrimack County Office
- 24 Annual SPACES Conference – Cooperative Middle School Stratham

May 2004

- 1 – Bear Hill Camp Opens
- 1 – **Approval Forms for llamas, dogs, working steers, dairy cattle, beef heifers going to ESE and horses not going to ESE (NOTE: earlier deadline for horses and beef steers going to ESE.)**
- 1-2 4-H Dairy Judging Contest (tentative)
- 3 **State Activities Day Entry Reports and Judges names due at Moiles House**
- 3 **State Activities Day Photography and Poster Entries due to Moiles House**
- 3 **Horse Show Program Book Ads due to Equine Center**
- 5 **Fashion Revue Scripts due to Dotty Burrows**

- 7 **Teen Conference Registrations (with workshop choices and all paperwork) due to State 4-H Office**
- 8 Bear Hill Camp Work Day
- TBA Sheep & Wool Festival – Hopkinton
- 14 **Horse Enrollment & Previous Show data due – NH Horse Show Quotas**
- 16-21 Northeast Regional 4-H Shooting Sports Workshop
- 17 4-H Foundation Golf Tournament, Canterbury Woods Country Club
- 21-23 Family Weekend and Bear Hill 4-H Camp
- 24 Rain Date – 4-H Foundation Golf Tournament
- 25 **Fashion Revue Garment being judged due to Moiles House**

June 2004

- 1 State Dairy Show information sent to counties
- 1 ALL swine, sheep, goats, small animals and beef not going to ESE - (Note earlier deadlines for beef going to ESE).
- 1 TC confirmation mailing, workshop assignments and final information
- 1 **Teen Council Candidate applications due from Counties to State Office**
- 1 NH Horse Show quotas & information sent to counties
- 2 **Leader Tenure information due to Moiles House**

- 3 Fashion Revue Garment Judging, Memorial Union Building, UNH
- 5 State Activities Day, Memorial Union Building, UNH
- 5 NH 4-H Achievement Awards Presentation at SAD
- 12 CPR Training at Bear Hill 4-H Camp
- 16-25 4-H Camps Staff Training
- 21 Cheshire 4-H Benefit Golf Tournament, Keene
- 27-30 Teen Conference, UNH
- 27 Bear Hill 4-H and Barry Conservation Campers Arrive