



The Gazette

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

March 2005

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1. A Word from Wendy...

Our discussion this week was quite good to lay ground work for more in-depth discussion concerning volunteer development. As part of my efforts to remind staff of the good resources you already have, I encourage you to go back to the *Moving Ahead* curriculum. This provides extremely good material taught in

an interactive way for many of the positive youth development principles. Some of the teaching tips can be built in to subject matter training sessions as well. Think about the volunteers who work with young adolescents in your county. On page 167 there is a section about Understanding Risk Behaviors of Young Adolescents. Read

through this section and think about how to adapt it to training opportunities you offer. This is also a good session to market to other groups that work with adolescents. Many of the activities in *Moving Ahead*, help provide you with tools to be viewed as an "expert in Positive youth development" and you do not have to re-invent the wheel. I know we have a set of the support materials here in Moiles House, I don't know if others who participated in the national training have some of the support teaching materials as well.

I know each county is working with the skill-a-thons developed by Maryann or you may have developed some of your own. Skill-a-thons are excellent learning tools if they done correctly. If you are not really familiar with skill-a-thons, or when you are training the volunteers who will be working closely with them, you can find an excellent resource on the *4-H 101* CD Chapter 9. This talks about the importance of having trained volunteers at each station so they can facilitate learning. It is important that a skill-a-thon isn't a room full of stations where teams move through, guess their answers and then are finished. This section helps you understand the group presentation component and the group processing components. It provides some techniques on setting one up, how to answer questions with questions, and how to have the teams report back their knowledge and solutions. It is

2. Note of information to share with the group

I had received a request from Jolee requesting permission to list the names of sponsors on the back of a T-shirt young people would wear during the Lamb and Wool Growers Show. To only list names makes young people a walking bill board and could appear as an endorsement of the business or company.

However it is legal and appropriate to say on the shirt "Thank you to our Sponsors" and

important to remember that this type of follow through with conducting the event moves is from an activity to a learning activity.

I encourage each of you to think about well written lessons plans that you have developed for your county volunteer development program. If these are sent to Michele in Word form she can get them up on the web so you have more core lessons to work with and adapt to your situation.

When you are screening your volunteers and reviewing the expectation sheet with them, reinforce the section that says they are expected to participate in appropriate training. This has been slid over in several counties. It is our first step towards requiring training. Keep your thoughts going on how to take steps forward to increase volunteer training efforts, and determining what are the creative ways to achieve it. Hopefully we may get some new ideas after Robin and Deb return from the National Extension Conference on Volunteer Development.

You are doing good work and are working with dedicated volunteers. Don't forget National Volunteer Week in April. Thank you for your efforts

Wendy

list the names. This is acknowledging a donation rather than an endorsement. I know this may sound like a fine line and it may take up more room, but that is the only way to do it legally.

Thanks Jolee for the question. I went straight to the top, and Cathann agrees with my call on this. If you have questions, do not hesitate to contact me.

In the Granite State

3. Operation Welcome Home Workshops

Governor John Lynch officially launched Operation Welcome Home, an effort to assist military personnel and their families as they return to civilian life in New Hampshire. A workshop was held in March, 2005 in three locations around the state to assist members of the community in understanding issues of deployment in a war theatre and possible issues involved as military personnel transition back into community life.

Mark Gilbertson, Ph.D., Clinical Psychologist, Manchester VA Medical Center was a keynote speaker in these workshops. He discussed the survival skills that serve soldiers well in the combat field and the challenges of transitioning to life back home. He described the fundamental principles in combat.

- The Combat environment represents an ultimate human threat.
- There is a repeated, intense physiological mobilization to maximize the body's capacity to meet clear and present danger.
- The outcome of combat responses has clear life or death implications which create a powerful imperative driving force.
- These skills represent automatic, conditioned responses that do not require conscious thought.

Dr. Gilbertson also illustrated the survival skills used in combat such as:

- Intimidation (an adrenaline rush and aggressive action)
- Sensitivity to Sensory Cues (a rapid automatic response)
- Constant Vigilance (anxious readiness-distrust of environment)
- Role Responsibility (a team dependence)
- Emotional Wall

These skills are needed in combat but when these skills are brought home they can be viewed as psychological symptoms.

- Intimidation (over responsiveness, quickly stressed and irritable)

- Sensitivity to Sensory Cues (short fused/ impulsive and responding with out thinking)
- Constant Vigilance (hyper-vigilant, can't let guard down, distrustful, paranoid and anticipating the worse)
- Role Responsibility (roles at home are redefined)
- Emotional Wall (can't get close, emotionally numb and seriously withdrawn)

The continuation of combat survival skills is a common occurrence when coming home. Individuals vary widely in duration with which combat survival skills linger. These survival skills should be viewed as strengths, not weaknesses. However, if they persist for a long time they might be a sign of Post Traumatic Stress Disorder (PTSD). Following are symptoms of PTSD.

- Re-experiencing Symptoms
 1. Recurrent intrusive recollections
 2. Recurrent dreams and nightmares
 3. Flashbacks- reliving the experience
 4. Emotional distress when exposed to memories
 5. Physiological reactivity to reminders
- Avoidance Symptoms
 1. Avoid thoughts and feelings regarding trauma
 2. Avoid places people and activities regarding trauma
 3. Inability to recall aspects of the trauma
 4. Lack of interest in significant activities
 5. Feeling detached from others
 6. Unable to have loving feelings, emotional numbness
 7. Sense of shortened future (career, marriage, lifespan, etc.)
- Arousal Symptoms
 1. Difficulty falling or staying asleep
 2. Irritability and anger
 3. Poor concentration
 4. Hyper vigilance, always on guard
 5. Extreme startled response

It is important for family, community members and helping professionals to understand the issues that arise with deployment during a war and the transition back to community life.

4. 4-H Clubs donate to the 4-H Foundation of NH

Each year, 4-H members throughout the state take part in activities sponsored by the 4-H Foundation of New Hampshire. Judging contests, quiz bowls, State Activities Day, State Teen Conference, volunteer training activities are all sponsored by the 4-H Foundation. The Focus on Fashion trip, National 4-H Congress and Conference provide opportunities for 4-H'ers to travel, make new friends and learn new skills.

This year the 4-H Foundation has committed to support \$80,000 in projects, trips and programs. 4-H clubs and groups all have the opportunity to invest in the NH 4-H program. Your club can make a donation

before State Activities Day and receive recognition at that event. Just think, if the 4-H clubs in each county donated \$500, the 4-H club campaign would raise \$5,000 for the Foundation. Help reach the 4-H club campaign goal of \$5,000.

Checks can be made payable to the 4-H Foundation of New Hampshire and sent to Moiles House in Durham.

Note to staff - last year many individuals in our 4-H Family said they had not heard of the golf tournament. Please help us get the word out. Encourage friends and businesses join in the fun for a good cause.

5. UNH 4-H Camps Green Up Days

Bear Hill 4-H Camps, Bear Brook State Park, Allenstown NH

Date of Events: **May 7th, May 8th Rake & Paint**
 May 14th May 15th Nuts & Bolts
 May 21st & May 22nd Clean and Varnish

What Kind of Volunteering is needed?
Bring your tool belt, cleaning supplies and bug spray, of course! Cabins must be cleaned, walking paths raked, docks put in, and general repairs made following a New Hampshire winter. If your talents include carpentry, plumbing or landscaping, your expertise is greatly needed.

Work gloves, cleaning materials, paint and garden tools necessary for the days' work will be provided for you. And to sustain our hard working friends, our staff will prepare a gourmet lunch, lots of iced tea and lemonade.

New Hampshire 4-H Camps believe summer camping experiences provide children of all backgrounds the opportunity to learn and interact with other children and the

outdoors. How many of you have a special memory from a camp experience you had? These remembrances have a lasting positive impact on a child's development: social, physical, intellectual and emotional development.

Join our family of volunteers to clean Bear Hill 4-H Camp to a shine. With your help and your own generous gift of time, our camp will be ready when we open the doors to over 800 campers in June.

Please join us! For more information call Chris Conlon, Camps Manager at **(603) 862-4871. To reserve your work date please call 603-862-2184 or you can email me at chris.conlon@unh.edu.** I look forward to seeing you there.

6. Friends of 4-H Golf Tournament

Spring will come and it is time to plan for the 2nd annual Friends of 4-H Golf Tournament, May 20th at the Canterbury Woods Country Club. The goal is to have a minimum of 100 players in this year's tournament. There are still opportunities for Tournament sponsorship and folks to play

golf. Sign up as an individual or team. Go to the Foundation web site to get registration information for sponsorship or player registration.

Items are also welcome for the silent auction. Fore.....HHHHHHHHHHHHHHH

7. NH 4-H Sheep Clinic

The 4-H Sheep Clinic takes place July 8-10, 2005, at the 125 acre 4-H Youth Center in New Boston, NH. The animals are housed in the T. R. Langdell Arena. Campers stay in two buildings with all necessary facilities. Counselors and staff live with the campers to provide 24 - hour supervisions. Boys and girls are housed in separated areas. The Center's kitchen and dining pavilion provide the eating facilities. Level fields provide space for outdoor activities and recreation. Space is limited and registration will be accepted on a first come, first serve basis.

Camping overnight is as much a part of the clinic experience as the learning and instruction. Parents should plan to drop their son or daughter off on Friday, July 8 by 6:00 pm. Parents are not expected to return to the grounds until Sunday at noon, so as not to interfere with their child's camp experience. Parents are invited to join the campers for Sunday lunch and to watch the show at the end of the clinic on Sunday.

Programs and activities at the Clinic revolve around the campers and their sheep. Counselors, staff, and volunteer guest speakers instruct the campers on fitting, showing, animal management, and other activities. Campers are responsible for the individual care of their sheep and equipment throughout the weekend.

The cost for the Clinic is \$60 per camper (due by July 1, 2005). This includes meals, insurance, use of the facilities and a T-shirt. Youth must be 8 years old by January 1, 2005 to be involved in the 4-H sheep project. Partial or full scholarship funding may be available from the New Hampshire Sheep & Wool Growers Association or your county 4-H Foundation. For more information or a brochure contact Jolee Chase at 641-6060 or email jolee.chase@unh.edu.

8. Governors Conference on Volunteerism

Governor's Conference on Volunteerism information on Volunteer NH! website. www.volunteernh.org You'll find the registration information under the title Training and Event Listing.

way to bring humor to your work day. This year's keynote speaker, Norm Bossio, is an independent management consultant, trainer, and public speaker who provides technical assistance and training in a wide variety of management areas throughout the private and public sectors. Prior to founding Norm Bossio Enterprises, he was a teacher, principal, and superintendent in public schools.

Please remember to register online for this dynamic, one day conference. There are many new workshops this year.

Norm Bosse, keynote speaker, will find a

Governor's Award on Volunteer Manager of the year nominations need to be submitted as soon as possible. Do you know someone who is worthy of this award? Take a few

minutes and nominate them today! Find the application at www.volunteernh.org/ under the Bulletin Board heading.

☺ **Your Input Needed** ☺

9. 4-H Goat Clinic

This is the first call to see if anyone is interested in helping with or participating in a 4-H Goat Clinic to be held at the 4-H Youth Center in New Boston NH the weekend of July 8-10th, 2005. Youth must be 8 by January 1, 2005 to participate. Counselors are needed and must have a

knowledge of the 4-H goat program. The Clinic is also looking for speakers and instructors. If you would like to help in any way, or have a child interested in being a camper, please call Jolee Chase at 641-6060 or email jolee.chase@unh.edu.

10. 4-H Life Skills Evaluation (LSE) Reminders -

4-H Youth Development staff role in the 2005 Life Skills Evaluation:

- 1. Distribute JUDGES SURVEY at any County and State Events** and compile the data –
Survey Form: <http://extension.unh.edu/4H/Docs/4HYDSR/LSEjudge.pdf>
Data entry file: <http://extension.unh.edu/4H/Docs/4HYDSR/LSEjudge.xls>
- 2. Communicate with 4-H Volunteers and parents** about the 2005 Life Skills Evaluation. This can be distributed by letter or newsletter, prior to distributing the YOUTH surveys. A sample memo follows.
- 3. Between March – June, distribute 4-H YOUTH SURVEY to each 4-H group**, including instruction memo to 4-H volunteer. A sample instruction memo follows. Compile the data –
Survey Form: <http://extension.unh.edu/4H/Docs/4HYDSR/LSEyouth.pdf>
Data entry file: <http://extension.unh.edu/4H/Docs/4HYDSR/LSEyouth.xls>
- 4. Submit data files for JUDGES SURVEY and YOUTH SURVEY and EDUCATOR'S SUMMARY to state 4-H office by July 1st.** Submit electronically to paula.gregory@unh.edu
Educators Summary Form: <http://extension.unh.edu/4H/Docs/4HYDSR/LSESUM.doc>

Sample Memo's for Communication with 4-H Volunteers and Parents about the Life Skills Surveys can be found at: <http://www.ceinfo.unh.edu/4H/4HYDSR.htm>

If you have any questions, please contact Paula Gregory, Extension Specialist at 862-2909 or paula.gregory@unh.edu. Thank you for your assistance in this important survey.

11 . Help Needed for Communication Training!

I received this request. Please let me know if you are interested in helping with training at this event. If you are interested send Wendy Brock what topics you might offer, and a brief statement of what experience you have had working with any Peer mediation groups. This hits the CYFAR conference so we may not be much help to her. Here is the request:

My name is Joanne McCay and I am writing to you on behalf of the New Hampshire Conflict Resolution Association Peer Mediation Conference. Each year we hold a conference for NH peer mediators with the help of volunteer presenters from various organizations. This year we will be holding two separate conferences, one for middle/high school students on Tuesday, May 24th and one for elementary (5th graders) students on Friday, May 27th. Both conferences will be held at the NH Technical Institute in Concord, NH. As in the past, the students will each attend 2-1 hr.

workshops, have lunch and end with a keynote.

The objective is to have the kids be able to gain new skills &/or strength old ones as they relate to mediation, meet other mediators and be able to bring back new ideas/concepts to their programs.

I understand through the 4-H program you offer workshops on communication to include: listening, verbal & nonverbal. As we are looking for workshops in this area I was hoping one of your trainers might be willing to present a 1 hr. workshop (twice) from 9:00-11:10 on one or both of the dates mentioned. After the workshops you are invited to join us for lunch and then the keynote presentation from 12:00-1:00 pm. I hope someone from your organization will be able to join us. I look forward to hearing from you.

The National Scene

12. Digital Camera Promotion on 4HUSA.ORG

Click! Snap! Flash! Say cheese! Participate in the 4HUSA.ORG digital camera giveaway promotion.

It's a snap! Register at 4HUSA.ORG (It's free!), upload your favorite photos of 4-H related activities into the photo gallery

album with the 4-H Photo Promo icon, and you may win a Kodak digital camera in our random photo promotion. Upload as many photos as you wish. 4HUSA.ORG digital camera giveaway promotion ends at 11:59 p.m. Saturday, April 30, 2005. Showcase your snapshots [here!](#)

Opportunities Unlimited

13. New Hampshire 4-H Alumni Award

The 4-H Youth Development program of UNH Cooperative Extension is seeking nominations for the 2005 New Hampshire 4-H Alumni Award. The award provides

recognition to 4-H alumni who are making a difference in the lives of young people through effective citizenship, leadership and service.

This award is made possible through the generous support of the 4-H Foundation of NH.

4-H Alumni selected for this state award will be honored with a plaque at State 4-H Activities Day, June 4, 2005.

Using the criteria given, please submit your nominations for this award prior to April 15,

2005. A state committee will select the winners using the established criteria; the committee may select up to two winners annually.

The Criteria for Selection and Nomination form are available online at <http://ceinfo.unh.edu/4H/4HYDSR.htm>

14. JC Penney 4-H Afterschool Project – Workforce Preparation Curricula for Middle School Youth

The Request for Applications for the new round of funding for JC Penney 4-H Afterschool projects requires the use of at least one of two identified curricula. Whether or not we submit an application, we can benefit from the work being done to develop middle school curricula in the area of workforce preparation.

Further information and a sampling of the two identified curricula is now available at the following URL: 131.216.145.110 (you do not have to type www or http://). This is just a sampling of each curriculum, and not the complete curriculum package. Get in the Act! is posted in its pilot form (final version not expected until September 2005), including an explanation about the CD.

Get in the Act!

The Get in the Act! Curriculum includes a leader's guide, individual youth guides, and an interactive CD. The CD is to be used as an enhancement activity after the youth complete work in a youth guide. The CD lets youth explore their personality type playing the "Exploring Your True Colors" game, and use those skills practiced in the youth guide to successfully navigate real life "On the Job Choices" scenarios.

A pilot sample can be previewed at the URL listed above. Further explanation about the CD can be found in the youth table of contents and information file on page 2 under introduction, and in the Get in the Act! Helpers cover file, page 2 under Get in the Act CD section.

RISE – Respect and Integrity through Skills and Education

The RISE program is a community-based partnership that conducts after-school and summer Career Clubs in workforce readiness skills. It is designed to build self-esteem by encouraging children to envision a productive future. This workforce readiness curriculum is based on SCANS skills and competencies. Participants visit area businesses and industries, explore skills and education required for jobs in their community, and are encouraged to see a connection between success in school and success in the work world.

The RISE Career Clubs are offered in after-school programs, meeting three hours per day, two days a week over thirty weeks. When offered in the summer, the clubs meet four days a week for six hours per day over six weeks.

15. INTRODUCING... GO FIGURE!

(interactive web-based science, technology, and math experiences)

Wanted! Youth Ages 8-19!

Before we can open this new website to the public, we need data for two activities, Jean Jargon and Who's Average, from at least 300 youth so that the project database is large enough to yield reliable comparisons. To participate, please complete the attached data forms and return via email, fax, or US mail (see forms for details).

Remember:

Participation is 100 percent voluntary and no names or contact information will be recorded. Data will only be used on the website database and expressed as group numbers (i.e. most popular jean styles for 14-year-old boys who live in urban communities). Individual responses will not be identified and cannot be viewed on the website. In addition, we will not share this data with others.

What is Go Figure?

Cornell Cooperative Extension is developing a website **Go Figure!** to engage young people in science, technology and math. The goal is to produce online activities about youth-friendly topics in which youth collect measurements, input numbers into a database, use online calculators, compare their results with those of other populations, and obtain a printed record. Puzzles, quizzes, and games will complete the website. Young people can do these activities individually or as part of a class or club.

What types of activities are included?

Jean Jargon asks youth to describe their favorite jeans. Once the site is operational, participants will complete an online data form and receive a printout that identifies popular jean styles according to age, gender, and demographic residence. Additional information about jean finishes, fashion trends, jean manufacturing, etc. will also be included.

Who's Average asks participants to take some common body measurements, input that data, and explore the science of anthropometry. They learn that no individual is average in all measurements. They also understand why representative consumer data are important for manufacturers of clothing, cars, furniture, etc.

Pedal Away provides youth instructions on how to properly fit a bicycle. Youth learn about the role of body measurements in product design.

Frisbee Fling invites youth to compare their throwing skills to those of others as they explore material science and aerodynamics. Participants make and test hypotheses about why some Frisbees sail better than others. They also learn about experiment variables and replication.

16. First Pioneer Farm Credit's Scholarship Program

Fifteen \$1,000 scholarships will be awarded across First Pioneer's Local Service Area served by their 15 branch offices.

- Application Deadline April 15, 2005 (must be received in Enfield, CT)
- Applicant must be either: 1) an individual eligible to own voting stock or the child of such an individual. OR 2) a college student pursuing a degree in an applied agricultural field regardless of parents' membership status.

- Applicants must reside within First Pioneer's lending territory. (See <http://www.firstpioneer.com/about/branch.htm> for details)
- To own Farm Credit stock, an individual must be a U.S. citizen or lawfully admitted for permanent residence; own agricultural land or be engaged in harvesting, production, processing or marketing of agricultural products.
- Applicants in category 1 (own voting stock or parent does) will be eligible for a scholarship regardless of their course of study. However, preference is given to the study of agriculture or closely related fields.
- Applicants in Category 2 must be pursuing higher education in an applied agricultural discipline.
- Applicants can be high school seniors, attending college or in the work force.
- An associate's, bachelor's or graduate degree qualifies as higher education. LEAD New York or New Jersey Agricultural Leadership Development Program students are also eligible.

The Application Form and Scholarship Program Rules can be found on the website at:

<http://www.firstpioneer.com/about/L3/investing.htm>

First Pioneer is aware of the high costs associated with college tuition, room and board, books and other academic charges and is proud to offer support. All eligible individuals are encouraged to apply.

Odds and Ends

17. Teen Conference Brochure on Web

The Teen Conference Brochure is now available on the UNHCE Website at: <http://ceinfo.unh.edu/4H/4H.htm> .

Registrations are due to the State 4-H office on May 10 along with all necessary forms. Call Michele King at 603-862-2199 with any questions.

Reminders –

18. Pre-press curriculum order

It is time to think about your pre-press curriculum order. As of yet Wendy has not received the print copy of the catalog but it is up on the web. You will find it at www.n4hccs.org The 4-H Foundation will support \$4500 in curriculum for the counties. You will hear from Nancy Oakley what the county quota will be, but expect similar to last year. Orders will be due to Nancy by April 15th. This should give you time to research and discover what you want to order.

Pearls of Wisdom

All Labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

Martin Luther King

There is no happiness except in the realization that we have accomplished something.

Henry Ford

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

On the lighter side...

Bumper Sticker Wisdom ...

- Due to budget cuts, the light at end of tunnel will be out.
- Where in the nursery rhyme does it say that Humpty Dumpty is an egg?
- Corduroy pillows: They're making headlines!
- What If There Were No Hypothetical Questions?
- I used to be indecisive, but now I'm not so sure...
- Where are we going and why am I in this handbasket?