



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

ACROSS COÖS

Coös County, NH 4-H News
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Fall/Early Winter 2008

Dear Coös County 4-H Family,

We're turning the corner from fall to winter and this seasonal time of transition is also a great time to reflect back on a wonderful 4-H year. The pages that follow do just that as we look back on many recent 4-H events and activities. This year's Coös County 4-H Achievement Ceremony was a marvelous celebration. I hope that you'll take a moment to read about it and you'll undoubtedly come away impressed with the tremendous level of commitment and achievement of our members and leaders.

It's also a time to say thanks and goodbye for now to several stellar volunteers who have completed their commitments to the Coös County 4-H Advisory Council (AC). Their names are listed in the accompanying article. I wanted to offer a special salute to our outgoing Chair. Mary McLain is an extraordinary volunteer who just completed another full term on the AC. She defines commitment and is passionate about supporting 4-H. In fact, I'll bet you didn't know that Mary teams up with Jean Fortin for monthly trips to the recycling station where she cashes in on tons (literally) of paper which they collect from various locations in the Berlin/Milan area. They've raised \$hundreds in the past year alone. And it is all donated to the Coös County 4-H Advisory Council with a smile. Mary has served with distinction as the Chair of the AC for the past 3+ years. Words seem insufficient, but thank you very much Mary. Thanks also to Jean!

How do 4-H'ers keep up-to-date? Yes, *Across Coös* arrives in your mailbox 4 or 5 times a year. What about the other weeks and months of the year? Research tells us that more and more, people get their information from the internet. We've started to upgrade both the NH 4-H website and the Coös County 4-H web site. Check them out and let us know what you think. What else should we feature? Want to submit something? Let us know. We also utilize email more and more, but we can't do it if you don't keep us updated with your current email address. Of course, we try to be respectful of your in box by not sending too much your way. Let us know how we're doing on this one too.

All of us at the Coös Extension 4-H Office want to be among the first to wish you and your family Happy Holidays! Let's make it a fantastic 2009. As always, let's work hard to make the best better.

Yours in 4-H,


Larry Barker
Coös County Extension Educator,
4-H Youth Development

Coös 4-H Calendar

Remember that the most up-to-date calendar can always be found on our web site.

December 2008

- 11 UNHCE, Coös County Advisory Council meeting, Lancaster
- 15 NH 4-H Horse Quiz Bowl entries due, Coös Extension 4-H Office
- 24-26 office closed, UNH Holiday
- 31 office closed, UNH Holiday

January 2009

- 1 office closed, UNH holiday
- 10 Regional Northern NH 4-H Volunteer Training, Littleton
- 14 State Horse Quiz Bowl entries due, Moiles House
- 17 State/National Achievement Award Judging
- 19 office closed, UNH holiday
- 28 Coös County 4-H Advisory Council meeting, Stark
- 31 State 4-H Horse Quiz Bowl, TBA

February 2009

- 1 Approval Forms for Beef Steers going to ESE and ESE Entries Due, Moiles House
- 6-7 Farm & Forest Expo Center of NH – Radisson, Manchester
- 19 Coös Horse Project Winter Planning Meeting, Coös Extension 4-H Office
- 21 Let's Go Ice Fishing Workshop, Coös Extension 4-H Office
- 21 Dairy Judging Clinic, TBA
- 28 State 4-H Horse Advisory Council Meeting

March 2009

- 1 OMK Youth Babysitting Program, TBA
- 6 Dairy Bowl, State Entries due Moiles House
- 7 Regional Southern NH 4-H Leader Training
- 14 Coös County 4-H Hippology Contest, Coös Extension 4-H Office
- 18 4-H Horse Judging/Hippology Contests Entries Due, Moiles House
- 20 Coös County 4-H Demonstration Day entries due, Coös Extension 4-H Office
- 21 State Dairy Quiz Bowl, TBA
- 25 Coös County 4-H Advisory Council meeting, Groveton
- 28 Coös County 4-H Demonstration Day, Berlin (snow date 4/4)
- 28 National 4-H Conference National 4-H Center (March 28-April 2)
- 28 Regional Central NH 4-H Volunteer Training

April 2009 (selected dates)

- 1 4-H Approval Form Deadline for Horses Qualifying for ESE
- 4 4-H Horse Judging/Hippology Contest Location TBA
- 17 4-H Dairy Judging Tour Entries Due, Moiles House
- 17 Coös State Activities Day Confirmations due, Coös Extension 4-H Office
- 18 Annual SPACES Conference – Location TBA
- 20 SAD entries due Moiles House
- 24-25 Coös/Grafton Textile Event, North Haverhill



LANCASTER FAIR 2008

Coös County 4-H members used the 2008 Lancaster Fair to showcase their project excellence. Labor Day weekend was a fantastic celebration all of the best that 4-H has to offer. The 4-H Hall never looked better and we received numerous positive comments about it from the public as well as the appreciative Fair Directors who went out of their way to give us the thumbs-up. Although the 4-H barn had some last minute cancellations, all of the livestock shows were well run and illustrated that our 4-H'ers have been working very hard all spring and summer. For many, a trip to the Lancaster Fair isn't complete without a visit to the 4-H Dairy Bar. Record profits proved that it is true that 4-H continues to serve the best milkshake on the grounds.

We have some good ideas for 2009 and welcome everyone's suggestions regarding how to strengthen the 4-H effort at the Fair.

Congratulations

ACHIEVEMENT CEREMONY

Coös County 4-H was on display on November 8 at the annual Coös County 4-H Achievement Ceremony. It was quite a show as 4-H members and leaders gave short presentations about their participation in a myriad of 4-H events and activities of the past year. The event was held at the Granite State Room of the Coös Extension 4-H Office and if this year's event was any indicator, we'll need a bigger facility in 2009 because it was standing room only! The day also serves as a stage to recognize outstanding 4-H achievements of our members and leaders. And there were many. Congratulations to all. Here's a list of some of the major award winners:

Coös Advisory Council College Scholarship
Zachary Mason

State Activities Day Winner
Elissa Dyer



Leader Tenure Awards

5 Years

Deborah Brown
Catherine Burns
Paula Sweatt

10 Years

Joyce Brady
Philip Page

15 Years

Chris Brady

30 Years

Brenda Tracy

I Dare You Awards

Caleb Mason
Earl Brady

4-H Leader(s) of the year awards

Phoebe Backler
Joyce Brady
Debra DeBlois
Chris Whiting

Special Above & Beyond Volunteer Recognition Award

Ramona Chessman

Club Citizenship Award

Colts & Fillies 4-H Club

Outstanding 4-H Club Award

Early Risers 4-H Club
Stratford Lions 4-H Club

Outstanding Senior 4-H Youth Award

Caleb Mason

Outstanding Junior 4-H Youth Award

Jacob Brady

Lifetime Achievement Award

Carolyn McQuiston

WINDOW DISPLAYS

Annually during National 4-H Week, in October, Coös County 4-H Clubs contact local businesses and create displays in their window to promote and inform the public about 4-H. Sometimes the displays are used to recruit new members or trumpet the club's accomplishments. Often, it's used simply to inform the public regarding what the local club has accomplished. This year, we saw window displays in a post office, a school, and a town office. It's a lot of fun and something your club may want to consider for next year. The displays are judged, and here are the 2008 winners:

1. Lion Cubs 4-H Club
2. Stratford Lions 4-H Club
3. Early Risers 4-H Club

TOM GILL GARDEN AWARDS BANQUET

November 11 marked the pinnacle of the 4-H garden season as our top 4-H gardeners and their families were the honored guests of the Berlin Kiwanis Club. The evening consisted of a fun-filled meal followed by a brief ceremony where top gardeners were recognized. Congratulations to the following green-thumbed 4-H'ers:

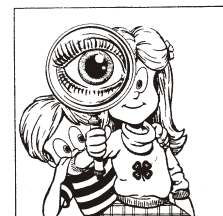
Tomatoes
Jourdain Goulet
Peppers
Alicia Lesperance
Marigolds
Alexis Scott
Broccoli
April Smith
Best Overall Garden
Sarah Whiting

NORTHEAST REGIONAL 4-H VOLUNTEER FORUM

Back in October, New Hampshire hosted the Northeast Regional 4-H Volunteer Forum in Manchester. Hundreds of 4-H volunteers from the 13 Northeast states gathered to celebrate 4-H and to sharpen their skills and add to the toolbox. By all accounts, the Forum was a tremendous success and a lot of fun. Vicki Delalla, Katie & Scott Burns were the Coös 4-H leaders who attended. Jenny Burns was the loan 4-H member who participated. The next Forum will be held in 2010 in Delaware.

DID YOU KNOW ?

- Caleb Mason has been re-elected to serve on NH 4-H Teen Council and was elected to serve as the Co-Chair.
- Save the date of January 10 for the Northern NH 4-H Volunteer Training. Watch your mailbox and the 4-H website for the details.
- On November 8 the NH 4-H Teen Council held their monthly meeting in the Granite State Room at the Coös Extension 4-H Office. In fact, they made it an overnight and met on the 9th too! Sounds like fun!
- 4-H member Makenna Burke earned the prestigious Commissioner's Award at the Lancaster Fair!
- \$142,303.99 was the estimated dollar value of volunteer time given to Coös 4-H clubs last year!
- 4-H members and leaders must re-enroll each year. We've recently switched our data base over which means that only individuals who have sent in their re-enrollment this fall are listed as active members and leaders. Can't remember? Give us a call and we'll check.
- Coös County & NH were well represented by the following 4-H members who participated at the Eastern States Exposition in September: Daniel Call, Molly Lashua, Christina Morin, Elissa Dyer, Earl Brady, Caleb Mason, Kelly Mason, and Olivia Conway.
- 4-H members indicate significant level life skill improvement on annual reports. For example: 68% getting along with others; 79% decision making; 89% working in a group; 74% understanding and liking yourself better.



COÖS COUNTY 4-H ADVISORY COUNCIL UPDATE

At the November meeting, the Coös County 4-H Advisory Council (AC) tackled a host of important tasks. At the top of the list was the establishment of the 2008-2009 budget as well as a farewell salute to those members who are retiring as their terms expire. Congratulations and a big thank you to Mary McLain, Heidi & Zach Mason, and Kate Phillips for their dedication and service to 4-H!

Members Needed

Want to have a hand at guiding the Coös County 4-H program and practice leadership? Maybe you'd simply like to learn more about 4-H? You're in luck. The Coös County 4-H Advisory Council is looking for a few more teens and adults to serve. Give us a call at the Coös Extension 4-H Office and we'll fill you in on how you can join the AC. It's rewarding and fun. The next meeting is January 28.

Cookie/Candy Bar Sales Recognition

The AC made an important decision about the Cookie/Candy Bar Sale. In the past, we've recognized the top 3 individual sales people for both cookies and candy bars. However, the AC decided to retire this tradition in favor of providing certificates of appreciation for the top clubs.

The minutes from the AC meetings are available on the Coös County 4-H website: <http://extension.unh.edu/Counties/Coos/CoCNews.htm>

DEMONSTRATION DAY UPDATE

Isn't it a bit early to start thinking about the Coös County 4-H Demonstration Day? After all, it's not going to be held until March 28. Actually, it's probably a very good time to start thinking about it. Goal setting is an important life skill and now is the time to start planting seeds with your 4-H'ers. There are some great resources on the NH 4-H web site that will give you some tips on how to get ready. There is one fact sheet titled "Getting 4-H'ers Involved in Oral Presentations - A Guide for Leaders" that will prove particularly helpful.

<http://extension.unh.edu/4H/4HLearnM.htm>

New Evaluation Forms

By popular request, we've updated the evaluation forms for demonstrations, action exhibits, and public speaking. The new forms list many more specific items to be scored instead of just a few broad categories. Most folks feel that the new forms will allow for more objective and fair judging. If you'd like to check out the new forms, they are posted on the Coös County 4-H web site.

KEEP US POSTED

All 4-H volunteers are reminded that it's important - in fact it's your responsibility - to keep the 4-H Office informed when your club is participating in an activity that's more involved than a typical club function. For example, if your club is taking a field trip, conducting an overnight activity or holding a fund raiser, then you need to let us know. Give us a call or send an email so that we can help you make sure that you have all of the measures in place you need to protect everyone involved. It's almost always a very simple process to set things up properly and we'll gladly help you through the planning process.



JUDGES NEEDED...ANY VOLUNTEERS?

The State 4-H Office needs help from Coös County. Each year, 4-H members from across NH submit applications for State & National Awards. These need to be judged in order to select the top entries. Coös County is responsible for sending 2 volunteer judges this year. The judging and interviews will take place on Saturday, January 17. It's a great way to meet some fantastic 4-H'ers and an excellent way to learn about the process of applying for and selecting State & National 4-H Awards winners. If you're interested, please contact the Coös Extension 4-H Office.

FARM & FOREST EXPOSITION

There is something for everyone at the Expo! A winter standard since 1984, "New Hampshire's Greatest Winter Fair," offers commercial exhibits, educational sessions, demonstrations, an auction, and many activities for attendees of all ages! Save February 6 & 7 for the big event which is held at the Center of New Hampshire - Radisson - 700 Elm Street - Manchester in the Armory.

One of the highlights of Farm and Forest is "Kids Day" which will be held on Saturday, February 7 from 10:30 a.m. - 2:00 p.m. Set-up will begin at 9:30 a.m. We're looking for 4-H clubs, families or other youth groups to do educational "hands-on" activities, or you can do a play, a dance, or sing for the families visiting the Exposition. Not only will your youth enjoy the day, but they can help promote 4-H and agriculture in our state. To learn more, contact Jolee Chase at (603) 641-6060 or via e-mail at jolee.chase@unh.edu Sign-ups are due by January 2, 2009.



NH DAIRY GOAT SEMINAR

How do you fill out the butcher's cut sheet? What cuts of meat are expected from each area of the animal carcass and how many pounds of meat should you expect back when you take your animal in to the butcher for processing? If you'd like to better understand your butcher's cut sheet, then plan on attending this workshop which will be held on Saturday, February 7 from 9:00 a.m. to 12:30 p.m. at the NH Farm & Forest Expo (see related article).

Rick Lemay from Lemay and Sons Beef in Goffstown, NH will lead a question and answer session on Meat Cutting. He will explain the cuts of meat available from both lamb and goat carcasses. Handouts will be provided. Registration (at the door) is \$5.00 per family and anyone 4-H age is free. The proceeds go toward the conference and 4-H dairy goat activities.

WINTER HORSE PLANNING MEETING

February 19 is the date of the Coös County 4-H horse project winter planning meeting. All interested teens and adults are welcome. We'll meet at the Coös Extension 4-H Office starting promptly at 6:30 p.m. The purpose is to firm up plans for the spring and summer: what types of clinics will we hold; get updated from the happenings at the State 4-H Horse Advisory Council meeting; set the dates for qualifying show and state team meetings; and much more. We hope that all interested parties will feel welcome to join us.

LET'S GO ICE FISHING

If you'd like to learn more about "hard water" fishing, then you are in luck. UNHCE 4-H program is teaming up with staff and volunteers from NH Fish & Game to conduct a one day ice fishing workshop on February 21 at the North Country Resource Center in Lancaster. Youth who attend must bring an adult. This free workshop will start with classroom instruction and then move to a top-secret hot spot on the ice for some live action. Class size is limited and registrations are taken on a first-come-first-serve basis. Call Coös Extension 4-H Office to learn more or to sign up, 788-4961.