



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

ACROSS COÖS

Coös County, NH 4-H News
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Summer 2008

Dear Coös County 4-H Family,

A glance at the calendar tells us that summer officially begins tomorrow! Wow, seems like just the other day we were wondering whether the snow would ever melt! Once school is out many 4-H clubs relax a little bit from their busy meeting schedules because it always seems like folks are on vacation or otherwise busy. I'd like to challenge you to not alter your 4-H schedule just because you can't get 100% of your members together for every meeting. Why not take advantage of the warm weather and long days to conduct activities that are impossible in the winter? Why not make an extra effort to put together some superb exhibits for the Lancaster Fair? Maybe it would be a good idea just to do some things just for fun with your club? Give it some thought and keep 4-H as a priority this summer.

Many of you have noticed that we are doing more and more electronically here at the Coös Extension 4-H Office. That is, we have started maintaining a Coös County 4-H web site and we are relying more and more on email to send out reminders and information. A couple of points regarding email are worthy of mention. If you would like to be kept informed via email, it is really important that you let us know your email address and tell us when it changes. We try to be very

reasonable with the volume of email messages that we sent, but if you don't want to receive email from 4-H just let us know and we'll respect your request. Rest assured, we never give out email addresses to anyone – ever! Finally, rest assured that we will still utilize good old fashion snail-mail too. One certainly doesn't need the internet to participate in 4-H.

Be sure to check out the calendar and save those important dates for 4-H. Remember what Mary McLain says, "it's OK if 4-H isn't always your first priority, but it shouldn't always be your last." Reserve those 4-H dates now and I know that you will be glad that you did.

As always, be sure to feel free to contact us if you have ideas on how we can continue to make the best better here in Coös County. Your ideas are always welcome.

Yours in 4-H,

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

4-H Calendar

This calendar includes selected 4-H dates. The full calendar is always available on-line:
<http://extension.unh.edu/Counties/Coos/CoCNews.htm>

June 2008

- 10 Coös orientation for NH 4-H Teen Conference, Coös Extension 4-H Office
- 13 Entries for Coös County Horse Qualifying Show due
- 15 Approval Forms Due for ALL Swine, Sheep, Goats, Small Animals and Beef Not Going to ESE (Note earlier deadlines for beef going to ESE)
- 21 Coös County Horse Qualifying Show, Lancaster Fairgrounds
- 23 Coös Equine Team MANDATORY MEETING, Coös Extension 4-H Office
- 26 Coös Extension Council Meeting, Lancaster
- 27 NH Horse Show Entries Due, Coös Extension 4-H Office
- 29-7/2 Teen Conference UNH

July 2008

- 4 office closed, UNH holiday
- 17 NH 4-H Day at the Fisher Cats baseball game, Manchester
- 18-20 State Horse Show – Deerfield Fair Grounds
- 23-27 North Haverhill Fair
- 23-27 Stratham Fair
- 26 State 4-H Working Steer Show – Stratham Fair
- 29-8/3 Cheshire Fair
- 31 Coös County 4-H Advisory Council meeting, Barry Conservation Camp

August 2008

- 5-6 State Dairy Show, Lancaster Fairgrounds
- 7 State 4-H Advisory Council Meeting, NH 4-H Camp
- 10 4-H Lancaster Fair entry deadline for livestock and style show, Coös Extension 4-H Office
- 9-10 Belknap County Fair
- 12 Lancaster Fair Volunteer Work Night, 5:00 p.m.
- 12-13 Focus on Home and Interior Design career trip

August (continued)

- 15-17 Cornish Fair
- 20 Coös County Garden Judging
- 27-9/1 Lancaster Fair
- 28-9/1 Hopkinton Fair
- 27 Coös County Cookie/Candy Bar orders due, Coös Extension 4-H Office

September 2008

- 1 office closed, UNH holiday
- 5-7 Hillsboro County Ag Fair
- 10 End-of-year 4-H records - Coös Extension 4-H Office
 - 4-H Youth Development Record or Coös County 4-H Project Report
 - Application for County Project Medal
 - Coös County 4-H Club Summary Report (Organizational Leader)
 - Project Leader Summary Report
- 12-21 Rochester Fair
- 12-28 Eastern States Exposition W. Springfield, MA
- 13 4-H Day at ESE
- 19 NH Day at ESE
- 19-20 New England Center Group at Big E
- 20-21 NH 4-H Shooting Sports Leader Training, Berlin
- 24 Coös County 4-H Advisory Council meeting, Milan
- 25 Coös County Extension Council meeting
- 25-28 Deerfield Fair
- 30 Official end of 4-H 2007-08 program year
- TBA Coös Horse Project Fund Raiser, stall cleaning at the fairgrounds, 5:00 pm

October 2008

- 5-11 National 4-H Week
- 23-26 NorthEast Regional Volunteer Forum, Manchester, NH

Did You Know?

- Coös County will be sending 16 teens to NH 4-H Teen Conference at UNH in June! It's a record!
- The NH 4-H Career Development trip will focus on Hotel and Interior Design and will take place on Tuesday, August 12 and Wednesday, August 13, 2008. Packets have been mailed to all youth age 12 and older.
- Coös County 4-H gardens will be judged on August 20.
- National 4-H Council has produced a music CD called Clover Country which features famous 4-H alumni like Johnny Cash, Reba McEntire, Alabama, Vince Gill, and Glen Campbell. We have a few copies available for \$10 at the Coös 4-H Office.
- The State 4-H Dairy Show will be held at the Lancaster Fairgrounds on August 5 and 6.
- Barry Conservation Camp is a 4-H residential summer camp right here in Coös County. Check it out.
- August 10 is the traditional due date for Lancaster Fair 4-H entries. Since it's a Sunday this year, folks have an extra day to submit 4-H entries. They are due **on** the 11th.

Energy Costs

Soaring energy costs are affecting us all. Unfortunately, it appears that heating our homes this winter will be a real struggle. Perhaps there are things 4-H clubs can do now to help reduce this challenge for our families and for those in our communities who need help the most. It's important that we all watch out for our neighbors. Maybe 4-H clubs can help elderly residents with energy-related tasks? Here are a few ideas to consider:

- Cut, split, & stack firewood.
- Haul & stack those bags of wood pellets.
- Deliver demonstrations on energy conservation to schools, PTA, service clubs, etc.
- Offer to do home surveys to advise on weatherproofing and energy conservation.
- Install window insulating kits.
- Stack hay around the foundation.
- Install programmable thermostats.
- Add insulation to the attic.
- Plug air leaks with caulking, sealing, or weather stripping.
- Install storm windows.
- Insulate the hot water heater and hot water pipes to prevent heat loss.

Search around a bit and see what you can learn. There are lots of resources on the web. Check with your local hardware store to discuss options.

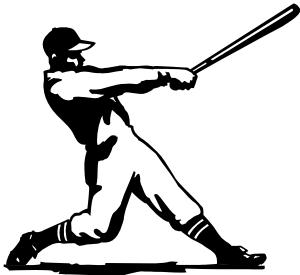
Scholarship Success

4-H offers financial assistance to enrolled members and volunteers in many ways. For example, the Coös County 4-H Advisory Council provides scholarships annually for 4-H members who attend NH 4-H Camp, Teen Conference, state livestock events, college scholarships, and more. Almost without exception, major state events are supported financially by the 4-H Foundation of New Hampshire which reduces the cost for everyone.

Recently, two Coös County 4-H members learned that other organizations also recognize and support the hard work and valuable learning experiences that youth gain through participation in 4-H. Samantha Wheeler of the Colts and Fillies 4-H Club and Zachary Mason of the Stratford Lions and Early Risers 4-H Clubs both earned \$1,000 from the New Hampshire Eastern States Exposition Trustees' 4-H Scholarship. This is a very competitive process and it speaks well of these outstanding Coös County 4-H members for rising to the top of the class and earning the only 2 NH scholarships!

Fisher Cats Baseball Trip!

How's this for a deal? Take your family to Manchester to see the NH Fisher Cats take on the New Britain Rock Cats for only \$8.00 per person! July 17 is NH 4-H Day at the New Hampshire Fisher Cats ball park in Manchester! Coös County 4-H is hiring a bus and traveling to the game and we're extending an invitation to all of our friends and neighbors. No driving to do and no gas to buy. One does not need to be in 4-H to participate. It promises to be great fun!



The NH Fisher Cats team is a professional minor league baseball team. They have a beautiful ballpark on the banks of the Merrimack River and there will even be fireworks that night.

Everyone is invited - 4-H members, 4-H families, and friends and neighbors. Tickets are \$8.00 (children under 3 are free) and this includes transportation! Part of the proceeds will support the 4-H Foundation of New Hampshire. We'll depart Coös County in the late afternoon and return sometime around midnight. We hope that those connected with 4-H wear green so that we are noticeable in the stands.

To sign up, send a check payable to "Coös County 4-H" (# of tickets ___ x \$8) to the Coös Extension 4-H Office (629A Main Street, Lancaster, NH 03584). Bring the whole club, the whole family, your team, everyone.....it will be a blast! Tickets sold on a first-come-first-serve basis. Go Fisher Cats!!



Come One, Come All...2008
NorthEast Regional Volunteer Forum
Talk about a fantastic opportunity...and in our own back yard! The Northeast Regional Volunteer Forum (NERVF) will be held in Manchester, NH from October 23-26. It represents a wonderful opportunity for 4-H Leaders and Teen Leaders from the 13 states in the Northeast Region to come together for a long weekend of fun, learning and connecting with other leaders in a meaningful and positive way. Group management skills are learned and improved, friendships gained and renewed. This is a great place to learn, gather tools and samples to bring back for your club, county, and state. Plus, ask anyone who has ever attended this NERVF and they will tell you that it's a ton of FUN!

The complete Forum packet will be mailed to every enrolled Coös County 4-H volunteer in the coming days. If you can't wait to check out the dozens and dozens of superb workshop offerings, then you can check it out on the web:

<http://extension.unh.edu/4H/documents/NERVFreg.pdf>

Let's work hard to recruit a large Coös County delegation to this training! The Coös County 4-H Advisory Council had dedicated a large sum of dollars to support our volunteers. The amount of individual scholarships will depend on the number of folks who apply, but expect them to be sizeable. Don't forget, New Hampshire is hosting this event. If you plan to attend, there will be lots of ways for you to support the effort by volunteering. Sign up today!

Shooting Sports Update

If you have an interest in getting involved in the 4-H Shooting Sports project, then we have some great news for you. Coös County will be the location of the next state-wide certification training on September 20-21 at the Barry Conservation Camp in Berlin. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from out-of-state are welcome. You can learn more by requesting a brochure or check us out on the web:
<http://extension.unh.edu/Counties/Coos/CoCNews.htm>

NH 4-H Policy on Replacement Project Animals

If a 4-H member's ONLY project animal dies, is critically ill to the point of being "unusable", or is deemed unsafe for the 4-H member to use as a project, after having been properly listed on an approval form, the Extension Educator may, after verifying the loss/condition, allow the 4-H member ONE replacement project animal. A new approval form is submitted.

If a 4-H member's animals are unable to be exhibited for any reason (illness, death, etc.), and they have other project animals listed on their approval form that are eligible, then there is never any substitution allowed. They may show the remaining animals on their approval form only.

Should a county have a 4-H member who misses an appropriate deadline, due to their not owning an animal at the time of the deadline, the county may make an exception for their county only. In some instances, a county may wish to use their discretion and issue an approval form to the

4-H member enabling him or her to exhibit within their county only. The approval form would be clearly marked below the educator signature. Limited to Home County Only.

For example, if a member in Cheshire County missed the approval form deadline or lost an animal due to death, injury or illness, and they have no other animal on their approval form, the Cheshire County 4-H staff MAY allow them to substitute another animal at the Cheshire County Fair ONLY. The exhibitor will not be allowed to show the substitute animal at any fair outside of Cheshire County.

Under no circumstances are replacement animals (for any species) eligible for Eastern States.

NH 4-H Camps Update

It is still not too late to make plans to attend NH 4-H Camp this summer. A brief glance at the NH 4-H Camp Brochure reveals dozens of fantastic opportunities. The best part about NH 4-H Camp is that you will have a fantastic time and learn quite a bit at the same time -- it is not a bad deal either! Can't find your brochure? Visit the website:
<http://extension.unh.edu/4H/4HCamps.htm>

Camp applications are available on line or at the Coös Extension 4-H Office.

Lancaster Fair Update

As you will remember, we provided a lengthy update on the fair in the last issue of *Across Coös*. The good news is that the Lancaster Fair Premium List will be mailed out to all enrolled 4-H members shortly. Keep an eye on your mail box. Of course, it is also posted on our web site if you would like to check it out today:

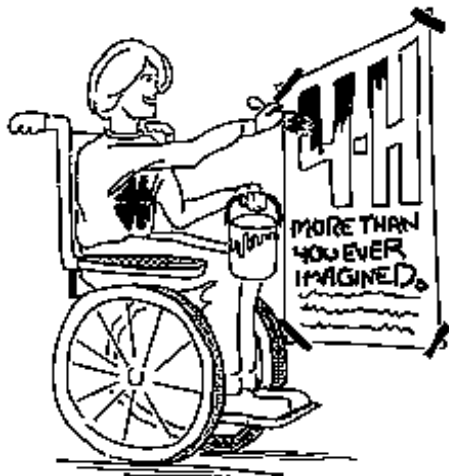
<http://extension.unh.edu/Counties/Coos/CoCNews.htm>

Operation Military Kids Camp

Operation: Military Kids summer camp is now open for registration! Kids, ages 7 to 17, from military families, are invited to sign up for this **free** camp and experience six days of fun and adventure in the heart of the White Mountain National Forest. You will meet other military kids, make new friends, and create lasting memories, while taking part in a variety of activities like swimming, canoeing, fishing, and archery.

The camp is open to military youth from any branch of service, whether active duty, National Guard or Reserve. Many youth events are held in the southern part of the State of New Hampshire, therefore, we are offering this youth camp opportunity in the northern part of the State, and giving first priority to our military youth in Carroll, Coös and Grafton County.

Don't miss this exciting opportunity – sign up now!



State Activities Day

Coös County was well represented at State Activities Day on May 31. Many families made the trip to Pembroke Academy and everyone gave the event very high grades. It is really a special feeling to go to this event to see 4-H members from all across the state. Impressive youth involved in some very impressive presentations.

We are proud to announce that Elissa Dyer of the Umbagog Area 4-H Club once again submitted a poster which was selected as a state winner. She's got quite a streak going. Perhaps a career in art or graphic design is in her future? Anyhow, way to go Elissa... now if I can only find a way to retrieve her 2006 poster which has fallen down behind my file cabinets?

A special thank you to the Coös County volunteers who served as judges and congratulations to all of our members who represented us well.



Coos 4-H Clubs

E A R L Y R I S E R S F J B K C E B S P
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ADVISORYCOUNCIL ARCHIES

ATOZ

COLTSANDFILLIES

COOSCLOVERS

COOSCREATORS

COOSKIDS

COOSSHARPSHOOTERS

CREATIVEKIDS

EARLYRISERS

GREENVALLEY

INDEPENDENTS

LIONCUBS

LOSTNATIONKIDS

MILANHILLTOPS

PLEASANTVALLEY

PUPPYPALS

RANCHHANDS

STRATFORDLIONS

UMBAGOGAREA

WHITEFIELDPIONEERS