

## CALENDAR OF EVENTS

### JUNE

7 - Jr. Leaders, June Meeting, 4-H office  
9 - MC 4-H Horse Leaders Mtg, Hopkinton Library, 7PM  
11 - Stitch 'n Sew Saturday, 4-H office  
14 - 2<sup>nd</sup> Teen Conference Orientation, 4:00 PM, 4-H office  
15 - Leaders Meeting, Hopkinton State Fairgrounds, 6:00PM  
18 - Merrimack/Sullivan Counties 4-H Horse Qualifying show, Hopkinton State Fairgrounds  
21 - OMK Family Night, Beech Hill Farm, Hopkinton, 6:30 PM  
23- State 4-H Horse Show Delegate Meeting, West Meadow Farm, Bradford  
26-29 - State Teen Conference, UNH Durham  
29 - County Records judging, 4-H office, 6:30PM

### JULY

1 – State Dairy Show entries due to Cheshire County  
9 - Fisher Cats vs. Portland Seadogs, 7:05PM  
9 - Rolling Bones 4-H Dog Fun Match, Epsom  
9 - 4-H Working Steer Qualifying Show, Lancaster Fairgrounds  
12 - Merrimack County 4-H Foundation, 6:00 PM, Cty Admin Building, Concord  
12 – 13 – Focus on Finance Career Trip  
15-17 - State 4-H Horse Show, Lancaster Fairgrounds  
20 - 4-H Advisory Council Meeting, Concord, 7:00PM

### AUGUST

1 - Club Exhibit Sign Ups  
9-10 - NH 4-H Dairy Qualifying Event for ESE, Lancaster Fairgrounds  
17 - Ruth Kimball Exhibit Hall Clean Up, 8:30AM  
30 - Exhibits come into Ruth Kimball Exhibit Hall  
31 – Exhibits Judged at Hopkinton State Fair



## Cooperative Extension

# Merrimack County 4-H Newsletter

Dear 4-H Families,

We hope you are enjoying some of this warm spring weather. We have had our spring garden meetings and families are preparing for planting. As we wind down the 4-H year, clubs will be holding end-of-year celebrations, cookouts, outings etc.

We hope that 4-H families have enjoyed time together as a family doing 4-H activities and celebrating with their children at spring events.

There are eight categories of developmental assets. Great things that all kids need include; support, empowerment, boundaries, and expectations, constructive use of time, commitment to learning, positive values, social competencies, positive identity. These are the qualities and relationships all kids need to succeed. 4-H experiences provide these assets and the more involvement you and your family engage in the program the stronger these are developed in children and families.

Peter Benson, PhD, President and CEO of the Search Institute quotes; *“Relationships are oxygen of human development. All young people need and deserve any adults who connect – and connect deeply – with them”*. You, our 4-H volunteers and mentors, are a key in this connection. We thank our many volunteers who provide that connection in so many ways in our program!

We hope to see 4-Hers, their families and our volunteers at Hopkinton State Fair, September 1<sup>st</sup> – 5<sup>th</sup>.

Debbie Cheever	Nancy Evans
Extension Educator	Program Associate
4-H Youth Development	4-H Youth Development

**UNHCE – Merrimack County, 315 Daniel Webster Highway  
Boscawen, NH 03303**

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## Exhibit Building Cleanup and Bathrooms

On Wednesday morning, August 17<sup>th</sup>, 8:30 AM, we will be holding our annual cleanup of the 4-H Ruth Kimball Exhibit Building. We need leaders and members to come for a few hours to help us spruce up our building and prepare the Farm-A-Rama bathrooms for the fair.

We hope to see you on August 17<sup>th</sup>. This counts as 4-H Citizenship in helping the 4-H program. Please let us know if you can help out.



## Achievement Nights are Just Around the Corner

As clubs plan for the conclusion of one year and the start of a new one, it is time to think about club achievement nights. Please let the 4-H office know your achievement night date as soon as it has been decided. This helps us plan with our Merrimack County 4-H Foundation directors, who act as middle management volunteers in visiting your club and helping pass out member/leader certificates and seals, fair premium checks, and installing officers. Call or e-mail Nancy soon with your date.

## Volunteers Needed for the Fair!

Research shows that the reason most people volunteer is because someone asked them. Well, we are asking YOU!

It is not too early to sign up for helping 4-H out at the Fair. The Merrimack County Junior Leaders and the MC 4-H Leaders Association are no different than school sports booster clubs. We need every family to help support the 4-H program and the great work we do with youth in Merrimack County.

Our fund raising efforts at the fair boosts the program all year and lets us do all that we do in Merrimack County.

The Hopkinton State Fair is September 1-5. We need help from everyone to make the five days of the fair run successfully and for no one to be over-burdened.

Volunteer roles needed include:

- Judges to evaluate 4-H exhibits – Wednesday, August 31<sup>st</sup>
- Folks to watch the exhibit hall – all days, different shifts the entire fair
- People to work shifts in the Country Kitchen, Chicken BBQ, and Ice Cream Parlor, all 5 days of the fair, various shifts
- Folks to serve on a cleanup crew at the Country Kitchen – evenings
- Each position has shifts to choose from. Call the 4-H office for more information.
- A separate fair mailing will be reaching your family sometime in July.

**Don't wait! Call now for 1<sup>st</sup> choice of positions and shift!**

**If clubs know the shift they want to volunteer for, call today to reserve your spot.**

We must prepare **TODAY** if we want to be ready for the Hopkinton State Fair in September. We are staffed entirely by volunteers so your cooperation and spirit of volunteerism are crucial to making the 2011 fair a success!

**Don't wait for a call!!! Call us today and volunteer!!!**





## 2011 4-H Youth National Science Experiment

National Youth Science Day will be Wednesday, October 5, 2011, when youth around the country will learn about renewable energy.

4-H National Headquarters and National 4-H Council are pleased to reveal that the 2011 National Science Experiment is *Wired for Wind*, an in-depth look at renewable energy technologies in the form of wind-power. Developed by the University of Nebraska-Lincoln and the University of Nebraska Cooperative Extension program, this three-tiered experiment will help 4-H young people to enhance their science, engineering, technology and applied math skills by allowing them to:

- Design, build and test two different wind turbine models
- Experiment with variables by examining three different blade pitch angles to determine the effect of pitch on rotor speed
- Relate their scientific experiences back to their own lives by determining how their communities can harness the power of wind and create a more sustainable and clean energy system
- Determine the best location for a wind farm in their state or local area by calculating wind power and studying wind data and maps

By connecting these important scientific lessons to civic engagement, 4-H youth become a living, breathing, culture-changing movement for doing the right thing, breaking through obstacles and pushing the country forward to successfully face the challenges of the future. Participation in *4-H National Youth Science Day* is meant to help spark an early passion for science, engineering and math and to encourage young people to consider these paths of study and future careers.



**REMINDER**  
**RECORDS AND COUNTY MEDALS**  
**Due Friday, June 24<sup>th</sup>**

## Year End Leader Packets

Clubs should have received club year-end packets under separate cover. These are due in the 4-H office no later than June 24<sup>th</sup>. For youth who are 12 and older, we have a special community service survey we are asking all 12 year olds and older to fill out and return with the club's annual reports. All clubs have to also turn in a financial report for your club's treasury activity. These are required files to be kept at the 4-H office and are required reports from all clubs. If your club has cloverbuds as part of your main 4-H group we would like a separate club annual report to be submitted for that part of your membership. If you need another copy, please call Lynn.

## 4-H Cookie Orders are Due in August

This year 4-H cookie orders will be needed by August. Cookie sale details and price will come under separate cover with details soon.



## TAKE A CHANCE!

We are sending a record number of teens from Merrimack County to represent the county at this year's teen conference. Forty-six teens will be attending from Merrimack County.

Teens will gather at UNH for a three-day conference to learn, meet new friends, develop leadership skills and have FUN!

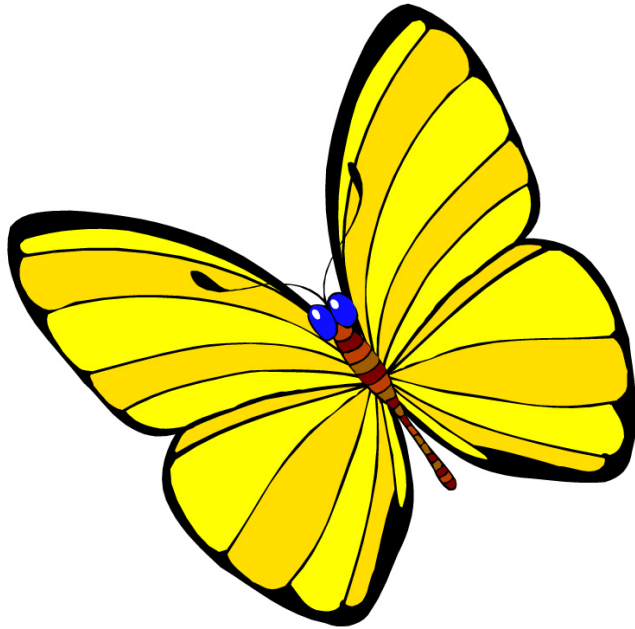
Susan Aznive  
Gabby Bachelder  
Marissa Bohlman  
Emelia Campbell  
Ashley Connor  
Rhett Courser  
Jordan Dahl  
Molly Dahl  
Cori Dempsey  
Tyler Dempsey  
Russell Donoghue  
Cyndel Donoghue  
Katie Downs  
Tara Fifield  
Naomi Fifield  
Peta Fifield  
Mallorie Hall  
Richard Hammond  
Evan Hauptman  
Madeline Hodgman  
Raymond Jenks  
Molly Jenna  
Kassandra Kelly  
Chelsea Kimball

Daniel Kimball  
Marisa Kimball  
Jessica Kimball  
Sophie LaRochelle  
Kelsey Lorden  
Ross Lougee  
Jesse Miller  
Karleigh O'Brien  
Matthew O'Brien  
Jennifer Ordway  
Katelyn Orrok  
Cadence Pentheny  
Jacob Pentheny  
Michelle Porter  
Alyssa Radcliffe  
Katherine Riendeau  
Nate Roberson  
Josiah Roberston  
Joshua Scarponi  
Emily Sterns  
Karl Weick  
Amy Wittel



### **Marketing YOU Workshop Tuesday, September 27<sup>th</sup>**

The date for this has been set at the 4-H office in Boscawen, from 6:30-8:30 PM. Anyone who is 14 and older is eligible to complete a 4-H resume. Call today 796-2151, anytime, and get signed up for this workshop. Resumes are necessary when applying for State & National awards and also will open doors and opportunities when applying to college. There are also jobs that teens may apply for that will require a resume. So...don't miss out on an opportunity because you didn't come to this workshop.



## Attracting Butterflies to Your Garden

Have you ever wondered how to attract more butterflies to your yard? 4-H Clubs are invited to learn how by visiting the Butterfly Garden at Petals in the Pines in Canterbury. 4-H club leader and Master Gardener, Donna Miller, will show youth the proper plants to grow to attract a variety of butterflies and caterpillars. You'll also learn how to watch for and observe butterflies in gardens and open spaces and you'll visit the "monarch maternity ward" to search for monarch eggs and caterpillars. This activity can be part of the Project Wings 4-H curriculum, or it can be a stand-alone learning activity/field trip. Call Donna at 783-0220 to schedule a free tour this summer.

## New Hampshire 4-H Sheep clinic

July 15-17, 2011 at the 4-H Youth Center

New Boston, NH

The 4-H Sheep Clinic is designed to teach 4-Hers the skills needed for the fitting and showing of sheep. The clinic is for youth, ages 8-18 as of January 1<sup>st</sup>, 2011, and is a great way for novice and less-experienced 4-Hers to get a head start or refresher before the summer fairs and sheep shows begin.

For more information please contact Jolee Chase, Program Associate, 4-H Youth Development, Hillsborough County, at (603) 641-6060 or email her at [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu)2011

Deadline for sign up is June 15<sup>th</sup>!

## Fair Books on Line

The 2011 Hopkinton State Fair will be here before we know it!

This year the fair will NOT be mailing fairbooks to you as in the past. The book is online and you will be able to print only the sections you need. That site is: [http://www.hsfair.org/handbook/2011\\_Exhibitor\\_Handbook.pdf](http://www.hsfair.org/handbook/2011_Exhibitor_Handbook.pdf)

If you do not have access to the internet, you can stop by the fair office and pick one up. We do not have fairbooks to distribute. They will be printing a few hard copies to accommodate those who do not have internet access.

Deadlines for 4-H livestock entries will be August 1<sup>st</sup>, as always. Enter early, as no late entries will be accepted.





## Textiles and Fiber Art Projects

We also want to recognize members who displayed Textile and Fiber Art Projects at County Fashion Revue.

**Pittsfield Victory Workers:** Mason Brown, Breezy Ferraria, Morgan Huse, Nathan Huse, Alexandra Kendall, Cora Lemay, Jordyn Pinto, Kirsten Therrien, Griffin Worster, Harrison Worster, Sophie Worster

## State Activity Day Winners

Congratulations to State Activity Day Winners from Merrimack County!

**Action Exhibits** Kayla Corliss Victory Workers

**Public Speaking** Ross Lougee, Victory Workers

**Demonstrations** Molly and Jordan Dahl, Millville 4-H Club

**State 4-H Fashion Selections** Marisa Kimball, Victory Workers

**State Fashion Revue** Breezy Ferraira - Victory Workers, Ashley Foss - Victory Workers, Marisa Kimball - Victory Workers, Dietrich Mahlstedt - Canterbury Rascals

**Photography** Elizabeth Sawyer- Jumping Jax Alpaca Trax

**Posters** Becca Miller - Independent Member

## Upcoming Recognition for Honors Evening

Although clubs do have their individual achievement nights, not everyone is aware of those who have served many years as a member, leader OR both!

Listed below are those that will be recognized at this year's Honor's Evening

### 5 YEAR MEMBERS

Amelia Aznive  
Susan Aznive  
Catie Barrett  
Shannon Bernard  
Hanna Buczala  
Emma Chase  
Sarah Chase  
Abby Davis  
James Downs  
Madison Duclos  
Hillary Fifield  
Peta Fifield  
Tara Fifield  
Charistopher Goodwin  
Mallorie Hall  
Emily Hauptman Evan  
Hauptan  
Brienne Hill  
Gregory Hill  
Nathaniel Huse  
Iris LaRochelle

Kelsey Lorden  
Chad Lougee  
Dietrich Mahstedt  
Kelsey Marcou  
Karleigh O'Brien  
Jordyn Pinto  
Rebecca Porter  
Megan Prescott  
Bram Robrertson  
Brianna Russell  
George Savageaux  
Zachary Sawyer  
Tyler Smith  
Robert Sykes  
Brailey Watson  
Ashley Wojdyla  
Alison Wolfe

### 10 YEAR MEMBER

Raymond Abair  
Chris Belanger  
Hannah Carlson

Molly Dole  
Molly Dahl  
Alyssa Mahlstedt  
Nathan Merrow  
Brandon Silver  
Christopher Veinotte  
Emma Wilcox

### 3 YEAR LEADERS

James Batchelder  
Margareta Buczala  
Tabatha Burwell  
Timothy Courser  
Austen Furness  
Deborah Godin  
Gwen Hall  
Amy O'Brien  
Sean O'Brien  
Misty Richard  
Edwin West  
Linda Woodward  
Samantha Youngman

### 5 YEAR LEADERS

Valerie Clausen  
Danielle Furness  
Matt Goodwin  
Stephanie Herlihy  
Linda Lewis  
Lydia West

### 10 YEAR LEADERS

Michelle Bersaw  
Susan Henley  
Tamara Orrok  
Alice Pickett

### 15 YEAR LEADER

Jean Leo

### 20 YEAR LEADERS

Sandra Creighton  
Becky Levesque  
Terry Riel

### 25 YEAR LEADERS

Wayne Hall II

### 30 YEAR LEADERS

Mike Dailey  
Mark Riel  
Mabel Wheeler

### 35 YEAR LEADERS

Holly Bickford  
Leon Miller  
Charlotte Sankey





## CONGRATULATIONS TO OUR STATE EASTERN STATES SCHOLARSHIP WINNERS

Congratulations to **Molly Dole** of Canterbury and **Josiah Robertson** of Contoocook, who received \$1,000 scholarships from the NH Trustees to Eastern States <sup>Exposition</sup>! Their awards were received in recognition of their excellent 4-H program accomplishments.

## 2011 STATE ACHIEVEMENT AWARD WINNERS

The following 4-Hers received recognition at State Activities Day for their hard work and positive contributions to the NH 4-H program through the 4-H resume process:

**Susan Aznive**  
**Elizabeth Sawyer**

## NATIONAL DAIRY CONFERENCE

**Josiah Robertson and Nate Robertson**, National Dairy Conference award recipients will attend the National Dairy Conference in Madison, WI in October, 2011.

## NATIONAL CONGRESS AWARD

State Achievement Award National Congress Award recipients, **Amelia Aznive** and **Josiah Robertson** will attend the National 4-H Congress in Atlanta, Georgia in November 2011.

## FASHION SHOW

Congratulations! We had another great Fashion Show and want to congratulate all the 4-Hers who participated.

Members recognized for outstanding accomplishments and who will be recognized at county or state events include:

### Recognition at Roundup

#### Canterbury Rascals

Sophia Sojka                      Emma Galonski

#### Girls & Boys Town

Haley Fleury

#### Silverbirch

Brianna Mullen

#### Victory Workers

Trinity Bond                      Sarah Currier

#### Warner 4-H

Mae Smith



### Recognition at Honors Evening

#### Canterbury Rascals

Beratriz Gillespie                      Dietrich Mahlstedt

#### Girls & Boys Town

Elizabeth Rydell                      Brittany Wheeler

#### Pittsfield Victory Workers

Kayla Corliss                      Jessica Currier                      Breezy Ferraira                      Ashley Foss  
Nate Huse                      Marisa Kimball                      Jessie Massey                      Sarah Mayberry  
Shelby Riel                      Jillian Towle                      Amanda Vanslette

#### Silverbirch

Anna Williamson

## Representing Merrimack County at State Activities Day

Fashion Selections Representing the County at State Activities Day

#### Pittsfield Victory Workers

Kayla Corliss                      Ashley Foss                      Jessica Kimball                      Marisa Kimball

## Alternates invited to State Fashion Selections

#### Pittsfield Victory Workers

Ashley Connor                      Jessica Currier

#### Warner 4-H

Molly Jenna


## Thanks also to the volunteers at State Activities Day;

State Fashion Revue – Carrie Lougee, State Fashion Judge - Lydia West, Herietta Kenney, Barbara Raymond, Public Speaking – John Lyford, Action Exhibits – Jim Miller, Janet Wisler, Fashion Show Narrators – Molly Dole, Marisa Kimball, Room Chairs – Taryn Galliher, Molly Dahl.



## Sew for the Love of It!

Contest for those who love to sew!

**Show us what YOU love to sew!** You choose the project, whether it's an article of clothing, a toy, something for your home, an accessory, a quilt, or even an item for your car or boat. Whatever you decide to create, show your love with a  somewhere on the project. It can be heart fabric, a pillow shaped like a heart, heart embroidery, heart-shaped pockets – it's completely up to you. The item you enter must be hand-crafted and utilize fabric, thread and sewing machine. Whatever you choose to sew, just make sure we see the expression of your love of sewing!

## Guidelines

- **Submissions will be accepted beginning August 10, 2011**
- **Contest runs through September 30, 2011**
- Submissions must be made online at [www.NationalSewingMonth.org](http://www.NationalSewingMonth.org) by midnight (Eastern) on September 30, 2011
- One entry per person
- Maximum two photographs per entry. Photos must be in jpg format
- Project must include a description of materials and techniques (machine sewing, embroidery, etc.) used to create the project
- Entries may be multi-piece, as long as they are coordinated and are intended to be used together
- Winners will be chosen by a panel of judges
- By submitting your information and photos, you are granting permission to show your photos online and to publish your name and project information with the photos. No other identifying information will be published and your contact information will not be distributed to any other party without permission
- Winners will be notified by October 31, 2011 and announced on November 1, 2011
- We're sorry, but due to international contest restrictions, contest is open to US residents only
- Prizes will be announced in July.

## 4-H Focus on Finance Career Trip

Save the dates of Tuesday and Wednesday, July 12 and 13<sup>th</sup>!

The career trip will take place in New Hampshire and will include 3-4 stops. Participants will spend the night in the dorms at UNH. There will be a special evening opportunity for the group. Cost will be \$100.00.

"Finance Scholarships" will be available through the Merrimack County 4-H Foundation for those enrolled and active Merrimack County members who apply.

Call the 4-H office to get an application for scholarship or print off on line from the **WHAT'S NEW** section at:

<http://extension.unh.edu/Counties/Merrimack/Merrimack.htm>

**Deadline for requests to the 4-H office: June 27<sup>th</sup>.**

**DETAILS ABOUT THIS TRIP ON FOLLOWING PAGE**



## FOCUS ON Finance Career Awareness Trip

- Date:** Tuesday and Wednesday, July 12-13, 2011
- Time:** Starting: 8:00 AM, (Tuesday, July 12<sup>th</sup>) WalMart Parking Lot, Concord
- Ending:** 4:00 PM, approximately WalMart Parking Lot, Concord
- Location:** Southern New Hampshire
- Open to:** Any 4-H teen, 12 and over as of July 1<sup>st</sup>
- Cost:** \$100.00 per person
- Registration Information:**

Call the 4-H office at 796-2151



## What DO you want to Be when you Grow UP?

### *The goals of the Focus on Finance Trip:*

- learn about careers in the world of finance
- learn what you need (or don't need) for education to enter the field
- teach you the basics of your personal finance management

### **Operation Military Camp – Exciting Program Offerings**

This summer UNH Cooperative Extension is offering a program for teens, “Stand Up, Speak Out!” This is for any youth between the ages of 13-18, July 25<sup>th</sup> - July 29<sup>th</sup> at UNH in Durham. Applications are due no later than Sunday, July 18<sup>th</sup>. See enclosed flyer for details.

### **OMK Tour of Discovery Camps for NH Military Kids**

Three camp offerings for 10-18 year olds include, “Reel in the Fun”, *Capture Your Adventures* and “Food Fitness and Fun”. Help promote these in your community!



## Summer Family Fitness

Get fit this summer by doing some of these exercises with other family members.

**1. Partner Roll** – Adult and child each get in a push-up position facing each other about 3 feet apart from each other. (A push-up position is defined as balancing your body on your toes and on your hands with your elbows straight). If it's too difficult to hold the position on your toes, holding the position on your knees is an option. One person has a ball such as a basketball, tennis ball, volleyball, soccer ball. The ball is rolled to your partner while the roller holds the push-up position. The receiving partner stops the ball while holding the push-up position, and returns it by rolling it back to the partner. Repeat this process 10 times. As your fitness improves, increase the number of rolls. This activity develops balance and coordination and strengthens abdominal, lower and upper back muscles.

**2. Can-Can Crab** – Adult and child each position their body on all “fours” with the stomach facing the ceiling. Your bodies are in line with your feet facing each other. On the word “go”, both raise their left foot to touch his/her partner's left foot. Bring the foot down and then raise right foot and touch. Touch feet approximately 10 times. Increase the touches as your fitness level increases. This drill develops balance and coordination, and strengthens quadriceps, gluteus maximus and abdominal muscles.

**3. Partner Pound and Clap** – Start in a standing position, facing one another. The adult extends both of his/her hands out approximately chest high with fingers open and palms facing your child. The child bends down and lightly pounds the floor two times with their palms, then jumps to try and slap/touch both of the adult's hands. (Adults – slowly raise your hands as your child's ability to jump higher increases). Repeat this 5 times. Reverse rolls with a slight modification. The child stands and bends at the waist, holding his/her hands down as low as they can with the fingers open and palms facing the adult. The adult bends down, slaps the child's hands two times and then jumps, raising his/her hands high above his/her own head. Repeat 5 times. Increase the jumps as your fitness level increases. This drill develops gluteus maximus, hamstring and quadriceps muscle groups. *Source: Skillastics*

\* Please register by June 14<sup>th</sup> in order to ensure that a Hero Pack will be available for any child who has not yet received one, and to help the hosts prepare adequate supplies.

Register at [https://www.events.unh.edu/RegistrationForm.pm?event\\_id=8484](https://www.events.unh.edu/RegistrationForm.pm?event_id=8484) If you do not have access to a computer, have questions, or need assistance to register, please call 603-862-2297

## Tom Fairchild Friend of 4-H Golf Tournament a Success!

The 2011 Golf Tournament was a great success! We give many thanks to Merrimack County 4-H volunteers who solicited items and or made/donated items for the auction.

Also many thanks to the volunteers who helped staff the golf tournament on May 20<sup>th</sup>. Carolyn and Paul Davis, Corine Miller, Sandy and Glen Creighton, Becky Levesque and Hillary Hodgman helped man holes, stuff goodie bags and set up and staffed the auction. We also want to thank all those who played on one of the teams. The heavy rain held off and a good time was had by all. Over \$5,000 was raised on the auction.

## CALLING ALL MILITARY FAMILIES!

We are looking for military families and their children to attend!

Merrimack County UNH Cooperative Extension will pay tribute to Military families in New Hampshire on Tuesday, June 21<sup>st</sup> at Beech Hill Farm in Hopkinton, 6:30 PM for an Ice Cream Social.

April was the “Month of the Military Child”. Operation Military Kids (OMK) is proud to use this opportunity to honor and salute military kids because they are heroes, too. During the Month of the Military Child, OMK celebrates the more than 4,000 children in New Hampshire that have at least one family member serving their country. Secretary Casper Weinberger established this national Defense Department commemoration in 1986. Since then, branches of the military, organizations and communities have created special events during the month to pay tribute to children in military families.

Our special event in Merrimack County is on Tuesday, June 21<sup>st</sup>, 6:30 PM. It will be an Ice cream social sponsored by Merrimack County 4-H teens and leaders.

## Hero Packs and Babysitting

Hero packs will be distributed at each event to any child who has not yet received one. There also may be chances to meet youth who have been trained through the OMK Babysitting Program. \*



## Great Summer Activity for Youth and Families

Help 4-H Nationally reach 100,00 4-Hers and family members completing the Lifestyle Award

### You're Invited to Join 4-H in Answering the President's Challenge

As part of 4-H's involvement with the *Let's Move* campaign, 4-H National Headquarters has started a group to take the President's Challenge together - and you and your family are invited to be part of it!

**The President's Challenge (PALA)** is for one million Americans to complete the Presidential Active Lifestyle Award (PALA). 4-H is answering this call by setting a goal to have 100,000 4-H members and their families complete their PALA.

The Presidential Active Lifestyle Award (PALA) recognizes those individuals who log their recommended physical activity for six weeks, five days a week (60 minutes for youth, 30 minutes minimum for adults).

**Signing up for the 4-H group is simple.** All you have to do is register. It's quick, and there's no cost to participate!

### HOW TO JOIN:

- 1) Go to [http://www.presidentschallenge.net/login/register\\_individual.aspx](http://www.presidentschallenge.net/login/register_individual.aspx)
- 2) Fill out the registration form.
- 3) When you arrive at your personal dashboard page, click on the groups tab and join the 4-H group.
  - Your Group ID Number: 96548
  - Your Group Name: National 4-H Program
- 4) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

NOTE: If you want to keep your information on a paper log, there is one in this newsletter. The challenge ends September 30<sup>th</sup>. Start today to begin logging in your six weeks to the deadline! Email [Deborah.cheever@unh.edu](mailto:Deborah.cheever@unh.edu) with your club members/families names with the subject line: PALA.

**The President's Challenge --**  
[www.PresidentsChallenge.org](http://www.PresidentsChallenge.org)  
**Let's Move Campaign --** [www.letsmove.gov](http://www.letsmove.gov)

HELP SUPPORT THE NEW HAMPSHIRE 4-H FOUNDATION. AND ENJOY A GREAT FAMILY EVENING OUT AT THE SAME TIME!

**Fisher Cats vs. Portland Sea Dogs**  
**Saturday, July 9<sup>th</sup>, 2011**  
**7:05 PM**

\$3 from every ticket purchased supports NH 4-H.

We are happy to order your tickets for you. We need a reply by June 27<sup>th</sup>. Make checks payable *to NH 4-H Foundation*. Mail your ticket request to: UNHCE, 315 D.W. Highway, Boscawen, NH 03303

Name \_\_\_\_\_ # tickets \_\_\_\_\_ x \$8 = \$ \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



CHANGE SERVICE REQUESTED

Current Resident or