



Welcome Back!

December 2011 – February 2012

**THIS WILL BE
YOUR LAST
MAILING IF YOU
HAVE NOT RE-
ENROLLED.**

Calendar of Events

And

County Event Schedule

Look inside to see
what 4-H has in
store this year.
Don't forget to mark
your calendars

Special Dates to Remember:

Animal Science 2012

Judging

Volunteer sign up

*HSF animal entries
due*

ALSO IN THIS ISSUE

*Winter Weather
Cancellations*

*Volunteer
Recognitions*

*Special Message
from Nancy Evans*

*National 4-H Mission
Mandates*

*Revolution of
Responsibility*

Military 4-H Club

PALA

Science Opportunity

Another Year of 4-H is Upon Us

To 4-H Families and
Volunteers,

Where has the fall
gone?!? Welcome back to a
new 4-H year! Clubs are up
and running and excitement
is high with new projects,
new opportunities and new
4-H friends!

This is a time when we
reflect on what we
accomplished together last
year in 4-H. Three hundred
fifty-two volunteers reported
giving 18,308 hours to 4-H
youth in the county, a cost
benefit of more than
\$391,058 to Merrimack
County.

This is equivalent to 9
full time staff people! We
had 40 new volunteers
complete the application
and screening process.
Fifty-one volunteers acted
as Middle Managers
helping run events; plan,
organize and lead career

trips; teach others; conduct
achievement nights;
enhance our county
resource base.

Youth and adults spent
3,325 hours together
planning and executing 81
group community service
projects.

Club organization
leaders tell us that 81% of
our youth shared a skill or
knowledge with others.
78% gained knowledge
through 4-H, 77% learned a
new skill, 76% improved a
skill and 77% applied a
skill.

These are enormous
accomplishments. We want
to thank all of our
volunteers and families for
their time, support, and for

helping us achieve these
wonderful outcomes for
our 4-Hers.

Johnnetta B. Cole said,
"The ultimate expression
of generosity is not in
giving of what you have,
but in giving of who you
are." Our volunteers give
endlessly to the 4-H
program in our county.
Their efforts help our
youth accomplish their
goals and help build a
bright future where young
people are successful.

We look forward to
meeting our new families
and wish all of our youth
and adults a very
successful 4-H year for
2012.

Let's all "**Make the
Best Better**" together!

Debbie Cheever
Extension Educator
4-H Youth Development
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Nancy Evans
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GENERAL INFORMATION

Re-Enrollment Forms

Reminder: Due November
1st. If you have not
returned yours, you are
not enrolled. Please
submit ASAP to receive
future IMPORTANT
information. Thank you!

Did you send a FAX?

Always call to be sure your
fax has arrived. Never
assume we have received
your document.

If you leave something in
our drop box, please follow
up with a phone call to let us
know.

Contact Information

Office Hours
Monday – Friday
8am – 4pm

Telephone
796-2151

Fax
796-2271



CALENDAR OF EVENTS

December 2011

- 10 Dairy Curriculum meeting, Location TBA
- 12 – Jr. Leaders “Friends of Forgotten Children”, Concord, 6 PM
- 25 – Christmas Day
- 26 – Office Closed – Christmas Holiday

January 2011

- 10 – MC4H Foundation, 7PM, County Admin Bldg., Concord
- 12 – MC4H Horse Leaders, 7-9PM
- 12 – MC Junior Leaders, 6:45 pm
- 15 – State 4H Horse Show Planning meeting, 2 pm Boscawen
- 18 – MC4H Leaders Association mtg, 6:30 PM, West Cong. Church, Concord, Soup Pot Luck
- 21 – National Conference/Congress and Dairy Conference Interviews, Belmont
- 20 – Reception for Nancy Evans
- 21 – State 4-H Horse Quiz Bowl, Belmont
- 25 – MC4H Advisory Council, 7PM, Cty Adm Bldg., Concord
- 27 – Snow Date Reception for Nancy Evans
- 28 – Snow Date for Conference, Congress and Dairy Conference Interviews
- 28 – State Wide “Animal Science Bonanza” open to all species organized by Cheshire County, Keene State College

February 2012

- 1 – Approval forms for Beef Steers going to ESE and ESE entries due
- 4 – Merrimack County 4-H Food Show & Public Speaking, MVHS
- 16 – MC Jr. Leaders, 6:45 PM
- 25 – State 4-H Horse Advisory Council meeting Newport HS
- 25 – Snow date, Merrimack County 4-H Food Show and Public Speaking, MVHS



2012 COUNTY EVENT SCHEDULE

County Events help reinforce life skills (goal setting, communication, etc.) Be sure you take part in at least one County Event.

PUBLIC SPEAKING/ FOOD SHOW: PRESENTATION DAY:

	Public Speaking	Food Show	Presentation Day	Fashion Evaluation
Date of Event:	February 4	February 4	March 10	April 14th
Snow Date:	February 25	February 25	March 17	
Registration:	9:00 AM	9:30 AM	8:30 AM	8:00 AM
Event Begins:	9:15 AM	10AM – noon	9:00 AM	
Place:	MVHS	MVHS	MVHS	Epsom Elementary
Who Can take Part	Juniors 8 – 13 Seniors 14 & up	Food Project Members 8-18 year olds	All 4-H Members 8-18 years old	All Clothing Members 8 – 18 years old
Register by:	Friday, Jan. 13	Friday, Jan. 13	February 10	March 23



POSTERS AND PHOTOGRAPHY will be pre-judged at the 4-H office prior to the event like last year.

POSTERS AND PHOTOGRAPHY ARE DUE TO THE 4-H OFFICE BY FRIDAY, MARCH 2nd

JUDGING WILL BE MARCH 6th

SNOW DATE: MARCH 7th

Fashion Revue Judging:
Saturday, April 14, Epsom Elementary

Fashion Revue: Friday, May 4, Merrimack Valley High School.

Arrival Time for Events

Please read carefully arrival time for events. There are designated registration times for each event. Please adhere to these in order for planning committees to have adequate time to set up and prepare for an orderly arrival time.

County Event Specifics

Food Show Volunteers Needed

- Minimum of 20 Judges

Presentation Day Volunteers

- Approximately 40 judges, scorekeepers and assistant judges
- 12 Judges for Demo
- 6-8 Poster Judges
- 6-8 Photo Judges
- 6-8 Scorekeepers
- 4 Action Exhibit Judges
- 6-8 Door Proctors
- 6-8 Room Chair people

Members

To sign up for any of these events, contact your ORGANIZATION LEADER! Speeches, Demonstrations, Action Exhibits are not to be repeated from a previous year. Members should be using the 4-H materials to get ready for these events. To get materials for your members, call the 4-H office or check out the web site at:

<http://extension.unh.edu/Counties/Merrimack/PDRes07.htm>

Winter Weather

We are approaching that time of year when winter weather could be upon us. We do try to be mindful of weather when holding our meetings. We ask for pre-registrations for committee meetings, events, etc. for a reason. If we need to cancel or reschedule, we will only contact those who have informed us they would be attending.

Please give us the courtesy of letting us know you will be coming. We want to be considerate of the safety of all.

In the same vein of this, please let the 4-H office know if you have changed your address, phone number and/or email. This will help immensely with the ease of contacting you if the need arises. We have tried to send emails to people and many come back. We would like to be able to count on this as some form of communication for those quick important notices.



HOW TO CONTACT US

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Email;

Deborah.cheever@unh.edu

Nancy.evans@unh.edu

Web:

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



GENERAL INFORMATION

Minimum Guidelines 4-H Membership

As we begin the new year, minimum guidelines are to be followed for 4-H membership by all clubs who are claiming 4-H status; general clubs, county clubs and animal clubs. Please review below.

It is important to understand that enrolled 4-H members receive a membership card and awards for completing of a year.

For Members 8- 18 years old:

- ✓ Members must officially enroll, annually, in a project with UNH Cooperative Extension.
- ✓ Determine, (set), project goals/objectives. NOTE: Goal setting materials are available for members and leaders. Call the 4-H office.
- ✓ Participate in 4-H activities and programs
- ✓ Verify work toward project objectives through documentation by your leader or supervisor, (4-H records serve as a good tool to accomplish this.)

To receive the greatest benefit, members are encouraged to:

1. Participate in at least one of the following, per year; a community service project, citizenship project, safety project, healthy project or communication project.
2. Participate in at least two different, (county or higher level), activities each year
3. Exhibit at Hopkinton State Fair. We rely on parents to help members to carry this out.

Those members who do not complete these guidelines will not be awarded completion pins or seals and may not be eligible for County or State awards.



Club Officers and Record Keeping

Congratulations to all newly installed Club officers!

Please support your organization leader and club officers by being supportive and volunteering to help out. Each club needs everyone to make the club a success.

Club officers need to keep accurate, written secretary and treasurers reports of each meeting. These need to be kept as a part of permanent records of each club and be shared at each meeting. As part of 4-H State requirements, financial reports are due from every club at the end of the 4-H year. Reports need to reflect starting balances for the year, expenses, income and final bank balances.

The president needs to run the meeting with the leader's support. Each meeting should have a business meeting component if needed, but should also include an educational segment and be fun! Let's plan together for a wonderful new 4-H year. Community Club treasurer accounts need to be kept low. Clubs should not be keeping large fund balances from one year to another. Funds should only be raised with a specific reason or club goal in mind.

All monies spent must be voted on by the club and documented in the minutes.

4-H Open to All

As we begin a new 4-H year, we want to remind clubs that 4-H is open to all youth regardless of age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status. We need to be sure youth and families in our communities know there is 4-H and be able to easily access involvement and be able to document this. We need to be sure we are providing opportunities to ALL on a nondiscriminatory basis.

Today you can use your local community web page to let people know about 4-H or community newsletters, school newsletter, Concord Monitor community Column. We need to be sure we are making 4-H visible in our communities.



EXHIBIT HALL JUDGES AWARDS

Eighteen youth received the judge's special award. These awards are given to youth with projects in Heritage Arts, Crafts, Woodworking, Posters, Photography, Knitting and Crocheting and are chosen by a committee once all judging has been done.

Best of Show Judges Award

- Cecila Condi
- Kayla Corliss
- Breezy Ferreira
- Ashley Foss
- Ashlynn Hammond
- David Hammond
- Nate Huse
- Annika Johnson
- Dan Kimball
- Becca Miller
- Jenny Ordway
- Lydia Ohman
- Jordyn Pinto
- Shelby Riel
- Elizabeth Sawyer
- Eli Shedd
- Brooke Wheeler
- Margaret Witham
- Griffin Worster
- Chris Veinotte

Foods Award

- George Savageaux

COUNTY CLUBS

We have great opportunities for animal science members here in Merrimack County for specific subject matter...county wide! The following Merrimack County Clubs are available to youth.

Clubs	Contact Person	Telephone
Beef Club	Guy LaRochelle	746-3712
Sheep Club	Wendy Dailey	774-5317
Working Steer	Bob Pearson	648-2428
Dog Clubs	Sarah Gardner	435-7740
	Meghan Borden	(617) 650-6839
Swine Club	Linda Lucas	768-5505
Dairy Club	Lynne Blye	736-8818
	Beth Silver	648-2210
Alpaca Club	Deb Marcou	774-5508
Horse Clubs	Wendy Spaulding	783-4204
	Mala Tyler	224-5068
	Marcia Evans	746-3884
	Kendra Messer	938-2042
Mini Horse Club	Lisa Thorne	491-5624

If you have an interest in any of these clubs, or would like to get involved in these project areas, give the leaders a call and see how you can become involved. If there are animal science projects not represented and you are interested in exploring a group, call our office for more information.

MERRIMACK COUNTY JUNIOR LEADERS OPEN TO ALL TEENS 13 AND OLDER 4-H AGE

We want to be sure all teens know they are welcome to join the Merrimack County Jr. Leaders.

This group meets monthly, every 3rd Thursday, 6:45 PM in the Concord area. Their focus is on leadership development and community service to Merrimack County and the Merrimack County 4-H Program.

The group is open to any 4-H teen or non 4-H teen. Get a friend and join a group that is fun and is making a difference for others in the community.

Call the 4-H office at 796-2151, for details, and to get the meeting notices sent to you.



AMERICAN INCOME LIFE
Insurance company

SPECIAL RISK
DIVISION

4-H CLUB SPECIAL EVENT INSURANCE REMINDER

Is your club taking out accident insurance for the year? This is really important as it covers your members at and during a 4-H project and/or monthly meetings. It only costs \$1.00 per member/per leader for a full year. (\$2 for horse clubs.)

We strongly recommend all clubs have this insurance to cover all of their leaders and members!

[http:// www.americanincomelife.com/who-we-serve/4-h-insurance](http://www.americanincomelife.com/who-we-serve/4-h-insurance)

There are changes this year!!!

American Income Life has updated and expanded benefits for the first time in almost 25 years!

Three new options are replacing Plans 1, 2 and 3 with increased benefits and rates. Horse and snow events are eligible for full coverage under all three options. Horse and snow accidents are no longer limited to the lowest benefit plan. The new minimum premiums are \$8.00 per activity.

Why purchase accident insurance?

Whether or not a family has personal health insurance, out of pocket medical expenses are the norm when a young person is injured while participating in a club activity. Families appreciate avoiding unexpected medical expenses, and volunteer leaders welcome the peace of mind in knowing coverage is available during their group activities.

Help ease concerns by having your club purchase the \$1/member per year coverage.

Year round coverage for \$1.00

\$2 per member for Horse Clubs

Special Activities Coverage for Accident or Illness

For camp, trips, fairs, and other special events

If you are sponsoring a community event, planning a week long camp, or participating in a parade, Special Activities coverage allows you to insure just one event, or multiple events. Both 4-H, and non-4-H members are included in the insurance. No names are required, just numbers.

You report the activity to the company before the event using estimated numbers and pay after the event based on actual attendance. Three coverage options are offered and you can request coverage online at:

www.americanincomelife.com . Using the American Life Web site you can register for insurance coverage on line.

The American Income Life Special Risk Division has insured 4-H programs nationwide since 1952, specializing in accident coverage designed to pay when the typical injuries occur during a covered event. The Blanket Accident Insurance for 4-H Clubs is the lowest cost, and easiest option, to cover your club members year-round during all adult supervised group activities. One short application included with the premium payment places coverage in force for the entire year. No additional reporting or list of youth names required. Optional coverage is also available for volunteer leaders.

*Watch your thoughts, they become words
Watch your words, they become actions
Watch your actions, they become habits
Watch your habits, they become character
Watch your character, it becomes your destiny!*



Hopkinton State Fair Thanks

Hopkinton State Fair 2011 is now history, but now is the time to recognize and thank those who made it a real success!

*We want to thank the over 400 people who helped us out in some way at the Hopkinton State Fair. From Judges, superintendents, show secretaries, workers at one of our 3 food booths, to watching over the Ruth Kimball 4-H exhibit hall, every single person who helped us out was a very important part of our 4-H team helping "to make the best better" in Merrimack County 4-H. It takes everyone working together to make a great program possible for youth, so if you were one of those volunteers....**THANK YOU!***

Thank you from the bottom of our hearts and know that you had a part in supporting 4-H Youth Development and making this fair a great success.

Volunteers Recognized



Mark Riel
State 4-H Alumni Award
Recipient 2011



Mark Riel Recipient of 2011 NH 4-H Alumni Award

Mark Riel is this year's recipient of the New Hampshire 4-H Alumni Award.

The award was presented to Mark, a resident of Pittsfield, at the annual meeting of the 4-H Foundation of New Hampshire. His selection came by unanimous vote of the foundation board and 4-H staff from throughout the state.

The alumni award is presented to someone who was a 4-H member as a child in any state. Mark has been involved with the Victory Workers 4-H club in Merrimack County, both as a youth and adult. This year marks his 30th year as a 4-H volunteer leader, teaching kids many project and life skills, and encouraging them to become involved in the community.

Mark has had pivotal leadership roles both at the county level in Merrimack County and with state-level 4-H volunteer positions. He had major leadership roles in the Merrimack County Leader's Association and was past chair of the 4-H Foundation of N.H. He also served as chair of the Bear Hill 4-H Camp review committee. Mark has been a regular participant in the Tom Fairchild Friend of 4-H Golf Tournament and has secured sponsorship for the tournament as well.

Both Mark and his wife Andrea are active in their community. Let's congratulate Mark on this well-deserved honor!

Wendy Dailey Receives "Spirit of NH" Award

Wendy Dailey was recognized by Volunteer New Hampshire with a Spirit of NH award at a ceremony on November 8th. She was recognized for her work as the organization leader of the Dunbarton Silverbirch 4-H club and the Merrimack County 4-H Sheep club. For 42 years, she has carried on the tradition of volunteerism of her mother, Jean Hodgman. Wendy has been active in the Merrimack County 4-H Foundation and has served as the 4-H Sheep Superintendent at Hopkinton State Fair for 24 years. She is also active in her community, serving on the town Historical Society.

Let's all congratulate Wendy for receiving this well-deserved honor!



Wendy Dailey
Spirit of New Hampshire Volunteer Recipient
2011



VOLUNTEER AND MEMBER RECOGNITIONS

We want to thank our many volunteers for their years of service to the Merrimack County 4-H program. Our volunteers carry out a variety of roles in support of our program and it is the sum of the whole that provides the strength of our program. Collectively it represents 394 Years of service by our volunteers who were recognized this year alone.

LEADERS	LEADERS	MEMBERS	MEMBERS
<p>3 Years James Batchelder Misty Batchelder Margareta Buczala Tabatha Burwell Timothy Courser Austen Furness Gwendolyn Hall Amy O'Brien Sean O'Brien James Robertson Edwin West Linda Woodward Samantha Youngman</p> <p>5 Years Valerie Clausen Danielle Furness Matt Goodwin Stephanie Herlihy Linda Lewis Lydia West</p> <p>10 Years Michelle Bersaw Susan Henley Tamara Orrok Alice Pickett</p> <p>15 Years Jean Leo</p>	<p>20 Years Sandra Creighton Rebecca Levesque Terry Riel</p> <p>25 Years Wayne Hall II</p> <p>30 Years Mike Dailey Mark Riel Mable Wheeler</p> <p>35 Years Holly Bickford Leon Miller Charlotte Sankey</p> <p>40 Years Barbara Annis</p>	<p>5 Years Amelia Aznive Susan Aznive Caitie Barrett Shannon Bernard Hannah Buczala Emma Chase Sarah Chase Abby Davies James Downs Madison Duclos Hillary Fifield Peta Fifield Tara Fifield Christopher Goodwin Mallorie Hall Emily Hauptman Evan Hauptman</p>	<p>5 Years (continued) Brienne Hill Gregory Hill Nathaniel Huse Iris Larochelle Kelsey Lorden Chad Lougee Dietrich Mahlstedt Kelsey Marcou Nathan Monroe Karleigh O'Brien Jordyn Pinto Rebecca Porter Abraham Robertson Birianna Russell George Savageaux Zachary Sawyer Tyler Smith Robert Sykes Brailey Watson Anna Williamson Ashley Wojdyla Alison Wolfe</p> <p>10 Years Molly Dahl Molly Dole Alyssa Mahlstedt Nathan Merrow Brandon Silver Christopher Veinotte</p>
<p><i>Congratulations!</i></p> 			

I DARE YOU AWARD
This year's I Dare You award recipient is Kayla Corliss who received recognition at this year's Honor's Evening. The I Dare You Award is given annually at Honor's Evening to recognize older 4-Hers who show potential as emerging leaders. Danforth's philosophy was to stand tall, smile tall, think tall and live tall. He recognized that each person had special gifts and delighted in seeing them develop and their potential fulfilled.

Congratulations Kayla!

ALICE THOMPSON AWARD
This year's Alice Thomson award recipient was Marisa Kimball.

This award, given annually, recognizes an older 4-Her who has demonstrated involvement, commitment and interest in the Home Economics project areas.

Alice Thompson, wife of Wilber Thompson, was active in 4-H work as a leader of the Earnest Workers and Canterbury Belles Club.

Congratulations Marisa!



ANIMAL SCIENCE INFORMATION

4-H Animal Science Program 2012 Calendar

DECEMBER

10 – Dairy Curriculum Meeting

JANUARY

15 – State 4-H Horse Show PLANNING mtg, 2 PM
Boscawen

21 – State 4-H Horse Quiz Bowl, Belmont

28 – Animal Science Bonanza – open to all species
statewide Keene State College

FEBRUARY

1 - Approval Forms due – Beef Steers to ESE and ESE
entries due

25 – State 4-H Horse Advisory Council – Newport HS

MARCH

17 – State 4-H Dairy Quiz Bowl

APRIL

1 - Horse Approval Forms due for Horses qualifying for
ESE

TBD – NH 4-H Horse Judging and Hippology

MAY

1 – 4-H approval form deadline for llamas, dogs, working
steers, dairy cattle, beef, heifers going to ESE and horses
not going to ESE.

1 – Beef heifer entries due

5 – 6 State Dairy judging

JUNE

2 – State Activities Day

15 – Approval forms due for all swine, sheep, goats, small
animals and beef not going to ESE

JULY

7 – Rolling Bones Dog Fun Match (qualifying) tentative

13-15 State 4-H Horse Show – Lancaster

AUGUST

1 – Animal entries due Hopkinton State Fair

30 & 31 – Hopkinton State Fair

SEPTEMBER

1-3 - Hopkinton State Fair

CONGRATULATIONS to the following Merrimack County 4-Hers who received the following awards at this year's Hopkinton State Fair.

4-H Dairy

Ruth Kimball Award

Robert McGregor Award

Louie Hodgman Award

Fisher Award

Karleigh O'Brien

Madeline Beaudry

Brandon Wolinski

Si Robertson

4-H Beef

Top Herdsmen

High Scorer

Spirit Award

Sydney Wilson

Joey Bosworth

Jiliana Stebins

4-H Sheep

Jeanne Sherman Junior

Sue McNamara Award

Maria Sisson

Teresa Hromis

4-H Swine

Market Hog Award

Best Educational Display

Samuel Wilcox

Nate Huse

4-H Working Steer

Teamster Award Junior

Teamster Award Intermediate

Emma Kimball

Cy Courser





MESSAGE FROM NANCY

Dear Merrimack County 4-H families, youth and volunteers,

After 24 years in Merrimack County as a program associate for 4-H youth development and 10 years as a volunteer and club leader prior to that, it is with great regret that I want to tell you that I have chosen to take the separation incentive offered by the University of New Hampshire. My last day of work is scheduled to be January 6, 2012. The years spent in 4-H with all of you have been the best years of my life and I will miss you all very much! It has been amazing working with you all this past 24 years and I will miss your enthusiasm, perseverance, "make the best better" spirit, and of course the talent you all brought to our program.

But, 4-H gets into your blood, so I'm sure I'll see many of you again as I volunteer to judge or teach workshops in the years to come. I know you will all do everything you can to support Debbie in this time of transition and help keep the 4-H program vibrant and strong in Merrimack County.

In the words of Garrison Keillor, "Be well, do good work, and keep in touch."

Sincerely,

Nancy Evans

JOIN THE REVOLUTION OF RESPONSIBILITY

HAVE YOU JOINED?

There's a revolution, happening throughout the country...the **"Revolution of Responsibility"** that is being spearheaded by National 4-H Council.

What is the 4-H Revolution of Responsibility? It's a movement for positive change in every community in America. 4-H youth are a living, breathing, culture changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live.

Like our 4-H motto says **"Make the Best Better"**, the 4-H Revolution of Responsibility challenges all of us to be responsible to ourselves, others we interact with and our communities we live in.

One of the H's in 4-H **"Hands to Larger Service"** is our chance to reach outside ourselves to help solve problems by making our communities and our world just a bit better place to live, work and play.

Make your commitment to make your community a better place to live. Check out the web site: www.4-h.org/about/revolution/ and tell your story of the difference you have made.

NATIONAL 4-H MISSION MANDATES

For over 100 years 4-H has been dedicated to creating opportunities for youth that broaden skills and aspirations nurturing the full potential of youth. The educational foundation for 4-H lies in three mission mandates:

- **Science, Engineering and Technology** – tied to agricultural and environmental issues
- **Healthy Lifestyles** – tied to human health and well being
- **Citizenship** – tied to activities of people with institutions and government for the common good.

As we look to integrate these mission mandates into all we do, you will see changes or additions to activities, and volunteer training events we do to reflect these focuses. We are looking to our volunteers to embrace these in order that today's youth are as prepared as they can be for becoming our leaders of tomorrow.

As we encourage our youth to be excited about new learning we also hope our volunteers will challenge themselves to be "lifelong learners" and help to learn alongside our youth as we bring youth new knowledge in order for them to adapt to an ever changing world.

Even though these mission mandates appear to be new, they have been embedded into the things we already do in 4-H. These mission mandates will bring us new energy to reinforce what we are already doing in the critical life skills and citizenship areas.



CITIZENSHIP – One of the three Mission Mandates

As you prepare to start the new 4-H year and you begin planning your citizenship projects, challenge your 4-Hers to grow in their citizenship activities and reach out to others in their communities to try new citizenship projects. Be sure to establish the needs in your community to engage your youth in true **COMMUNITY SERVICE LEARNING**.

We want to celebrate the 81 group and 43 individual projects done by our 4-H clubs this past year with a total of 3,325 hours spent with youth and adults engaged together.

Here are some ideas for members and clubs to think about as you get started

Family

- Do your share as a family member.
- Help plan and participate in family outings.
- Beautify inside and outside your home.
- Talk to brother, sister, mother or father about your concerns; listen to theirs.
- Offer to help, even if it is not your turn.

Club

- Attend club meetings regularly.
- Have a club program on understanding others – (values clarification) – the aged, other religions, other cultures, other age groups (whether younger or older).
- Assist officers and leaders to set up for club meetings.
- Volunteer your ideas and talents.
- Help others to learn what you know; share your ideas.
- Do your part to make everyone feel good about being in your club.

Neighborhood

- Take time to get to know the people in your neighborhood.
- Learn from others and their experiences.
- Help neighbors who need you – raking leaves, visiting, doing errands, shoveling snow, or mowing lawns.
- Look out for safety hazards and try to eliminate them.
- Include younger and older children in neighborhood play. Become aware of their feelings and their contributions to the neighborhood group.
- Be a good sport: not only in games, but in group activities.

Town

- Set up child care services for town meetings.
- Clean up roadsides, rivers, parks or picnic areas.
- Take on a special beautification project; help set up nature trails; plant and care for flowers, shrubs and trees on your road or town property.
- Promote recycling and other town events.
- Plan a “Get out the Vote” campaign.
- Adopt a grandparent; visit those who are alone or older couples.
- Read to or write letters for others in town.
- Do a town benefit for special causes; carnival, Heart Fund, Thanksgiving baskets or benefit horse show.
- Understand town meeting process.

County/State

- Participate at county and state 4-H events.
- Understand county/state government.
- Visit county nursing home regularly; make friends with the elderly.
- Get to know those in leadership and understand what they do in the county – commissioner, judge, attorney, registrar of deeds/probate, sheriff, or legislator.
- Communicate your concerns to county/state legislators.
- Ask for tour of the state house.
- Plan a tour of departments of your county government.
- Tour historical and political places in the state.
- Share an exhibit about what you have learned at your fair, county events or state activities day.

National

- Attend citizenship programs at National 4-H Center.
- Become more informed about a national concern and communicate your concern.
- Take part in a 4-H exchange with another state.
- Understand the political and economic process.

International

- Take the International Intrigue 4-H project.
- Write to a foreign pen pal.
- Host an International 4-H Youth Exchange talk in your school or town.
- Contact a student or adult speaker from a college for international learning opportunities.





MILITARY 4-H CLUB PROGRAM OFF AND RUNNING!



New Hampshire has a new and exciting initiative to introduce more military youth to 4-H clubs and events. The Military 4-H Club Program “kicked off” with a horseback riding event in October co-hosted by the Easy Riders 4-H Club, Operation: Military Kids (OMK), and Shared Gifts, a non-profit organization in Hopkinton, NH. Shared Gifts uses rescued and retired equines to act as great teachers for 4-H youth, Special Olympics equestrians, and other individuals needing emotional and physical support and connection. Fortunately, this wonderful day of activities went off without any real kicks, and was thoroughly enjoyed by 37 military family youth and parents. Activities offered included a chance to “meet and greet” the horses and ponies, learn about horsemanship safety, have a short horseback ride, watch an interesting demonstration of riding and driving done by 4-H Easy Rider Club youth, and work on crafts projects. Marcia Evans, 4-H Leader, and Mary Congoran of Shared Gifts led an impressive team of 4-H connected youth and adults who were on hand to volunteer their time, and help to facilitate the various activities.

4-H Youth Development oversees several programs supporting military children, teens, and families in New Hampshire. These partners include Operation Military Kids, the Military 4-H Club

Program and the Northern and Southern Regional Support Networks, all of whom provide outreach to our geographically dispersed service families. Holly Zirkle is the part-time Military 4-H Club Coordinator, and has a background well suited to the position. She was raised in a career Military family, is married to a Viet Nam veteran, and previously coordinated



summer camps events for OMK. Holly was also an avid 4-H Horse clubber during her youth, and enjoyed related activities such as 4-H judging teams and horse shows. She has a B.A. in Zoology and Psychology, a Master Social Work degree, and a wealth of experience in working with people and programs. Holly is passionate about helping youth from service families get connected to the many benefits of 4-H programming, and is looking forward to collaborating on this project with 4-H Youth Development staff and military Family Support personnel in all of the service branches.

The October program hosted by the 4-H Easy Rider Club and Shared Gifts was a huge success, but only one example of how clubs might provide outreach to service families. Let us know if your club might be interested in having a

special activity or program for military youth or families. Many 4-H event or project themes would be appealing to these families. Including:

- Robotics, Science & Technology
- Cooking & Kitchen Science
- Fitness Sports & Healthy Living
- Nature & Outdoor Adventure
- Environment & Green Living
- Photography or Crafts
- Fashion Selection and/or Sewing
- Leadership & Community Involvement
- Dogs & Small Animals (pets)

Just contact the Military 4-H Club Program ...we'd love to hear your ideas! The program often works in conjunction with OMK and can provide marketing, registration and other support for your planned events. It is hoped that military youth will be interested in joining current clubs, once they have a chance to see what 4-H is all about. The Military 4-H Club Program is also seeking adult volunteers from military families or other sources, to support the addition of military youth to existing clubs, or even to start new ones in areas where there are high numbers of military families.

For more information, please contact Holly Zirkle at (603) 866-2624 or holly.zirkle@unh.edu





PALA CHALLENGE – (Presidents Active Lifestyle Challenge)

The PALA Activity form can be found on the Merrimack County Web page at: <http://extension.unh.edu/Counties/Merrimack/Merrimack4HYD.htm> The form is to be returned to the 4-H office by February 17th. **NOTE:** The group ID number will be the name of your 4-H club.

We want to offer out the challenge to all 4-H families to get involved through 4-H in the PALA challenge. The challenge is for anyone, students to seniors. It is geared to anyone who wants to set themselves on the road to a healthier life through positive change to physical activity and eating behaviors.

How do you get started? There are 4 easy steps and very simple to complete.

1. Choose Activities – Any physical activity that involves large muscle groups and burning energy counts.
2. Get Going – you have up to 8 weeks to complete the program. The program is a total of 6 weeks.
3. Log It – You can log your time as often as you want in amounts short as 5 minutes
4. Order Your Award - The online tracker will let you know when you reach all of your goals. Then you can order your award.

So...What do you need to do?

- Start Date: December 19th
- Complete by February 17th
- Get started with your 60 minutes a day activity (youth) and 30 minutes a day (adults), Five days per week for six out of eight weeks! Once you complete this you will be eligible for an award.

We would like to see big numbers from Merrimack County! Anyone who completes will also be recognized at Presentation Day, March 10th at Merrimack Valley High School. All who complete will be recognized, youth and adults, with an award sponsored by the Merrimack County 4-H Foundation.

We have a chance to be recognized by National 4-H Council with awards depending on how many youth participate from our county.

Call and talked to Debbie (796-2151) if you have questions.

CLUB REQUIREMENTS

Here is a refresher on club requirements in order to remain an active club in good standing:

- ✓ Meet and hold regular meetings
- ✓ Members and leaders determine club objectives annually and plan annual program.
- ✓ Yearly program plan includes a citizenship/ community service activity and a health or safety activity.
- ✓ Elect club officers or rotate club officer responsibilities among members.
- ✓ Submit a Secretary's and Treasurer's report annually.
- ✓ Submit a YEAR END REPORT of Leader/member project completion annually and club accomplishment reports.
- ✓ Participate in at least one county activity/event.

Clubs not completing requirements will not receive a club charter seal, will not be able to have the ability to use finances, use the 4-H clover, and club must reapply for club status.





UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION
ROCKINGHAM COUNTY



4-H Science Opportunities!

This year "4-H Science" will be a new Demonstration category at our County and State Activities Day.

4-H'ers will present science experiments and engineering designs for judging and Recognition Awards.

But you don't have to wait until spring to get started . . .

Form a team now and accept the challenge by eCYBERMISSION!



Click on image above for eCYBERMISSION video.

eCYBERMISSION is a free, web-based Science, Technology, Engineering and Mathematics competition sponsored by the U.S. Army. Teams of students in grades six through nine compete for state, regional, and national awards while working to solve problems in their community. Registration is open through December 16.



State, Regional, and National awards available (\$500-\$5,000 savings bonds) - click here to learn more!

For more information about 4-H Science Demonstration activities or eCYBERMISSION, contact Rick Alleva at 603-679-5616 or rick.alleva@unh.edu

Like us on Facebook



Science Excitement Coming to Presentation Day!

We will be adding a new piece to Presentation Day this year...Science experiments! We have a new Science experiment demonstration score sheet that will allow those 4-Hers excited about science and technology to demonstrate the application of science inquiry skills. Check out the score sheet at:

<http://extension.unh.edu/Counties/Merrimack/Merrimack4HYD.htm>

More details will come in the Presentation Packet materials sent in December.

The advisory Council reviewed the score sheet and is excited that we will be able to offer this new opportunity!



**Be Active and Play,
60 minutes, every day**

U.S. Department of Health and Human
Services

Centers for Disease Control and Prevention
National Center for Chronic Disease
Prevention and Healthy Promotion
Division of Adolescent and School Health

www.cdc.gov/HealthyYouth

CHANGE SERVICE REQUESTED

4-H Youth Development
315 D. W. Highway
Boscawen, NH 03303