

Strafford County 4-H

Clover Chronicle



Check out all of the wonderful opportunities for 4-H Youth in our County!!!



Upcoming Events

UNH Greenhouse Open House March 25-26 9AM – 4 PM

There is plenty to see and do...guided tours from 10:30 AM to 2 PM, plant sales, special lectures, displays from UNH research and special projects.

<http://extension.unh.edu/Agric/Docs/GHOH2011.pdf>

County Activities Day, March 26, 8:30 am start, Thompson School, UNH
Hope to see all of our 4-Her's and clubs taking part in this great 4-H showcase!

- Developing communications skills is so valuable and doing it in 4-H provides such a positive environment for youth to feel comfortable speaking to an audience.
- Register at the 4-H Office by March 11th! For additional information:

<http://extension.unh.edu/Counties/Strafford/Docs/CADEventDescriptions2011StraffordCounty.pdf>



Sweet Yeast Bread Demonstration from King Arthur Flour March 26th – 3-5 PM

The King Arthur Traveling Baking Demonstration is coming to the Jarvis Center at 40 Andrew Jarvis Drive in Portsmouth. The 2 hour Demonstration will be followed by "Talk Baking" and a Q&A Session. So why not head over after County Activities Day to catch some helpful hints from their educators, get some good recipes and perhaps win a door prize! No need to preregister.



Strafford County 4-H Advisory Council Next meeting – March 28th

This important group is the sounding board for ideas, the 501C3 organization to accept and disperse funds on behalf of the county 4-H program, a networking group, and provides the leadership for many county 4-H events. Officers for this year are Christie Gerasimchik, Chair; Bert Eckert, Treasurer; Elizabeth Attisano, Secretary. Other current members are Regina Attisano, Kelly Colby, Sherry Moclock, Cheryl and John Huckins, Cindi Wiggins and Chris Bozak. Lynn Garland and Gail Littlefield are also ex-officio members. The next meeting will be Monday, March 28th at 6pm at the UNH Cooperative Extension office. Clubs are invited to send an adult or teen/older member representative.



Future Chef Program

This new short course is being planned by Christie and Steve Gerasimchik and will focus on skills and knowledge of the food and restaurant business. You will learn about preparing appetizers, salads, vegetables, meats and desserts! Guest speakers, hands on activities, food presentation tips and table etiquette. Call Christie for information at the Strafford County UNH Cooperative Extension Office – 749-4445





Leader Training Spring Conference.... Saturday, April 2nd

Epsom Elementary School... for 4-H Volunteers and youth 12 and older from all over NH
Registration fee - \$10 – includes lunch. Event begins at 8:30 AM. Homeward bound at 3:30 PM.

Deadline to register is March 21st. Please register early to get your choice of workshops! This year's theme is "Preparing Volunteers for today's 4-H". Morning workshops will offer many workshops such as Club Management, CPR, Cloverbuds and Wind Power. The lunch keynote will focus on the hot topic area of bullying. The many exciting afternoon workshops include topics such as Junior Master Gardener, Fiber Arts, Risk Management and Using an AED machine. Scholarships available from the Strafford County 4-H Advisory Council. Here is the link:

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

Fashion Revue and Fashion Selections... April 30th and May 6th

Like to shop for clothes or sew special garments for your wardrobe? Then we hope you will enter this year's 4-H Fashion Revue and Talent Program. Judging of fashion revue garments and fashion selection entries will take place at the Rockingham County UNH Cooperative Extension Office in Brentwood on Saturday morning, April 30th and the show takes to the stage at the Epping Middle School at 7 PM on Friday, May 6th. So invite your family and friends to cheer your modeling pizzazz. There will be workshops and practice time on stage after school for participants. This year's theme is "Flight of Fashion". More details will be coming. Resources are at <http://extension.unh.edu/4H/4HProgs.htm>



Kids Can Grow Program

May 7, June 4, July 9, August 6, Harvest Celebration: September 11

Registration Deadline – April 15 Cost - \$10

Youth ages 8-12 who want to develop greener thumbs are invited to apply for the gardening program that matches a youth gardener with a Master Gardener mentor. Youth will be building their raised beds with building materials provided and using square foot gardening techniques.

Youth will grow food and flowers for your family and also help out at the community garden at the County Farm. The participants need to attend the teaching sessions which are held at the County Complex behind the Riverside Rest Home from 9-11 AM. A Harvest Celebration for the Kids Can Grow families will be held at the UNH Thompson School on September 11. Space is limited – so sign up early to be involved in the 2011 program. Link for information and applications: <http://extension.unh.edu/Counties/Strafford/Strafford.htm>

Golfers Supporting the NH 4-H Foundation

May 20, Candia Woods Golf Links

Individuals or teams of 4 golfers can sign up to participate in this benefit golf tournament.

Sponsors are also being sought. There's even a silent auction with online bidding starting in May. All for the great cause of supporting state wide 4-H programs.

<http://extension.unh.edu/4H/Docs/4HFoundn/foundglf.htm>



NH 4-H Shooting Sports Leader Training

May 21-22 at the 4-H Youth Center in New Boston, NH

Registration form and payment must be received by Larry Barker at the Coos County 4-H Extension Office by May 6. To teach in 4-H shooting sports volunteers must be screened and certified in each discipline. This training is available for teens 16 years and older as well as potential volunteers. Volunteers will follow a track for either archery, black powder, pistol, rifle, shotgun, advanced shotgun, or wildlife and hunting. If you would like to become certified, but can't attend this event, NH volunteers can also attend trainings in Maine (April 30- May 1) or in Vermont (TBA).

http://extension.unh.edu/resources/files/Resource001813_Rep2541.pdf

2011 NH 4-H Teen Conference "Take a Chance"

UNH – Durham June 26th to 29th



Teens need to have completed the 8th grade or be 14 or older by 6/26 in order to register for this event. The cost will be between \$220 and \$230 for the entire 4 days . Room, meals, activities and T-shirt are included (some workshops carry an additional fee.) 2011 Teen Conference theme is "Take a Chance". Teens elected at last year's conference to serve on the State Teen Council have been planning fun new workshops along with the classic favorites. Some highlights will include shooting sports, fencing, a visit to Monkey Trunks Ropes Course , ballroom dancing, fly fishing, video production and print making. This super fun conference will feature an opening night costume ball, a trip to Hampton Beach for a BBQ and a closing dance complete with light show! Come and learn a new skill or investigate a career interest. The Teen Council can't wait to see you there! Scholarships will be available from the Stafford County 4-H Advisory Council. More details should be posted soon at: <http://extension.unh.edu/4H/TeenConf.htm>



Make Summer Special! Attend 4-H Camp....

Programs from June 26-August 5

The Barry Conservation Camp will open this summer for youth ages 8-17, thanks to the upgrading done by so many volunteers. Located in the White Mountain National Forest at the Berlin Fish Hatchery, it is operated in cooperation with the NH Department of Fish and Game. There are 6 cabins housing 7 campers and a counselor. Barry Conservation Camp is famous for hands on learning about nature, the environment, and conservation <http://extension.unh.edu/4H/4HCamps.htm>

Take Me Out to the Ball Game – Fun Night for All! Saturday, July 9

NH Fisher Cats vs Portland Sea Dogs Baseball game in Manchester starts at 7:15 PM. \$3 of every \$8 ticket sold by 4-H goes to support the programs of 4-H. This makes a great outing for 4-H families. Please help by inviting your friends to purchase advance tickets too. There is even an Atlas Fireworks show at the end of the game!

http://extension.unh.edu/resources/files/Resource001771_Rep2497.pdf



4-H Annual Auction Request

Not too early to be thinking of how you might support the annual auction of the Stafford County 4-H Advisory Committee held at Rochester Fair. The committee would like each club to contribute one or more baskets to the auction that funds scholarships, program insurance, ribbons, refreshments and enhancements to making 4-H programs special. The baskets can be any collection. They can be new items donated from people and businesses you know, can be hand created items or gift certificates from restaurants , service providers or stores. Some may want to select an appropriate theme. Start brainstorming and let us know what your family or club is willing to support.



Bidders needed

We had a few items that were not picked up after this year's auction. If anyone would like to bid on the following items send your name and amount of your bid to the 4-H office. Email to Lynn.Garland@unh.edu or call UNH Cooperative Extension at 749-4445. Highest bid on March 28th at the 4-H Advisory Council's meeting gets the gift certificates.

Item #1: One Twosome 18 rounds of golf at the Nippo Lake Golf Club on Province Road, Barrington, NH. Gift certificate is valid until 8/2/11. Approximate value: \$35-42. Cart fee is not included.

Item #2: An annual inner circle membership to BJ's Wholesale Club. Valid until 12/4/2011. \$45 value includes primary and one additional card.

Item #3: Two 1 day passes to Story Land in Glen NH...Valid until 10/10/2011. \$ 53.98 value

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 is for one million Americans to complete the Presidential Active Lifestyle Award (PALA). **4-H has set a goal to have 100,000 4-H members and their families complete their PALA.** The Presidential Active Lifestyle Award 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
 - 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 and track your progress to win a President's Challenge Award or Medal.
- The President's Challenge -- www.PresidentsChallenge.org Let's Move Campaign -- www.letsmove.gov



Friendly Reminders... 4-H Member and Leader Enrollments

Please get them turned in as soon as possible!

Each year, all members and volunteers in 4-H need to complete and return their enrollment forms to their county office. Along with the group annual report that summarizes club activities, finances, community service and volunteer hours, enrollments are the only other required annual paperwork in 4-H. The information on these forms is keyed into the data system so that we can send you information about 4-H programming opportunities.

Members : [http://extension.unh.edu/resources/resource/68/4-H Member Enrollment Form](http://extension.unh.edu/resources/resource/68/4-H%20Member%20Enrollment%20Form)

Leaders: [http://extension.unh.edu/resources/files/Resource000140 Rep153.pdf](http://extension.unh.edu/resources/files/Resource000140%20Rep153.pdf)

Approval Forms

Approval Form deadlines are fast approaching and are required in order to show your dog, horse, cow, chicken or other animal at any 4-H show or event. You still have time to do this – but please do not procrastinate! **Animal Approval deadlines are firm!** The Youth Medical Forms, Code of Conduct, Permission- Release Forms and Lease Forms must also be completed and attached to all Animal Approval Forms. There are special forms for Horses and the Dog Approval Form also requires the NH 4-H Dog Show Health Sheet. A 4-H Lease must be done for any animal that is not owned in the name of the 4-H youth. Be sure every column is completed on the forms or place a line through it and initial to indicate N/A response. **Good hints:** Read the directions on the back of the forms. Try to give a personal or club goal of completing and turning in these forms to the Strafford County Office a week or two before the final deadline so that the information can be checked for completion and accuracy. Deadlines:

May 1st – Beef heifers to be shown at Eastern States Exposition (ESE), working steers, dogs, dairy cattle and llamas

June 15th – sheep, goats, swine, small animals, poultry and beef not planning to be shown at ESE

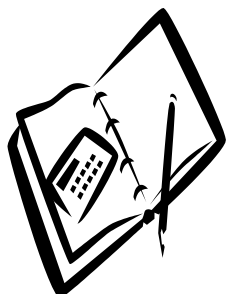


4-H Records

By tracking what 4-H members learn and do over the years, youth are amazed. Records also help you better plan for the future. They are skills will be useful throughout life. Periodically take out the age appropriate forms to update what you have been doing in 4-H while it is relatively fresh in the memories. 4-H Project pages: http://extension.unh.edu/resources/files/Resource001072_Rep1318.pdf

The 4-H record forms and explanation guide: <http://extension.unh.edu/4H/4HForms.htm>

Like with any other resources on the web, if you experience difficulties, don't stress but call the office for assistance. We are willing to make copies too if you need them.



Tractor Supply Cards

As 4-H youth, staff, families, volunteers and alumni, you can sign up for your free card at the Tractor Supply Co, website. You will receive periodic printable coupons via email and a 10% off introductory coupon just for joining. Each time you make a purchase at the TSC store and use your card, your club will be entered into a random monthly drawing to win a \$500 TSC gift card! (This is not a discount card.)



Strafford County 4-H Advisory Council College Scholarships

We have revised the college scholarship application for graduating seniors to complete and submit to the Strafford County 4-H Advisory Council. Application packets need to be submitted to the Strafford County UNH Cooperative Extension Office by April 1st. Applicants need to be currently enrolled and involved in the 4-H program. The scholarship application will be posted on the Strafford County tab at the UNH Cooperative Extension Website

Need a Helping Hand to Defray Program Fees to Attend Teen Conference or Barry Conservation Camp?

Program scholarships applicants should complete the application form and write a short letter of application. The 4-H program scholarship application is also located at the Strafford County tab at the UNH Cooperative Extension website.

“4-H Stories from the Heart”...available soon!

Similar to the Chicken Soup of the Soul series, the first edition of the “4-H Stories from the Heart” is a collection of 100 stories and poems all captured from the heart and relaying favorite experiences of being involved in 4-H. Stories were submitted from all over the nation and in the final selection there are stories from authors ages 6 to over 80. Some will make you laugh while others will make you shed a tear, but mostly there are lots of smiles from reading this book. The Stories from the Heart project, initiated from the National Association of Extension 4-H Agents will establish an endowment fund for the National 4-H Hall of Fame. Purchases in Strafford County will also benefit the scholarship funds. Lynn Garland was on the Editorial team for the book, representing the Northeast states. The “4-H Stories from the Heart” will have a suggested retail price around \$22, but for 4-H families we will be selling them for just \$20 if you pick them up from the office or from an upcoming county event. There is a possibility of future editions, so be thinking of a 4-H story from the heart you would like to share.

4-H Stories from the Heart



18 USC 707

National Association of Extension 4-H Agents

Edited by DAN TABLER



County Congratulations

4-H'ers selected for the Favorite Rosettes at Favorite Foods Festival!

We salute those who were voted by participants for creating the most outstanding entry in each of the following divisions:
Mary Claire Attisano, 13, Lee, captured top honors in three categories: appetizer division – garlic feta cheese spread;

healthy living challenge division – grilled ham and cheese sandwiches; educational poster division – “An Apple a Day”
Gillian Robidas, 14, Barrington – Soup division – seafood chowder

Quinn Griffith, 9, Lee – Salad division – fruity apple salad

Peter Attisano, 17, Lee – Bread division – cranberry yeast rolls

Tiger Lily Golderberg, 9, Lebanon – Main Dish division – spaghetti tacos

Lauren Tarbuck, 10, Rochester – Dessert division – chocolate peppermint trifle

Nick Lauer, 12, Durham – International Dish division – pork sate with radicchio

Emily Gibson, 12, Lee – Place Setting division – Christmas table setting

Two 4-H youth were honored by the volunteer judges who interviewed participants at the Foods Festival. Earning judges “WOW “ awards were Gillian Robidas, for seafood chowder and Lauren Tarbuck for triple chocolate peppermint trifle.

Want to help plan next year’s program?... Let us know you would like to help make Favorite Foods get even better and involve more youth. Interested youth or adults can call the office to volunteer.



Congrats to Meaghan Page the Beekeeping Essay Competition



Meaghan Page, 12, Barrington, of the Emerald Pastures 4-H Club and the County Cluckers 4-H Clubs wrote an outstanding essay on “US Honey: A Taste for Every Preference” which was submitted and sent on as our county’s entry. Her essay was selected as the state winner and has been submitted for national judging. Thanks for doing your research Meaghan to make your essay a winning one...We have our fingers crossed for your next tier of competition!

State Achievement Award Winners

4-H Teens develop their resumes, write impact stories and develop interview skills as they go through the 4-H Marketing You Program. Top teens are recognized as state achievement Winners and are recognized at State Activities in June. Two Strafford County teens were recently named to that honor group : We congratulate **Elizabeth Attisano**, Lee, and **Deanna Scruton**, Farmington!



National Achievement Award Winner

Peter Attisano was named as a National 4-H Achievement Award winner and will be traveling to the National 4-H Conference which is held April 2-7 at the National 4-H Center near Washington, DC. This year’s conference has a theme of “Elements 4 Ur Future”. Peter was also named to the NH 4-H teen delegation that will be going to the National 4-H Congress in Atlanta, Georgia after Thanksgiving, November 25-29, 2011. Impressive accomplishment, Peter, that is so well deserved!



4-H Teens Team with Strawberry Banke Museum’s *Passion For Design*

Congratulations Deanna Scruton!

The challenge was to utilize a selected gown chosen from the Museum’s textile collection to serve as inspiration for an original garment design that incorporated some of the style from the historic gown. Deanna Scruton, 15, from the Farmington This and That 4-H Club accepted the challenge and was selected with Lillian Zimmerman and Sarah Koski, 2 Hillsboro County teens, based on their potentials as future designers, to participate in the Passion for Design program. The design program is led by Dr. Kimberly Alexander, Chief Curator of the Museum, who gathers the select group for seminars and field trips. Later in the spring, participants will present their designs at a gala show in June and then have a year to actually construct their design. Janith Bergeron, a 4-H volunteer leader in the clothing and textiles project area will serve as the mentor to the three 4-H teens.

