



Get ready for our 4-H Fashion Show!

It's time to finish sewing your clothing for Fashion Revue. Fashion Revue Evaluation Day is planned for the morning of **Saturday, April 12** at the Claremont Middle School. Please mark your calendar and be sure your Garment Description Form is in the Extension office by **March 28**. The theme for this year's fashion show is "**April Showers Bring May Flowers**". Try to write your script to incorporate this theme in some way. Scripts should have your full name in the first line. Write your script in the third person (as though someone else were describing your outfit). Example: Susie Smith is ready for sunny days with this beautiful flowered dress which features a scoop neckline and side pockets. Susie plans to wear her dress to an outdoor wedding this summer. Susie enjoys rollerblading and walking in the rain.

Fashion Revue Evaluation Day - April 12

We need adult and teen volunteers to:

1. Prepare and set up a buffet lunch for volunteers (we provide the money!)
2. Teach modeling
3. Decorate the stage for April 18

If you can help with one of these tasks or know someone who could, please call Nancy at 863-9200. The more people involved, the more fun it will be!

Fashion Show - April 18

The fashion show will also be held at the Claremont Middle School on **Friday, April 18 at 7:00 p.m.** If you are a new 4-H family or club and want more information about the Fashion Revue, please give Nancy a call. Sewing supplies are given to every 4-H member who models in the show. Being in the Fashion Show is not required, but it is highly recommended. Members build self-esteem and confidence each year they go on stage!

Think Summer, Think Camp, Think 4-H



Whether you're looking for a small environmental camp or a large coed camp bustling with activity, UNH 4-H camps have it all: adventure, leadership opportunities, exciting field trips and a chance to make new friends.

Each of our two locations, Barry Conservation Camp and Bear Hill Camp, offers a number of unique programs. Program length ranges from three days to two weeks, with camps in Allenstown and Berlin. 4-H camp has programming available for youth as young as age six up to age seventeen.

Bear Hill 4-H Camp is a traditional, rustic camp with its own lake for boating and swimming. Programs offered include swimming, arts and crafts, nature, outdoor education, environmental activities, canoeing, program electives and FUN!

Barry Conservation Camp is located in the White Mountain National Forest at the Fish Hatchery in Berlin, NH. This 4-H Camp is operated in conjunction with the NH Fish and Game Department. Barry Conservation Camp emphasizes environmental awareness, responsible use of firearms, safe hunting practices, conservation principles and ethics. In addition, there is swimming and canoeing in York Pond and activities that encourage teamwork. There is a one week Hunter Education and certification program open to youth twelve to sixteen who don't have current hunter certification. This year it will be held July 20 - 25. Register early, as it is very popular, and fills quickly. There are additional one week programs called "Let's Go Fishing"; "Shooting Sports Sampler" and "Walk on the Wild Side".



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Try the Fashion Selections Program

If you are a boy or girl, age 12 or older, who likes to shop and put together outfits, try the 4-H Fashion Selections program on Saturday, April 12 at the Claremont Middle School.

Basically, you select a category to enter and spend no more than \$50 on an outfit. The categories are:

- Best Bargains for under \$25
- Special Occasion
- Make-overs
- Sports/Leisure Activities
- Career Fashions
- School
- Interview Outfits

Compare prices, garment features, fabrics, colors and consumer services as you check out various stores to see how good a shopper you can be and find value for your money. Only one entry can be made in the 4-H Fashion Selections program, but you can also choose to sew an outfit for Fashion Revue.

Sewers and Fashion Selections 4-H'ers will be judged / interviewed during the morning on Saturday, April 12 at Claremont Middle School. You can then model your outfit in our Fashion Show on Friday, April 18 at 7 p.m. at the Middle School.

Call the Extension office at 863-9200 to request more information, an entry form or the 4-H project manual: "Discovering Choice or Managing Choice."

UNH COOPERATIVE EXTENSION
24 MAIN STREET
NEWPORT, NEW HAMPSHIRE 03773

PRESORTED STANDARD
POSTAGE & FEES PAID
NEWPORT, NH
Permit No. 55

4-H MEMBERS' CORNER

Teens Headed to Texas



Last summer, our 4-H Teen Club members hosted 9 teens and 2 adults from Wharton County, Texas.

From July 5-12 the following teens will be flying to Houston to spend a week with our hosts in Texas: **Max Abendroth, Chloe Fleming, Mary Jelliffe, Katherine Kessler, Caroline Mailhot, Rebecca Mailhot, Shelby Pillsbury, Lizzy Robertson, Abby St. Pierre, Isaiah St. Pierre, Jed St. Pierre, Monica Stout and Kelsey Woods.** Adult chaperones are Diane Callum, Theresa Mailhot and Nancy Berry.

The teens have been busy raising money to pay for their trip by selling t-shirts and pizza kits. Thanks to all who have supported them by purchasing these items from Teen Club members.

The teen exchange trip to Texas will be the 7th time our teens have traveled to another state through the Teen Exchange program. Each trip has been a new adventure for the teens and adults. The teens have increased their comfort level in traveling, communicating with new people, being flexible, and learning about new foods and ways of living.

Teens Ready to teach 4-H Health Rocks!

Teens and adults from Charlestown, Claremont, Newport, Sunapee and Unity were recently trained to teach **Health Rocks!** in schools and in after-school programs. The lessons are interactive and fun with a focus on giving 3rd-6th graders the skills they need to make decisions about tobacco, alcohol and other drugs.

The teens will be paid to visit after-school programs or classrooms in their town to facilitate sessions from 1/2 - 1 hour helping the younger students learn critical thinking skills, how to manage stress, how to handle peer pressure and how to communicate effectively. Every student in the class will receive a free **Health Rocks!** t-shirt and stress ball!

If you have a group of at least 10 young people in 3rd-6th grade who could benefit from six weekly lessons, call Nancy Berry at 863-9200. Feel free to tell teachers about this opportunity, too!



Life Smarts teens ready to compete in state contest

Life Smarts is a quiz bowl type of contest using buzzer boards. The Sullivan County 4-H Teen Club team qualified to compete in the state contest based on their scores in the online portion of the competition in February.

The teens answered questions on the following topics: Personal Finance, Health and Safety, the Environment, Technology, and Consumer Rights and Responsibilities. The questions covered areas that every teen should know before going out into "the real world."

The following teens will be competing in the state

contest at Southern NH University on March 12: Captain Allen Abendroth, Caroline Mailhot, Ben Naylor, Lizzy Robertson, and Devin Wilkie.



Have fun at 4-H Teen Conference

Mark June 29 - July 2nd on your calendar and plan to attend NH 4-H Teen Conference. This annual conference takes place on the UNH campus in Durham. This will be the 30th anniversary Teen Conference planned by teens for teens! The conference is open to all teens completing the 8th grade (or age 14 by June 29, 2008) through 12th grade.

At the conference you can expect dynamic speakers, fun workshops, a banquet and semi-formal dance, and you are sure to make many new 4-H friends from around New Hampshire. Some of the all-day workshops will include Nature Photography, Canoeing, Whale Watch, Shooting Sports, Self-Defense, Outdoor Adventure, and a trip to the New England Aquarium in Boston. Half-day sessions include Blacksmithing, Blast Percussion, Cosmetology, Comedy Improv, Leather Craft, Felted Beads, plus many more!

Sullivan County teens who have attended past Teen Conferences have had a wonderful time! We are also proud to have two Sullivan County 4-H members on the '08 State 4-H Teen Council; Allen Abendroth of Sunapee and Devin Wilkie of Cornish. So, come, check out State Teen Conference and see what it's like to live in a college dorm and explore the UNH campus firsthand.

Your cost for meals, lodging, workshops and a t-shirt will only be \$80. (The total cost is \$180, but our 4-H Foundation generously gives each Sullivan County 4-H teen a \$100 scholarship following completion of a personal interview held in April.)

Call 863-9200 for a registration brochure for this year's Teen Conference. Registrations are due back in our office by March 31, but early registration is recommended.

Think Summer, Think Camp, Think 4-H

(cont. from page 1)

The Teen Adventure Series, Leadership Camps and UNH 4-H Campus Seminars are great opportunities to explore new horizons or improve existing skills. An added benefit is that the experience provides great content for your college application essay! A brief description of each program follows. **Oceanography - Cape Cod Adventure:** Investigate the dunes of Cape Cod, visit the Woods Hole Oceanographic Institution and tour Cape Cod lighthouses. Explore the Cape by bike, and take the ferry to Martha's Vineyard. **Climatology - White Mountain Adventure:** Explore the site of the world's worst weather, our own Mount Washington! This week will be held at off site locations within NH including overnights at the NH Outing Club cabin in Jackson, the Mount Washington Observatory Weather Discovery Center in North Conway, and the Barry Conservation Camp in Berlin. **Leadership Camps** include a 6 week **Mentor Program** and **LISTEN (Leaders In Service Training Environments)** a two week experience of self-discovery involving the design and completion of service projects. Teens enhance their self-confidence

and personal capabilities while improving the world around them. **Future Countdown** provides participants with an opportunity to explore what UNH has to offer potential students. **The Equine Seminar** provides an opportunity for youth to take riding lessons (on University horses), learn about horse biology, care and use of equipment. It also includes off-site trips to area horse facilities. (Some riding experience is required)

For more detailed information and to register please visit the UNH 4-H Camp web site: <http://extension.unh.edu/4H/4HCamps.htm>. For information on scholarship assistance contact the Sullivan County Extension office at 863-9200.



4-H LEADERS' UPDATE

Get your 4-H club happenings in the paper

The Eagle Times wants to print news from all the 4-H clubs in Sullivan County.

That was the message delivered by Managing Editor Archie Mountain during the February 9th Get R.E.A.L. workshop at the Charlestown Middle School. During an hour-long meeting with several 4-Her's and 4-H leaders, he explained how easy it will be to get 4-H items and pictures printed in the Eagle Times.

News items can be dropped off at the Eagle Times office at 401 River Road in Claremont; faxed to Mountain's attention at 542-9705 or e-mailed directly to him at amountain@tsvmedia.net

"I'm excited over the opportunity to better serve 4-H members and their leaders by printing their news items in the Eagle Times," he said.

Please feel free to call me directly at (603) 504-3112 if you have any questions or wish to discuss a story or photo idea, Mountain said.



Sandy and Jeremy Rumrill learning "Brush Strokes"

Save the dates for
**Northeast Regional
 4-H Leader Forum**
October 23 - 26, 2008
Manchester, NH

The art of creating a great 4-H club

(Article by Don Broshar, Iowa State 4-H Youth Development Specialist)

Being a caring adult and a volunteer for today's 4-H club has its challenges and calls for a particular type of leadership. If you take a close look at 4-H clubs that continue to thrive and grow, you will notice they have some common characteristics. These clubs allow young people to work together to achieve common goals. The volunteer leaders design the club experience so that all youth can contribute their ideas, strengths, take initiative, work together, make shared decisions and take responsibility for success.

This kind of leading is called the facilitative leadership model. 4-H volunteers follow this leadership model when they:

- Create a safe environment for the participation of all members.
- Make certain that during the 4-H club meeting, event, or activity all youth have a chance to work together on some task or assignment.
- Share the power of decision making with members. The decisions needed to accomplish a task or event are made by the 4-H members and adults involved with the task or event.
- Remind 4-H members of the "big picture" and keep the club focused on the overarching goals of the club.
- Help people see what is important to learn in each situation, without getting bogged down with the details.
- Remain flexible and open. They encourage others to share their ideas and perspectives without being defensive or judgmental.
- Show willingness to adjust plans to meet new and changing needs.
- Refresh their outlook. They don't do the same thing over and over because it's easier or traditional. Instead, they look at the situation anew, ask what is needed and remain open to input based on those needs.

In today's rapidly changing world our style of leadership must be flexible. The best 4-H experiences are FUN because they promote participation, shared decision making and meet the needs and interests of those involved.

National Volunteer Week

April 27 - May 3, 2008

Volunteers

Thank you for your welcome smile,
 For always going that extra mile,
 Forever doing the best you can,
 By lending an ear or a helping hand,
 For warming hearts with your personal touch,
 And helping us to achieve so much.

You Mean the World to Us!

Thank-you notes teach a lifelong skill

Teaching youth to write thank-you notes is a simple act that goes a long way to helping them become caring individuals. Here are several ways to get members started.

- Share with youth that a gift-giver will feel good knowing that the present was appreciated. The way you talk about thank-you notes will help youth see them as something thoughtful they can do for someone who has done something thoughtful for them.
- Give youth choices and help make writing thank-you's fun. Provide a variety of colored paper, markers, glitter, and glue. Let them choose what to use. Consider including photos with the note.
- Make the handwritten note a special message from the heart. Help youth understand that the effort they put into creating a thank-you is just as valuable as the gift itself.
- Be a good example and write letters! Young people learn to be courteous and responsible by watching adults.

Parents make a difference in 4-H!

Parents and families play a critical role in the success of the 4-H program. Youth join 4-H to belong, to do things with their friends, to meet new friends, to have fun, to be recognized as a person, and to achieve some thing. It is much easier for youth to succeed in 4-H and continue to grow when they have parental support and understanding. The leader can only do so much; children need the support of their parents.

4-H is truly a family affair! Youth need adult guidance to encourage and direct them in their character development. As a parent, you can be a

project leader, an activity leader, or even a club leader. All parents are encouraged to assume some responsibility within the local 4-H club. All adults are busy. Share the load! More hands make less work!

A terrific 4-H program takes the combined effort of parents, volunteer leaders, and Extension professionals - great youth programs don't just "happen". Active involvement and commitment by each and every player is crucial for any team to be successful, parents included. 4-H is a team; please make sure not to let your team down - they are counting on you!

GENERAL 4-H NEWS AND INFORMATION

Discovery, friends and family important ingredients for International Foods Day success



Aminah Atta of the Creative Clovers 4-H club

The recipe for 2008's International Foods Day success included a mix of enthusiastic participation, creativity, friendships and fun. Ten 4-H clubs came together to share tasty foods from all over the world and learn something special about each country represented. This year, groups shared foods from Malaysia, Greece, Romania, Ecuador and Chili, to name a few examples.

We always appreciate the help of our teen members

during 4-H events. Daniel Drye of the Covered Bridge 4-H Club in Plainfield and Monica Stout of the Newport Clever Cardinals and the Sullivan County Teen Club served as event commentators. Having attended the 4-H Regional Healthy Lifestyles workshop in Portland, Maine, Nancy Berry, Extension Educator, 4-H Youth Development; teen leader Michael Drye, and volunteer leaders Margaret Drye and Candy Carter, attended Foods Day to share what they learned. Youth had fun learning the importance of good nutrition and physical activity while playing Nutrition Bingo, Portion Distortion, and as they became Sugar Spies. They also had a chance to try out Dance

Dance Revolution to see how quickly each participant could pick up the steps to successfully move on to the next level.

Bunny Bunch 4-H Club members and leaders shared food from Mexico



Bunny Bunch 4-H Club members and leaders shared food from Mexico

Family Focus: "Parenting The Young Child" For Families with Children Ages Birth to 5 Years



When: Wednesday evenings
March 12, 19, 26 & April 2, 9, 2008

Time: 5:00 - 6:30 p.m.

Where: Diana Love Center
169 Main Street
Claremont, NH 03743

Presenter: Kathie Sarles, M.Ed.
Family Focus Parent Educator &
Director, Early Supports and Services
Sullivan County for Pathways, NH

This program is **free** and **child care** is available.
Light refreshments will be served.

TO REGISTER: Call Sullivan County UNH Cooperative Extension *
Telephone: 863-9200

** Please let us know if you require any special accommodation to attend.*

Legally Secure Your Financial Future

Two seminars about organizing important papers and evaluating one's legal affairs related to end-of-life issues have been scheduled.

Legal Issues: Are You Prepared?

Wednesday, April 30

6:30 to 8:30 PM

Valley Regional Hospital

Presenter: Michael A. Fuerst, Esq.
Law Firm of Buckley and Zopf

Advance Care Directives: Who Will Decide?

Wednesday, May 14

6:30 to 8:30 PM

Valley Regional Hospital

Nancy Russell, RN, Esq.

Corporate Compliance Officer
Valley Regional Hospital

To register, please call Pam Joslin at 863-9200.

4-H CALENDAR



March 1 Creating the
Magic of 4-H,
Claremont
Middle School
8:30 - 4:00 p.m.

March 15 Sullivan County 4-H Activities Day,
Claremont Middle School
9:00 - 11:30 a.m.

March 19 Sullivan County 4-H Teen Club:
Bowling at Sunset Lanes, Newport
6:30 - 8:30 p.m.

March 28 Registrations due for Fashion
Revue and Fashion Selections

April 12 Sullivan County Fashion
Evaluation Day,
Claremont Middle School
9:00 - noon

April 16 Sullivan County 4-H Leaders
Association meeting
Claremont Savings Bank
6:30 - 8:30 p.m.

April 16 Sullivan County 4-H Teen
Club meeting,
Claremont Savings Bank
6:30 - 8:30 p.m.

April 18 Sullivan County 4-H
Fashion Show,
Claremont Middle School
7:00 p.m.

May 31 NH 4-H Activities Day,
Pembroke Academy

