

Sullivan County Clover Connection

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

UNIVERSITY
of NEW HAMPSHIRE

Cooperative Extension

Sullivan County

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January 2012

International Foods Day to be held on January 28



If your club hasn't started yet, now is the time to choose a country and start planning your menu for the annual International Foods Day event! This is a favorite county event which provides members and leaders an opportunity to learn about other cultures, taste unfamiliar foods, as well as meet new friends.

This year, International Foods Day will be held from 11:00 a.m. to 2:00 p.m. at Newport High School in the cafeteria. The basic steps for club participation are as follows:

- ❖ Choose a country to learn about, then work together to plan a menu utilizing recipes and foods commonly eaten in the chosen country.
- ❖ Plan a short presentation that will be unique and interesting which also incorporates a tradition, a dance, music, a ceremony and/or clothing from your chosen country.
- ❖ Attend the event on January 28th! Plan to arrive at 11:00 a.m. with a precooked meal that is representative of the country of choice. Bring dishes, silverware, napkins, serving utensils, and pots and pans to re-heat food if necessary.

Members can set the tables and play fitness games while the leaders and parents warm the food to be served at noon. Bring enough of one dish to share!



Pictured above are members of the Fun 4-H Club performing their skit during the 2011 International Foods Day stage presentations.



Milk and coffee will be provided. When you arrive, please try out the obstacle course on stage.

Has your club contacted the extension office yet to let us know which country your club plans to represent? Please email Dawn at dawn.bozogan@unh.edu or call the Extension Office at 863-9200 with this information so we will know what to put in the program. A club participant number is also needed.

Pictured at left are members of the Covered Bridge 4-H Club displaying their Chinese table decorations at last years International Foods Day.

It's Planning for Public Presentation Time

Take Part in County Activities Day

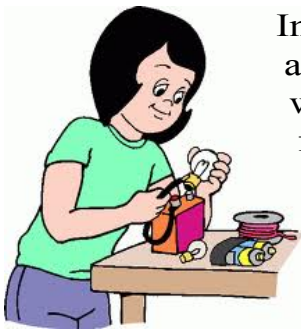
Date: Saturday March 10, 2012

Where: Claremont Middle School

Registration, Poster and Photo Entries Due February 17th

Being able to speak well in public is a skill that can help you teach, persuade and/or entertain others. Think about some of the most memorable public speakers in U.S. history such as Martin Luther King Jr. or John F. Kennedy. They each had the ability to accomplish great things because they knew how to deliver their message in a way that made people want to listen. You can become a good speaker, too! Stretch yourself a little and give a demonstration, action exhibit or public speech at County Activities Day. Each style of presentation has a little different twist and it would be worthwhile reviewing the score sheet and/or fact sheet available on the 4-H website.

Science Excitement Coming to County Activities Day!



In keeping with the Science, Engineering and Technology mission mandate, a new category has been added to County and State Activities Days. 4-H'ers will be encouraged to present science experiments and engineering designs for judging and awards. A new factsheet "Getting started on my 4-H Science Project", (http://extension.unh.edu/resources/files/Resource001951_Rep2882.pdf) and a new 4-H Science Experiment/Engineering Design scoresheet, (http://extension.unh.edu/resources/files/Resource000933_Rep2877.pdf) should help 4-H members excited about science and technology get started with basic 4-H Science projects.

New Poster Themes for 2012!!

In addition to a new Science and Engineering category for the 2012 county and state activities days, there are three new categories for posters this year! The new categories are:

4-H Citizenship, 4-H Promotion and 4-H Science. **4-H Healthy Living** will round out the categories for this year's posters. The rules for all posters are as follows:

1. Posters must be on standard poster board measuring 14"x22".
2. Posters may be produced by any medium including watercolor, ink, crayon, acrylic, charcoal, and/or oils. Word processed lettering and computer generated graphics are acceptable.
3. Posters may be three dimensional, however, must be no more than 1/4" high.
4. Posters should be able to be read from 10' to 15' away.
5. Posters should convey one clear message (not a collage).
6. Other than the 4-H clover, posters may not include any copyrighted or trademarked materials. If the 4-H clover is used, it must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at http://www.national4-hheadquarters.gov/emblem/4h_emblems.htm.
7. Posters from previous years cannot be re-submitted.
8. Entries are limited to ONE per member.
9. Posters submitted by members 12 years or older as of 1/1/12 will be eligible for State Activities Day.

2012 Photography Themes and Rules

The three themes for the 2012 Photography contest are as follows:

Make the 4-H Connection; 4-H at It's Best (4-H Promotion); and Open Category

1. Photographs must have been taken since *June 4, 2011*.

2. Photos can be black & white or color.
3. Photos should not exceed 9"x12", but can be matted and framed to a larger overall size.
4. Photography entries will be limited to two per member.
5. Photography exhibits must be identified with a caption on the reverse side. Required information includes:
 - Name, Address, County and Age
 - Equipment used - Type of camera, flash, filters, ect.
 - Type of Processing - Commercially printed or otherwise
 - Any enhancements made

Photos submitted by youth 12 years and older as of 1/1/12 will be eligible for State Activities Day.

THE FOUR P'S OF PUBLIC PRESENTATIONS

Pick a Topic:

- ✓ That you like.
- ✓ That you know or would like to know something about.
- ✓ That you want to share with others.

Prepare an Outline:

- ✓ *Introduction* – Greet your audience and get their attention and interest. Tell what you will be demonstrating and explain why you are interested in the topic.
- ✓ *Body* – Present the facts and information in orderly and logical steps. Explain what you are doing and why.
- ✓ *Summary* – Briefly restate the purpose or main points of the presentation. You may want to show a finished product or make a closing statement. Share sources of information used. Ask the audience if they have questions. Always repeat the question before answering it (to be sure the audience hears what was asked).

Practice, Practice, Practice:

- ✓ Do it out loud, around six times, with props, in front of the mirror, for family or your 4-H club members. Time it so you know if you need to remove or add information (stay within the time limit) So your presentation will feel smooth and natural.

Present:

- ✓ Dress neatly. Food demonstrators should wear an apron, gloves and have their hair pulled back or in a hair net.
- ✓ Be sure everything is in place before you begin.
- ✓ Work quickly and neatly.
- ✓ Look at the audience, not down at the demonstration or your notes too often!
- ✓ Speak naturally in a clear, loud voice so your audience can hear you.
- ✓ Smile, relax and enjoy what yourself.

How Do I Choose a Topic? Here are some suggestions:

List things you like to do in 4-H, at home, or in school, or a hobby.

List things you would like to show or share with others.

List Community Service Projects you have enjoyed.

Research your topic: Find as much information as you can from 4-H project materials, library books or on the internet.

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Prepare for Fashion Revue!

April may seem like a long way off, but it will be here before we know it, so now is the time to start planning to participate in our fashion program! If you are planning to sew an outfit, don't wait until the last minute to choose your pattern and fabric, and start sewing. We still have some patterns at the Extension office that you can borrow, as well as guidelines to help you choose appropriate patterns and fabric for each year in the sewing project. For more information you can go to:

http://extension.unh.edu/resources/resource/97/Guidelines_for_Clothing_Construction_Projects

Not everyone likes to sew, but most everyone likes to shop! If you are 12 years or older, you can participate in the Fashion Selections project. You can sharpen your consumer skills as you shop for garments to meet a wardrobe goal. You can have fun planning and going on your shopping adventure to compare prices, styles, fabric, colors, and features of the garments/outfits you need. There are several Fashion Selections categories from which to choose. They include School Clothes, Interview Outfits, Career Fashions, Sports and Leisure Activities, Special Occasions and Best Bargains under \$25.00. For more information on Fashion Selections go to:

http://extension.unh.edu/resources/resource/955/Fashion_Selections_Information

Fashion Revue and Fashion Selections evaluation day will be held on **Saturday, April 14, 2012** and the 4-H Fashion Show will be held at **7:00 p.m. on Friday, April 20, 2012**. Both events will take place at the Claremont Middle School.



Pictured above, Alison Numme models the skirt she sewed last year.

Continued from page 3 (The Four P's of Public Presentations)

Ask yourself:

Can the topic be broken down into steps that can be illustrated or demonstrated?

Can it be done within the time limit? Jrs: 3-8 minutes Srs: 5-10 minutes

What do you want to accomplish with your demonstration?

In one sentence, describe what you would like your audience to be able to do or understand after hearing and seeing your presentation.

Visual Aids: Knowing when to use a poster or another type of visual aid can be tricky. Remember its purpose is to make it easier for your audience to understand your topic.

Helpful Hints for a good poster!

Keep it simple and uncluttered.

Make sure everything is large enough to be seen from the back row of a classroom.

Use a ruler to keep your letters straight.

Make your poster neat and easy to read.

Use dark letters on white or light colored paper.

Prepare your materials for transport: large trash bags help protect posters or display boards. Put other materials in a box, along with a few emergency items for last minute touch ups like markers, tape, glue etc.



Save The Date!!
Friday, August 3rd, 2012
4-H Day at Fisher Cats Stadium



Help support the NH 4-H Foundation and have FUN!!!

A Healthy Living 4-H Club Challenge



Let's put the "H" for health into action in our clubs in some new ways. Most clubs start off with a short business meeting; reciting the Pledge of Allegiance and the 4-H Pledge, attendance is taken, minutes from the past meeting are reviewed and new business items are brought up for discussion. Then club members get involved in some type of hands on activity and maybe take a break to enjoy a snack and a bit of social time.

During the remainder of the year, I challenge each club to pick a monthly Healthy Living theme with a corresponding active/information sharing roll call. In addition, the club recreation leader can plan a "Let's Move" activity or game during recreation and serve a healthy snack. January's theme could be "Unplugged Fun" (away from the TV or computer screen), during roll call each member could hop in place and say one thing they do to have unplugged fun. Serve baked tortilla chips and salsa for snack with milk or water. Cornell Cooperative Extension 4-H youth development has materials on their website called "Choose Health" (<http://nys4h.cce.cornell.edu/about%20us/Pages/ChooseHealthInitiative.aspx>) that can provide ideas for club meetings in 2012. There is a 4-H Leaders Guide, a youth officer guide and a family calendar that include additional health themes and ideas for roll call, as well as healthy snack and active game ideas. Email me at robin.luther@unh.edu to let me know how it works in your club!



Eat For the Health of It

Did you know there is a new strategy to help you make healthier meal choices? Its called MyPlate. This new icon provides a simpler and more visual way (compared to MyPyramid) to help individuals and families decide on healthier meal choices. MyPlate has messages to focus consumers on key behaviors. Messages include:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Balance calories and be physically active.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Cut back on foods high in solid fats, added sugars and salt.
- Drink water instead of sugary drinks.



Visit <http://www.choosemyplate.gov/> for more information.

4-H Beekeeping Essay Contest

2012 topic "The Results of Honey Bee Pollination in my Community"

Annually The Foundation for the Preservation of Honey Bees, Inc. sponsors any essay contest for active 4-H members. Do you like doing research and writing essays? If so, give this contest a try; it may result in a sweet reward! National winners earn cash prizes (1st Place \$750.00, 2nd Place \$500.00, 3rd Place \$250.00) Only one essay can be entered per state and even state winners are recognized with a book related to Honey Bees. NEW this year, entries will only be accepted electronically. Sullivan County entries should be submitted to Robin.Luther@unh.edu by February 6, 2012. A detailed copy of the rules can be requested from our office or can be found here: http://extension.unh.edu/resources/files/Resource001864_Rep2671.pdf

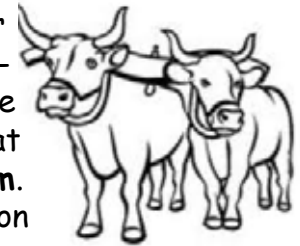
NH Horse Program Cover Design Contest

Each year there is a design contest open to all NH 4-H youth. The design selected will be used for the cover of the 2012 4-H State Horse Show Program Book and will also be used on the State 4-H Horse Show T-Shirt. If you have an artistic flair, and like to draw you could win a \$50.00 check or bond should your design be selected as the winner. All designs must fit comfortably on a 8 ½ x 11" sheet of paper. The design should be a high contrast black and white design (do not submit a pencil drawing as the final version). The design should reflect the total 4-H horse program and can include the 4-H clover, providing all rules for the use of the 4-H emblem are followed. Designs must be original and one dimensional (flat). The use of copyrighted material or tracing someone else's work is not acceptable. Entries are due to the Hillsborough County Extension Office, 329 Mast Rd., Goffstown, NH 03045 on Wednesday, February 22, 2012 or can be brought to the February 25th NH 4-H Horse Advisory Committee Meeting.

4-H Animal Approval Forms



Members with 4-H animal projects must register their project animal(s) with their County Extension office annually. Forms must be requested from your leader, the Extension office or can be downloaded from the web at <http://extension.unh.edu/4H/4-HAnimalScience.htm>. Scroll to Animal Science Project Resources and click on the appropriate form. If you are thinking of showing your



4-H project animal(s) at the fairs during the summer of 2012, be sure to submit these forms to the Sullivan County Cooperative Extension office before or on the appropriate deadline dates as follows:

- February 1:** Beef Steer to be shown at Eastern States. * A special ear tag is required to be in place before February 15. Contact Robin Luther if you are interested in participating.
- April 1:** Horses to qualify for Eastern States.
- May 1:** Beef Heifers to be shown at Eastern States, Working Steer, Dogs, Dairy Cattle, Llamas and Horses (not being shown at ESE).
- June 15:** All Sheep, Goats, Swine, Small Animals, Poultry, as well as Beef not being shown at Eastern States.

All 4-H project animals must be at least three months old by show day to be exhibited, shown or brought to any given 4-H event. For instance, a rabbit born on May 31, 2012 could not be exhibited at a 4-H event before August 31, 2012.

4-H Open to All

I would like to remind clubs that 4-H is open to all regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sex, sexual orientation, or veteran's, marital or family status. We need to be sure youth and families in our communities know there is 4-H and be able to easily access involvement. We need to be sure we are providing opportunities to ALL on a nondiscriminatory basis.

These days you can use your local community web page, newsletter or e-newsletter. Get the word out through a school newsletter or put posters up in spots that are frequented by families. We need to be sure we are making 4-H visible in our communities.

CLUB HIGHLIGHTS

The Horse Huggers 4-H Club is excited about the 2012 4-H Year as their number of leaders and members has doubled this fall. Club members enjoyed a recent farm tour and open house at Willow Brook Farm in Plainfield, where they learned about the conformation of a horse. They also met to make horse treats and work on records and several club members and leaders were spotted in the Wassail Parade in Woodstock Vermont. A Christmas Party was held in late December.

Sugar River 4-H is off to a great start as a first year club. Members got busy creating a club banner and used it at their club fundraiser selling hot chocolate and baked goods during Santa's November visit to Broad Street Park.

Members have been busy working on projects; making jewelry and evergreen wreaths. They also gave the Wired for Wind experiment a spin. The wind project allowed the members to form a deeper understanding of alternative energy, learn how a wind turbine works and experiment with how to generate the most wind by changing the size, number and pitch of the rotor blades.

The group ended 2011 thinking of others in need. As a service project, members collected toiletry products to make Christmas stockings for the Southwestern Community Services Homeless Program.



Pictured above, Laurel Semperebon of the Sugar River 4-Her's demonstrating how a wind turbine works.

The Bunny Bunch 4-H Club elected new officers: President, Jack Hodskins, V.P., Andrea McCusker, Secretary, Erika Wilson, and Treasurer, Rette Solomon. In September we made Halloween Door Hangers, worked on a club cheer and decorated pumpkins donated by Peach-blow Farms. A special surprise during the meeting was a doe giving birth to her babies. All the members had a chance to see newborn bunnies.

In October we congratulated members recognized during Rally and handed out awards for county 4-H record completion. We voted to represent China at International Foods Day and discussed what to do for a skit. We practiced rabbit jumping and made candy necklaces. All but one newborn bunny attended our second meeting and it was fun to see how different the bunnies looked in just 4 weeks.

In November we discussed going Christmas caroling and delivering shut-in baskets in Charlestown. We voted to sponsor a trio of rabbits through the Heifer International program. We continued preparing for foods day and picked recipes. Each month we talk about healthy choices. This month we tried baked pumpkin seeds and remembered how fun jumping rope can be!

Join us on Facebook. Type in:
The Bunny Bunch 4-H Rabbit Club

Club Officers and Record Keeping

Congratulations to all newly installed Club officers! Please support your club 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 treasurer reports of each meeting. These need to be kept as a part of the 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 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.

Club Requirements

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

1. Complete enrollment/re-enrollment forms annually and return to Extension Office in a timely manner.
2. Meet and hold regular meetings.
3. Members and leaders determine club objectives annually and plan annual program.
4. Yearly program plan includes a citizenship/community service activity and a health or safety activity.
5. Elect club officers or rotate club officer responsibilities among members.
6. Submit a Annual Financial Report for 4-H Groups.
7. Submit a Annual Report of 4-H Group Activity and leader and member project completions annually. Download these at http://extension.unh.edu/resources/resource/1129/Annual_4-H_Group_Activity_Reports
8. Participate in at least one county activity or event.

Last Call for Enrollment Forms!!

For members and leaders who have not yet submitted their completed enrollment forms, NOW is the time to get them into the Extension Office! All members and leaders are required to "re-enroll" each year. These forms were due to our office in OCTOBER! If you have misplaced your form, blank forms may be obtained from your club organization leader or by going to <http://extension.unh.edu/4H/4HForms.htm> and downloading the form. Or you can call our office at 603-863-9200 to request blank forms. In order to continue to be informed about 4-H events and opportunities, you must send in your completed forms NOW!

Clover Connection

Calendar of Events

January

- 11 4-H Teen Club meeting, 6:00-8:00 p.m.
Extension Office, Newport
- 15 NH 4-H State Horse Advisory
Committee meeting, 2:00 p.m.,
Merrimack County Extension office,
Boscawen
- 21 4-H State Horse Quiz Bowl, Belmont
Middle School
- 25 4-H Leaders Association Meeting,
6:00-8:00 p.m., Extension Office,
Newport
- 28 4-H International Foods Day, 11:00 a.m.-
2:00 p.m., Newport High School
- 28 Animal Science Bonanza, Keene State
College

February

- TBD 4-H NH Dairy Quiz Bowl Entries due
to Cheshire County office
- 1 Approval Forms for Beef Steers going to
ESE ***due to State 4-H Office***
- 1 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont
- 3-4 Farm & Forest Expo, Center of NH,
Manchester
- 6 Beekeeping Essays ***due to Extension 4-H
Office*** (electronically only to
robin.luther@unh.edu)
- 8 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont
- 15 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont
- 17 Photos, Posters & Registrations due for
County Activities Day

- 22 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont
- 29 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont

March

- TBD 4-H Horse Judging/Hippology Contests
Entries due to 4-H State office
- 6 Making Money Work for You,
5:30-7:30 p.m., Claremont Savings Bank,
145 Broad St., Claremont
- 10 County Activities Day, 9:00 a.m.-1:00
p.m., Claremont Middle School
- 17 State 4-H Dairy Quiz Bowl. Location
TBA

April

- TBD 4-H Horse Judging/Hippology Contests,
Andover Elementary School
- 1 Approval Form Deadline for Horses
qualifying for ESE
- 14 Fashion Revue Evaluation Day, 9:00 a.m.-
Noon, Claremont Middle School
- 20 4-H Fashion Show, 7:00 p.m., Claremont
Middle School

May

- 1 Approval Form Deadline for Llamas, Dogs
Working Steer, Dairy Cattle, Beef Heifers,
going to ESE and Horses not going to ESE
- 1 4-H Horse Show Program Book Ads due
to State 4-H office
- 5-6 State Dairy Judging, Location TBD
- 18 4-H Foundation of NH Golf Tournament,
Candia Woods Country Club, Candia,
(Golf teams are needed as are donations
for the auction) Let us know if you are
interested in participating!

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4-H Youth

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New Military 4-H Club Program Gets Started

During the year ahead New Hampshire 4-H has the goal to connect more youth from Military Families with the 4-H program. To help with this effort a part-time Military 4-H Club Coordinator Holly Zirkle has been hired. Holly was raised in a career military family, married a Vietnam veteran and helped coordinate summer camp events for Operation Military Kids and is a former 4-H'er.

To kick-off this initiative, a horseback riding event was co-hosted by the 4-H Easy Rider 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 Olympic equestrians and other individuals needing emotional and physical support and connection. Activities offered included a chance to “meet and greet” the horses and ponies, learn about horsemanship safety, enjoy a short horseback ride, and a chance to see several riding and driving demonstrations. The event was enjoyed by 37 military family youth and parents. However, it is just one example of how clubs might provide outreach to service families.

If your club would like to create a special event that would be appeal to these families just contact Holly Zirkle, military 4-H club coordinator at holly.zirkle@unh.edu or Sullivan County 4-H to share your ideas. This program can help with marketing, registration and support for your planned activities. This is just another way to be of service to a community of families that have sacrificed much to protect citizens of the United States of America, in New Hampshire and beyond.