



18 U.S.C. 707

ACROSS COÖS

Coös County, NH 4-H News
Address: 629A Main Street, Lancaster, NH 03584
Phone: (603)788-4961
larry.barker@unh.edu
UNHCE Web Page is extension.unh.edu

Spring 2011

Greetings Coös County 4-H Family,

Happy spring! I hope that this is not a premature celebration, but it looks like we've turned the corner and that it will be time for planting gardens, the end of another school year, summer camp, an county fairs. A glance at the 4-H calendar and you'll see that there is plenty to do. Dig in!

What's the big deal? If you had any doubt regarding the value of 4-H, then have a look at what participants at the Coös County 4-H Demonstration Day had to say. We surveyed all youth age 12 and older, judges, and parents at the Coös County Demonstration Day in March. We asked youth and parents about life skill impact on youth before participating in 4-H and now...after being involved in 4-H. Judges were asked to compare 4-H youth to those who are not members. We learned that participation in 4-H led to a very significant improvement in every category. For example, the survey indicated that 4-H members have a much higher level of competency in:

1. thinking about different ways to reach goals
2. breaking goals into logical steps and working through these steps to achieve their goals
3. feeling confident when they speak in front of others
4. presenting thoughts clearly
5. using words or actions creatively to persuade others
6. using suggestions from others (to improve presentation skills)
7. making friends who are a positive influence on them
8. treating people who are different from them with respect.

These are the foundations of future leaders.
That's the big deal.

As always, we welcome your ideas on how we can continue to "make the best better" in Coös County 4-H.

Yours in 4-H,

Larry Barker
Coös Extension Educator, 4-H
Youth Development

COÖS 4-H CALENDAR 2011

APRIL 2011

- 1 4-H Approval Form Deadline for Horses Qualifying for ESE – due to county offices
- 2 4-H Horse Judging/Hippology Contest, Andover Elementary School
- 2 Preparing Volunteers for Today's 4-H Leader Training, Epsom
- 2-7 National 4-H Conference, National 4-H Center
- 9 Conducting Effective Meetings Training, N. Stratford Town Hall
- 9-10 New England 4-H Horse Judging School, Manchester
- 11 Bullying Workshop, Coös Extension 4-H Office
- 12 Coös Entries for State 4-H Dairy Judging due, Coös Extension 4-H Office
- 14-25 Tractor Supply Paper Clover Campaign, Gorham store
- 15 Coös entries for State Activities Day due, Coös Extension 4-H Office
- 26 Coös County 4-H Advisory Council meeting, location TBA
- 30-5/1 NH 4-H Dairy Judging Contest
- TBA Lancaster Fair Coös/Essex 4-H Premium List meeting, Coös Extension 4-H Office

MAY 2011

- 1 4-H Approval Form deadline for Llamas, Dogs, Working Steers, Dairy Cattle, Beef Heifers going to ESE and Horses not going to ESE (NOTE: earlier Eastern States Expo deadline for Horses and Beef Steers)
- 1 4-H Entry deadline for Beef Heifers going to ESE due to State 4-H Office
- 2 Teen Conference Applications Due, Coös Extension 4-H Office
- 6 Coös Garden Sign-Up Deadline, Coös Extension 4-H Office
- 6 Coös Community Service Grants application deadline, Coös Extension 4-H Office
- 10 SAD Tune-Up, Coös Extension 4-H Office
- 14-15 Sheep and Wool Festival – Hopkinton

- 15 Coös Camp Scholarship Applications due, Coös Extension 4-H Office
- 20 Tom Fairchild Friend of 4-H Golf Tournament, Candia Woods Country Club (tentative)
- 21-22 NH 4-H Shooting Sports Volunteer Training, New Boston
- 25 Coös 4-H Gardening Program Plant Pick-Up, Coös Extension 4-H Office
- 30 Charles Buck Memorial Scholarship application due to Hillsboro County 4-H office
- 30 Office Closed, UNH holiday, Memorial Day



JUNE 2011

- 2 Fashion Revue Garment Judging, Memorial Union Building, UNH
- 2 Coös County 4-H Advisory Council, Lancaster
- 2 State 4-H Horse Advisory Meeting
- 4 State Activities Day – Memorial Union Building, Durham, NH (tentative location)
- 4 NH 4-H Achievement Awards Presentation at SAD
- 6 Coös Horse Meeting, Preparing for the State Show
- 15 Approval Forms Due for ALL Swine, Sheep, Goats, Small Animals and Beef not going to ESE (Note earlier deadlines for beef going to ESE)
- 25 Coös County Horse Qualifying Show, Lancaster Fairgrounds
- 26-29 State 4-H Teen Conference – UNH
- 26-7/1 Barry Conservation 4-H Camp, Natural Leaders
- 30 Coös Equine Team MANDATORY MEETING, Coös Extension 4-H Office
- 30 NH Horse Show Entries due, Coös Extension 4-H Office
- TBA 4-H Dog Weekend, 4-H Youth Center, New Boston
- TBA Coös County Orientation for NH 4-H Teen Conference, Coös Extension 4-H Office
- TBA Let's Go Fishing Workshop, Twin Mountain

4-H Animal Approval Forms

**ALL 4-H ANIMAL MEMBERS,
PLEASE READ THIS CAREFULLY.**

Members with 4-H animal projects must register their project animal(s) with their county Extension Office annually. The reason for this is based, in part, on the 4-H philosophy that animal projects are on-going projects and we want to be able to demonstrate progress over time. Four-H shows provide an opportunity for members to exhibit the fruits of that prolonged project effort. Approval forms enable the Educator to know what animals are being carried as 4-H project animals, regardless of whether those animals are ever shown. The good news is that this process is easy as ever since all of the forms have been placed on the web:

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

Scroll to Animal Science Project Resources and click on the appropriate form. Approval forms are updated annually so make sure yours is dated 2011. Forms must be submitted by the dates listed below. A separate form should be used for each type of animal. Your form will be copied and filed and the original will be returned to you. All information must be accurate. If your registration numbers are pending, attach a note to your form and update the form with us when you receive your registration numbers.

- February 1: Beef steers to be shown at Eastern States. (A special ear tag is required to be in place before February 15.)
- April 1: Horses that will be shown at Eastern States.
- May 1: Beef Heifers that will show at ESE, Working Steers (excluding ESE steers), Dogs, Dairy Cattle, Horse, Llamas
- June 15: All Sheep, Goats, Swine, Small Animals, Poultry and other Beef (not showing at ESE).



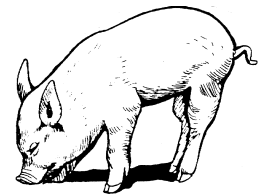
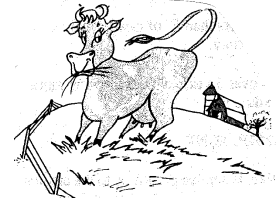
Note: All 4-H project animals must be at least three months by show day to be shown, exhibited or

brought to any given 4-H event. For instance, a lamb born on May 31, 2011 could not be exhibited or brought to a 4-H event before August 31, 2011.

**Leasing of Cattle, Sheep,
Pigs, Goats, Horses**

4-H members don't have to actually own livestock in order to participate in the project. They can lease an animal(s). The lease form is a tool which allows the owner to officially give permission to a 4-H member to use the animal as a project animal for the year. It does not necessarily require dollars - that's between the owner and the member. A "Record of 4-H Lease" form must be completed for all animals that are not owned by the 4-H member. There are restrictions on how many animals a member may lease so be sure to study the form carefully. Copies of the Record of 4-H Lease are available on the web or at the Coös Extension 4-H Office.

Remember, the lease form is due on the same deadline as the livestock or horse approval form (see previous article).



NH 4-H Teen Conference

State 4-H Teen Conference will be held June 26-29 at UNH Durham. The NH Teen Council has been planning fun new workshops along with the classic favorites. Some highlights will include animal science, tour UNH, shooting sports, sports health, crafts, fly fishing, be Paul Bunyon and much more! This super fun conference will feature an opening night carnival, a trip to Hampton Beach for a BBQ, and a futuristic closing dance complete with light show! The cost will be \$230 for the entire 4 days. Room, meals, activities and t-shirt are included (some workshops carry an additional fee). The Teen Council can't wait to see you there!

Coös County 4-H members are encouraged to apply for scholarships from the Coös County 4-H Advisory Council. The application is available on the Coös 4-H web site. Remember, one must have participated in Coös 4-H fundraising to be eligible. The 2011 Teen Conference brochure was recently mailed to all 4-H members age 14 and older. The deadline for registrations is May 2.

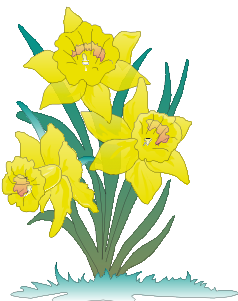


Barry Conservation Camp 2011

Now is the time to make plans to attend NH 4-H Camp this summer. Sessions are beginning to fill so don't delay. Barry Conservation Camp is located right here in Coös County and will be open for 6 weeks this summer. The best part about NH 4-H Camp is that you will have a fantastic time and learn quite a bit at the same time -- it is not a bad deal either! Now is the time to make plans to attend NH 4-H Camp this summer. As you know by now, Bear Hill 4-H Camp is taking the summer off, but Barry Conservation Camp will be open for six weeks. The best part about NH 4-H Camp is that you will have a fantastic time and learn quite a bit at the same time -- it is not a bad deal either!

To learn more, visit **NH 4-H Camps** - <http://extension.unh.edu/4H/4HCamps.htm>

Camp applications are available on line too. Remember that Coös County 4-H Advisory Council Camp Scholarship applications are due on May 15. Applications are available on the Coös County 4-H website.



Community Grants

Once again, there will be a gardening/community beautification grant program for Coös County 4-H Clubs. The idea is to provide "seed" money (get it?) so that clubs can purchase seeds, bulbs, plants and/or supplies for a community beautification project. We'll also entertain requests for funds for just about any other community service project.

To apply, simply write a letter of intent to the Coös County 4-H Advisory Council outlining both what you would like to do and your anticipated costs. The deadline for applications is May 15. Clubs may apply for up to \$100.

Play Ball Coös County 4-H!

It was so much fun last year that we're going to do it again! Saturday, July 9 is NH 4-H Day at the New Hampshire Fisher Cats ball park in Manchester! The locals will square off against the Portland Sea Dogs. Tickets will be \$8.00. Coös County 4-H will be hiring a bus and traveling to the game in style (assuming we can get enough people together). It promises to be great fun! NH 4-H'ers will even throw out the first pitch! The NH Fisher Cats team is a professional minor league baseball team. They have a beautiful ballpark on the banks of the Merrimack River.



Everyone's invited - 4-H members, 4-H families, and friends and neighbors. Tickets are \$8.00 (children under 3 are free) and this includes transportation! Part of the proceeds will support the 4-H Foundation of New Hampshire. We'll depart Coös County in the morning and return sometime around supper time. We hope that those connected with 4-H wear green so that we are noticeable in the stands.

To sign up, send a check payable to "Coös 4-H" (# of tickets ___x \$8) to the Coös Extension 4-H Office. Bring the whole club, the whole family, your team, everyone.....it'll be a blast! We will make a decision on the bus pending the number of tickets sold by June 24.

Tom Fairchild 4-H Golf Tournament

Want to play golf and support 4-H at the same time? The Tom Fairchild 4-H Golf Tournament will be held on May 20 and all proceeds go to support the 4-H Foundation of NH. Candia Woods Golf Links will host this fun tournament. You'll be joined by others who share a passion for the NH 4-H program. Learn more by visiting the 4-H Foundation web site: <http://extension.unh.edu/4H/4HFoundn.htm>



2011 Coös 4-H Garden Program

Coös County has a very strong 4-H gardening tradition. It is a great way for members to learn and grow during the summer months. Further, the Lancaster Fair provides a great way for members to exhibit the "fruits" of their labor. The major parts of the Coös County 4-H gardening program in 2011 will include:

1. Tom Gill Memorial Seedlings Program
2. Garden Seeds
3. Gladioli Bulbs
4. Soil Testing
5. Plant pick up day
6. Garden judging

IMPORTANT: 4-H members must complete the sign up form at the end of this newsletter and return the completed form to the Extension Office by May 6. No late sign-ups will be accepted.

1. Tom Gill Memorial

Way back in 1945 Tom Gill Sr., a florist of Berlin, NH, provided 4-H members in Coös County with many vegetable plants over a period of about fifteen years. The original purpose of the program was to experiment with different plant varieties to see how they survived in the North Country. In exchange for the free plants, the 4-H members were obligated to give feedback regarding their successes and failures. In August 1971, "Tom" died; but the Kiwanis Club of Berlin and the Gill family have decided to carry on the program as a memorial.

These are the original objectives for the contest which will be conducted on a three-year cycle.

Objectives:

- To provide 4-H Club members with new varieties of plants.
- To encourage Club members to keep growth and production records so that the information may be used by other gardeners.
- To provide competition among Club members in the garden program for the purpose of encouraging good garden practices.

Coös County 4-H'ers are only permitted to participate in the Tom Gill program for three consecutive years. Approximately six plants of each variety are provided to each participant at no charge by "Gills Flowers" in Berlin. All 4-H members (age 8 or older) who have not participated before are eligible for the first year competition. Below are lists of those eligible for years 2 & 3: *Please let us know if our records are not accurate.

Eligible for 2nd year in 2011:

Julia Belanger
Danielle DeBlois
Tiffiney Poirier
Kristin Shannon
Sarah St Gelais

Eligible for 3rd year in 2011

Pierre Allard
Ben Curley
Hannah Curley

Austin Lesperance
Kiana Martin
Justin Mellett
Alexis Scott

2. Seeds

The Coös County 4-H Advisory Council provides free seed packages to interested 4-H'ers. There are three packages available.

GROUP I Carrots, Cucumbers,
String Beans

GROUP II Carrots, Cucumbers,
String Beans, Beets,
Winter Squash

GROUP III Carrots, Cucumbers,
Beets, Winter Squash,
Early Corn, Pumpkins



No mixing is allowed. Participants in the seed program are encouraged to keep accurate records on their gardens.

3. Gladioli Bulbs

Coös County will once again offer you gladioli bulbs. The price this year is 15¢ each and the maximum order size is 25 bulbs. Colors will be mixed. Unfortunately, you cannot choose colors. Fact sheets and record sheets are provided with all bulbs. Participants are encouraged to keep careful records and to show their flowers at the fair. Please sign up for the number of bulbs you want.

4. Soil Testing

We will once again offer this valuable service to interested 4-H'ers. If you have had your soil tested in the last three years, it is not necessary to retest unless you are experiencing problems. The Coös County 4-H Advisory Council absorbs the costs associated with this program so there is no charge to 4-H'ers.

5. Pick-up Day

We will again be holding an educational garden workshop in conjunction with plant pick-up. The date will be Thursday afternoon, May 25. We will fill all who sign up in on the logistical details once they are finalized.

6. Gardens will be judged in August -

Gardens will be judged on August 11. We will give you a call late July / early August to remind you. The judge will come to your garden and this will allow you to show off all of your hard work. Of course, you will also want to show the same produce at the Lancaster Fair. A complete list of rules for the Tom Gill Memorial Garden Program will be furnished to each 4-H member.

What's Your Search Engine?

If you spend any time in the internet, then you probably have a favorite search engine for locating information on the web. Have you ever heard of eXtension? It is the nationwide search engine of the Cooperative Extension System of the Land Grant Universities nationwide.

eXtension is unlike any other search engine or information-based website. It's a space where university content providers can gather and produce new educational and information resources on wide-ranging topics. Because it's available to students, researchers, clinicians, professors, as well as the general public, at any time from any Internet connection, eXtension helps solve real-life problems in real time.

eXtension offers:

- * Credible expertise
- * Reliable answers based upon sound research
- * Connections to the best minds in American universities
- * Creative solutions to today's complex challenges
- * Customized answers to users' specific needs
- * Trustworthy, field-tested data
- * Dynamic, relevant and timely answers

Check it out: <http://www.extension.org/>

Hey, 4-H Does That...

S. Truett Cathy is the Founder and Chairman of Chick-fil-A. He stated that "every child I know who overcame long odds and grew into a responsible adult can point to an adult who stepped into his or her life as a friend, mentor, and guide."

He also said, "How do you know if a child needs encouragement? If he or she is breathing."

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

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

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

The Presidential Active Lifestyle Award 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. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

Good luck!



Coös County 4-H Demonstration Day

The 2011 was a superb display and celebration of the best of what 4-H is all about. Fifty-nine youth participated for the big event which was held at the White Mountains Community College on March 26. If your club hasn't been involved in Demonstration Day it is something you should really consider for next year. It represents a wonderful opportunity for youth to gain experience presenting themselves in a public speaking exercise or express themselves through the poster or photography contest. Plus, it's really fun.

One of the purposes of the day is to select those 4-H members age 12 and older who will represent Coös County at State Activities Day in June. Congratulations to the following members who earned this distinction:

Demonstrations

Jacob Brady & Lucas DeBlois
Hannah Bunnell**
Dan Call
Marissa Hanson
Christina Morin**
Emma Ainsworth
Cathleen Daniels & Sarah St.Gelais
Keith Morin
Erica Langkau
Megan Allin

** top Senior Horse project demonstration eligible to compete for a trip to Louisville, Kentucky at the National 4-H Horse Round-Up.

Action Exhibits

Kelly Mason
Jourdain Goulet & Sarah Whiting
Jessie Hooker
Hannah Curley

Posters

Kenneth Lewis IV
Jessie Hooker
Earl Brady

Photography

Jourdain Goulet
Sarah Whiting
Jenny Burns



NH 4-H Dairy Quiz Bowl Results

The New Hampshire 4-H Dairy Quiz Bowl competition was held on Saturday, March 19 in Walpole NH. Teams from Cheshire County, Merrimack County, and Coös County participated in the daylong event.

In the Senior Division, the team of Lucas DeBlois, Courtney DeBlois and Kelly Mason all from Coös County placed second. In the individual competition, Lucas DeBlois finished third, Kelly Mason, eighth, and Courtney DeBlois, finished tenth.

Lucas DeBlois' strong finish earned him a place on the New Hampshire Dairy Quiz Bowl team. The team will be coached by Sharlene Beaudry of Walpole. She will oversee practices as she readies the team for competitions in the fall at Eastern States Exposition, as well as the National competition in Louisville, Kentucky.

Novice 4-H members also had an opportunity to see what Quiz Bowl was all about by participating in some novice quiz bowl rounds. Novices included Pierre Allard and Danielle DeBlois from Coös County.

Did You Know?

- Jacob Brady, Lucas DeBlois, Chris Brady participated in 4-H Science Everywhere Discovery Institute. This was a daylong event held at UNH in February.
- There is still time to sign up for the NH 4-H Shooting Sports Training in May. Check out our website.
- FFA and 4-H members participated in a wonderful Livestock Judging contest in March. It was hosted by the White Mountains Regional High School.
- Megan Allin represented Coös County at the NH 4-H Horse Quiz Bowl and placed 8th in the Junior division. Her team placed 4th.
- Your club can volunteer for a work project at Barry Conservation Camp this spring. Give us a call and we'll give you some ideas. What a great way to support 4-H camp...fun too.



2011 Coös County 4-H Garden Program Order Form



Please read the program descriptions in the newsletter before ordering.
All orders are due before May 6, at the Coös County Extension 4-H Office,
629A Main Street, Lancaster, NH 03584 - **No late orders will be accepted.**

4-H Member: _____

Club: _____

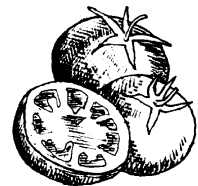
Address: _____

Garden Location: _____

Parent/Guardian Signature: _____

TOM GILL

Yes, I am interested in participating in the Tom Gill Gardening Program.



First year _____ tomatoes, peppers, marigolds

Second year _____ tomatoes, peppers, marigolds, broccoli

Third year _____ tomatoes, peppers, cabbage, broccoli, petunias

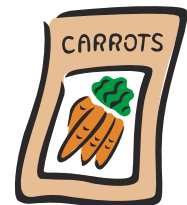
GARDEN SEEDS

Yes, I am interested in receiving garden seeds this year (check group that you are interested in receiving).

Group 1 _____ carrots, string beans, cucumbers.

Group 2 _____ carrots, string beans, cucumbers, beets, summer squash.

Group 3 _____ carrots, cucumbers, beets, summer squash, early corn, pumpkins.



GLADIOLI BULBS

Yes, I would like to receive gladioli bulbs (**maximum order - 25 bulbs**).

Number of bulbs _____ x 15 cents each = \$ _____ payment enclosed.

Please make checks payable to "Coös 4-H Youth Development."

SOIL TESTING

Yes, I would like to have my soil tested (we will mail you testing information).