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ACROSS COÖS

Coös County, NH 4-H News
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Winter 2011

Dear Coös County 4-H Family,

Wow! It's been a long time since the last issue of *Across Coös*! One of the chief reasons is that we have been in a quandary as to how to best share information. As you likely know, we send a great deal of information through e-mail as well as the Coös County 4-H web site. It is an extremely fast and efficient way to share news about 4-H events and opportunities. It seems like every time we start assembling a newsletter, a majority of the information has already been shared electronically. However, it is important to remember that not everyone has internet access.

We put this topic on the agenda of the January meeting of the Coös County 4-H Advisory Council. The sense was that folks still like receiving a printed copy. So, we'll stay the course and continue to mail it. Of course, it will always be posted on our 4-H web site as well. Take your pick. We are also exploring the possibility of allowing folks to opt out of receiving a printed copy for those who prefer to go on-line. Speaking of the e-world, be sure to check out our web site. We'd love to hear your reactions. What do you like? What's missing? Feel free to send us an email, a note, or give us a call.

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

It is a pleasure to welcome several new 4-H volunteers and a couple of new Coös County 4-H clubs! **Casey McMann** is a 4-H alum and is excited about starting as a leader with her niece who will be an independent member in Lancaster. **Debra Ackerman** is off to a great start with a new club in Gorham (not named yet). Debra has also joined the Coös County 4-H Advisory Council. **Colette Lewis** has joined the Lion Cubs 4-H Club as a leader and **Scott DeBlois** is now officially enrolled as a leader with the Early Risers 4-H Club. Welcome all and thanks in advance.

As always, your thoughts on how we can continue to make Coös 4-H the best it can be are always welcome.

Yours in 4-H,

Larry Barker
Coös County, Extension Educator,
4-H Youth Development
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COÖS 4-H CALENDAR 2011



- 1 Approval Forms for Beef Steers going to ESE and ESE Entries Due to Moiles House
- 4-5 Farm & Forest Expo - Center of NH Radisson, Manchester
- 5 Connecting Youth to Careers in Agriculture @ Farm & Forest
- 10 NH Dairy Quiz Bowl, Coös entries due, Coös Extension 4-H Office
- 15 4-H NH Dairy Quiz Bowl Entries Due to Cheshire County
- 19 Let's Go Ice Fishing Workshop, Coös Extension 4-H Office
- 23 Coös Horse Project Winter Planning Meeting, Coös Extension 4-H Office
- 25 New York Shooting Sports Instructor Workshop, Ballston Spa, NY



- 1 Eastern States Trustee 4-H Scholarship Applications Due to State Office
- 10 Coös County 4-H Advisory Council meeting, North Stratford
- 12 FFA/4-H Livestock Judging Competition, Whitefield
- 18 4-H Horse Judging/Hippology Contests Entries Due to Moiles House
- 18 Coös County 4-H Demonstration Day entries due, Coös Extension 4-H Office
- 18 Coös County 4-H Hippology Contest, Coös Extension 4-H Office
- 19 4-H Dairy Quiz Bowl – Location TBA
- 26 Coös County 4-H Demonstration Day, Berlin (snow date April 2)
- 29 Coös County Extension Advisory Council Meeting, Lancaster



- 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

APRIL 2011 (cont)

- 2-7 National 4-H Conference, National 4-H Center
- 9 Conducting Effective Meetings Training, Coös Extension 4-H Office
- 9-10 New England 4-H Horse Judging School, Manchester
- 12 Coös entries for State Activities Day due, Coös Extension 4-H Office
- 12 Coös entries for State 4-H Dairy Judging Entries due, Coös Extension 4-H Office
- 14-25 Tractor Supply Paper Clover Campaign, Gorham store
- 30-5/1 NH 4-H Dairy Judging Contest
- TBA Lancaster Fair Coös/Essex 4-H Premium List meeting. Coös Extension 4-H Office



- 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
- 14-15 Sheep and Wool Festival – Hopkinton
- 15 Coös Camp Scholarship Applications due, Coös Extension 4-H Office
- 17 Coös State Activities Day Tune-Up, 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
- 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
- TBA Governor's Conference on Volunteerism

Let's Go Ice Fishing Workshop

A beginning ice fishing course will be offered on Saturday, February 19, 2011. Youth age 8 and older are invited to attend this educational workshop sponsored by the NH Fish and Game Department and the UNH Cooperative Extension 4-H. Participants should bring an adult, warm clothing, and a bag lunch. We will spend a few hours in the classroom learning about fish biology, ice fishing equipment, and safety. Afterwards, we will travel to a top secret spot to try to out-wit some fish!

The course is offered at the North Country Resource Center, 629 Main Street, Lancaster, NH from 9:00 a.m. to 3:00 p.m. Cost is free, but pre-registration is required. To register call Coös County 4-H (603) 788-4961.

Every Child in The Garden: A 4-H Junior Master Gardener gathering about gardening and youth.

If you love kids and gardening and want to meet others who feel the same, this day could be for you. Join UNH Cooperative Extension's 4-H Junior Master Gardener team on Saturday, March 5, 2011 for a day long workshop from 9 am - 4 pm at the Massabesic Audubon Center, Auburn NH, to explore the in's and out's of developing and sustaining youth and school gardens in NH. During this active workshop, participants will meet individuals who are running youth and school gardens and hear their stories, both successes and challenges. Everyone will also roll up their sleeves and try out hands-on, minds-on, fun learning activities from the Junior Master Gardener curriculum and other key resources. The day will conclude with time to "Bring it Back Home" as well as time to talk about how to become part of a NH network of people interested in supporting each other and their own efforts regarding youth and gardening statewide. This workshop is suitable for adults who are 4-H and youth group leaders, after-school providers, home-schoolers and teachers, as well as Master



Gardeners and other volunteers including AmeriCorps and college students interested in mentoring youth.

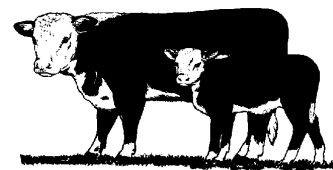
Participants will receive the Junior Master Gardener manuals for adults and youth. Space is limited to 35 participants. Cost will be \$10 per person, including lunch. For registration information contact Janell George (janell.George@unh.edu, 603-641-6060). For questions contact Julia Steed Mawson, Extension Educator, 4-H Youth Development, (Email: julia.mawson@unh.edu or phone: 603-660-6373).



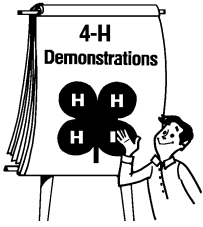
Staff development certificates of attendance will be provided. Please register by March 1 and make checks payable to UNH Cooperative Extension. This workshop is sponsored by UNH Cooperative Extension, the Massabesic Audubon Center, and the NH Food to School Program, with support from the NH Charitable Fund.

FFA/4-H Livestock Judging Competition

Save the date of Saturday, March 12 for an exciting FFA/4-H Livestock Judging Competition. The event is being hosted by the Paradise FFA Chapter and will be held at the White Mountains Regional High School. Plan on a 9:00AM start. Participants will have a chance to judge beef, sheep, and swine. There will also be a general knowledge test, equipment ID challenge, and a problem solving exercise. The 4-H portion is open to all enrolled 4-H members. This event will place an emphasis on learning and fun. It is not a hard-core competition. There is no fee, but pre-registration is required by February 23. To register or to learn more, contact Chris Brady (email: cbrady@sau36.org or call: 837-2528 school, 922-3305 home). The flyer for the event can be found on the Coös County 4-H web page under *Upcoming Events*.



Coös County 4-H Demonstration Day



This is one of the best days of the year on the 4-H calendar. It will be held on March 26 at the White Mountains Community College in Berlin. If you don't know what it's all about, then you'll want to check out the Coös County 4-H web site. There you will

find all kinds of resources to help prepare youth for demonstrations and action exhibits as well as poster and photography competitions. There is a marvelous tradition of participation at the Coös County 4-H Demonstration Day. The atmosphere is friendly and supportive. Through demonstrations and talks, 4-H can help you develop poise and self-confidence. Please encourage your 4-H members to participate.

We are always in need of adult volunteers for the day. One does not need to be an enrolled 4-H leader to get involved. It's a lot of fun and very inspirational. Give the Coös Extension 4-H Office a holler and we'll find an appropriate role for you. Feel free to invite others to become involved. Thanks in advance.

New England 4-H Horse Judging School



The New England 4-H Horse Program Committee is pleased to announce it's 3rd 4-H Horse Judge's School. It will be held on April 9-10, 2011 in Manchester, New Hampshire. You can renew your New England Judge's card, apply for a card or just audit the classes and live judging. This event is appropriate for 4-H youth, judging teams, those who just want to learn more about judging as well as those who wish to obtain or renew their New England cards. Check out the Coös County 4-H web site for full details.

NH 4-H Shooting Sports Volunteer Training

The 4-H shooting sports project is proving to be very popular in

New Hampshire of late. If you would like to get involved, then save the weekend of May 20-21. This is when the New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders at the 4-H Youth Center in New Boston. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor.

4-H Camp is Open for Business!!

Last summer was a difficult one for those of us who love 4-H residential camping in New Hampshire because Barry Conservation 4-H Camp (BCC) was closed for the season for major upgrades. That's all in the rear-view mirror now because BCC is preparing for a fantastic 2011 season. The facilities look better than ever and we've planned an expanded season that will stretch out to six weeks! Check out the attached fact sheet for a description of the various sessions. There's something for everyone.

On-line registration should be up and going by the time you read these words, so get crackin' if you want to sign up. Campers are assigned their choices on a first-come basis. Enrolled Coös County 4-H members should consider applying for a "campership" from the Coös County 4-H Advisory Council (AC). There is a generous budget this year to support our youth who are interested in 4-H camp. Please know that these are the dollars that you helped to raise through the cookie/candy bar sale and the dairy bar at the Lancaster Fair. Camperships are not based on need. Everyone who would like help paying for camp is encouraged to apply. The simple application is available on the Coös 4-H web site. It is due May 15.



Upcoming Training Sessions

Time to polish up our skills! Several training sessions are in the planning stages for this spring.

- April 9 is the date is set for a training session on conducting effective meetings. This training will be for 4-H members who serve as club officers and leaders. We will focus, in part, on Parliamentary procedure. It's going to be fun and informative.
- A basic first-aid and CPR class is being planned and will likely take place in March or April. Stay tuned.
- Finally, a session on 4-H records is being planned for the spring. Again, stay tuned for the details.



NH 4-H Teen Conference

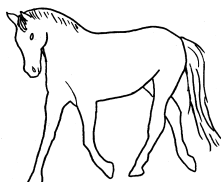
Update

The NH 4-H Teen Council is hard at work planning the 2011 NH 4-H Teen Conference. This is, perhaps, the most impressive event of the 4-H year. It's available to youth age 14 and older or who have completed the 8th grade. It's held annually at UNH. This year the dates are June 26-29. Teen Conference is planned by teens for teens and consists of a blend of educational and social/recreational activities. Ask anyone who has ever attended and they'll tell you that IT'S A BLAST. We'll have more news as it develops.

Coös 4-H Horse Project Updates

Winter Horse Planning Meeting

February 23 is the date of the Coös County 4-H horse project winter planning meeting. All interested teens and adults are welcome. We'll meet at the Coös Extension 4-H Office starting promptly at 6:30 p.m. The purpose is to firm up plans for the spring and summer: what types of clinics will we hold; get updated from the happenings at the State 4-H Horse Advisory Council meeting; set the dates for qualifying show and state team meetings; and much more. We hope that all interested parties will feel welcome to join us.



Hippology Contest

Save the date of Friday, March 18 for the Coös County 4-H Hippology Contest. The Coös Extension 4-H Office will be the location and we'll start at 6:30 p.m. What is hippology, you might ask? In a word, it's a lot of fun. This educational project allows 4-H'ers to demonstrate the skills and knowledge they have acquired about horses. They will visit stations - mostly hands-on exhibits - that test your skills and knowledge. Developing your own "stations" is a fun, hands-on way for 4-H'ers to learn about different aspects of the horse.

Club Achievement Ceremonies

4-H clubs, members, and leaders should be recognized for their years of involvement. And just such a system does exist. For clubs 4-H leaders and members, there is a series of certificates, pins, and membership seals. There is even a club charter and yearly stickers for clubs. All you need to do to receive these membership recognition items for your club is to give us a call. If you'd like, I would be pleased to visit with your club to present the membership awards. It's a lot of fun for all and a great way to document your 4-H membership. We ask for 2 weeks notice to pull together your club's packet.

Tom Gill Garden Banquet

The Berlin Kiwanis Club hosted 4-H youth and their families for a terrifically fun dinner and recognition ceremony in the fall. The purpose of the dinner is to allow the Kiwanis members to enjoy fellowship with the winning 4-H gardeners and their families and to learn about the gardening program and paying a tribute to the top youth.



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Did You Know?

- The NH 4-H Career Development Trip for 2011 will focus on money.
- The 2011 and 2012 State 4-H Horse Shows will be held at the Lancaster Fairgrounds. That's right, Coös County will be the host of the show for the next two years!
- 4-H is the nation's largest youth organization with more than six million members nationally.
- In New Hampshire, the 4-H Youth Development program of UNH Cooperative Extension has more than 20,000 youth involved in the various aspects of 4-H and 2,200 adult volunteers.
- Did you enjoy a milkshake at the handsome new picnic tables at the 4-H Dairy Bar at the Lancaster Fair? Thanks go to **David Scott** from North Stratford!
- Coös 4-H'er **Christina Morin** won the design contest for the cover of the program for the 2010 State 4-H Horse Show.
- **Lucas DeBlois** participated in the 4-H Dairy Judging Invitational and **Jacob Brady** in the National Dairy Quiz Bowl in Louisville, Kentucky back in November. That's the big stage... way to go!

UNH Poll Shows Wide-Spread

Recognition of Cooperative Extension

Source: *Extension Update*

A recent Granite State Poll by the UNH Survey Center once again shows UNH Cooperative Extension as the second most recognized component by state residents. UNH's athletics ranks first.

The results of the poll indicated there was a high awareness of sports and Cooperative Extension, while there was less awareness of specific research programs. While 75 percent definitely remembered hearing about UNH athletics in the April poll, UNH Cooperative Extension ranked second, at 54 percent. A similar poll in 2004 indicated over half, or 52 percent, definitely made the connection.

Coming in third, at 51 percent, was UNH's performing arts, and in fourth, at 47 percent, were the university's research programs.

Questions were included in the quarterly Granite State Poll conducted in April.

Two-thirds of those polled indicated they knew a UNH alumni, and most got their information about the university through newspaper information, family or friends, or television and radio.

*4-H... More Than You
Ever Imagined.*

4-H Study Proves Positive

Outcomes, Powerful Impact :

4-H makes a positive and powerful difference in the lives of young people, according to the latest findings from the fifth year of the 4-H Study of Positive Youth Development (PYD). Researchers report that youth who participate in 4-H are:

- Nearly two times more likely to get better grades in school;
- Nearly two times more likely to plan to go to college;
- 41 percent less likely to engage in risky behaviors; and
- 25 percent more likely to positively contribute to their families and communities.

With support from the National 4-H Council, eminent youth development scholars from the Institute of Applied Research in Youth Development, Drs. Richard M. Lerner and Jaquelyn V. Lerner are leading this ground-breaking longitudinal study. Faculty from 21 land-grant universities across the nation are also collaborating. Since 2001, researchers have surveyed 6,885 adolescents from 45 states in the U.S..The adolescents are diverse in every aspect—race/ethnicity, region of country, gender, parent education, and family income. Because the sample of youth includes matched samples of 4-H and non-4-H youth, researchers are able to assess and compare the impact of 4-H participation on diverse young people. Overall, the study found

that the advantages of 4-H participation include higher educational accomplishment and higher motivation for future education. In addition, youth in 4-H are more civically active and make more community and civic contributions than youth in other out-of-school activities.

Source: Youth in Action, National 4-H Council Annual Report 2010 - see the full report: <http://viewer.zmags.com/publication/a0fd98bd#/a0fd98bd/1>

Congratulations!



Coös 4-H Achievement Ceremony

The Coös 4-H Achievement Ceremony is held annually in the fall and it's a fantastic event. It is the time of year when we like to step back and reflect on past accomplishments. The ceremony had two distinct parts. The first half of the morning was dedicated to some great presentations by 4-H'ers who told tales of events, trips taken, and projects explored. The presentation of awards and recognition was the theme of the second half of the program.

All of the 4-H members spoke with great enthusiasm. It is evident that fun, learning and friendships are common themes in 4-H. Many trips entailed travel to such places as The University of New Hampshire, Springfield, Mass. for the Eastern States Exposition, and beyond. For example, **Lucas DeBlois** of Colebrook finished the NH 4-H Judging Contest in the top spot and traveled to Louisville to join in the National 4-H Dairy Judging Invitational. He was joined in Kentucky by **Jacob Brady** of Columbia who was a top finisher in the NH 4-H Dairy Quiz Bowl.

The presentation of awards highlighted some very dedicated 4-H volunteer leaders and some outstanding accomplishments by 4-H members. Several volunteers were recognized with Leader Tenure Awards. Celebrating 5 years

were: **Ellie Clauss** of Lancaster's Clauss Family 4-H Club; **Kurt Hall** from Lancaster and the Coös County Sharp Shooters 4-H Club; **Penelope Noyes** who leads the Ranch Hands 4-H Club in Lancaster; and **Alyssa Scott** from North Stratford's Lion Cubs Afterschool 4-H Club. **Christina Brooks** of the Whitefield Pioneers 4-H Club has been enrolled as a leader for 10 years. **David Chessman** was honored for 15 years of service as a volunteer for the Pleasant Valley 4-H Club in Lancaster.

Finally, **Karen LaRoche** was honored for her 25 years as a leader of the Archies 4-H Club in Dalton. Mr. Barker noted that "Karen has been a superb educator and wonderful role model as she's touched the lives of hundreds of youngsters through her dedicated involvement in 4-H."

Megan Allin is an ambitious and very involved member of the Colts and Fillies 4-H Club in Stark. She earned the prestigious Outstanding Junior Youth Award. The Senior version of this award was given to Columbia's **Earl Brady**. When listing some of the highlights of Earl's stellar 4-H career, Mr. Barker stated that "we have never been more proud of a graduate of the Coös County 4-H program.

There were several hotly contested 4-H club awards handed out as well. The esteemed Club Citizenship Award was presented to the **Early Risers 4-H Club** of Columbia. The Outstanding 4-H Club for 2009-10 was the **Lion Cubs 4-H Afterschool Club** of North Stratford.

The Coös County 4-H Lifetime Achievement Award was presented to **David Dubey** of Dummer. He was honored for his service to 4-H as a volunteer nurse at Barry Conservation Camp, his passionate dedication to 4-H public speaking events, and his membership on the Coös County 4-H Advisory Council. Mr. Barker exclaimed that "Dave has been a tremendous friend to the Coös County 4-H program."



Barry Conservation 4-H Camp! 2011

Includes all of your favorite camp activities:
waterfront, campfires, songs
PLUS....



Barry Conservation Camp is operated by the UNH Cooperative Extension 4-H Program in cooperation with the N.H. Department of Fish and Game. Located in the scenic White Mountain National Forest, Barry Conservation Camp provides a close-knit community for its 38 campers and 11 staff. Small, cozy cabins house 7 campers and a counselor. Campers are grouped by age and gender. There are new and modern central toilets, shower facilities and a dining hall complete with kitchen.

Barry Conservation Camp is a great program for kids who love the outdoors, enjoy hands-on learning in environmental and conservation programs and can benefit from participating in a small camp. Our staff takes pride in creating a special place where kids can discover their individual strengths. Campers and staff work together as a team in the hope that everyone leaves camp with a greater awareness of themselves and the world around them.

Natural Leaders June 26-July 1 Ages 14-17 \$575

This program is an education and leadership development program designed to inspire emerging environmental and community leaders through active engagement in fun outdoor recreational and educational experiences.

Mini-Camp July 5-8 Ages 8-12 \$285

Mini-Camp is perfect for first-timer campers and younger children! This abbreviated session will include 3 nights and 4 days. Campers will enjoy our caring staff who will introduce them to many fun and exciting camp activities. Learn about nature, try your hand at crafts, explore outdoor games, sing around the campfire...this week has it all.

Hunter Education July 10-15 Ages 12-16 \$475

Join NH Fish and Game Department Hunter Education staff, volunteer instructors and camp counselors to learn and practice safe, responsible and ethical hunting. Campers who successfully complete an online Hunter Education Course prior to coming to camp are eligible to earn a hunter safety certificate.



4-H Shooting Sports July 17-22 Ages 10-16 \$475

Join us for a week centered on the NH 4-H Shooting Sports program. Certified instructors will help youth learn marksmanship, the safe and responsible use of firearms, and the basic principles of hunting. Previous shooting sports experience is preferred, but not essential.

4-H On The Wild Side July 24-29 Ages 10-16 \$475

Experience nature and reunite with the great outdoors. Create a meal from gathered plants, fillet a fish and cook it over an open fire, sleep under the stars, climb a mountain, swim in a pond, create nature crafts, and more. Truly experience the great outdoors. Sounds like fun!

Aquatic Adventures Program, "Let's Go Fishing" July 31- August 5 Ages 10-16 \$475

Come along and catch the big one! Novice anglers will learn the basic skills and equipment needed to get started fishing while campers with more experience will work on improving their fishing skills and exploring the finer details of the angling world. Come ready to get wet, smell fishy and meet new friends.

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