

August - September 2011

Brownie Donations Needed for Cornish Fair

It's that time of year once again! The Sullivan County 4-H Leaders Association will be running the 4-H Dairy Booth at the fair. Please help support our leaders association by baking a "family size" batch of brownies to donate to the dairy booth for their infamous Brownie Sundae Supreme. **Please do not cut up the brownies or use nuts.** Brownies can be dropped off directly to the Dairy Booth any of the three days of the fair.



Volunteers are also needed to work in the Dairy Booth! We need adults and 4-H members 12 and older to sign-up for two hour shifts on Friday, Saturday and Sunday. Please call us at 863-9200 to sign up for your shift today! Remember, the hours you volunteer at Cornish Fair count toward your Community Service Project hours too.

Discount Tickets Available for 4-H Dairy Booth!



The Sullivan County 4-H Leaders' Association is once again offering discount tickets for use at the 4-H Dairy Booth. For \$5.00 you will receive a ticket that will enable you to purchase \$7.50 worth of product at our Dairy Booth.

Discount tickets can be purchased prior to the Cornish Fair. They can be picked up at our office or at the Cornish School on Thursday, August 18th, between 2:00-8:00 p.m. **Discount tickets will not be sold after Noon on Friday, August 19th!**



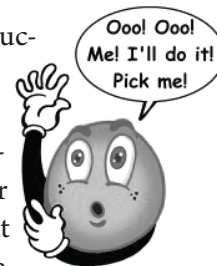
4-H Day at Cornish Fair is Friday, August 19

Friday, August 19th is 4-H Day at the Cornish Fair!! All 4-H'ers 13 and older can get onto the fairgrounds free when they wear their special 4-H tags! Ask your leader for your tag. Help to promote 4-H by wearing your 4-H t-shirt to the fair too! The fair is free for children 12 and younger.

Three-day passes are available to adults and youth age 13 and older for \$18.00 each if purchased in advance. If purchased on Friday, August 19th, they are \$20.00. Daily admission is \$8.00. These passes can be purchased through our office or at the 4-H exhibit rooms on Thursday, August 18 from 2:00-8:00 p.m.

Volunteers Are Needed at Cornish Fair

Volunteers are an important part of the success of the fair. We really do depend on 4-H members and leaders, parents and other family members to help make Cornish Fair a success. If you can volunteer two hours to watch over the 4-H exhibit rooms in the schoolhouse anytime between noon on Friday, August 19th and 6:00 p.m. on Sunday, August 21st the Sullivan County Leaders' Association will provide you with a coupon for an item of your choice from the 4-H Leaders' Dairy Booth!!



By volunteering to watch the exhibit rooms, you will have time to look closely at the items our county 4-H'ers have worked on this past year. You can also help spread the word about 4-H in Sullivan County to visitors. Anyone age 8 and older is invited to call us at 863-9200 to sign up.

We also need people to assist in the set up of the exhibit rooms on Tuesday, August 16th and a crew to help clean up on Sunday, August 21st at 7:00 p.m. Call us if you can help! It only takes about an hour to clean up.

Tips for 4-H Livestock Show Members, Parents and Leaders

*(adapted from an article in California's 4-H
Party Line Newsletter Aug. 03)*

Successful Exhibitors Will:

- Take pride in themselves, their exhibit, and 4-H.
- Maintain a safe and clean exhibit area at all times.
- Demonstrate good sportsmanship.
- Follow the code of conduct.
- Be prepared to share their knowledge with each other and the public.
- Be modest in winning and generous in defeat.
- Dress neatly and appropriately for the occasion.
- Take time to enjoy and reflect on the experience.

Supportive Parents and Leaders Will:

- Remember the project is the member's responsibility - provide ideas, guidance and encouragement.
- Conduct themselves in a courteous and respectful manner. Exhibit good sportsmanship and be a positive role model for our youth.
- Respect, adhere to, and enforce the rules, policies and guidelines of 4-H and the Cornish Fair.
- Ensure the safety and well being of all participants and their animals.
- Applaud and congratulate members for their efforts, regardless of their placing.
- Inform members to the expectation placed on them and encourage them to follow through.
- Take the time to enjoy, and reflect with your members on each fair experience.



*You are invited to come watch the Leadline contest on
Saturday, August 20th at 6:00 p.m.*

Go to The Big E Free!



Saturday, September 17th is 4-H Day at the Eastern States Exposition in Springfield, MA. All 4-H members, leaders and families can receive passes to get in free on that day only.

If you would like passes for your family, please call the Extension office at 863-9200 by Friday, September 9 so we can get passes for you. When you go to the Big E, remember to wear your New Hampshire 4-H t-shirts!

If you are unable to attend on September 17th, go anytime between September 16th and October 2nd and pay the regular daily admission price. Visit the website for more information and other specials at: <http://www.thebige.com>.

To order your free tickets for 4-H Day contact Dawn at the Extension office at dawn.bozogan@unh.edu or call 863-9200.

CLUB HIGHLIGHTS

The Creative Clovers 4-H Club from Claremont finished their year with four of the current members attending at least 28 of their 36 meetings! All the members spent several weeks sewing. Three of the members attended the Fashion Show: Joe showed his apron and potholder, Kassi's apron won an award, and Kelsey was eligible to go to the State competition with her skirt. We had several food projects this past year, and though they were fun, our focus next year will be fun and healthy. Looking at some of the items we've used, it could look like an episode of McGuiver! We've used yarn, marshmallows, ribbons, toothpicks, google eyes, duct tape, paint, scrap paper, and all kinds of glues. We've made everything from little picket fences, bedroom decorations, rose-topped pens, chocolates, and gingerbread houses. We've photographed our adventures and scrapbooked them, too. We've planted, painted, and been silly with gak and goop; we've gotten serious making "boo boo bunnies" for when someone gets hurt. As the year has gone by, Elizabeth no longer says "I can't", and Erik can communicate better with everyone. All the Creative Clovers are working together better as a team, and are very protective and considerate of each other. Marilyn, Stephanie, and I are looking forward to all the adventures we'll have coming up in the new year.

Save the Date for a 4-H Volunteer Training!

October 29, 2011

A 4-H Volunteer Training opportunity is in the works. The details are still being worked out and we will share the location and workshops that are to be offered as soon as we get them! So, in the meantime, save the date on your calendar for another great learning experience brought to you by New Hampshire 4-H!

Did You Know That

Brooke Clark was the overall top placing member in the NH State Dairy Judging Contest. Brooke is a 4-H member of the Cornish Dairy Club.

Eight Sullivan County Youth attended the Barry Conservation Camp during the summer of 2011. Several were fortunate enough to have received scholarships awarded by the Claremont and Lempster Conservation Commissions and the Claremont Sportsmen's club.

63 Sullivan County 4-H youth submitted county 4-H records for 2011. Records kept by 4-H'ers provide a snapshot of the youth development opportunities in which they each took part. What members write provides a summary of their project work and accomplishments, leadership development and community service.

The first annual 4-H Family Picnic was a big success. On July 9th families representing the **Acworth Hill Climbers, Bunny Bunch, Charlestown Dairy Club, Claremont Jaguars, Clever Cardinals, Country Kids, Creative Clovers, Fun 4-H, Hemlock Hi-Toppers and the Jim Dandies** had a blast sharing conversation, food, games and fun. A huge thanks to the Charlestown Dairy Club and Jim Dandies for putting forth the idea of a family picnic at a 4-H Leaders Association Meeting and for bringing several gas grills, taking charge of the cooking, bringing additional picnic tables and pop up tents. Thanks also to our Sullivan County 4-H Leaders Association for providing the hotdogs, burgers and buns.

The Claremont Community Garden site includes a flower and vegetable garden being grown by a 4-H club. The **Claremont Jaguars** have been working as a team to plan, plant and tend their group garden. We hope to see them sharing their success one of these summer Thursdays at the Claremont Farmers Market.

County Equestrians Qualify for State 4-H Horse Show



Twenty-four 4-H horse project members took part in this year's qualifying show at the Hopkinton Fair Grounds June 18th. Junior and senior level riders/drivers age 12 and above competed for 13 spots on the Sullivan County 4-H Equestrian team. State Team members included Horse Hugger member **Emily Buskey**, Sugar River Equestrians **Leanne Rubchinuk** and **Angelique Watts**, Oak Hill Rider 4-Her's **Danyelle Davis**, **Katelyn Ashburn**, **Alicia** and **Charles Barry**, **Monica Newton**, **Kristen Wesoja**, **Kristy Sullivan**, **Olivia Henriques**, **Erin St. Laurent** and **Sara Keniston**. Alternate riders included **Carlie Ballou** and **Alexis Ledoux** of Oak Hill and **Dolly Rondeau** and **Kassia White** from the Horse Huggers. Also part of the team were Stable Managers **Heather Stockwell**, **Linnea Rock**, **Katie Dessert** and **Amanda White**. Stable managers were selected based on their combined scores in the horse quiz, judging and showmanship. All qualifying riders, alternates and stable managers were awarded medals. High point rosettes were awarded based on the combined scores of the equitation and pleasure riding classes. This year's senior high point Champion was **Danyelle Davis** and Reserve Champion went to **Emily Buskey**. **Alicia Barry** was Jr. Champion, **Olivia Henriques** was Jr. Reserve Champion, **Anna Avery** was Walk/Trot Champion and **Samantha Woodman** was Walk/Trot Reserve Champion.

During the State 4-H Horse Show held for the first time at the Lancaster Fair grounds five Sullivan County 4-H members qualified for the NH 4-H Equestrian team to compete at the Eastern States Exposition in September. The Eastern States team is comprised of seventeen youth. Sullivan county youth qualifying for the team include Oak Hill Riders **Katelyn Ashburn**, **Kristen Wesoja**, **Charles Barry** and **Alicia Barry**. **Kristy Sullivan** is the third alternate. **Dolly Rondeau** of the Horse Huggers 4-H club was selected to accompany the team as one of four stable managers.

4-H Fashion Show at Sullivan County Home a Success!

Residents of the Sullivan County Nursing Home and community members attending the annual Sullivan County Commissioners' Pancake Breakfast enjoyed a 4-H Fashion Show on Sunday, June 12th.

Thank you to the 4-H members who participated in the fashion show: **Max and Rose Abendroth** of the Sullivan County 4-H Teen Club, **Cayla Carpia, Laurel and Louisa Semprebon** of the Claremont Jaguars, **Hailey and Brian King, Rebekah Baker, Makayla Yake, Caleigh Plunkett, Abby St. Pierre, Madison Patch and Alyssa Daignault** of Fun 4-H, **Kelsey Couitt, Sara, Sean and Josie Petrin** of the Clover Buddies, and **Patrick Hennig** of the Barnyard Bunch.



4-H Teen Club Hosts Minnesota Teen Exchange

On Wednesday, July 20th fourteen teens and two chaperones from Winona County, Minnesota arrived at Manchester Airport to spend a week in Sullivan County with several host families of Sullivan County 4-H Teen Club. On Thursday, our 4-H members and leaders gave their Minnesota counterparts a tour of Sullivan County starting at Saint Gaudens National Historic Site and continuing on to the Cornish-Windsor Covered Bridge, then onto the Common Man Hotel in Claremont, the Church on the Hill in Acworth, and ending up at Dewey Beach in Sunapee. Friday took the group to the White Mountains for adventures at Clark's Trading Post, The Basin, the Cannon Mountain Tram and a picnic at Echo Lake. Over the weekend, the visiting 4-H'ers spent time with their host families and also enjoyed a "S'mores Campfire" at the St. Pierre's home in Charlestown. Monday took the group for a day trip to the ocean to explore tidepools at Odiorne State Park, Hampton Beach and the boardwalk and ended with a pool party at the Chasses' home in Newport. Tuesday, July 26th was the farewell brunch at the Abendroth's home in Sunapee before returning our guests to the airport for their trip home.



The costs involved to participate in these events are covered by the hosting club. Our teens are involved in several different fund-raising activities throughout the year. They also have had the support of several local businesses, including; Coca Cola, Sugar River Bank, Claremont Savings Bank, Townline Equipment, St. Pierre's Inc., Hemingway Farm, Putnam Farm, Bascom's Sugar House, Clark's Sugar House, Goodrich Oil, Newport Montessori School, Hannaford Supermarket, Walmart and Shaw's Supermarket. Our thanks go out to these businesses for supporting the Sullivan County 4-H Teen Club Exchange!

As with past 4-H Teen Exchange trips, our 4-H teens and their leaders will travel to visit Minnesota next summer and stay with host families and explore Winona County.



Pictured at right are members, leaders and parents of the Sullivan County 4-H Teen Club with their guests from Winona County Minnesota 4-H.

4-H National Science Experiment



This year the 4-H National Science Experiment is "Wired for Wind". The experiment will introduce young people to the possibility of a more sustainable tomorrow using wind as a clean, widely available and renewable source of energy. The kits are available to order through National 4-H Council and cost \$23.00 each (plus shipping). Is there anyone who would like to lead a group of 10 youth through this experiment? It could be a way to attract new volunteers or youth to the 4-H program. Science, Engineering and Technology is one of the three areas that are National themes. (The others are 4-H Healthy Living and 4-H Citizenship/Civic Engagement).

We have a wind farm in Lempster and this science experiment seems like a perfect fit for our county. Sullivan County 4-H plans to order at least one kit, but it would be fun if others joined in as well.

This year National 4-H Science Day is October 5th, so why not join the fun, order your club's kit today! For more information about National 4-H Science Day go to: <http://www.4-h.org/4-h-national-youth-science-day>

Learn More About 4-H in Your Own Home



Are you interested in learning more about 4-H but can't free up the time to travel to a training? What if you could take a course in your home, anytime you want, and for as long or short a period of time as you desire? Well if you have a computer or access to one, then you are in luck. NH has established a 4-part e-learning course available on the UNH extension web site. You'll learn about: What is 4-H; Youth Development; Starting a New Club; and Leadership and Teaching techniques. Take the whole course or just the units that interest you. Each session takes about 30 minutes. The course is informative and fun. Why not give it a try at the following link:

<http://extension.unh.edu/Intranet/UNHCEVM.htm> . Let us know what additional information would be helpful.

Saying thanks ---- the Ultimate Gift

Whoever said "It's better to give than to receive" knew the real meaning of the words "thank you". A thank you is the ultimate gift, no matter how it is expressed. It becomes a memory stored in the heart and mind forever. In 4-H we have many unique opportunities to express our thanks to donors, volunteers, parents, school administrators as well as other members. Choosing to say thanks to people can make a real difference in how the 4-H program is perceived by others at the club, community, state and national level. Here are some tips:

- Be timely with your thank you. The sooner the better!
- Be specific with your thanks. Mention how, why or what the individual or organization did for you that made a real difference.
- Remember a thank you is always appropriate.
- Add your personal touch and make your thank you stand out. Take time to hand write the note.
- Proofread the letter before sending it. Demonstrate you care by correcting grammatical or spelling errors.

You may be thanking individuals or groups for a variety of things this year (opportunities, donations, time or effort). Use your **head** in composing a note that is thoughtful. Use your **heart** and be sincere with your gratitude. Use your **hands** to write a note that looks neat and unhurried. Know that feeling positive about doing the right thing contributes to good **health**. Saying thank you is powerful and everyone likes to know they are appreciated.

UNH Cooperative Extension
Sullivan County
24 Main Street
Newport, NH 03773-1515
603-863-9200; Fax 603-863-4730
sullivan@ceunh.unh.edu

Non-Profit Organization
U.S. Postage Paid
Newport, NH 03773
Permit # 55



Sullivan County 4-H News - Please Read!!

Sullivan County UNH Cooperative Extension has experienced some changes with the start of a new fiscal year. In an effort to contain costs we will no longer be publishing the Sullivan County Extension Connection newsletter. Instead, a county 4-H newsletter will be posted on the Sullivan County website. We will send e-mail notification as soon as a new issue becomes available to all 4-H families who have provided us with a current e-mail address. We will continue to send a paper copy to all families that prefer to receive information in this manner and to families that do not have e-mail at home.

We know it is very important to maintain our communication with 4-H families and volunteer leaders, it will just be happening in a new way! We will continue to provide reports on awards earned, club news and on upcoming events and opportunities. We welcome your ideas and suggestions so we can be sure our county 4-H newsletter meets your needs. You can reach Robin Luther, Extension Educator, 4-H Youth Development at robin.luther@unh.edu or Dawn Bozogan, 4-H Administrative Assistant, at dawn.bozogan@unh.edu or by calling the office at 863-9200.