

# Sullivan County Clover Connection

December 2011

## The Heart of 4-H

### Volunteers and Parents

The greatness of 4-H is found within the power that volunteers and parents have to change the lives of youth. 4-H volunteer leaders and parents work with and support youth in their development of various skills, enabling them to reach their fullest potential and lead productive lives.

### A Parent's Role in 4-H

Your child needs your encouragement to get them started in 4-H and to keep them involved in the program through their teen years. You can help if you:

**Share:** Take interest, look, listen and offer suggestions, but avoid the temptation to “take over” and do things yourself. Learning by doing is the 4-H way. Your child learns by his or her mistakes as well as successes, if you provide encouragement.

**Prepare:** Help your child value having their projects, duties and presentations done right and on time. Also be sure your child learns the importance of letting someone know if he or she cannot follow through as expected.

**Be There:** Parents are part of 4-H too! You are welcome and very needed. Lend a hand where you can. Volunteer!

**Care:** Support your child's participation and abide by the policies set by the 4-H Youth Development Program. Also arrange to attend programs and events where your child is taking part. Your presence shows that you consider your child, and what he or she is doing, is very important.

## Telling Your Club's Story



There can never be too much publicity for your 4-H Club or Sullivan County 4-H! At a club meeting discuss the possibility of adding some responsibilities to the reporter or vice president officer positions. Make it a priority to keep the spotlight on 4-H. We need the public to know that 4-H is thriving and making important contributions to our NH communities.

- Write an article for your local paper or the county 4-H newsletter. Some Sullivan County communities have online newsletters, another great opportunity to tell the 4-H story. Tell about who was involved, what was done, when it was done, why it was done and how the group did it.
- Send a picture and corresponding cut line.
- Wrap up with a sentence or two about how families can join 4-H. Provide contact information for the extension office or your club.

So many wonderful things are happening as a result of 4-H and people need to know about it!

## CURRENT NEWS

# Outstanding Accomplishments Recognized During 4-H Rally 2011

Creativity, achievement and enthusiasm for 4-H youth development was evident during our fall Rally and Awards Night. This event marks the end of one 4-H year and the beginning of the next. At this event we celebrate member and leader accomplishments. Sullivan County Bunny Bunch members, **Holly Towne** and **Emily Whittier** served as commentators. The **Claremont Jaguars 4-H club** conducted the flag ceremony and the stage decorations were provided by **the Bunny Bunch**. The **Fun 4-H club** sponsored a food raising raffle to benefit area food shelves, much in need this year.

Congratulations to **Brigitte Taylor**, a member of the Acworth Hill Climbers and 4-H Teen Club who was recognized as 2011's Ivan Head Outstanding 4-H'er. This is the highest honor presented to a Sullivan County 4-H member. The selection process includes the submission of a Senior County 4-H record and an interview. This honor recognizes 4-H members who have developed a combination of qualities including leadership, service to others, outstanding project accomplishments, active participation in community, county and state 4-H events and is enthusiastic about 4-H.



*Sullivan County 4-H Foundation member, Christine Morin presents Brigitte Taylor of the Acworth Hill Climbers with the 2011 Ivan E. Head Outstanding 4-H'er Award*

This year's Outstanding 4-H Club was the **Charlestown Dairy Club**. A primary goal set by members was to bring attention to the importance of agriculture with a special emphasis on dairy promotion. For Charlestown's "Old Home Days" celebration they created a dairy promotion tent where members and leaders made and served milk shake samples to the public. They also helped promote 4-H as well as the dairy project at the Claremont Farmers Market. They created a special cow to give young children the opportunity see where their milk originates. The club has been honored with the Commissioner's Award for the promotion of Agriculture at Cornish Fair. They also spearheaded the first Charlestown Chili Fest to help raise money for

the town recreation department. This year during rally, two club volunteers, Lindsay Adams and Wesley Van Velsor were presented the 4-H alumni award.

County Medals of Honor were presented to: **Lindsey Best** and **Abby St. Pierre** of Fun 4-H, **Nicole Bruneau** and **Holly Towne** of the Bunny Bunch, **Annie** and **Virginia Drye** of Covered Bridge, **Mariah Kimball** of Hidden Brook 4-H, **Kyle Robicheau** of No Strings Attached, **Linnéa Rock** and **Amanda White** of the Horse Huggers, **Brigitte Taylor** of the Acworth Hill Climbers and **Samantha Woodman** of the Sugar River 4-H Club. Honorable Mention Certificates were also awarded to **Virginia Drye** of Covered Bridge 4-H, **Leah Kimball** of Hidden Brook and **Samantha Woodman** of Sugar River 4-H. Each recipient submitted a county record describing their accomplishments in 4-H and were selected to be recognized for their individual 4-H achievements.

4-H Rally and Award Night also featured a pumpkin decorating contest. Prizes were awarded to the most creative entries in three different categories; Animal Pumpkins, Pumpkins That Go, and Holiday Pumpkins.



*Above, Ellen Beck of the Acworth Hill Climbers with her winning pumpkin contest entry.*

# Cornish Fair 4-H Exhibitors Proudly Showcased the Best 4-H Has to Offer!

At the 62<sup>nd</sup> Annual Cornish Fair, over a hundred Sullivan County 4-H'ers proudly exhibited their project work.

**Virginia Drye** of the Covered Bridge 4-H Club won the coveted Angela L. Smith Memorial Rosette for her outstanding 4-H Homemaker Award. Virginia's exhibit consisted of a light blue floral sundress, a counted cross-stitch project, 2 jars of homemade jam, a beaded necklace and beaded hair clips, and banana walnut muffins. **Kyle Robicheau** of the No Strings Attached 4-H Club won the prestigious James Reavis Memorial 4-H Handymaker Award. Kyle's exhibit consisted of a hand-made wooden bird-house, a recycled bird-feeder, a grapevine wreath, a decoupage pencil holder, and a photograph of a bird. **Nicholas Wilder**, an independent member, won a best in show rosette ribbon for his garden exhibit. **Abby Chellis** of the Helping Hands 4-H Club won a rosette for her cut flower arrangement. **Griseleda and Maria Luther-Houghton** of the Acworth Hill Climbers 4-H Club both earned rosettes for their outstanding 4-H scrapbooks, **James Surgenor** of the Blood Brook Bale Busters was awarded a rosette for his exhibit of eggs, rosettes for photography exhibits were awarded to **Elisha Butcher** and **Rette Solomon** of the Bunny Bunch 4-H Club, **Anna Avery** of the Sugar River 4-H Club, and **Skye Robicheau** of the No Strings Attached 4-H Club. **Kayla Putnam** earned a rosette for her Intermediate Arts & Crafts exhibit and **Jenna Ostrowski** earned a rosette ribbon for her Advanced Arts & Crafts exhibit. Both girls are members of the Jim Dandies.

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## Sullivan County Animal Project Exhibitors Recognized at Cornish Fair

Awards earned by 4-H youth exhibiting beef, sheep, cattle, rabbits, horses, working steer, and goats at Cornish Fair are the culmination of a full year's worth of hard work with each of their project animals. They hope as they travel to each fair that their hard work, continued project animal management and care will be favorably recognized by each show judge. To earn rewards in 4-H livestock competitions at 4-H fairs all youth must participate in Fitting and Showmanship. The Sullivan County Youth recognized during Cornish Fair 2011 are as follows:

### 4-H Dairy Show

Emery Fisher Award: **Kyle Dalke**  
Sportsmanship Award: **Jake Van Velsor**

### 4-H Horse Show

Fitting and Showmanship  
Walk/Trot division:  
Champion: **Jazmyn Durgin**;  
Reserve Champion: **Samantha Woodman**  
Junior division:  
Champion: **Alicia Barry**  
Reserve Champion: **Anna Avery**

### 4-H Rabbit Show

Overall Champion Rabbit: **Elisha Butcher**  
Reserve Champion Rabbit: **Jack Hodskins**  
Herdsmanship top awards: **Selina** and **Shawnette Fowler**

### 4-H Sheep Show

Fitting and Showmanship  
Senior Champion: **Daniel Chute**  
Intermediate Champion: **Gregory Surgenor**  
Junior Champion: **Julia Surgenor**  
Novice Champion: **Ella Falcone**  
Champion Market Lamb: **Daniel Chute**  
Best Overall Ewe: **Greg Surgenor**  
Leadline Champions  
Senior division: **Holly Towne**  
Intermediate division: **Julia Surgenor**  
Novice division: **Ella Falcone**  
Sheep Promotion Award: **Hannah Falcone**

### Working Steer Show

Novice Champions: **Noah Forman** and **Kenny Patten**  
Both earned blue ribbons in best matched and best trained team classes.

# 4-H MEMBERS' CORNER

## CLUB HIGHLIGHTS

**Sullivan County 4-H Teen Club:** In October the teen club held a turkey dinner in Plainfield. It was a great success raising over \$500 toward our teen exchange trip to Minnesota next summer.

We also participated in 2 successful Hurricane Irene recovery community service projects. Members conducted food drives at two different supermarkets. Both were quite successful and we were able to donate a lot of food to Upper Valley Haven. The Haven provides food and shelter for needy families in the VT and NH upper valley. Due to the number of people impacted by the storm, food supplies were very low. The Haven was very grateful for our contribution. Other club members helped clean and paint for a family in Vermont whose home was severely damaged. After the work day, the teens gathered at the Enfield Roller Rink for a quick meeting and some fun.

In December, our club plans to host a pancake breakfast for families in Claremont. We will do holiday craft projects and decorate cookies with children and families who attend.

Sock puppets, terrariums, and marshmallow guns, Oh My! **The Creative Clovers** were busy all summer with the Cornish Fair and have now begun the new 4-H year with a bang! In addition to these above-mentioned endeavors, the members who range in age from 5 year-old Cloverbuds to a 17 year-old Junior Leader, have fully committed themselves to all that 4-H represents.

Members attended 4-H Rally and spent time creating decorated pumpkins to bring along. Some members also chose to come in costumes.

In late October, each member assisted in one of two community service projects. First members planted flower bulbs to beautify the Fiske Free Library next spring. A week later, members planted red tulip bulbs to commemorate Substance Abuse Prevention Awareness (Red Ribbon Week). Members look forward to learning about hand sewing and plan to have items and garments ready for the Spring Fashion Revue!

**The Clover Buddies 4-H Club** of Newport started off the new 4-H year with a photography project. During the first few meetings, members learned the basics, how to hold a camera steady and a little about the history of photography. We all went out on a photo shoot in our community and expect to enter photos in the County Activities Day contest as well as Cornish Fair!

Our club also received red tulip bulbs from Communities United Regional Network to plant in our town to mark Drug Prevention Week. We chose to plant our bulbs in front of Richards Elementary School. This provided another great photo shoot opportunity!

We soon will begin work on the Food & Nutrition and the Clothing & Textiles projects.

**The Blood Brook Bale Busters** held their first 4-H meeting in early October. At this meeting the following members were elected as officers: Julia Surgenor, President; Rex Miller, Vice President; Hannah Falcone, Secretary; Ella Falcone, Treasurer; and Olivia Taylor will serve as the Sergeant at Arms.

Discussion topics included Community Service opportunities. Some of the ideas the members came up with are to volunteer at the Lucy MacKenzie Humane Society, the Claremont Soup Kitchen, Geordie Lynd's new dairy farm, and decorating the Meriden covered bridge with lights.

Also discussed were different fund raising ideas which included selling crafts and baked goods at the Garfield's and Taylor's sugar houses. Funds raised will go toward the purchase of show shirts for club members.

Members talked about things they learned last year and set goals for the coming year.



*Pictured above are members of the Clover Buddies 4-H Club of Newport planting tulip bulbs at Richards Elementary School for Drug Prevention Awareness Week.*

## 4-H LEADERS' UPDATE

### Ideas for Effective Club Decision Making

Try one of these group decision-making processes at your 4-H club meetings. 4-H leaders offer these as ways to involve youth in club decision making and to effectively use time at club meetings.

**Rank-Order** – Sit in a circle with one person acting as a recorder of ideas. Ideas are shared in a “round robin” until all ideas are recorded. If a person doesn’t have an idea, he/she may pass. If an idea has been listed already, it can’t be repeated. Go around the circle until there are no more ideas. Do not discuss the list. Everyone privately ranks his/her choice (1 = first choice, 2 = second) on a 3x5 card. The choices are tallied and shared.

**Card Tally** – Record several ideas on 5x7 cards or large sticky notes. Place the ideas on a wall. Appoint someone to serve as a facilitator to group ideas that are duplicated, Then you each go around and mark a #1 on the idea you prefer as first choice, a #2 on the second choice, and #3 on the third. Numbers are tallied and the idea grouping receiving the “lowest” number is the top choice. For this process, a 4-H member distributes sticky notes as other members arrive and asks members to list an idea for a club project on each note. This saves time during the meeting.



**Brainstorm** – Generate as many different ideas as possible in a set amount of time (3 to 5 minutes). Respect and value all ideas. Have recorder list ideas on a large sheet of paper. In the first round of voting, everyone votes on the ideas as many times as they choose. In the next round, everyone votes only for his/her top two choices. Use markers, stickers, or colored dots for voting. Ideas receiving the most votes becomes the group’s decision.

Source: “Step Up to Leadership, A Leadership Journal for Grades 6-8”, National 4-H Cooperative Curriculum System, Inc.

# JOIN | THE REVOLUTION OF RESPONSIBILITY

4-H is more than an organization, it is people. The new National 4-H promotional campaign, “Join the Revolution of Responsibility” will tell the 4-H story in far more compelling terms than ever before. Through the lives of real 4-Hers making a real impact in their communities they can demonstrate this revolution. Please visit the website and tell how you are stepping up, leading positive change, and making an impact in your community. Share with National 4-H your stories of inspiration, impact and results. This will not only illustrate the real legacy of the 4-H movement, but will leave readers wanting to be part of the 4-H experience. Take time to read how 4-Hers around the country are making a difference: <http://www.4-h.org/about/revolution/>

## International Foods Day - January 28, 2011

Save the Date! It’s time to start planning for the annual International Foods Day event which will be held on Saturday, January 28, 2012 at the Newport Middle High School. International Foods Day is a favorite county event, so gather together to choose a country to learn about, plan a menu of dishes native to the country of your choice to cook and bring, and prepare a stage presentation to share which explores the culture of your chosen country! The presentations should be kept short and simple and can take the form of a song, dance or skit. Have fun and be imaginative!

Once your club has chosen a country to represent, please let us know! We will also need to know how many people from each club/family will be attending.

# GENERAL 4-H NEWS AND INFORMATION

Continued from page 2



Above is Bunny Bunch member, Holly Towne's winning pumpkin

**Pumpkin Animals:** **Tristan Broe**, Claremont Jaguars; **Jared Bellefeuille**, Fun 4-H; **Jack Hodskins** and **Katie Kretowicz**, Bunny Bunch; **Elizabeth Carpenter**, Creative Clovers; **Hannah Falcone**, Blood Brook Bale Busters; and **Samantha Woodman**, Sugar River 4-H.

**Pumpkins That Go:** **Ellen Beck** and **Sydney French**, Acworth Hill Climbers; **Evan Woodman**, Sugar River 4-H, and **Amanda Wittemann**, Claremont Jaguars.

**Holiday Pumpkins:** **Daniel Broe** and **Ariel Vincent**, Claremont Jaguars; **Cayla Carpia**, Sugar River 4-H; **Meghan** and **Michael Wilder**, Country Kids; **Holly Towne**, Bunny Bunch; and **Kelsey Woods**, Creative Clovers.



Pictured from l-r; Virginia Drye of Covered Bridge with her Homemaker rosette, Kyle Robicheau of No Strings Attached with his Handymaker rosette, Abby Chellis of Helping Hands with her award-winning flower arrangement and Rette Solomon of the Bunny Bunch with her award winning photo collage.

## On-Line Sullivan County 4-H Newsletter We're Going Green – As Much As Possible

To All 4-H Families and Leaders,

Our 4-H Newsletter "The Clover Connection" will be available on the Sullivan County 4-H website beginning with our next issue. For those of you who have provided us with your e-mail address, we will send a link as each new issue becomes available. Be sure to keep us up-to-date with your correct e-mail address should it change during the year. The use of e-mail and our county website will become the primary source of up-to-date information.

If you do not have access to a computer with internet service, you will be responsible for contacting our office either by phone (603-863-9200) or filling out the form below and mailing it to us in order to continue receiving a copy through the mail. With your help, we hope to continue to keep your family and club informed of 4-H events and activities.

I don't have a computer and wish to continue receiving the newsletter by mail.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Mail this form to:

Sullivan County UNH Cooperative Extension, 24 Main Street, Newport, NH 03773

# Making Friends



There is something wonderfully powerful about a 4-H Club experience. It's the magic of friendship. Youth often join 4-H to make new friends. These friendships are nurtured through shared experiences over time and can last a very long time. New 4-H'ers can be shy at first and may need some help getting to know other members in the club. That's why it is important to include planned activities as part of a club meeting that will help this friendship building process along. Here are a couple of activities that can help youth interact, have fun together, get to know each other and see how they are alike and different.

## Here's what to do:

### Activity: Getting to know You Circle (10 minutes)

All participants should stand in a circle. The leader will make a statement. Everyone for whom the statement is true will take two steps forward. Youth should observe who has similar responses. Youth then rejoin the circle and the leader makes another statement. Repeat this with about 10 statements, such as these:

I like chocolate ice cream best  
I can speak more than one language  
My favorite color is orange  
I do not have any brothers  
One of my favorite foods is pizza

I am good at jumping rope  
One of my grandparents lives with us  
I like to ride a bicycle  
I have been camping  
We have a family pet

~OR~

### Activity: Circle of Friends (15 minutes)

Participants should form two concentric circles. There should be the same number of youth in the inner and outer circles. While you play music, youth in the outer circle should walk in a clockwise direction, while youth in the inner circle walk in a counter-clockwise direction.

Stop the music at some point in the song and have youth in both circles turn so that they are standing face-to-face with someone in the opposite circle. Ask a question designed to get youth to share information about themselves. Allow each pair approximately one minute so they can each answer the question. Resume playing the music, stopping the song several times so that youth can interact with different partners.

What is something you are good at?  
What do you like to do for fun?  
Who is someone special to you? Why?

What subject do you like in school?  
If you had one wish, what would it be?  
What is something you fear? Why?

## Talk It Over

### Reflect:

What did this activity show us?  
How are people alike? Different?  
What did you learn about others in the group?

### Apply:

How are your friends like you? Different than you?  
Why is it important to realize that people are sometimes alike and sometimes different?  
How does it feel to talk with people you do not know?  
What can you do in school to be more friendly?



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**4-H Youth**

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# Clover Connection

## Calendar of Events

### December

10 Dairy Curriculum Meeting, Location TBA

### January

11 Teen Club meeting, Extension Office, Newport,  
6:00-8:00 p.m.

28 International Foods Day, Newport High School,  
11:00 a.m.-2:00 p.m.

28 State 4-H Horse Quiz Bowl

28 Animal Science Bonanza, Keene State College

### February

1 Approval form deadline for Beef Steer going to  
Eastern States Expo

### March

10 County Activities Day, Claremont Middle  
School, 9:00 a.m.-1:00 p.m.

17 State 4-H Dairy Quiz Bowl, Location TBA

### April

14 Fashion Revue Evaluation Day, Claremont  
Middle School, 9:00 a.m.-12:30 p.m.

20 Fashion Show, Claremont Middle School,  
7:00 p.m.

### May

1 Approval form deadline for Beef Heifers going  
to Eastern States Expo, Working Steer, Dairy  
Cattle, Dogs, and Llamas

5-6 State 4-H Dairy Judging, Location TBA

### June

15 Approval form deadline for all sheep, goats,  
small animals, poultry, other beef and swine

24-27 NH 4-H State Teen Conference