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 UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION



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# CLOVER CONNECTION

WINTER 2013

**From the desk of:**  
**Amy Jennings**  
**Program Coordinator**  
**4-H Youth Development**  
**UNH Cooperative Extension**  
**Belknap County**

## COMMUNITY SERVICE ... THE HEART OF 4-H

One of my absolute favorite aspects of the 4-H experience is how flexible and diverse it is. Nowhere is this more evident than in the area of community service. All 4-H groups are encouraged to incorporate community service into their annual programming but how they choose to do that is entirely up to the individual clubs, leaders and members.

In Belknap County there is no shortage of community service opportunities and each of our clubs has contributed in their own unique ways. Efforts range from roadside cleanup projects, to fundraising and purchasing supplies for a horse rescue league. Other projects have included filling and distributing holiday food baskets, planting and growing vegetables for a community food bank and performing at local nursing homes.

Through service events, 4-Hers learn about teamwork, organization and connection to community. This last piece, creating a meaningful and active relationship within one's community, is a core tenet of 4-H and positive youth development. According to a longitudinal study on positive youth development, children involved in community service and events are less likely to engage in risky behaviors and more likely to achieve in school.

Community service is far more than that wonderful feeling that "giving of you" offers and the education goes well beyond the actual act of service. It is another opportunity to help youth dig deeper to understand the root causes of need in our communities and what we can do every day to help alleviate those needs. Community service is far too powerful to limit to a single experience but should be practiced on a regular basis with all our youth. Look inside this newsletter for more pictures of our incredible 4-Hers doing fantastic things in their communities.



Members of the Belknap County Teen Believers 4-H Club collected Christmas Gifts for a local needy family.

County 4-H Staff should strongly recommend that all clubs purchase the additional insurance. Staff should provide information on the availability and opportunity to purchase medical accident insurance to all club organizational leaders and strongly encourage them to do so. Clubs purchasing insurance should carefully check the extent of coverage prior to purchase to avoid surprises later on. A potential insurance provider is American Income Life. **For more info visit UNHCE website at [www.extension.unh.edu](http://www.extension.unh.edu).**

### Overheard at a recent club meeting: "What's the deal with Insurance?" The following information has been pulled from the current UNHCE 4-H Policy Manual

#### 15b. Personal Car/Transportation

When a staff member or volunteer uses his/her personal car for Extension business, the owner of the car and/or the driver is providing the insurance on that vehicle. Please review the 4-H Activity Driver form and the 4-H transportation policy. For all other transportation policies, reference the Reducing Risk for 4-H Volunteers fact sheet.

#### 15c. Accident Insurance for Members/Volunteers

Limited accident insurance may be provided for NH 4-H members and volunteers at most larger county, state and regional events. This is not automatic; it is the responsibility of the 4-H Staff, club, or committee planning the event to arrange for this coverage. **Supplementary accident insurance can be provided inexpensively for clubs through private insurance carriers.**

**Building a Stronger Future for New Hampshire! Did you know a significant portion of the funding for UNH Cooperative Extension's innovative programming comes from grants and gifts?** The UNH Cooperative Extension campaign links those who want to give with programs they support. Your gift may be unrestricted or designated to a specific program area. Your investment will make a difference to New Hampshire youth, families, communities, farms, businesses, and the natural environment. The 4-H Foundation of NH benefits from this campaign through the gifts of current and new donors. Get information at <http://extension.unh.edu> including how to make a secure online donation. When you make your tax deductible donation to UNH Cooperative Extension, it also becomes a donation to the University of NH Foundation.

**IT'S ALL ABOUT YOU!**

**DISCOUNTS AND OPPORTUNITIES GALORE!!**

The Following is an excerpt from a publication called NH 4-H Youth Development, Youth Opportunities and lists some of the many opportunities available to you through the 4-H Program. The full publication with descriptions of each can be found on the UNH Cooperative extension website at [http://extension.unh.edu/resources/files/Resource000069\\_Rep71.pdf](http://extension.unh.edu/resources/files/Resource000069_Rep71.pdf) or call the county office for more information. The following 4-H youth development opportunities are categorized by levels: L= Local, club, community opportunities; C= County opportunities; S= State opportunities; R= Regional opportunities and N= National opportunities.

**Develop communication and organizational skills while teaching others and sharing ideas or talents.**

Demonstrations (L, C, S, R, N,)

Action Exhibits ( L, C, S, R, N,)

Public Speaking (L, C, S, R, N)

Posters & Photography Exhibits (C, S, R)

Fashion Revue & Selection (C, S, R)

State Activities Day (S)

Quiz Bowls (C, S, R, N)

Hippology (C, S, R, N)

Fairs (project and animal exhibits) (C, R)

Workshops, Clinics, or Conferences (L, C, S, R, N)

Food Festival and Food Shows (C)

**Leadership opportunities challenge youth to work more effectively in groups and strengthen the NH 4-H Youth Development Program through youth and adult partnerships.**

Club Officer or Group or Committee Member (L, C, S,)

Junior or Teen Leader (L, C)

County Teen Clubs (C)

State 4-H Teen Council (S)



**Members and Leaders of the Chapel Valley 4-H Club all pitched in to clean up their community!**

**Meeting new people, seeing new places, learning new things, and becoming friends with those who may have different backgrounds, are all part of out-of-county, often over night, experiences.**

New Hampshire 4-H Camps (S)

Teen Conference (S)

State Career Trips (S)

Eastern States Exposition- ESE or Big E (R)

Eastern States Exposition is the New England Fair held in September in West Springfield, Massachusetts.

Eastern National Horse Round Up (N)

National Dairy Quiz Bowl and National Dairy Judging (N)

**Throughout the 4-H Experience, workforce preparation skills are developed. The job application process is modeled for teens who apply for National 4-H Conference, National 4-H Congress, and National 4-H Dairy Conference. "Marketing You" is a tool for organizing the accomplishments of a teen's experiences in 4-H, school, and other community involvement. The 4-H resume, narrative story, and cover letters are developed for an application packet. A panel of judges review the packets, select individuals to be interviewed on the state level, and recommend teens for the trips.**

National 4-H Youth Congress (N)

National 4-H Dairy Conference (N)

National 4-H Conference (N)



**The Winnisquam Whinnies hand crafted dog and cat toys which then sold to raise funds for the Live and Let Live Farm. They used the over \$350 to purchase much needed supplies for the horse rescue league**

**IMPORTANT DATES TO REMEMBER**

**For more information on County events contact the office at 527-5475 x 11, for State events visit [extension.unh.edu](http://extension.unh.edu).**

January 12- Statewide Animal Science Bonanza (Walpole Elementary School)

January 19- 4-H Horse Quiz Bowl (Belmont Middle School)

January 19- Interviews for State and National Achievement Awards (Belmont Middle School)

January 24 - Annual Meeting of the 4-H Fair Board (6:30 at UNHCE Office Laconia)

February 10- NH State Beekeeping essay due (to Moiles House UNH -electronically only)

February 16 - Belknap County Food Fest and Chef's Challenge (location TBD)

February 20- State Horse Show Program Cover Design Contest Entries Due (Moiles House-UNH)

February 23- 4-H Horse Advisory Council Meeting- (Location TBD)

March 23 - Belknap County Activities Day (location TBD)

March 16- 4-H Dairy Quiz Bowl- (Walpole Elementary School)

April TBA - Belknap County Fashion Review

May 1- Horse of the Year Nominations due to Moiles House

May TBD - Belknap County Leadership Lab

June 26-29 - NH 4-H Teen Conference (University of NH)



**VOLUNTEERS NEEDED!!!**

Would you or your club like to help out with any of our County Events. It's a great opportunity to learn valuable organizational, planning and leadership skills AND have fun doing it. If the personal satisfaction isn't enough, you'll get special mention on the program as well :).

Call Amy (603-527-5475) for more information or to volunteer !

**SOME PEOPLE WISH FOR IT TO HAPPEN ...  
SOME PEOPLE WAIT FOR IT TO HAPPEN ...  
4-H PEOPLE MAKE IT HAPPEN!!!**

**The Winnisaukee Winners built and planted raised bed vegetable gardens and donated the "vegetables of their labor" to a local food pantry and held a "salad " fundraiser and awareness campaign.**

