



March 28, 2013

Dear Sullivan County 4-H Teen,

Please find enclosed the 2013 4-H Teen Conference Brochure and Registration Form.

The conference is open to all teens completing the 8th grade (or age 14 by 6/26/13) and up through 12th grade. Teen Conference will be held at UNH in Durham from June 26 – 29th.

Any enrolled Sullivan County 4-H member who participates in an interview at the Extension Office on Wednesday, April 10th will be awarded a \$100.00 scholarship from the Sullivan County 4-H Foundation. The cost of the conference for NH 4-H members is \$245.00. With scholarship assistance, the fee is reduced to \$145.00.

Interviews will begin at 5:00 p.m. and continue during the Sullivan County 4-H Teen Club meeting scheduled from 6:00-8:00 p.m. that same day. If you cannot attend an interview on this date, please contact Robin Luther to schedule an interview prior to April 10th. Robin can be reached at robin.luther@unh.edu or by calling the Extension Office at 603-863-9200.

You are responsible for the cost of any Long-sleeved T-shirts and/or any photos ordered.

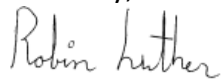
The DEADLINE to register for Teen Conference is Wednesday, April 24th. All forms must be received in the Extension office by this date!

Your registration, health and permission and release forms must be accompanied by a check made payable to the Sullivan County 4-H Foundation and mailed to:

**UNH Cooperative Extension
Sullivan County 4-H
24 Main Street
Newport, NH 03773-1515**

Teen Conference is a great way to meet other 4-H Teens, explore UNH and have fun learning! If you have any questions, please let me know.

Sincerely,



Robin Luther
Extension Field Specialist
Youth and Family



4-H Teen Conference

Who Should Attend?

Everyone! 4-H'ers and non 4-H'ers are welcome. All teens will have a wonderful opportunity to connect with others in a positive and meaningful way. Many youth continue to come year after year because it is such a worthwhile experience. Leadership skills are learned and improved and friendships renewed. This is a safe place for ALL teens to have good clean fun!



June 26-29, 2013

On campus at the

University of New Hampshire

- Do You Want To:
- ✓ Meet New Friends?
 - ✓ Have Some Fun While Learning Something New?
 - ✓ Develop Leadership Skills?

Then...

Join other teens from across New Hampshire and neighboring states at the University of New Hampshire for the 35th Annual Teen Conference. The conference is open to all teens completing the 8th grade (or age 14 by 6/26/13) up through 12th grade.

Each Day is packed with fun educational activities and social time. Stay at the UNH dorms and bring a sleeping bag or bedding, casual clothes, dress clothes for the banquet and money for snacks.

Cost: \$245 for NH 4-H Members and NH Residents (\$265 for out-of-state registrants). Registration fee covers the entire 4 days. Room, Meals, Activities and T-Shirt are included (some workshops carry an additional fee).

4-H Members - check with your local
4-H Office for Possible Scholarships

University of New Hampshire Cooperative Extension
is an equal opportunity educator and employer.
University of New Hampshire, U.S. Department of
Agriculture and N.H. counties cooperating.

2013 Teen Conference Registration



(All forms and payment must be sent to your County Extension Office by county deadline)

Name _____ M/F _____ Age _____

Mailing Address _____

Town/City _____ State _____ Zip Code _____

Phone _____ County _____ Grade _____

Birth Date _____ 4-H Member? _____ Yes _____ No

High School _____ Delegate Cell Phone # _____

Name you would like on your Nametag: _____

E-mail Address _____

Roommate Request _____

(no guarantees, 2 ppl per room, request must be made by both parties)

Special Accommodations Needed? _____

For persons with disabilities requiring special accommodations, please contact Michele King at 603-862-2199 within 15 days so proper consideration may be given to the request.

Dietary Restrictions: _____

Vegetarian? YES/NO

T-Shirt XS S M L XL XXL XXXL

(circle one, no charge for short sleeved shirt)

Long-sleeved t-shirt S M L XL Other _____

(\$10 Additional, delegate will get both short-sleeved & long-sleeved shirt)

Parking Pass _____ \$24 (\$8 Per Day)

Photo Order **FREE** County Photo (4X6)

_____ Conference Photo (8X10) \$10

Conference Fee:

NH Resident or NH 4-H Members \$245

Out-of-State Registration \$265

Payment:

Conference Fee: \$ _____

Long-sleeved t-shirt \$ _____

Photo Orders: \$ _____

Parking Pass \$ _____

Less County Scholarship \$ _____

TOTAL COST: \$ _____

No Refunds will be issued after June 1.

No Substitutions.

Leadership Opportunities - Check with your county office about selection process for Teen Council and County Delegation Leader positions.

See County Letter for Mailing Address and Deadlines

University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Community Service Preference – Wednesday you will participate in a community service project. Please rank **top 5 choices** for community service, 1 being your first choice.

- | | |
|---|---|
| <input type="checkbox"/> Bake Cookies | <input type="checkbox"/> Community Gardens |
| <input type="checkbox"/> Make Soup in a Jar | <input type="checkbox"/> Paracord Survival Bracelets |
| <input type="checkbox"/> Crocheting | <input type="checkbox"/> Sort and Deliver Donated Items |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Work at UNH Dairy Barns |
| <input type="checkbox"/> No-Sew Blankets | <input type="checkbox"/> Audio PSA's |
| <input type="checkbox"/> Sewing | <input type="checkbox"/> Video PSA's |
| <input type="checkbox"/> Car Wash | <input type="checkbox"/> Record Children's Storybooks |
| <input type="checkbox"/> Community Clean Up | <input type="checkbox"/> OMK Cards/Letters |
| | <input type="checkbox"/> Nursing Home Visit |

Thursday Workshops

Thursday you will participate in 2 half-day workshops.

Please rank **top 5 choices** for each workshop session, 1 being your first choice. Some may be subject to cancellation due to low enrollment.

- | | |
|--|---|
| <input type="checkbox"/> Car Care 101 | <input type="checkbox"/> No Ordinary Ice Cube! |
| <input type="checkbox"/> Don't be a Crash Test Dummy | <input type="checkbox"/> Not Just Horsin' Around! |
| <input type="checkbox"/> Exploring the Cows Rumen | <input type="checkbox"/> Self Defense |
| <input type="checkbox"/> First Aid | <input type="checkbox"/> Sensational Salads |
| <input type="checkbox"/> GPS Treasure Hunt | <input type="checkbox"/> Therapeutic Dog Grooming |
| <input type="checkbox"/> Leadership/Colors | <input type="checkbox"/> Water Fitness |
| <input type="checkbox"/> Let's Move! | <input type="checkbox"/> We're Out There...Join Us! |
| <input type="checkbox"/> Maple Madness | <input type="checkbox"/> Wheelchair Sports & Games |
| <input type="checkbox"/> Michelle's Menagerie | <input type="checkbox"/> Zumba |

Thursday Afternoon

- | | |
|--|--|
| <input type="checkbox"/> Be Paul Bunyan! | <input type="checkbox"/> Leather Craft* |
| <input type="checkbox"/> Canoeing* | <input type="checkbox"/> Make a Marimba |
| <input type="checkbox"/> Color Me Fun! | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Comedy Improv | <input type="checkbox"/> Tie Dye |
| <input type="checkbox"/> Contra Dance | <input type="checkbox"/> Ultimate Frisbee |
| <input type="checkbox"/> Country Line Dancing | <input type="checkbox"/> USS Albacore Tour |
| <input type="checkbox"/> Decadent Delights | <input type="checkbox"/> Water Polo |
| <input type="checkbox"/> Indoor Climbing Wall* | <input type="checkbox"/> Water Rockets |
| <input type="checkbox"/> Kick Boxing | |

Friday Workshops

Friday Workshop Preference – Friday you will participate in 1 full day workshop. Please rank **top 5 choices** with 1 being your first choice. Some may be subject to cancellation due to low enrollment.

- | | |
|--|--|
| <input type="checkbox"/> Boston Museum of Science* | <input type="checkbox"/> NE Aquarium* |
| <input type="checkbox"/> Freedom Trail/Faneuil Hall | <input type="checkbox"/> Robotics - SeaPerch |
| <input type="checkbox"/> Equine Science | <input type="checkbox"/> Shooting Sports |
| <input type="checkbox"/> Lights, Camera, Action! | <input type="checkbox"/> Take Flight Aerial Adventure* |
| <input type="checkbox"/> Marine Sci/Isles of Shoals* | <input type="checkbox"/> Whale Watching* |
| <input type="checkbox"/> Not Yo Mama's Ballroom | |

Sandwich Type for Friday Workshops (check one):

Turkey Ham & Cheese Roast Beef Vegetarian

*Indicates that workshop has an additional fee. See workshop description for details. Additional fees will be billed after workshops have been assigned (early June)

2013 Conference Schedule

Tentative



Wednesday, June 26

10-11 am	Arrival and Registration	3:15 - 5:15	Community Service Projects
11:15-12:00	Floor Meeting/Lunch	5:15-6:15	Pizza Party at Dorm
12:15	Meet to walk to Orientation	6:15-6:45	Free Time & Games at Dorm
12:30 - 1:10	Orientation – MUB Strafford Room		(optional: games in the lounge
1:10 - 1:40	Ice Breakers – MUB Granite State		volleyball/basketball outside)
1:50 - 3:00	Opening Ceremony	6:55	Walk to MUB
	Keynote Speaker:	7:00-10:00	Opening Night Premiere Party
	<u>Youth Mover, Brandon Lee White</u>	10:00	Return to Dorms
		11:00	Quiet Time

Thursday, June 27

7:15-8:05 am	Breakfast	4:30-6:00	Dinner at Holloway Commons
8:15-8:30	Morning Assembly	6:30-8:30 pm	Gym & Swim at Indoor Pool
8:30	Gather for Workshops		and Hamel Rec Center
9:00 - 11:30	Morning (½ Day) Workshops	8:45	Ice Cream Social at Dorm
11:30 -12:45	Lunch	8:45	Social Time & Activities at Dorm
1:00 - 3:30	Afternoon (½ day) Workshops	11:30	Quiet Time
3:45	Group Photos at Wildcat Statue		

Friday, June 28

7:30-8:30 am	Breakfast	6:30–9:30	Red Carpet Banquet –
8:45-9:15	Morning Assembly		<u>MS Mount Washington</u> Cruise
9:15	Leave for workshops	9:30	Board Busses for return to
9:30-3:30	Full-day Workshops		Campus
3:45 – 4:45	Free time to get ready for banquet	10:30	Candlelight Ceremony
4:45	Meet to board busses	11:15	Social Time
5:00	Busses leave for Weirs Beach	12:30 AM	Quiet Time

Saturday, June 29

7:30-8:30 am	Breakfast	10:15	Assemble to walk to Closing 10:30
8:45-9:30	Pack for Check-out		Closing Ceremony
9:45-10:15	Check-out	12 noon	Departure

Community Service this year will be **BIG!**

We are working on a variety of projects to reach a variety of people.

Items to Bring to Conference

- **Boxed or Canned Goods** - Bring boxed or canned goods to donate to the local food pantry
- **Coats for Kids** - Bring clean, good quality used coats to donate so all kids can be warm next winter
- **Children's Books** - We need donations of **new** children's books so we can record storytelling CD's to donate with them. Please bring Pre-K through 2nd grade reading level books.
- **Fabric** - Clean, freshly washed Fabrics (any type)
- **Knitting Needles/Crochet Hooks**- any size
- **Yarn** - High Quality, soft yarn suitable for infants
- **Recycled Terry Cloth Kitchen Towels** – to use for a sewing project making infant bibs

Activities to Do at Conference

- **Culinary Arts** - Thompson School Kitchens
 - **Make 'Soup in a Jar'** to donate to a local food pantry
 - **Make cookies** to donate to a local food pantry
- **Hand Crafts**
 - **Crocheting**- learn to crochet items you can donate to local charities
 - **Knitting** – learn to knit items you can donate to local charities
 - **No-Sew Blankets**
 - **Sewing** – blankets, bibs, breast cancer pillows, etc to donate to local charities

Activities to Do at Conference (cont'd)

- **Hands-On**
 - **Car Wash** – participate in a car wash to raise money for the NH 4-H Foundation
 - **Community Clean-up**
 - **Community Gardens** - Learn how to establish a sustainable community garden at your facility or school.
 - **Sort, Categorize and Deliver** donated items
 - **Survival Bracelets** – Make Paracord Survival Bracelets to donate to Operation Gratitude
 - **Work at UNH Dairy Barns** - visit the UNH Dairy Barns and work on projects to help maintain the facility and animals
- **Media**
 - **Video Public Service Announcements** – join in the fun to make video messages to promote the NH 4-H Program
 - **Audio Public Service Announcements** – join in the fun to make audio messages to promote the NH 4-H Program
 - **Record Children's story books** – make audio recordings to donate to local libraries with the donated children's books.
- **The Personal Touch**
 - **Making Cards and Writing Letters** for Operation Military Kids
 - **Visit with the Elderly** – spend some time visiting with the elderly at a nursing home

2013 NH 4-H Teen Conference

June 26 - 29, 2013

University of New Hampshire, Durham

Thursday Morning (Half-Day) Workshops

Car Care 101

Presented by Jim Caverly, Rockingham County Volunteer

Today's cars are very complicated, but there are still some simple things you can do to be sure your car stays running well for a long time. Learn how to check and fill the important fluids in your car. Save \$\$ on basic maintenance like the air filter and windshield wipers. Learn how to change a tire and what you need to do to stay safe while working on your car.

Don't be a Crash Test Dummy!

Presented by Brittany Voglino, Liberty Mutual Insurance Agent

Don't be a Statistic! Distracted driving is a big problem today. Find out what you can do to stay safe on the road and try a virtual driving experience that will help you understand the true impact of distracted driving. Stay Focused – Avoid America's Deadly Obsession.

Exploring the Cows Rumen

Presented by Nancy Whitehouse, Research Scientist, UNH

Agricultural Experiment Station, Dairy Nutrition Research Center

If you have an interest in cows you won't want to miss this workshop. Start with a tour of the UNH Fairchild Dairy Teaching and Research Center. Then each participant will get to place their gloved arm inside one of our rumen cannulated cows. A sample of her rumen contents will be removed by each person and the rumen samples will be compared to what the cow was fed. What did she eat? Some of the rumen fluid will be placed on a microscope slide to be examined. What is living inside her rumen and why?

First Aid

Presented by Downey Page, EMT

So, you are out playing ball with your friends and someone sprains an ankle... what do you do? Even worse, you are out hiking, miles from town and someone gets injured, *now* what do you do?? In this workshop you will learn the basics of wound care, how to treat a sprain and how to splint a break.



GPS Treasure Hunt

Presented by Rick Alleva, UNHCE Rockingham County

Learn about GPS (global positioning device), what they do and how they work. Then go on a Treasure Hunt as you seek and find hidden GeoCaches at UNH using a hand-held GPS device. There are nearly a million geocaches hidden around the world and over 5,000 in New Hampshire. So get ready to go treasure hunting. For more info, go to www.geocaching.com.

Leadership – What Color Are You?

Presented by Deborah Cheever, UNHCE Merrimack County

In this upbeat comprehensive workshop you will use the *Personality IQ* kit to discover which traits are most prominent in you to unlock your true potential. Join us to better understand your personality strengths and group dynamics in this fun interactive presentation.

Let's Move! Leadership with Brandon Lee White

In this workshop you will *get your groove on* while you explore what makes a great leader. Find out how to become a "Super Leader" in 4-H and in life! This workshop will use fun demonstrations, case studies and best of all, a "dance off" to explore how great leaders become great.

Maple Madness

Presented by Martha Carlson, UNH

What's going on with the maple trees? If you like to tap the trees and make your own syrup, you probably have noticed that a tree's health affects the sap it produces. In this workshop you will learn how to tell if a tree has a good protective biochemical system or if it is stressed out by insects, fungi and other disease agents. You will conduct experiments and give the trees on campus a health check-up.

Michelle's Menagerie

Presented by Michelle DeBye of Michelle's Menagerie

This is a workshop you won't find anywhere else!! You will meet these critters up close and personal and learn about their special adaptations, defense features and predator-prey relationships. Come and learn about Rain Forest animals such as the tegu, blue tongue skink, parrot, tree frog, python, scorpion, and tarantula.



No Ordinary Ice Cube!

Presented by Ryan Cassoto, UNH Dept. of Earth Oceans & Space
Become a Glaciologist for a day while you conduct experiments to: demonstrate how the melting of glacier ice contributes to sea level rise, and estimate the current rate of sea level rise using satellite observations. If time permits, learn about NH's glacial history and how much ice was here and when.

Not Just Horsin' Around

Presented by Rhiannon Beauregard, UNHCE Animal Sci Coordinator

This hands-on interactive workshop will present a variety of interesting opportunities for the more advanced 4-H horse youth on the topic of Equine Science and Management. Youth interested should have an equine background and be prepared for a more advanced focused workshop on horses.



Self Defense

Presented by Cindy Naiditch, 4th Degree Black Belt

Use your adrenaline to help you when you need it most. Any person regardless of age or fitness level can learn. Participants will learn how to escape from various grabs (wrists, hair, bear hugs, etc). Also, learn what to do if you end up on the ground. Learn to be aware of dangerous situations, make good choices, and use effective reasoning under stress. Dress comfortably!

Sensational Salads

Presented by Julienne Guyette, CCC with UNH Thompson School

Salads are a colorful, tasty, and nutritious addition to any meal. Come get creative with a variety of fruits and vegetables and learn what flavors go best together. Conduct a sensory analysis of your creations and decide what makes them great!

Therapeutic Dog Grooming

Presented by Allison Powers, UNH Thompson School

Everyone who loves dogs knows they need our care as well as our love. This class will enhance your knowledge of skin and hair coat care for dogs. You will learn about normal and some common abnormal fundamentals of skin, nails, and hair as well as the topical therapy and management. Students will be assessing dogs with their new knowledge and grooming them according to how their skin and hair presents.

Water Fitness

Presented by Cheryl Burnside, UNH Campus Recreation

I am sure you have heard of water aerobics, but did you know there is also water Yoga?? Come find all the different ways you can get your exercise while having fun and staying cool!

We're Out There...Join Us!

Presented by Karen Burnett-Kurie, UNH Department of Earth, Oceans & Space

Did you know that UNH's Space Science Center designs, builds, tests and uses space probes, satellites, high altitude balloons, and rockets to explore space? In this workshop you will visit the UNH Space Labs, meet the scientists and build a cosmic ray detector.

Wheelchair Sports & Games

Presented by Chandler Bullard, Northeast Passage

Have you ever wondered how challenging life is for people with physical disabilities? Similarity Awareness allows students of all ages to see that disabilities are an important part of our society and should be embraced and understood. In this workshop you will use sport wheelchairs and accessories to play a variety of indoor wheelchair sports/games. This experience teaches non-disabled students that although using a wheelchair while playing a sport takes skill and practice, it's also challenging, athletic, and fun.

Zumba

Presented by Jennifer Yeaton-Parris

An exhilarating hour of easy to follow, calorie burning cardio dance moves set to hypnotic Latin rhythms such as salsa, cumbia, merengue and flamenco. No dance experience or coordination required. Class is open to all fitness levels. Join the fitness phenomenon that has swept the nation! www.zumba.com. Check it out!

Thursday Afternoon (Half-Day) Workshops

Be Paul Bunyan for a Day

Presented by Matt Chagnon and Don Quigley, UNH Thompson School

How fast can you...maneuver logs with a peavey; cut wood using bow saws or crosscut saws; throw an axe, or roll a log? Have some fun working individually and in teams as you challenge yourself using forestry skills and tools.

Canoeing

Presented by Joe Drake, UNHCE Rockingham County
Spend a relaxing afternoon at UNH's Mendum's Pond learning the basic skills of canoeing and exploring some of the waters of the pond. Don't forget your bathing suit! This workshop has an additional fee of \$5.



Color Me Fun

Presented by Cacia King, Teen Council Alum and Independent Beauty Consultant

Do you want to learn how to do your makeup like a movie star? Whether you wear make-up every day or have never worn it, you will learn techniques to enhance your natural beauty and play with color! You will find your foundation match and your perfect color palette for your skin tone and eye color! Come ready to learn in this hands-on workshop where you'll walk away with new techniques and sample makeup!

Comedy Improv

Presented by Ethan Craggy, Teen Council Alum; and Kenzie Woodrow, Hillsborough County 4-H Volunteers

Learn some fun games and creative activities that will help you improve your improvisational skills as we explore the techniques and enjoy the comedy that improv has to offer.

Contra Dance

Presented by Sandy Lafleur, Dance Caller

This Contra Dance Workshop brings to today's New Hampshire the fun and social exercise that New Englanders have enjoyed for over 300 years. Contra dancing includes simple traditional dance moves like dos-si-dos and swing your partner, it is quickly learned and enjoyably provides good exercise along with basic musical understanding.

Country Line Dancing

Presented by Gail Eaton, On the Dance Floor Dance Lessons

If you want to get out on the dance floor and move, then this is the workshop for you. Learn a variety of country line dances to artists like: Sugarland; Brooks & Dunn; Taylor Swift and Little Big Town.

Decadent Delights

Presented by Janyce St. Pierre, Sullivan County Volunteer

Participants will learn to make a variety of candies including toffee, caramels, truffles and brittles. You will understand the types of chocolate used for various projects, how to properly melt chocolate, how to make filling, the tools needed, and each participant will go home with candy!

Indoor Climbing Wall*

Do you ever feel like you're just ready to climb the walls? In this workshop you'll get to do exactly that! Visit the indoor climbing wall at New Hampshire Hall on the UNH campus. After you harness up you will be able to challenge yourself and stretch your comfort zones! This workshop has an additional fee of \$10 per person.



Kickboxing

Presented by Colleen Gaudet, Certified Personal Trainer

In this high-energy workshop you will engage in an invigorating Cardio Kickboxing workout and practice the techniques learned with focus pad drills. We will wrap it up with a discussion of the obstacles we face when trying to live an active and healthy lifestyle and solutions to overcoming them.

Leather Craft*

Presented by Brenda Barthelmy, Rockingham County Volunteer

Visit the [Tack Shack](#) at Brookvale Pines Farm and learn how to use leatherworking equipment to make a woven leather dog leash or belt. This workshop has an additional fee of \$5 per person for the first item. A second item may be purchased during the workshop for an additional fee.

Make a Marimba

Presented by Marty Quinn, 4-H Volunteer

Construct your own marimba-like instrument from a 2x4! In this unique workshop you will create a 5 note (or more) set of tuned pieces of wood and the sticks to play them. Then spend some time playing rhythms and creating original music with your friends!

Sewing

Presented by Judy Cogger and Lucy Rhodes, 4-H Volunteers

You will sleep comfortably all summer long in a pair of Pajama Shorts that you create! Bring a piece of fabric that you love and create a pair of PJ Shorts that you can enjoy for years. You will have the opportunity to try a serger and a regular sewing machine. Some sewing experience is preferred but not required.

Tie-Dye

Presented by Robin Thompson, Sullivan County Volunteer

The origins of "tie dye" go back to the ancient Orient. In this session you will learn the basics and some additional techniques to create a variety of patterns on fabric using dyes and more than just the "rubber-band" technique. Bring one or two items you would like to tie-dye, make sure to wash them first.

Ultimate Frisbee

Presented by Peter Attisano, Teen Council Alum and Strafford County Volunteer

What is it? Why, it's Ultimate Frisbee of course! Come and learn the rules of this high-energy game and spend some time trying out your moves. This is a grueling game, not recommended for couch potatoes!

USS Albacore Submarine Tour

Tour the experimental submarine [U.S.S. Albacore](#). You will take a walk through what was once the world's fastest submarine and feel what it was like to live underwater for weeks at a time. Built right here in Portsmouth NH this sub was used to develop many of the systems that have helped our Navy to be the best in the world.

Water Polo

Presented by UNH Campus Recreation

If you like swimming, then this sport is a definite *must!* Spend the afternoon staying cool and testing your skill by trying to get the ball into the net. Get ready for a fun time at the UNH Indoor Pool!

Water Rockets

Presented by Rick Alleva, UNHCE Rockingham County

Nothing beats launching water rockets on a hot summer day. In this workshop you will make and launch water propelled rockets made from two liter bottles, using your own fin and cone design. Proper recovery systems will need to be explored and designed including parachutes, and streamers.

Friday Workshops

Boston Museum of Science*

The [Museum of Science](#) has topics ranging from human biology to the latest high-tech inventions. Visit this museum with more than 700 permanent, hands-on exhibits enhanced by stage presentations and science interpreters offering one-on-one challenges. This workshop has an additional fee of \$20. Minimum 15 people.

Boston's Freedom Trail & Faneuil Hall Marketplace

Visit this historical city and walk into history on the paths that the early settlers walked when this country was just an outpost. After lunch you will spend the afternoon exploring [Faneuil Hall Marketplace](#) which is actually four great places in one location – Faneuil Hall, Quincy Market, North Market and South Market, all set around a cobblestone promenade where jugglers, magicians, and musicians entertain the passers-by. So join us for a fun day exploring, eating, shopping, and appreciating this captivating city.

Equine Science

Presented by Sarah Hamilton, Director, UNH Equine Program

If horses are your thing this workshop is a must! Spend the day at the UNH equine facility. You will start with a tour and learn about feed management, bandaging and wound care. Find out what makes a good cross country course and get an insight into career opportunities in the equine industry. You will also get an overview of the academic components of the UNH Equine program.



Lights, Camera, Action!

Presented by UNHCE Staff

Have you ever had the desire to “get the word out” and wished you could make a video public service announcement? This workshop will teach you the techniques you need to make an effective video. You will get a chance to use your imagination while you write, record and edit a video to produce a short program.

Marine Science Isles of Shoals Adventure*

Presented by UNHCE Sea Grant Staff and Docents

Spend the day on the UNH research vessel *Gulf Challenger* learning about various aspects of marine science. You will head over to Appledore Island and check out the tide pools in the cove. Then tour the island, visit the marine lab, and find out what birds call the island home. As you head back on the boat you will do a plankton tow and water testing on board, and don't forget to look for Duck Island to see where the local seals hang out. This workshop has an additional fee of \$10.

New England Aquarium*

Dive into the world of water without getting wet at the [New England Aquarium](#). See the harbor seals, sharks, penguins and don't forget to say hello to Myrtle, the green sea turtle. The big tank will allow you to get closer than you ever thought possible! After you have explored the Aquarium you will spend the afternoon exploring [Faneuil Hall Marketplace](#) with the cobblestone promenade where jugglers, magicians, and musicians entertain the passers-by. This workshop has an additional fee of \$10. Minimum 15 people.



Cooperative Extension

(Not Yo' Mama's) Ballroom Dancing

Presented by Robert Yergeau

Spend the day dancing to songs by artists like Lady Gaga & Santana while you learn four of the most popular ballroom dances; the *Merengue*, *Cha Cha*, *Foxtrot*, and *the Swing*. Wear comfy clothes and shoes and come ready to dance!

Robotics – Operation SeaPerch

Presented by Claes Thelemarck, UNHCE Carroll County

Spend the first part of the day building a SeaPerch underwater Robot from start to finish. Then visit the UNH Chase Ocean Engineering lab where you will get to check out the state-of-the-art ocean engineering testing facilities and try the SeaPerch Robot you built. Then bring this cool robotic project back to your county and start the SeaPerch project with your club!

Shooting Sports

Presented by Larry Barker, UNHCE Coos County and the Staff of Major Waldron Sportsmen's Association

Ready, Aim, Fire! Travel to a local shooting range for a day of sampling the terrific 4-H shooting sports curriculum activities. Hands-on? You bet! You'll have a chance to try shotgun, archery, pistol, rifle, and muzzle loader. There will be something for everyone from the beginner to the expert. Join us for a day of fun and learn something along the way.

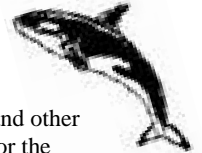
Take Flight Aerial Adventure*

Come dare yourself on Maine's largest high ropes challenge course! Take Flight has over 60 activities and elements including multi-vines, cat walks, burma bridges, tube nets, swinging tires, swinging platforms and over a dozen different types of cargo nets to climb up, on, across, over, and through. Great for all ages and abilities, Take Flight promises to challenge you and give you an adrenaline rush like no other. This workshop has an additional fee of \$25. Minimum 25 people.

Whale Watching*

Presented by Granite State Whale Watch.

Experience a day watching finbacks, blue whales and other migrating whales come back to the waters of NH for the summer. Enjoy relaxing on the tour, soaking up the sun and getting a chance to be on the water for the day. Be sure to dress for all kinds of weather - sweatshirt, jacket and pants are a good idea for cool winds off the ocean this time of year. This workshop has an additional fee of \$10. Minimum 15 people.



Don't Forget to Mail Your Registration Today !!



2013 NH 4-H Teen Conference

University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



NEW HAMPSHIRE 4-H ACTIVITY Youth Medical Care and Treatment Form

Instructions: Please fill in all fields highlighted in gray. Fields will enlarge to allow you to type as much as you wish.

Name: _____ Birth Date: _____ Age: _____ Male Female County: _____

Parent or Guardian: _____

Home Address: _____

Home Phone: _____ Office Phone _____ Cell Phone: _____

Name of Family Doctor: _____ Phone: _____

Name of Family Dentist: _____ Phone: _____

Health Insurance Company: _____ Policy #: _____

If you or the doctor cannot be contacted, in emergency notify:

Name: _____ Phone: _____ Cell Phone: _____

Tetanus Immunization: Date of Last Booster _____

Medication Procedures

1. All prescription drugs **MUST** be carried in the container in which they were issued (with medical orders and physician's name intact). Others will not be accepted.
2. Only the exact amount of medication for the length of the event should be brought to 4-H programs and should be kept in the possession of a responsible adult during the 4-H event.

CIRCLE BELOW IF PARTICIPANT IS SUBJECT TO ANY OF THE FOLLOWING CONDITIONS:

- | | | | | |
|--|---|---|--|---|
| <input type="checkbox"/> arthritis | <input type="checkbox"/> bronchitis | <input type="checkbox"/> ear infection | <input type="checkbox"/> heart trouble | <input type="checkbox"/> kidney disease |
| <input type="checkbox"/> asthma/respiratory problems | <input type="checkbox"/> convulsions | <input type="checkbox"/> frequent headaches | <input type="checkbox"/> home sickness | <input type="checkbox"/> seizures |
| <input type="checkbox"/> bladder disease | <input type="checkbox"/> diabetes | <input type="checkbox"/> fainting | <input type="checkbox"/> intestinal problems | <input type="checkbox"/> sleepwalking |
| <input type="checkbox"/> allergies (please list) | <input type="checkbox"/> stomach problems | | | |
| <input type="checkbox"/> other (please specify) | | | | |

PRESCRIBED TREATMENT – List any medications that you take, and what they are for. Include prescription *and* non-prescription (such as pain relievers aspirin, Tylenol, asthma inhaler, etc.) PLEASE INCLUDE DOSAGES AND ANY SPECIAL INSTRUCTIONS:

My child can hold on to and administer his/her own medication. YES NO _____
signature of parent/guardian

A staff member/chaperone may administer Benedryl, Tylenol or Motrin (acetaminophen or ibuprofen) YES NO

LIST APPROXIMATE DATE IF PARTICIPANT HAS HAD OR BEEN EXPOSED TO OR SUFFERING FROM A RECENT ILLNESS OR INJURY; Operations or Serious Injuries requiring medical treatment (specify on another piece of paper if you need to.)

My child is physically able to participate in this program including handling their project animals, if animals are involved; and in the case of the 4-H horse project, participating in mounted activities. I understand that the 4-H members will be supervised, and that if a serious illness or injury develops, medical and/or hospital care will be given; however, the sponsor is not responsible in case of accident or illness. I further understand that in case of medical emergency we will be notified. In the event that I cannot be reached, I hereby give permission to the attending physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for my child as named on this Medical Care and Treatment Form and do certify that the information set forth on this form is true and correct to the best of my knowledge. I will assume all financial obligation incurred if not covered by insurance.

Parent/Guardian Signature _____ Date _____

Event: **NH 4-H Teen Conference** _____ Event Date: **June 26-29, 2013** _____

4-H Activity Youth Permission and Release Form
for Participation in a 4-H Activity of UNH Cooperative Extension

(Name) _____ will be participating in NH 4-H Teen Conference June 26-29, 2013
Name of Event Date

Description of this activity and transportation methods are as follows:

Teen Conference and associated workshops and activities on and off the campus of the University of New Hampshire. Transportation to and from UNH is the responsibility of the participant. Transportation to and from off-campus workshops is provided by charter bus and/or rented vans.

We give permission for the above named youth to participate. We understand the responsibilities, hazards, and dangers inherent in participation of this activity, including the transportation. We understand the Code of Conduct.

We hold harmless the University of New Hampshire, its trustees, officers, agents, employees, and volunteers from and against all claims, demands, actions, and causes of action for damages which may be sustained by the above named youth or anyone else. This includes personal injury, death or property damage, whether or not the result of negligent acts or omissions on the part of the University of New Hampshire. If the above named youth's participation in the activity causes damage to the property of UNH Cooperative Extension, we agree to pay the University for such loss.

Yes No I give permission for the use of quotes/photos of my child or myself: in the newspaper, newsletter, UNH Cooperative Extension web sites, or in other ways to publicize 4-H events or activities.

New Hampshire 4-H Event Youth Code of Conduct

As a participant in a New Hampshire 4-H event, you have the responsibility of representing the New Hampshire 4-H program to the public. You are expected to conduct yourself in a manner that will bring honor to you as well as to 4-H. To do that, you will need to:

1. Attend all sessions in the planned program and participate fully
2. Follow hours and room rules established before the event begins.
You are responsible for knowing the rules of your events.
3. Dress appropriately for each event.
4. Use language and manners that will bring respect to you and to New Hampshire 4-H. You are responsible for knowing what language and behavior is appropriate.
5. Be in the assigned program area at all times (for example: dorms, motels, etc.)
6. Model respect for other persons in public areas.
7. Know that the use of non-prescribed drugs and fireworks are illegal. Their use along with alcohol and tobacco, are prohibited at all 4-H events.
8. Treat program areas, lodging areas and transportation vehicles with respect and care. You will be responsible for any damage, theft, or misconduct in which you participate.
9. Help other persons in your group have a pleasant experience by making every attempt to include all participants in all activities.
10. Live up to your highest expectations for yourself so you can return home proud of who you are and what you have done.

Those who find themselves unable to conduct themselves within the guidelines listed above may expect:

1. To explain their actions to the adults in charge
2. To accept the consequences of their actions
3. To possibly be sent home immediately at their own expense
4. To possibly be excluded from participation in a future 4-H event or trip.
5. To have the adults in charge notify parents/guardians, Extension personnel and others to see that the actions taken, in case of unacceptable behavior, are appropriate for all concerned.

As the parent or guardian of _____, I have read the New Hampshire 4-H Events Permission Release/Code of Conduct form. I give permission for the above named youth to participate and will support the adults in charge in the performance of their responsibilities to see that the appropriate behavior is maintained. _____ (Parent Initials)

I have read the New Hampshire 4-H Code of Conduct and agree to live up to the expectations. I realize my failure to do so could result in a loss of privileges during the event and/or in the Future. _____ (Youth Initials)

Signature of 4-H Participant

Date

Signature of Adult Parent or Guardian

Date

Revised 8/09

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