



January, 2014 Greetings,

Remember you can always visit the Coös County  
4-H website at:  
<http://extension.unh.edu/Coos-County/Coos-County-4-H>

Yours in 4-H,



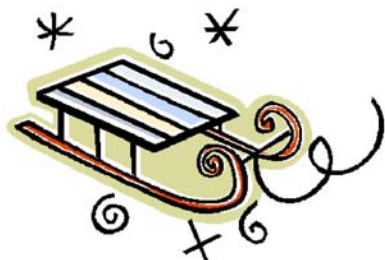
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4-H Program Coordinator



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Extension Field Specialist, Youth & Family

### In this issue:

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News  
Opportunities



### Deadlines / Reminders

#### JANUARY 2014

- 1 Office Closed, UNH Holiday, New Year's Day
- 3 Coös County Horse Quiz Bowl, Lancaster Office
- 3 NH Horse Quiz Bowl Entries Due, Moiles House
- 3 Fryeburg Fair & ESE Market Steer Intent to Participate Due Moiles House
- 4 UNH Hockey - 4-H Night
- 11 Statewide Animal Science Bonanza – open to all species, organized by Cheshire County, Walpole School
- 18 Healthy Living Training, North Stratford
- 18 National Conference, National Congress, and Dairy Conference Interviews, Belmont Middle School, Belmont
- 20 Office Closed, UNH Holiday, Martin Luther King, Jr. Day
- 24 New 4-H Leader Orientation, Lancaster Office
- 25 NH 4-H Horse Quiz Bowl, Belmont Middle School, Belmont
- 29 Coös County 4-H Advisory Council Meeting, North Stratford
- 31 Coös County Dairy Quiz Bowl, Lancaster Office
- 31 4-H Club By-Laws/Minutes Due
- TBA Coös County Let's Go Ice Fishing Workshop

### NEWS:

Send your club news to [christine.whiting@unh.edu](mailto:christine.whiting@unh.edu)  
to be included in upcoming newsletters.

## OPPORTUNITIES:

### 4<sup>th</sup> Annual 4-H Animal Science Bonanza

Saturday, January 11, 2014  
Walpole School  
Bemis Lane, Walpole NH



There will be many different animal projects to learn about and activities to do.  
We will be focusing on: Beef, Poultry, Goat and Sheep  
Stay tuned for more information to come! Questions? 352-4550.

[extension.unh.edu](http://extension.unh.edu)

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### 4-H STEM Makers Challenge:

#### TREBUCHETS 2014

The 4-H STEM Makers Challenge is designed to introduce youth to making or designing new things, a creative endeavor that blends art and science.

During "Demo Day" events this year youth can engage in a fun, hands-on STEM activity that is easy to set-up, fun to manipulate and experiment with, involves low-cost materials and culminates in a "4-H STEM Makers Challenge" in the summertime.

During "Demo Day", participants and audience members can try out the *Trebuchet* activity. It can be set up as a demonstration, a build or both! All we need to do is get two or three trebuchets for people to experiment with to see how far they can fling a paper ball!

We are looking for members or clubs to volunteer to provide these. We will provide the instructions and materials list and be available to help! The goal of the activity is to have more youth engage in STEM (science, technology, engineering, math) and provide an inspiration for a club or family to build an even better trebuchet to compete with at the "4-H STEM Makers Challenge" in the summer of 2014.

Contact Chris for more information, instructions and materials list.



### Choose Health: Food, Fun, and Fitness



We've got a new way for YOU to be the star! Come join us and learn fun ways to teach healthy living to younger kids.

You will learn all 6 lessons that can be taught to 8-12 year old children. The lessons use experiential learning to teach healthy eating and active play and are written using the "4A" approach: Anchor, Add, Apply and Away. All the lessons have fun games, key healthy living facts and everything you need to make the lesson fun.

All written lesson materials will be provided for you to use to teach a group of 10-12 children.

#### DATE & TIME:

Saturday, January 18, 2014  
8:30 am - registration  
9:00 am to 4:00 pm

#### LOCATION:

Stratford Town Hall (Downstairs)  
Route 3  
Stratford, NH  
\*\*Look for 4-H Signs!

#### PARTICIPANT CRITERIA:

One or more teens in a team, at least 13 years of age, and an adult mentor. Your commitment after the training will be to teach at least one session of the lessons to a minimum of 10 youth. Reports and evaluations will need to be completed and handed in at the end of your lessons.

#### REGISTRATION:

**Pre-registration for this workshop is required by January 13.** Go to <http://extension.unh.edu/Grafton-County> to register on-line.

#### COST:

\$10.00 (Includes program materials and participant t-shirt)

#### FYI:

Participants should plan to bring a bag lunch.

#### MORE INFORMATION:

Contact Kathy Jablonski, Field Specialist, 4-H Healthy Living, 603-787-6944 or [Kathleen.jablonski@unh.edu](mailto:Kathleen.jablonski@unh.edu)

[extension.unh.edu](http://extension.unh.edu)

To request accommodations to participate, including dietary, physical access, or other accommodation requests, including the ability to pay, please contact Kathleen Jablonski, Field Specialist, at 603-787-6944. Ten working days are needed to facilitate special needs requests.

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## Coös County DEMO DAY

Demo Day will be here soon enough! It's time to start planning, constructing and practicing for those presentation skills and subject matter knowledge competitions. It's scheduled for April 5, 2014. Working on a sewing, knitted or crocheted project? Coös County FASHION REVUE is the perfect opportunity to show it off! Garment judging is scheduled for Friday March 28, 2014.

### Types of Presentations at DEMO DAY:

#### Action Exhibit

An action exhibit is an interactive presentation which involves the audience in the presentation process. Like a demonstration, in an action exhibit the 4-H members demonstrate a skill, show how to make or repair something, or they show how and why something works. Real objects are used. Unlike a demonstration, as the action exhibit presentation unfolds the audience asks questions and interacts with the presenter; the audience may even try the skill themselves. Because the whole process is shown, action exhibits may last up to 45 minutes each.



#### Demonstration

A demonstration shows how to make something, how to perform a skill, how to repair something, or how something works. In this method, the subject - animals, machine, clothing, musical instrument, or model - is used in the presentation.



#### Illustrated Talk

An illustrated talk communicates ideas with the aid of charts, posters, slides, flannel graph, or chalkboard. The object discussed is not used, only pictures, or other representation of it.



#### Public Speaking

This is a presentation of a speech written by the participant, given from memory, notes, or outline, using index cards as a possible aid. No visual or audio aids are used.



#### Fashion Revue

Model garments that have been sewn, knitted, or crocheted by the 4-H'er. Garments are evaluated for quality of construction, fit, and appearance. \*Sheep Leadline participants take notice...why not show off your hard work at Demo Day and maybe even State Activities Day?!!



#### Fashion Selections

Youth model garments that have been purchased to meet a specific budget and wardrobe goals. Garments are evaluated for cost, fit, appearance, modeling, poise, communication skills and appropriateness of props and accessories.



#### Photography & Posters

Design a creative poster or submit a photograph following contest directions.



**This year we will be having a Demo Day clinic/practice on March 7, 2014 for ANY 4-H member or leader to find out what it's all about.**

Check out this link for guidelines and more information for Demonstrations, Action Exhibits, Public Speaking, Fashion Revue, Photography, and Posters.

<http://extension.unh.edu/NH-4-H-State-Activities-Day>

Information and entry packets will go out later to Organizational Leaders.



### The First-EVER White House Student Film Festival

Something big is happening today, and you don't have to be a kid to be excited about it: We're launching our first-ever White House Student Film Festival -- and we're inviting K-12 students from around the country to create and submit one- to three-minute short web videos.

Finalists could have their videos screened at 1600 Pennsylvania Ave, and posted on the White House website. It might just be cooler than having your homework up on the fridge.

The topic: Highlighting the importance of technology in the classroom -- and imagining how technology will change the educational experience for kids in the future. Interested, or know someone who would be?

Check out our official page here - where you can learn more, read the official rules, learn how to submit your video, and hear from Bill Nye (the Science Guy). And if you are a parent, guardian or teacher, make sure you spread the word to kids with big ideas. <http://www.whitehouse.gov/filmfestival>

Here are more important details you should know:

- Every student entry has to have a parent/guardian or teacher sponsor.
- Films can be submitted now through January 29, 2014.
- If your video is selected as an official selection, you could have a chance to attend the mid-February screening at the White House.



In 2014 UNH Cooperative Extension reaches a major milestone - its 100-Year Anniversary! Participate in the celebration by making an investment in Extension, or the 4-H Foundation of New Hampshire. Your investment will help ensure that our work for New Hampshire continues far into the next century. Private donations are a critical part of Extension's funding mix. Go to [www.extension.unh.edu](http://www.extension.unh.edu) and click **DONATE** to **Make a Gift, See impacts, and Hear from other donors.**

To get updates on the Centennial events, you will want to go back to this link often - <http://extension.unh.edu/About/Centennial-2014>



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# 4-H Animal Science Bonanza

## Beef-Sheep-Goat-Poultry

**January 11, 2014**

**9:30 AM - 3:00 PM**

**Walpole Elementary School  
8 Bemis Lane, Walpole NH**

**Sponsored by grant from 4-H Foundation of NH**



**ALL ARE WELCOME**



**\$2.00 per person**

**Register Early-Limited Space Available!**

**\$4.00 per person after December 23, 2013**



## **New!!!- Chinese/Scotch-Scavenger Hunt!!!**

**Earn tickets for chances to win over  
\$300.00 in prizes!!**



**Prizes for participation and Awards**

**Team Activities**

**Guest Speakers**

**Skill-a-thons: Beef, Sheep, Poultry, Goat**

**Quiz Bowl: Beef, Sheep, Goat, Poultry**



## **Silent Auction**

**To help support Cheshire Beef Field Day, Sheep Field Day & Animal Science Bonanza**

**Volunteers Needed! Please let us know if you are able to help**

**For more information call Jean Rudolph 603-399-7074 or Kim Hudson 802-380-2274**

## **4-H Animal Science Bonanza**

### **Registration Form**

**RSVP by December 23rd, 2013**

to Kim Hudson, 551 Northfield Road, Hinsdale NH 03451

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

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

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ County: \_\_\_\_\_

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

☐ Enclosed is my \$2.00 registration fee. (Check made payable to Cheshire County Beef Field Day)

Skill Level: ☐ Novice ☐ Junior ☐ Intermediate ☐ Senior

I am interested in: ☐ Beef Quiz Bowl ☐ Sheep Quiz Bowl  
☐ Goat Quiz Bowl ☐ Poultry Quiz Bowl

**\*Maximum # of Quiz Bowls you can choose is two.**

#### **Photo Release**

Yes ☐ No ☐ 4-H event participants may be photographed and videotaped for use in 4-H promotional and educational materials. I authorize 4-H to record the above named 4-H member's image and/or voice for use by the University of New Hampshire, its affiliates (including but not limited to the UNH Cooperative Extension, UNH Foundation, and 4H Foundation of New Hampshire), or its assignees in research, educational and promotional programs. I understand and agree that these audio, video, film, and/or print images may be edited, duplicated, distributed, reproduced, broadcast and/or reformatted in any form and manner without payment of fees, in perpetuity.

Parent/Guardian Signature \_\_\_\_\_

Do you need any accommodations in order to participate fully in this event? Yes ☐ No ☐