




February, 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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Deadlines / Reminders

FEBRUARY 2014

- 1 Approval Forms for Beef Steers going to ESE and ESE Entries Due, State 4-H Office, Moiles House
- 7-8 Farm & Forest Expo, Center of NH Radisson, Manchester
- 13 Coös Horse Winter Planning Meeting, Coös Extension 4-H Office
- 15 Let's Go Ice Fishing Workshop, North Country Resource Center, Lancaster
- 15 Beekeeping Essays due to the State 4-H Office (electronically only)
- 15 4-H NH Dairy Quiz Bowl Entries Due to Cheshire County
- 19 Horse Cover / T-Shirt Contest Design Due, Moiles House
- 22 4-H NH Horse Advisory Council, Newport High School, Newport

MARCH 2014

- 1 Eastern States Trustee 4-H Scholarship Applications Due to State Office
- 7 Coös Demo Day Clinic / Practice
- 15 NH 4-H Livestock Judging Clinic, Sweet Meadow Farm, Webster, NH
- 21 Coös County 4-H Hippology Contest, Coös Extension 4-H Office, 6:00 p.m.
- 21-23 AYHC Symposium - Minnesota
- 26 Coös 4-H Advisory Council meeting, Lancaster
- 28 Coös County 4-H Demonstration Day - Entries DUE, Coös 4-H Office
- 28 4-H Horse Judging/Hippology Contests Entries Due to Moiles House
- 29 NH 4-H Dairy Quiz Bowl, Walpole School
- TBA Coös FFA/4-H Livestock Evaluation, WMRHS



NEWS:

Send your club news to christine.whiting@unh.edu to be included in upcoming newsletters.

NH 4-H Equine Quiz Bowl

What a fun time (despite the frigid temperature outside) we had on January 3, 2014 at the **Coös County 4-H Horse Quiz Bowl!** The event was attended by about 14 youth participants as well as their families and 4-H leaders. Coös County was represented at the State 4-H Horse Quiz Bowl in Belmont, NH on Saturday, January 25 by Megan Allin, Dan Call, and Hannah Noons in the Senior Division, coached by Shirley Smith. The Coös Junior Division participants were Christina Asher and Amie Weagle, coached by Debbie Joyce. Alexis Call and Ava MacNeVins were our Novice participants, coached by Travis Joyce.



Choose Health: Food, Fun and Fitness!

Coös County has two newly trained healthy living teams ready to go out and teach the six (6) lessons they learned. Five 4-H teens and three leaders participated in the *Choose Health: Food, Fun and Fitness* training, held in North Stratford on January 18. Everyone had LOTS of fun learning and played fun and ACTIVE games. Great job! Hannah, Christina, Amy & Debbie (team 1) and Alexis, Sarah, Alyssa & Chris (team 2)!

OPPORTUNITIES:

The Spring 2014 Tractor Supply Paper Clover Promotion dates have changed: The Spring Paper Clover dates are now April 23 - May 4. Be sure to mark your calendar and begin planning how your club will get involved in-store at your local Tractor Supply Company during the promotion. Try displaying your record books or setting up a petting zoo! If you would like to get involved with fundraising at TSC before the Spring - check out their Love Your Pet event.

*4-H is the youth development program of our nation's Cooperative Extension System - National 4-H Council
7100 Connecticut Avenue, Chevy Chase, Maryland 20815
The 4-H Name and Emblem are protected by 18 USC 707*



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.

Coös County DEMO DAY

Demo Day is scheduled for April 5, 2014.

It's time to start planning, constructing and practicing for those presentation skills and subject matter knowledge competitions. If your club hasn't been involved in Demonstration Day it is something you should really consider. It represents a wonderful opportunity for youth to gain experience presenting themselves in a public speaking exercise or express themselves through the poster or photography contest. Plus, it's really fun. One of the purposes of the day is to select those 4-H members age 12 and older who will represent Coös County at State Activities Day in June.

Organizational leaders will be receiving Demo Day information/rules in the mail. In the mean time you can get some tips from our website - <http://extension.unh.edu/4-H-Forms>

Are you 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.

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.

Barry Conservation 4-H Camp

Where the Learning Lasts a Lifetime



Barry Conservation 4-H Camp

Now is the time to make plans to attend NH 4-H Camp this summer. Barry Conservation 4-H Camp is located right here in Coös County and will be open for six (6) weeks this summer. The best part about NH 4-H Camp is that you will have a fantastic time and learn quite a bit at the same time -- it is not a bad deal either!

The 2013 season was fantastic and we are working hard to make 2014 even better. We have been receiving a lot of phone calls and emails regarding enrolling campers. The good news is that registration is now open and enrollments are being accepted. Interested families may enroll their campers on-line on our secure web site, or print and return the camper application. Visit NH 4-H CAMPS to learn more:

<http://extension.unh.edu/4-H-Youth-Family/Barry-Conservation-4-H-Camp>

Early enrollments are encouraged. Please remember that BCC filled faster than ever last season.

Remember that Coös County 4-H Advisory Council Camp Scholarship applications are due May 15. Applications are available on the Coös County 4-H website, or call the office 788-4961.

Let's Go Ice Fishing

You're invited to attend this educational workshop which is sponsored by the UNH Cooperative Extension 4-H and NH Fish and Game. Bring along an adult, warm clothing, and a bag lunch. Gear will be provided, but bring your own if you would like. We plan to visit a top secret local pond in the afternoon to catch some fish. Join us and you'll be sure to learn a lot and have a great time.



Who: All youngsters 8 and older.

What: A beginning ice-fishing course.

When: Saturday, February 15, 2014

Cost: This is a free course.

Where: North Country Resource Center, Lancaster

Time: 9:00 a.m. - 3:00 p.m. (or so)

Class size is limited and **pre-registration** is required.

Simply call the UNH Cooperative Extension Office to sign up or to obtain additional information - 788-4961.



4-H Citizenship "Service to our Communities"

Since its inception, service to others has always been an important part of the 4-H club program.

4-H citizenship programs empower youth to be well-informed citizens actively engaged in their communities and the world. 4-H places emphasis on the importance of young people being engaged. By connecting to their communities and community leaders, youth understand their role in civic affairs and are able to expand their role in the decision making process.

It's clear that civic engagement provides the foundation that helps youth understand the "big picture" of life, to find purpose and meaning. One part of the 4-H pledge states *"I pledge my hands to larger service"*. Through this pledge, 4-H has historically given back to the community by encouraging young people and adults to volunteer in their communities. 4-H groups conduct community service projects in local communities where they meet.

Service to the community includes projects such as: community beautification, food drives for the local food pantries, roadside clean up, visiting the elderly, town election suppers, adopting a local animal shelter, supporting our troops with cards and letters, blankets for homeless shelters, audio books for children, and more!!!

Through hands-on leadership and service opportunities, youth learn they can bring about change to their community, country and their world!

Source: UNHCE 4-H website
<http://extension.unh.edu/4-H-Citizenship-0>



SAVE THE DATE!
Open to All 4-H Members !

4-H Beef Field Day - Saturday, April 19, 2014
4-H Sheep Field Day - Sunday, May 18, 2014
Cheshire Fairgrounds
247 Monadnock Highway, Rt 12, Swanzey, NH



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 and click DONATE to Make a Gift, See Impacts, and Hear from other donors.



Check out this video to see how Coös County wishes UNH Cooperative Extension a "Happy Birthday"!!

http://www.youtube.com/watch?v=8r2WYFT8LgM&feature=player_embedded

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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