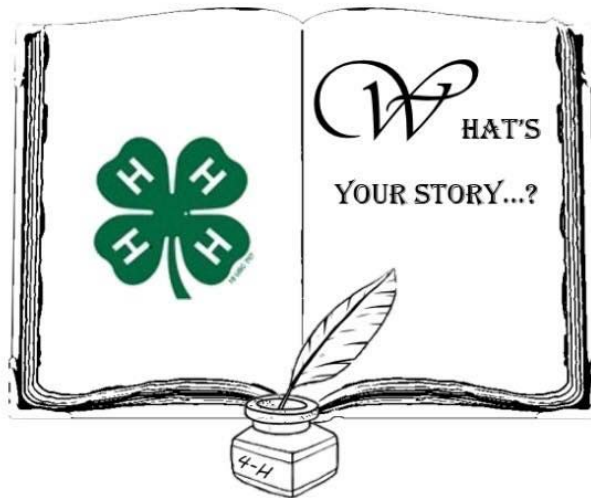




# FRIENDSHIP GROWS HERE

## 2017 4-H Teen Conference June 25 – 28, 2017

Join us and your soon-to-be closest friends, for the experience of a lifetime at the 39<sup>th</sup> Annual NH 4-H Teen Conference. If you're not already a 4-H'er, come and check us out!



You'll spend four days on the beautiful University of New Hampshire campus in Durham:

- Making new friends, and re-connecting with some you haven't seen for a while
- Developing leadership skills that will last a lifetime
- Get a taste of college life when you stay in a dorm and eat at our award-winning dining hall
- Exploring the many resources available for you to realize your potential, as you attend the workshops of your choice

The Conference is open to all teens from across New Hampshire and neighboring states completing the 8th grade (or age 14 by 6/26/17) up through 12th grade.

Cost: \$250 for NH 4-H Members and NH Residents (\$270 for out-of-state registrants). Registration fee covers the entire 4 days, including lodging, food, activities, T-Shirt, and water bottle (some workshops carry an additional fee).

REGISTER TODAY! Complete the form on page 9 and mail it to your [County Office](#). You can also ask them for information on scholarship availability and eligibility. Out of state? Please call us at (603)862-2180.

For more information visit: <http://extension.unh.edu/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.



# CHARACTER GROWS HERE

## 2017 Conference Schedule

*(Subject to Change)*

### Sunday, June 25

- 10 - 11 a.m. Arrival and Registration
- 11:15 a.m. -12:00 p.m. Floor Meeting/Lunch
- 12:15 p.m. Walk to Johnson Theatre
- 12:30 -2:00 p.m. Orientation, Opening Ceremony & Conference Photo, Johnson Theater
  
- 2:15 - 2:45 p.m. Ice Breaker activities
- 3:00 - 6:00 p.m. Service Learning Project
- 7:00 - 10:00 p.m. Pizza Social, Opening Night Dance/Activities at the MUB
  
- 10:00 p.m. Return to Dorms
- 11:00 p.m. Quiet Time

### Monday, June 26

- 6:15 - 6:45 a.m. Fitness Fun (optional)
- 7:15 - 8:00 a.m. Breakfast
- 8:15 - 8:30 a.m. Morning Assembly
- 8:30 a.m. Busses depart for full day workshops
- 3:30 p.m. Busses depart location for return to Durham
- 6:30 - 9:30 p.m. "County Night Out" Dinner, Wildcat photo, and activity with members of your county
- 9:30 - 10:30 p.m. Social time at the dorm
- 10:30 p.m. Quiet time
- 11:00 p.m. Lights Out

**NEW FOR 2017...**Note on registration form if you would like to be in an area of the dorm with others who prefer an earlier Quiet Time.

### Tuesday, June 27

- 6:15 - 6:45 a.m. Fitness Fun (optional)
- 7:15 - 8:15 a.m. Breakfast
- 8:15 - 8:30 a.m. Morning Assembly
- 9:00 - 10:30 a.m. Workshop Block 1: Personal Growth
  
- 10:45 a.m.-12:45 p.m. Workshop Block 2 Academic & Career Development Lunch
- 12:45 - 1:30 p.m. Lunch
- 1:45 - 3:45 p.m. Workshop Block 3: Recreation and Leisure
- 4:00 - 5:45 p.m. Dorm - social time, get ready for evening activities
- 5:45 - 6:00 p.m. Meet to depart for Banquet
- 6:00 - 8:00 p.m. Banquet & Entertainment
- 8:00 - 11:00 p.m. Dance
- 11:15 p.m. Candlelight Ceremony
- 12:00 a.m. Social Time
- 1:00 a.m. Quiet Time

### Wednesday, June 28

- 6:15 - 6:45 a.m. Fitness Fun (optional)
- 7:15 - 8:00 a.m. Breakfast
- 8:15 - 9:00 a.m. Pack for Check-out
- 9:15 - 9:45 a.m. Check-Out
- 9:45 a.m. Walk to Closing
- 10:00 a.m. Closing Ceremony
- 11:00 a.m. Departure
- 11:15 a.m. **OPTIONAL- FAMILY TOUR** of campus and facilities by UNH and Thompson School of Applied Sciences Admissions, with lunch. Please indicate interest on registration form

## NEW FOR 2017

BANQUET ENTERTAINMENT WILL FEATURE 4-H TALENT FROM AROUND THE STATE... WITH A CHANCE TO WIN AN ALL-EXPENSE PAID TRIP TO THE 2018 TEEN CONFERENCE! DETAILS COMING SOON FROM YOUR YOUTH LEADERSHIP TEAM COMMUNICATIONS OFFICER....



# LEADERSHIP GROWS HERE

## WORKSHOP DESCRIPTIONS

Each delegate will have the opportunity to gain knowledge, access resources, and actively engage in workshops designed to represent three areas of a balanced daily life; personal growth, academic/career development, and recreation/leisure. Please review the workshop descriptions before indicating your preferences on the following registration form.

### WORKSHOP I 9:00 A.M. - 10:30 A.M. PERSONAL GROWTH



#### *Everybody's Working for the Weekend*

*(UNH Cooperative Extension Youth & Family Program Leader, Michael Young, Ph.D.)*

This workshop will explore your 'employability' i.e., your capability of getting and keeping satisfactory work. Through interactive activities we will explore the kinds of skills that are essential to get and keep a good job. We will explore and define the basics of "being humble and on time" as well as dive into more complicated ideas like "taking initiative" and "learning to follow." If all goes well, you will have some fun and leave with some ideas and plans to help you be more 'employable.'

#### *Accounting and Finance for the Career and College Bound Teen* *(Kevin Kennedy, CPA, CFE, Maloney & Kennedy)*

Become familiar with some of the financial aspects of heading into college or entering the job market: opening a bank account, balancing your account, employment, wages and income tax withholding, paying bills, and getting and paying back car loans. If time permits and there is interest, we can even discuss a career in accounting and finance, forensic accounting and fraud.

#### *Civic Engagement* *(UNH Cooperative Extension, Citizenship Coordinator Michele King)*

We hold these truths... Why should I care what my town or state politicians are doing, it doesn't affect me! Or does it? It is easy to get discouraged and think that average people have no control about the laws that govern us, but in reality WE are the only ones who can create change. Come to this session to learn how you can be a change-maker in your community. Let's shake things up!

#### *College 101: What do you need to get in, and how to pick the right one* *(UNH Admissions, Assoc. Director John Larsen)*

Interactive and discussion-based session about navigating the college admission process. We'll break down the many myths and misunderstandings about getting into college. It's easier than you may think!

#### *College Costs & Funding Options* *(The New Hampshire Higher Education Assistance Foundation)*

College can be expensive! Luckily, there are resources available to help. The goal of NHHEAF is to support the pursuit of higher education with materials, advice and expertise. This workshop will address managing college costs, applying for financial aid, and college funding options.

#### *Explore Your Options: Community College*

Is community college the right option for you? This is a great workshop to speak with college admissions specialists and learn about the many Associate Degree and Certificate Programs available through the community college system.





# SERVICE GROWS HERE

## [Explore Your Options: Technical College and Trade School](#)

Interested in exploring training in the mechanical trades? Speak with educational and training professionals to see what you need to know to explore a career as a licensed electrician, plumber, heating or HVAC technician.

## [Healthy Living](#) (UNH Cooperative Extension Field Specialist, Heidi Barker)

Do you know where your food comes from? UNH is on the leading edge of the Sustainability and Local Foods initiatives, but what does that really mean? Come to this workshop and find out! Consider taking the session 2 workshop “Health and Human Services Pathway: Cooking and Nutrition”.



## [Mindful Me & You!](#) (UNH Cooperative Extension Youth & Family Field Specialist, Rick Alleva, Ed.D.)

Mindfulness is paying attention to what’s happening right now, in our thoughts, feelings, sensations and the world around us. Being mindful can you stress less, complete any task, and show more kindness and care for others in the world. In this workshop, we’ll experience a few mindfulness practice activities, such as mindful breathing, mindful listening and mindful seeing. Come explore the possibilities!



## [Prepare Yourself for the Transition to College Academics](#)

(UNH Center for Academic Resources Associate Director, Daniela Adler)

In this workshop, we’ll highlight the differences between high school and college, and investigate the importance of effective time management. Learn to identify “Time Wasters” and “Time Savers”, and discuss effective tools and strategies.

## [Preparing Today for a Successful Tomorrow!](#)

(UNH Career and Professional Success, Director Lauren Haley)

Develop college- and career-readiness skills, including networking, establishing a positive online presence, interviewing, and resumes. Engage in hands-on activities and leave with the knowledge, tools, and confidence to be the architect of your own success!

## [What to Expect from High School](#)

The transition from middle school to high school can be a challenge...if you don’t know what to expect! Learn what you need to know from a high school administrator – the homework, expectations, support available for students, social environment, and extracurricular opportunities.

## [Why College?](#) (UNH Admissions, Associate Director Richard Haynes)

Explore why you should believe in yourself and look to your high school educators as being your greatest ally and mentor during your four years of high school. Is college really important? Come and hear the experiences of some past/current students, and if they feel college is important.





# KNOWLEDGE GROWS HERE

## WORKSHOP 2 10:45 A.M. - 12:45 P.M. ACADEMIC/CAREER DEVELOPMENT

### *Animal Science Pathway: Dog Behavior and Grooming*

We'll utilize the facility operated by students enrolled in the Thompson School's Companion Animal Science concentration and the Pet Grooming Diploma Program. Work with a professional to perform services such as brushing, de-matting, ear cleaning, nail trimming, checking for fleas and ticks, bathing, appropriate scissoring and clipping.

### *Animal Science Pathway: Myhre Equine Clinic Interactive Tour (UNH Cooperative Extension 4-H Animal & Agricultural Science Program Coordinator, Mary Davis and Myhre Equine Clinic DVM, Alyssa Warneke)*

Considering a career in the field of veterinary medicine? Don't miss the opportunity to tour one of the most progressive equine clinics in New England. This state-of-the-art facility features superior technological imaging, surgical, medical, and rehabilitation veterinary services. Take advantage of this one-of-a-kind opportunity.

### *Animal Science Pathway: Veterinary Science and Diagnostics*

Considering a career in veterinary services? The NH Veterinary Diagnostic Laboratory assists the NH Commissioner of Agriculture and State Veterinarian in their efforts to monitor and control important animal diseases. Tour the facility and engage with the faculty and staff to see why veterinarians from around NH and the New England region use their histopathology, microbiology, serology and necropsy services for the diagnosis of animal diseases from pets, farm animals, wildlife, research, aquatic and zoo animals.



### *Business and Entrepreneurship Pathway: Basic Auto Maintenance*

*(Rockingham County Volunteer, Jim Caverly)*

Whether you want to save money by caring for your own vehicle, or are considering a career in the automotive field, this is a great hands-on workshop. Learn some basic maintenance and safety techniques that you can perform on your own vehicle. Learn how to check and fill the important automotive fluids, change the air filter, replace windshield wipers, and change a tire.

### *Business and Entrepreneurship Pathway: Cosmetology and Esthetics*

Are you interested in a career in cosmetology or esthetics? Hair Design, Skin Care and Cosmetology are just a few of the specialties involved in this dynamic profession. Come to this session and learn what options are available to you in this exciting field.

### *Business and Entrepreneurship Pathway: Culinary Arts*

Can't decide between working in the hospitality industry and starting your own business? The good news is, you don't have to choose! Attend this workshop to get valuable strategies from a local restaurant owner.

### *Business and Entrepreneurship Pathway: Farm Stands and Farmers Markets*

Sustainability. Organic. Local foods. These are more than just words in the news. Come and find out what part you can play in this increasingly popular initiative, and the impacts it has on the health and business markets.



# STRENGTH GROWS HERE



## *Health and Human Services Pathway: Beyond Babysitting*

*(Live and Learn Early Learning Center)*

Do you like babysitting? Are you considering a career in childcare? Join us to explore the many ways to experience “nearby nature” with children, whether by discovering new ways to use our backyards and city parks; finding local outdoor spaces in communities and neighborhoods; or learning simple, accessible ideas for engaging with the natural world, even in urban settings.

## *Health and Human Services Pathway: Cooking and Nutrition* *(UNH Cooperative Extension Field Specialist, Heidi Barker and Strafford County Wellness Coordinator, Sara Oberle)*

Thinking of a career in nutrition? Culinary Arts? Hospitality Services? It’s not just about the food...it’s about *healthy* food! Roll up your sleeves and create something nutritious and delicious! We’ll use local foods to promote positive nutrition. This is a great follow up to the Session 1 workshop “Healthy Living”.

## *Health and Human Services Pathway: Vibe with Me: Music as Medicine* *(Board Certified Music Therapist, Cacia King)*

Love music? Want to make a difference in your community? Whether working with elderly dementia patients, autistic children, or wounded soldiers, music therapy has an astounding ability to heal and restore function. This exciting career allows you to be a musician, song writer, performer and therapist all in one.

## *Health and Human Services Pathway: Wheelchair Sports* *(UNH Northeast Passage, Program Spec. Cam Forys, CTRS/L)*

Join Northeast Passage, the service branch of the UNH Recreation Management and Policy Department, to experience the application of recreation therapy. It takes practice and skill to use a wheelchair to play a variety of indoor sports and games, but is also challenging, athletic, and fun.

## *Plant Science Pathway: A Day in the Life of an Aquaponics Farmer*

*(UNH Biological Sciences Assistant Professor, Todd Guerdat, Ph.D.)*

Visit the UNH Macfarlane Research Greenhouses as you explore the field of aquaponics; the combination of hydroponics (growing plants without soil) and aquaculture (raising fish) that encourages the growth of fish and plants together in one integrated system. Learn how to use the scales to weigh plants and fish as part of UNH’s research and harvest fully-grown plants!



## *Plant Science Pathway: Beekeeping*

Albert Einstein said, if bees disappeared off the planet, “then man would have only four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man.” We can help the bees by providing habitats for them to thrive. Come to this session and learn what a beginning beekeeper needs to have to set your beekeeping in motion. Find out what you can expect from the bees and what to look for as you inspect your hives and how to keep a log of inspections.

## *Plant Science Pathway: Be Paul Bunyan for a Day*

*(UNH Forest Technologies Professors Don Quigley and Matt Chagnon, and UNH Woodsmen Team Coach, Chris Robarge)*

Explore the field of Forest Technology at the Thompson School of Applied Sciences state of the art sawmill. Challenge yourself as you experience what it takes to be a lumberjack competitor – skills in crosscut and bow sawing, tree climbing, and axe throwing! Have some fun working individually and in teams as you challenge yourself using forestry skills and tools.





# HONOR GROWS HERE

## Plant Sciences Pathway: Vermicomposting (UNH Cooperative Extension Master Gardeners)

Worm composting (or vermicomposting) is a natural and efficient way to recycle your organic kitchen scraps. And it sure beats plowing through knee-high snowdrifts to the compost pile in the middle of winter! Learn the importance of composting at home, and what you need to know to advocate for this ecologically responsible composting method at your school or community businesses.

## Science and Technology Pathway: Creative Computing Challenge

(UNH Cooperative Extension Science Literacy Field Specialist, Sarah Grosvenor)

The Creative Computing Challenge teaches you to develop mobile apps using MIT's App Inventor. You'll be guided through an initial App, then connect your app to a tablet. Apps are saved in the Cloud and accessible after the workshop.

## Science and Technology Pathway: Criminal Forensic Science (University of New Hampshire Police Department)

Officers of the UNH Police Department will walk you through the procedures used in the real world to collect, process, and preserve evidence. Learn what happens when information is called into the police department, how arrests are made (and avoided), and what it's like to be a law enforcement officer on a college campus.

## Science and Technology: Makers Challenge

(UNH Cooperative Extension, Field Specialist Claes Thelemarck)

Inventors, engineers and makers, can you build a model car and power it with a mousetrap? How far can you make it go? Join other teen engineers from NH to design and build your own mousetrap powered car. Once you've built a car, make some design modifications to make it roll faster and farther, then test it to see how well your design modifications work.



## Science and Technology: Marine Science (UNH Cooperative Extension, Marine Science Education Specialist Mark Wiley)

Coastal areas are experiencing unprecedented stresses. Increasing coastal populations, development pressure and habitat loss, commercial fishing pressure, polluted runoff and invasive species all threaten the 95,000 miles of U.S. coastline. Sea Grant addresses these issues through research, education and outreach. Check out this interactive workshop with Sea Grant field professionals, and participate in a unique two-way live dialogue with scientists, engineers, and educators of the Corps of Exploration Vessel (E/V) Nautilus.

## **WORKSHOP 3 1:45 P.M. - 3:45 P.M. RECREATION AND LEISURE**

### Best Workout - Barre None! (Certified Barre Fitness Instructor, Elizabeth St. Denis)

Using only your body weight, you'll feel like you've worked every muscle from head to toe. A barre workout will help you gain strength and tone those hard-to-target muscles in your core, arms, and legs.

### Body Positivity Yoga and Essential Oils (4 the Rest of Us, Owner and Certified Yoga Instructor, Michelle Blanchette)

Explore the positive aspects of yoga as you learn techniques for breath control, simple meditation, and specific bodily postures. Essential oils will be included to increase the benefits of the yoga routine.

### Box 'O Blues – Building a CBG\* (Artist Dan “Deke” Caldwell)

Learn to play simple cords and slide blues on a musical instrument (a “canjo” or “cigar box” guitar) you create! \* Materials charge for kit may apply



### Comedy Improv (Experienced Presenter, Ethan Craggy)

Fun games and creative activities will develop your improvisational skills and expand your confidence as you explore Improv techniques and learn to think on your feet.





# INTEGRITY GROWS HERE

## [Country Line Dancing](#)

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; Luke Bryan; and Little Big Town.

## [Customizing a Personal Workout Routine](#) (Experienced Presenter, Katarina Vogel)

Challenge yourself in an individualized routine that you create, while learning techniques in stretching, exercise, and recovery.

## [Decorating Tips and Tricks](#) (Busy Bean's Cakes and Confections, Owner BJ Witt)

Try different techniques using clip art, cookie cutters, and other tools to make your cakes and cupcakes into works of art.

## [Fencing](#) (Seacoast Fencing Club, Owner and Head Coach Chris Pullo)

Have you ever wanted to try fencing? Well, here's your chance! Come to this session and learn the fundamentals of footwork, attacks and defense.

## [Find Your Voice, Sing it Loud!](#) (Experienced Presenter and UNH Music Major, Morgan King)

Group singing is a great way to feel good, make friends, and have fun! Explore vocal techniques and discover the concepts of body mapping. Finish with a song everyone can sing and enjoy.

## [Fly Fishing](#) (Three Rivers Stocking Association, Rick Hutchins)

This instructional workshop will teach you all the basics you need to know about fly fishing equipment and casting technique. After you learn the basics, you will have a chance to test your skills on the water.

## [Make a Black Ash Basket – a Five Thousand Year Old Craft!](#) (Craftsman Colin Williams)

This small group workshop will teach you the history behind this ancient craft, followed by an opportunity to create your own black ash basket.

## [Photography – LIGHT: Using Natural and Modified Light to Create Photographs](#)

(Professional photographer, Jessica Arnold)

Gain a better understanding of how light creates a photograph, using both traditional and digital techniques. We'll use a studio setup to create digital portraits, and if weather permits, we'll make cyanotypes!

## [Soccer](#)

Get warmed up and ready to run! In this active workshop, you'll learn some basic drills like dribbling and passing, then practice what you learned during a scrimmage game.



## [Tie Dye](#) (UNH Cooperative Extension, Mary Davis)

The origins of "tie dye" go back to the ancient Orient. Create a variety of patterns on fabric using dyes and more than just the "rubber-band" technique. We will provide the first item, but if you want to tie dye something special, feel free to bring a natural fiber item with you.

## [Ultimate Frisbee](#) (Experienced player and instructor, Peter Attisano)

Come and learn the rules of this high-energy game and spend time trying out your moves. This is a grueling game, not recommended for couch potatoes.

## [Understanding Personality Types](#)

Discover which traits are most prominent in you to unlock your true potential. Gain a better understanding your personality strengths and explore group dynamics in this fun interactive presentation.

## [Wilderness Survival](#)

If you were stranded in the wilderness would you survive? Learn basic survival skills including how to build a fire, construct a shelter from the materials around you, and various other wilderness survival tips and tricks.





# WORKSHOP SELECTIONS

(Subject to change)

(Name) \_\_\_\_\_

**Monday** you will participate in 1 full day workshop. Please **rank your choices 1-5**, with 1 being your first choice. Your choice is not guaranteed until you receive a confirmation with your enrollment packet. *Workshops will be filled on a first come-first served basis.*

Sandwich Type for Monday Workshop (check one, and indicate if gluten free is required):

\_\_\_ Moe's Original Italian \_\_\_ Turkey \_\_\_ Ham & Cheese \_\_\_ Vegetarian

Gluten Free: Yes \_\_\_ No \_\_\_

**4-H Shooting Sports**

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

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.

**Spend the day in Portsmouth, NH**

\*Suggest bringing spending money!  
Enjoy this beautiful waterfront town as you experience both old and new cultural opportunities. We'll check out the Strawberry Banke Museum, in the heart of historic downtown Portsmouth, New Hampshire, a 10-acre outdoor history museum dedicated to bringing 300+ years of American history to life, walk through the many unique shops, have lunch on the riverfront at Prescott Park, and walk to Tugboat Alley.

**Whales Tail Water Park**

\*Additional fee \$10  
Ride the big waves or relax in the gentle ones at the shallow end. No need to worry about sand or salt. A splashing good time awaits you at the Whale's Tale Water Park. Streak down the speed slides, twist through the flume slides, or splash down the 360 foot tube ride with clean, clear filtered water. Check out the 11 waterslides, huge wave pool, and the 1/4 mile lazy river.

**Alpine Adventures Zip Line**

\*Additional fee \$45  
Experience the Tree Top Canopy Tour on 6 separate ziplines ranging from 250 – 1,000 feet long and travel through the canopy up to 80' above the forest floor. This is the perfect course for first time zippers. The zips and obstacles get progressively faster and longer, ending with the famous Zip Six, a 45 mph optional free-fall. Must be at least 50-240 lbs & no taller than 6'5".

**Cruise to the Isles of Shoals**

\*Additional fee \$15  
Enjoy a narrated Isles of Shoals and Portsmouth Harbor Tour with the added bonus of a self guided walking tour on Star Island! You'll hear the fascinating history and lore of Portsmouth Harbor as we navigate 10 miles of river and ocean out to Star Island, one of the first footholds for settlement in the new world. You'll see the Oceanic hotel, which rivaled the grandest hotels of the time and is still in operation today. You may walk through the replica of Gosport Village, a fishing outpost dating back to the early 1600s which includes the picturesque Stone Chapel and several cottages. You'll also see the tallest gravestone in the state of New Hampshire, the John Smith Monument, and the Caswell Cemetery. After your walk you'll have time to visit the gift shop, bookstore, and snack bar in the hotel if you'd like. This cruise allows approximately 1.25 hours on Star Island.

\* *Additional fees will be billed after workshops have been assigned (early June).*

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(Name) \_\_\_\_\_

**Tuesday you will participate in 3 workshops**

*(1 Personal Growth, 1 Academic/Career Development, 1 Recreation/Leisure).*

Please **rank your choices 1-5 in each session**, with 1 being your first choice. Choices are not guaranteed until you receive a confirmation with your enrollment packet. *Workshops filled on a first come-first served basis.*

Personal Growth (Rank Choices 1-5)	Academic/Career Development (Rank Choices 1-5)	Recreation/Leisure (Rank Choices 1-5)
Everybody's Working for the Weekend!	Animal Science Pathway: Dog Behavior and Grooming	Best Workout - Barre None!
Accounting and Finance for Career and College Bound Teens	Animal Science Pathway: Myhre Equine Clinic Interactive Tour	Body Positivity Yoga and Essential Oils
Civic Engagement	Animal Science Pathway: Veterinary Science and Diagnostics	Box 'O Blues – Building a CBG*
College 101: What do you need to get in, and how to pick the right one	Business and Entrepreneurship Pathway: Basic Auto Maintenance	Decorating Tips and Tricks
College Costs & Funding Options	Business and Entrepreneurship Pathway: Cosmetology and Esthetics	Comedy Improv
Explore Your Options: Community College	Business and Entrepreneurship: Culinary Arts	Country Line Dancing
Explore Your Options: Technical College and Trade School	Business and Entrepreneurship: Farm Stands and Farmers Markets	Customizing a Personal Workout Routine
Healthy Living	Health and Human Services Pathway: Beyond Babysitting	Fencing
	Health and Human Services Pathway: Cooking and Nutrition	
Mindful Me & You!	Health and Human Services Pathway: Vibe with Me: Music as Medicine	Find Your Voice, Sing it Loud!
Prepare Yourself for the Transition to College Academics	Health and Human Services Pathway: Wheelchair Sports	Fly Fishing
Preparing Today for a Successful Tomorrow!	Plant Science Pathway: A Day in the Life of an Aquaponics Farmer	Make a Black Ash Basket – a Five Thousand Year Old Craft!
What to Expect from High School	Plant Science Pathway: Beekeeping	Photography
Why College?	Plant Science Pathway: Be Paul Bunyan for a Day	Soccer
	Plant Sciences Pathway: Vermicomposting	Tie Dye
	Science and Technology Pathway: Creative Computing Challenge	Ultimate Frisbee
	Science and Technology Pathway: Criminal Forensic Science	Understanding Personality Types
	Science and Technology: Makers Challenge	Wilderness Survival
	Science and Technology: Marine Science	



## 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 25-28, 2017  
Name & date(s) of Event

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 at which the event is taking place, we agree to pay the property owner for such loss.

### 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 established hours and room rules. You are responsible for knowing the rules of your events.
3. Dress appropriately for each event (follow dress code when given).
4. Use language and manners that is appropriate for a 4-H event. You are responsible for knowing what language and behavior is appropriate.
5. Be in the assigned program area at all times (for example: workshops, dorms, motels, etc.)
6. Be respectful of all people in public or non-public areas.
7. Know that the use of illicit drugs, alcohol, tobacco and fireworks 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 people 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







## NH 4-H Health and Medication Form

### Participant Information

Full Name	Birth Date	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> _____
Home Address	City/State/Zip	Home Phone

### Notify in case of Emergency (Emergency Contacts will be notified in order listed until one contact is reached):

Name/Relationship	Name/Relationship
Address	Address
City/State/Zip	City/State/Zip
Home Phone      Work Phone      Cell Phone	Home Phone      Work Phone      Cell Phone

### Allergies

Food Allergies (List food)	Life Threatening? <input type="checkbox"/> YES <input type="checkbox"/> NO
Medication Allergies (List medications)	Life Threatening? <input type="checkbox"/> YES <input type="checkbox"/> NO
Insect Allergies (List Insect)	Life Threatening? <input type="checkbox"/> YES <input type="checkbox"/> NO
Other Allergies (List)	Life Threatening? <input type="checkbox"/> YES <input type="checkbox"/> NO

### Personal Medical History

Tetanus Immunization/Date of Last Booster:
Current/chronic health problems, or recent surgery/hospitalization? check yes if any apply <input type="checkbox"/> YES <input type="checkbox"/> NO <i>If yes, please explain (attach another piece of paper if necessary):</i>
Current emotional, behavioral or mental health challenges we should know about? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>If yes, please explain and include accommodations or ways of responding that might be helpful (use another piece of paper if necessary):</i>
Physical Limitations? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>If yes, please explain and include accommodations that might be helpful (use another piece of paper if necessary):</i>

*(continued on next page)*

## Medication

List any medications currently being taken. Include prescription *and* non-prescription. PLEASE INCLUDE DOSAGES

### For minor participants only:

1. Will medications need to be administered during the program?  YES  NO *If yes, please list and see note below\**
2. I give permission for the program participant to self-administer the medication identified and that s/he has the knowledge and skills to safely use the medication.  YES  NO
3. A staff member/volunteer leader may administer (check all that apply):  
 Benadryl (diphenhydramine)  Tylenol (acetaminophen)  Motrin (ibuprofen)  Antacids

\*If medications must be administered to a minor during a program, ***please contact the program staff or volunteer leader to discuss specifics*** and note that:

1. All medications **MUST** be carried in the container in which they were issued, prescriptions must include medical orders and physician's name.
2. Any medications brought to 4-H events should be the exact amount required and should be kept with a responsible adult until administration, with the possible exception of Epi-Pens and Asthma Inhalers

The program participant as named on this Health and Medication Form is physically able to participate in this program including handling their project animals, if animals are involved. I understand 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, that the emergency contacts listed on this form will be contacted. If the program participant named on this form is a minor, I hereby give permission in the case of a medical emergency to the attending physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for the program participant. I will assume all financial obligations incurred if not covered by insurance. I understand this form will be in the possession of the appropriate program staff or volunteer leaders.

I certify that I am the parent/guardian of the above named child (or I am 18 years of age and legally eligible to sign for myself) and that the information set forth on this form is true and correct to the best of my knowledge. I agree that I will update this form as my/my child's condition/medications change.

Parent/Guardian Signature:

Date

Valid for All NH 4-H Club, County and State Events between October 1, 2016 and September 30, 2017



# KINDNESS GROWS HERE

## 2017 4-H TEEN CONFERENCE REGISTRATION

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

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade Completing \_\_\_\_\_

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

Town/City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ Delegate Cell Phone # \_\_\_\_\_ 4-H Member? \_\_\_ Yes \_\_\_ No

Gender \_\_\_\_\_ Birth Date \_\_\_\_\_ E-mail Address \_\_\_\_\_

High School \_\_\_\_\_ Preferred name for nametag: \_\_\_\_\_

Roommate Request \_\_\_\_\_

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

I would to be placed in a section of the dorm with others who prefer an early Quiet Time option

Special Accommodations Needed? \_\_\_\_\_

*For persons with disabilities requiring special accommodations, please contact Jody Duddy Jackson at 603-862-5151 as soon as possible, but no later than 15 days prior to the conference so proper consideration may be given to the request.*

Dietary Restrictions: Gluten Free \_\_\_ Lactose Free \_\_\_ Vegetarian? YES/NO Other: \_\_\_\_\_

**T-Shirt:** Crew neck \_\_\_\_\_ or V-Neck \_\_\_\_\_ **Size:** XS S M L XL XXL XXXL  
*(please circle one)*

Parking Pass \_\_\_\_\_ \$32 (\$8 Per Day)  
Photo Order \_\_\_\_\_ \$10 All-Conference Photo (8X10)  
FREE County Photo (4X6)

### Conference Fee:

NH Resident or NH 4-H Members \$250

Out-of-State Registration \$270

*After May 10, please add late registration fee of \$25*

### Payment:

Conference Fee: \$ \_\_\_\_\_

Photo Orders: \$ \_\_\_\_\_

Parking Pass \$ \_\_\_\_\_

Less County Scholarship \$ \_\_\_\_\_

TOTAL COST: \$ \_\_\_\_\_

I'm interested in hearing more about the optional campus tour and lunch following Teen Conference.

Contact me with information about the banquet talent show

***No Refunds will be issued after June 1***

*No Substitutions. Please See County Letter for Mailing Address and Deadlines.*

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