



Celebrating 4-H in New Hampshire

Modeling Essential Elements of Positive Youth Development

As I take time to reflect on the University of New Hampshire's 4-H Youth Development Program, I am proud to see how the efforts of staff, volunteers, community partners and youth work in partnership to create a positive youth development program.

The 4-H Youth Development program believes "youth development" isn't something you do TO youth, but is the result of programming WITH youth, dependent on the family and other adults in the community. The efforts of the 4-H Foundation of New Hampshire focus on supporting effective learning environments where youth and adults have fun while learning and applying knowledge to make better personal decisions.

Throughout their 4-H career, participants strive to achieve the four skills of Belonging, Mastery, Independence and Generosity.

- **Belonging:** Positive relationship with a caring adult, an inclusive environment, a safe environment
- **Mastery:** Engagement in learning, opportunity for mastery
- **Independence:** Opportunity to see oneself as an active participant in the future, opportunity for self-determination
- **Generosity:** Opportunity to value and practice service for others

How does the 4-H Foundation of NH help youth achieve these skills?

Belonging:

Approximately 3,000 NH 4-H volunteers provide a positive relationship at the county and state levels. Their involvement ranges from direct leadership with clubs and groups, judges, chaperones, or serve on committees or foundation boards. The 4-H Foundation of NH supported volunteers through: training, curriculum, and recognition for years of service. The 4-H Foundation supported transportation and chaperone costs for several state and national events.

Mastery:

Approximately 22,500 youth participated in NH 4-H camps, classic 4-H, 4-H Afterschool, special interest groups and school enrichment to learn new skills. Over 700 youth showcased their knowledge beyond the club through participation in state, regional and national events. The 4-H Foundation supported quiz bowls, judging contests, skill-a-thons and State Activities Day to provide a venue for the sharing of knowledge and making friends.

Independence:

Supported by the efforts of the 4-H Foundation, approximately 170 New Hampshire youth participated in State 4-H Teen Conference, National 4-H Dairy Conference, National 4-H Youth Congress, National 4-H Conference and International Tillers Conference, and 800 attended NH 4-H residential camps. Youth explored careers, provided leadership roles, and practiced the skill of being an independent contributor to the whole group.

Generosity:

This is best seen by the 1,800 youth enrolled in Citizenship and Civic Education. Youth modeled service to others at the State 4-H Teen Conference when they worked around the UNH campus, made lap quilts for David's House and stenciled storm drains for the Durham Community.

The 4-H Foundation board looks forward to innovative project proposals to expand the focus of the New Hampshire 4-H Youth Development Program to meet the ever-changing needs and interests of youth today and in the future.

Thank you for your contribution to the 4-H Foundation of NH that helps youth and adult participants expand the scope of their knowledge and interest.



Wendy L. Brock

Just the figures....

An important component of the 4-H Youth Development program in New Hampshire are the yearly activities and events.

Listed below are figures from this past year for events held at the national and state level:

State Horse show – 125 youth
State Dairy show – 85 youth
State Horse Quiz Bowl-115 youth
State Dairy Quiz Bowl – 45
State Horse Judging- 51 youth
State Dairy Judging- 33 youth
State Hippology Contest-50 youth
State Teen Conference- 144 youth
State Activities Day – 200 youth
4-H Camps – 750 youth, 1,032 weeks
4-H Volunteer Conf.- 100 volunteers
National Dairy judging – 1 youth
National Dairy Conf. – 2 youth
National Horse Roundup – 15 youth
National Dairy Quiz Bowl-4 youth
Tillers International Trip – 3 youth
National 4-H Congress- 6 youth
National 4-H Conference- 3 youth
NE Leaders Forum – 26 volunteers
NE Shooting Sports trng – 8 volunteers
An additional 30 volunteer chaperones for the above activities.

UNH Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Dept. of Agriculture and NH counties cooperating. October, 2004

Friends of 4-H Golf Tournament raises \$6,000

May 17 marked the beginning of a tradition when the 4-H Foundation of New Hampshire hosted the first annual Friends of 4-H Golf Tournament. The setting was perfect for a fabulous day of golf, friendship and fun to support 4-H youth activities.

The event was held on the picturesque grounds of the Canterbury Woods Country Club, owned by Sue and George Glines, long-time 4-H supporters.

In the past, the 4-H Foundation of New Hampshire and Grafton County 4-H co-sponsored the Playing for the Clover golf tournament, now run solely by the Grafton County 4-H program. They, too, had another successful tournament this year.

Silver sponsor Jim Mason, owner of AG Structures and The Barn Store of New England, began the day of excitement with an official shotgun start. The 12 teams of golfers raced to the course in their trusty golf carts eager to begin play. While making their way through the holes, golfers enjoyed a pudding stop sponsored by Echo Farms Puddings. This offered golfers an opportunity to regain their strength to compete in the many contests.

Awards were distributed for the longest drive, straightest drive, closest to the pin and longest putt. Unfortunately, the hole-in-one award remained unclaimed. The first place team members were John Pike, Dean and Director of UNH Cooperative Extension, Brian Doyle, Program Leader, Sea Grant and Water Resources, and Rollie Barnaby, Extension Educator, Sea Grant, Rockingham County.

A chicken barbeque followed the tournament, with an opportunity for everyone to participate in a silent auction. Bids were placed for a variety of donated items from rounds of golf and lessons to garden plants to featured New Hampshire crafts.

This event was a great success thanks to all of the tournament sponsors, golfers and event volunteers recruited through the Merrimack County 4-H Leaders Association. All efforts helped raise \$6,000 to support 4-H youth activities.

The tradition continues with the second annual Friends of 4-H golf tournament Friday, May 20, 2005. The tournament returns to Canterbury Woods. Watch the UNH Cooperative Extension web site for tournament details.



Foundation Chair Robin Weeks, right, gets ready to chip in.

About this Report...

This 2004 annual report highlights some of the many programs and projects the 4-H Foundation of New Hampshire funds on a yearly basis. Enjoy learning more about them.

NH 4-H Camps 2004 has another great season

UNH Cooperative Extension operates two camping facilities each summer, one in Bear Brook State Park in Allenstown, the other in Berlin on the grounds of the state fish hatchery.

This year, over 1,000 youth ages 6-16 participated in the positive youth development experience known as 4-H summer camp. Forty eight percent were returning campers from 2003.

To ensure a safe, inclusive and nurturing environment at camp, New Hampshire 4-H Camps used the resources of the University of New Hampshire's North East Passage and the Institute on Disabilities, through the support of the 4-H Foundation of New Hampshire. It started before the camping season began when these organizations' professional staff discuss with parents how NH 4-H Camps can accommodate the uniqueness of the child within the camp environment. These agencies provided pre-camp training, supported camp staff throughout the summer, and encouraged the integration of all children into the positive learning community of camp.

Global education happens naturally in the NH 4-H Camps community. Thirty-five international staff members are from eight countries. Throughout the summer, campers learned flag design, music, dance, folklore and favorite foods from their counselors' countries. In this small corner of the world, peace and respect of self and others found their way into the lives of those at camp.

NH 4-H Camps provides the opportunity for youth to have fun, make new friends, live away from home and learn new things. New Hampshire youth benefit from the vibrant natural classrooms located at the two sites. The programs offered at each site are different, but have the common core of positive youth development.

In cooperation with NH Fish and Game, Barry Conservation Camp hosted Hunter Education week. Success was measured when 32 campers became certified in Hunter Safety. The 4-H Shooting Sports Curriculum continued throughout the summer by camp staff and trained 4-H volunteers.

Sixty-six teens learned and practiced skills in communication, decision-making, teamwork, leadership and respect of others while participating in the teen programs at Bear Hill. The Leader in Training, Mentor, and Teen Adventure programs met a need for teens to develop, and take risks within the safe environment of camp.

During their free time, the Leadership groups often volunteered to do extra community service for the camp community. Nine of this year's staff team graduated from previous 4-H camp leadership training programs.



Teen Adventure Program on Mt. Cardigan

From the heart of a camp alumni

For years, children played on sand with some scratchy patches of crabgrass. This area of 4-H camp provides one of the few large open play spaces within our beautiful forested site. The field, which created dust storms during the dry hot months of August, wasn't very conducive to fun play, but that all changed this year, thanks to the efforts of one former 4-H camper.

Dave Marden, from Rockingham County, attended 4-H camp many years ago and was ready to give something back. As owner of David Marden Landscape Maintenance in Newton, Dave had the skills and equipment to make a difference at camp. A year ago, helping with "Green Up Day," he brought his tractor and landscape tools to help put in the swim docks and spread gravel in some high erosion spots.

This year in consultation with Chris Conlon, 4-H Camps manager, Dave decided to take on the ball field so children could safely run and play.

Using the University of New Hampshire soils lab to determine the actual PH and soil content, Dave determined what would be needed to grow grass. Working with his suppliers, donations of the fertilizer, grass seed, and lime filled the field. Northwood's town transfer center provided compost and the greening of camp's ballfield was well on its way.

Using his expert knowledge from years of landscaping along with his devotion to the youth of New Hampshire, Dave volunteered more than 30 hours this summer to till, scrape, level, spread compost, and lay down lime, seed and fertilizer.

He will be back in the fall to provide a boost to the field. When asked why he helps Bear Hill 4-H Camp his reply comes easy, "For the kids, for them to have a great place to go to camp." A special thanks to Dave and the others who volunteer time, materials and energy to make NH 4-H Camps a wonderful place to learn and grow.

4-H – Your First Class at UNH!

2004 Horse & Dairy Quiz Bowls

The quiz bowl events brought a wide variety of horse and dairy youth and their parents to campus for the day. Dr. Chuck Schwab from Animal Science judged for the senior dairy quiz bowl and spook to all the youth about academic opportunities at UNH

Katie Mitchell, a 4-H alumni and sophomore at Nichols College in sports management, helped as a moderator in horse quiz bowl reflected on the knowledge she learned as a former participant in the quiz bowl. “You learn as much as you can in all aspects of horsemanship, not just riding. It really helped me with my presentation skills.”

Life skills are part of the experience. As Michelle Stover, Belknap County 4-H'er said, “If someone has trouble answering, you could help them answer. We got along and had fun during the practices. You knew you were part of a team.”

4-H Foundation of New Hampshire Board Members 2003-2004

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A 4-H'er from Hillsborough County, Katelyn Wuebbolt proclaimed, “(Quiz Bowl) gives us confidence. I never used to answer questions in school classes, now I do.” As far as working with her horse, “I knew how to take care of a puncture wound. I know how to take care of things because I learned the symptoms (when studying for quizzing).”

2004 Teen Conference

During Ultrasound techniques in dairy science session, 4-H'ers learned about pregnancy detection and reproductive status in cattle and practiced ultrasound techniques using reproductive tracts from a slaughter house.

2004 Tillers International

Dwight Barney, UNH faculty member from the Thompson School, interviewed the applicants for the 2004 Tillers International trip. 4-H youth aspiring to attend national trips are typically required to complete a resume and take part in a face-to-face interview.

This process gives them the opportunity to practice important workforce development skills and improves their ability to communicate in oral and written forms.



Campers enjoy a day at 4-H Camps!

For information about the 4-H Foundation of New Hampshire, contact: Wendy Brock, 4-H Youth Development Program Leader and Executive Director, 4-H Foundation of NH, Moiles House, 180 Main St., Durham, NH 03824 603-862-2187 or email: wendy.brock@unh.edu