



## What 4-Hers Say about their 4-H Experience

*"I have done a lot in 4-H but one thing changed my life. In the past years, I have participated in demonstration and public speaking and each time it gets easier because I am not as afraid as I was my first year in 4-H. When I first noticed this, I was on a cruise coming back from Bermuda in the middle of April. The cruise ship was holding a karaoke competition, but normally I wouldn't participate because I would be too afraid. Then I thought about how it's easy when I get up and do a demonstration or a public speech at 4-H. At that moment I realized how 4-H helps to build my confidence. When the time came, I got up and sang and realized it was surprisingly easy and a lot of fun. After I completed my song, the people clapped and cheered and I knew I had done well."*

10 years old

*"This year for 4-H I met new people, one actually Clara! 4-H has always been very important to me. It's a great way to meet new people and be more exposed to new people and places. Whenever I'm trying for new thing that involves leadership, like student council, I mention 4-H. This year on 4-H I gained new skills and friendship and I hope to do this every year."*

11 years old

*"This year I learned a lot of new stuff. I was able to do new projects like ice fishing and robotics. Ice fishing was a really fun experience because I had never been fishing before. We also built a fire on the ice and made hot chocolate and roasted hot dogs. The fire was the picture I took and submitted to the photography contest. This was the first time I had participated in the photo contest."*

*"This year our group also did some fun community service projects. I went with the group to sing Christmas Carols to the residents of a local nursing home. We also did fund raising by selling cookies and having a bake sale. At the bake sale I help sell the baked goods and promote High Spirits 4-H to the community. I had a great year in 4-H."*

9 years old

*"When I was younger I was a cloverbud. This was the first year that I was a real 4-Her . I got to be upstairs with my older brother and some of my friends. This was the first year that I could do food show too. I got a very good grade on my salad that I made. That made me happy. I got a yellow ribbon for attending Food Show. 4-H is my favorite and I can't wait til next year!"*

*8 years old*

*"This year my favorite project was rock climbing. ....I loved it!"*

*"At one of our meetings this year, I did a presentation on Barry camp in hopes that I could get more people to go with me this year. I'm happy to say it worked and there will be two of us from our club attending the shooting sports week this year."*

*"While thinking back over our 4-H year to write this, I realized how much more we accomplished as a club this year. Now that our club is more established, we were able to do more things in and four our community. That is a really good feeling!"*

*10 years old*

*"This 4-H year I improved on my self-confidence through Public Speaking, the lamp shade project, the lamp base project, and hiding Easter eggs at Canterbury Elementary School. ....in conclusion, 4-H has provided me with self-confidence, among other skills, and is a good club and a good experience for me."*

*12 years old*

*"This year in 4-H was a great year, probably because I was president. During my role as president, I spoke to the town selectmen because they were considering kicking the Cloverbuds out to the Meeting house. Overall it was a good year and I can't wait till next year."*

*14 years old*

*"I believe each year I am involved in 4-H it helps me to expand my growth, stretches me as a person and teaches me skills I can use for a lifetime. Over the past year I chose to do culinary for a career as a direct result of my positive 4-H experience."*

*15 years old*

*"This year I decided to lead a citizenship project in my 4-H club. First I made a poster and a list of the items I was collecting to pass out at the 4-H meeting. I collected adult worn gently used clothes and blankets for the homeless which attended a breakfast at Veterans Park in Manchester and a dinner at Everett arena in Concord. I collected 44 large garbage bags from 20 different families. At the end of the winter almost all the clothes were gone. The clothes that remained were given to a local thrift store for a credit towards more clothes for next season. The homeless people appreciated the donations which kept them warm last winter. I learned that a lot of people are willing to donate to the homeless and I also learned how good it feels to help others."*

*9 years old*

*"I really love 4-H. Every year I set a goal for myself to try something new or to do better at a class I have already tried before. I really would like to try to do an action exhibit or a demonstration. I think that will be my goal for next year."*

*10 years old*

*"This was the first year for my family to participate in 4-H, and our first year living in New Hampshire. When I first heard about 4-H, I was thrilled by the opportunities that were available in the Victory Workers club. It was a nice way to get involved with other kids sine I am home schooled.*

*4-H was a wonderful experience, and it has really helped me develop fun and educational skills."*

*11 years old*