Hello Coös 4-H Family and Friends!

There are so many great things happening in Coös County 4-H! October is the beginning of a new 4-H year so why not set some goals now for the 2014-15 4-H year? You can start with the “Record Books Can Be Fun” workshop being offered on Columbus Day, October 13 (no school for most)! We need adult volunteers for the 4-H Awards Committee and Record Judging on October 14. Begin preparing for Quiz Bowls and Judging competitions. Horse Project members will find Coös Equine Day on November 22 especially helpful for this. Check out all of the other opportunities below.

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,

Christine Whiting
4-H Program Coordinator

Larry Barker
Extension Field Specialist, Youth & Family

In this issue:
Deadlines / Reminder News Opportunities

October 2014

OCTOBER 2014

1 Official beginning of 2014-2015 4-H year

5-11 Coös County Window Displays, during National 4-H Week

10 Coös 4-H Club Reports Due, Coös Extension 4-H Office
   - 4-H Club Scrapbook
   - 4-H Club Treasurer’s Record
   - 4-H Club Secretary’s Record

10 Coös County Medal Applications Due, Coös Extension 4-H Office

13 Record Books Can Be Fun workshop, 9am-2pm as needed, 4-H Office, Lancaster

13 Coös 4-H Candy Sale, last day to turn in funds for 100% Club profit.

14 Coös County 4-H Awards Committee & Record Judging

20 Coös 4-H Candy Sale, last day to turn in funds for 50% Club profit.

NOVEMBER 2014

1 Coös County 4-H Achievement Ceremony, 9am, 4-H Office Building, Lancaster.

3 Coös Candy Sale, last day to turn in ALL funds without penalty. No Club profit.

11 Office Closed, Veterans Day

12 Coös County 4-H Advisory Council Meeting, N Stratford.

20-23 NE Regional 4-H Volunteer Forum, Maryland

22 Coös County 4-H Equine Day 9am, 4-H Office Building, Lancaster

27-28 Office Closed, Thanksgiving Holiday
NEWS:

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

New Hampshire 4-Hers Win First Round In BIG E QUIZ BOWL

Team members, left to right, Ethan Marsh, Amelia Sweatt (of Early Risers 4-H Club in Coös County), Tabitha Phillips, and Bram Robertson.

The New Hampshire 4-H Dairy Quiz Bowl Team won the first round at the Eastern States Exposition, the "Big E" in West Springfield, MA during the weekend of September 13-14.

Way to go Amelia!!

Best of luck in the rest of the competition.

OPPORTUNITIES:

Record Books Can Be Fun!
Monday, October 13 (NO SCHOOL for most), which happens to be the day before record judging, we will be offering a workshop on putting together a record book that includes the necessary information PLUS ways to make it FUN! Bring any scrapbooking supplies, ribbons and/or pictures and we'll show you how to make your record book work for you in time for awards, scholarships, and college/job applications! We'll start at 9 AM and continue through the day. Come for an hour or come all day to get ideas and work on your book. Bring a bagged lunch. Call Chris for more information at 788-4961.

National 4-H Week begins October 5!
Make plans now to celebrate! Need ideas? Here is a good place to start...

Coös County 4-H traditionally holds the window display contest this week. Why not sign your club up to take part in this fun competition. All you need to do is choose a location in your town to set up your display (ie. posters, window painting, pictures, etc.), ask the proprietor's permission, let us know at the office where your display is and wait to hear results in November at the Achievement Ceremony.

OR
You can celebrate with the rest of the country by participating in the -

4-H National Youth Science Day
officially being held on October 8, 2014

4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages thousands of youth across the country in conducting the National Science Experiment. The National 4-H NYSD event will take place on October 8, 2014 although clubs can plan their own activity at a time most convenient for them.

Coös County 4-H will have a few kits available for clubs on a first come first serve basis to participate in this fun, interactive activity! Each kit is designed for use with up to 10 youth ages 10 and up.

The University of Arizona developed the 2014 National Science Experiment: Rockets to the Rescue! This year, youth will be tasked with the same mission: in light of the recent natural disasters such as Typhoon Haiyan, National 4-H Council is asking youth to design and build and aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. Learn more about this exciting activity which focuses on aerospace engineering.
Candy Bar sales going well for your Club? Do you want more to sell? Let us know, we do still have cases of candy bars at the office!

Remember you are invited to Join us!! October 13 at the 4-H Office in Lancaster to review, update and make your annual record book fun!

Fall 2014 Tractor Supply Paper Clover Promotion & Fund-Raising Opportunity
October 8-19, 2014

We are so grateful to TSC and their loyal customers for their support of 4-H. Paper Clover funds support high quality 4-H Positive Youth Development programs that provide:

- Positive relationships between youth and adults.
- Activities that build important life skills.
- Opportunities for youth to be valued participants and leaders of their communities.

Be sure to mark your calendar and begin planning how your club will get involved at your local Tractor Supply Company store in Gorham, NH during the promotion.

This is a great time to share with the public what 4-H is about. Try displaying your record books, club scrapbooks, or setting up a petting zoo, bring your animals! Chris will be setting up a display, bringing animals and selling candy bars on Saturday, October 11, plan to join her! Call 788-4961 for more information.

The 2014 World Percheron Congress is a celebration of the Percheron Horse! The World Percheron Congress is scheduled to be held October 6-11, 2014 at the Eastern States Exposition Fairgrounds in West Springfield, Massachusetts. The 2014 Congress promises to be the best ever! Exhibitors from across the US and Canada will meet in West Springfield to showcase their beautiful Percherons. Horse lovers and international delegates from France, Great Britain, South America and Japan will gather to honor this great breed.

Northeast Regional 4-H Volunteer Forum
The 4-H Program is a global youth organization that focuses on positive youth development through hands on learning of essential life skills. This would not be possible without the many 4-H volunteers that help to bring these programs to life.

Maryland has the honor of acting as host for the 2014 Northeast Regional 4-H Volunteers’ Forum to be held November 20-23, 2014 at the Marriott Inn & Conference Center in College Park, Maryland. As many as 350 4-H volunteers from across 13 states will come together to explore new places, experience innovative programs and exchange new ideas. Click on the logo above to go to the website or call Chris at 788-4961 for more information.
About MHU
My Horse University (MHU) was established in 2005 at Michigan State University, the pioneer land-grant university with nationally-ranked programs in equine science and management. MHU brings research and knowledge from world-renowned experts to online courses and products. MHU’s courses provide a comprehensive and convenient learning experience for horse enthusiasts throughout the world.

History of My Horse University
MHU launched its first online course in 2006. Since then, it has provided nearly 1,000 courses to learners from high school and college students to adult horse enthusiasts. Those who have taken our courses highly praise their online experience.

MHU was created through a partnership between MSU Extension, the MSU Department of Animal Science, and MSU Global. These roots have branched to include the best of MSU’s equine researchers and practitioners as well as national experts through a partnership with eXtension. MHU provides premier learning experiences in an online format that’s flexible in order to meet your needs. We offer science-based research and information in all of our courses and products. Join us today and take a course!

Have you heard about the new 4th H for Health Challenge?
The 4th H for Health Challenge is a fun, simple way to make your club meetings healthier, and your club members receive a 4-H pin and certificate upon completion!

How does it work?
It’s easy. At four meetings each, serve water, fruits and vegetables as snacks, and do some sort of physical activity for 15 minutes. Then incorporate any one of these healthy activities at four more meetings and you are done! Record the dates on the 4th H for Health Challenge Tracker, which is available at www.HealthyKidsHub.org/4H

Why is this important?
By drinking right, moving more, and snacking smart during 4-H meeting times, club leaders can encourage healthy choices. Learning these habits early can have a lasting impact on the health of your 4-H’ers. Once the challenge is complete, we hope clubs will have established a new norm and will continue with these healthy choices.

Is there paperwork?
The only thing to fill out is the Challenge Tracker. Once completed, you submit the form by scanning, mailing or easily entering your meeting dates directly online.

How can I make it fun?
Visit www.HealthyKidsHub.org/4H to find resources. From healthy snack recipes to fun, active games, the Healthy Kids Hub provides additional support and ideas to make it easy for club leaders.

Want to learn more?
Ask your county 4-H staff or contact Karen Fullerton at karen.fullerton@tufts.edu or call 617-636-0833

Healthy Kids Out Of School is an initiative of Child Obesity 180 at Tufts University. Regional funding provided by the Harvard Pilgrim Health Care Foundation.