



January 2015

Hello Coös 4-H Family and Friends!

As 2014 ends I hope this finds everyone ready for the New Year!

There are lots of great 4-H opportunities ahead in 2015! You will find in this newsletter opportunities in a wide range of project areas from rocketry to gardening and animals to sewing.

Be sure to look over the reminders and deadlines because this is the time of year when approval forms and entry deadlines sneak up on us. You don't want to miss any deadlines!

For those of you who use Facebook... **Coös County 4-H** now has a Facebook page. You can find it here:



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

Deadlines / Reminders

JANUARY 2015

- 1 Office Closed, UNH Holiday, New Year's Day
- 3 Fryeburg Fair & ESE Market Steer Intent to Participate Due Moiles House
- 5 NH Horse Quiz Bowl Entries Due, Moiles House
- 10 Coös County Sharp Shooters Group Meets, Lancaster, 9:00am
- 10 Statewide Animal Science Bonanza, open to all species, organized by Cheshire County, Walpole School
- 14 Coös 4-H Advisory Council Meeting, 6:00pm Lancaster
- 17 UNH Hockey Game- 4-H Night
- 17 National Conference, National Congress, and Dairy Conference Interviews, Pembroke
- 17 NH 4-H Horse Quiz Bowl, Pembroke
- 19 Office Closed, UNH Holiday, Martin Luther King, Jr. Day
- 24 Coös County Sharp Shooters Group Meets, Lancaster, 9:00am
- 31 Coös County Dairy Quiz Bowl, 10:00am, N Stratford Town Hall

FEBRUARY 2015

- 1 Approval Forms for Beef Steers going to ESE Due to County Office.
- 1 Entries for Beef Steers going to ESE Due, State 4-H Office, Moiles House
- 6-7 Farm & Forest Expo, Center of NH Radisson, Manchester
- 7 Garden Party, 4-H Garden Project Workshop, Seed Sign-Up
- 14 Coös County Sharp Shooters Group Meets, Lancaster, 9:00am
- 15 Beekeeping Essays due to the State 4-H Office (electronically only)
- 15 4-H NH Dairy Quiz Bowl Entries Due to Cheshire County

FEBRUARY 2015 (continued)

- 19 Horse Cover / T-Shirt Contest Design Due, Moiles House
- 21 4-H NH Horse Advisory Council, Boscawen
- 21 Let's Go Ice Fishing Workshop, North Country Resource Center, Lancaster
- 25 Coös Demonstration Day Clinic/Practice, TBD
- 28 Coös County Sharp Shooters Group Meets, Lancaster, 9:00am
- TBD Dairy Judging Clinic

[Find the complete 4-H Year, 2014-2015, Calendar here](#)

NEWS:

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

New 4-H Volunteers

We would like to welcome **Janice & Jon Woodworth** as 4-H Leaders with the Silver Snaffles 4-H Club, Maidstone & Groveton. Welcome Aboard!



NEW this Year!!

Garden Party and 4-H Garden Project Workshop

Saturday, February 7, 2015, 10:00am, Granite State room of North Country Resource Center (4-H office). Come see what you can do with veggies, fruits and flowers you grow. There will be veggie dishes available for taste testing, Master Gardeners available for question and answer and sign-up sheets for seed orders. Open to all 4-H members, leaders, family and anyone else interested in finding out what 4-H gardening is all about! Invite a friend!



Coös County 4-H Demonstration Day (DEMO DAY)

will be here soon enough! It's time to start planning, constructing and practicing for those presentation skills and subject matter knowledge competitions. It's scheduled for **Saturday, March 28, 2015.**

Working on a sewing, knitted or crocheted project? Maybe you have chosen a Fashion Selections Garment? Coös County FASHION REVUE is the perfect opportunity to show it off! **4-H garment judging is scheduled for Wednesday, March 11, 2015 and Fashion Revue is on Demonstration Day.**

TYPES OF PRESENTATIONS AT DEMO DAY:

Action Exhibit
Demonstration
Illustrated Talk
Public Speaking
Fashion Revue (Sewing or Fashion Selection)
NH 4-H Flix Video Contest
Photography
Poster

Action Exhibit

An action exhibit is an interactive presentation which involves the audience in the presentation process. Like a demonstration, in an action exhibit the 4-H members demonstrate a skill, show how to make or repair something, or they show how and why something works. Real objects are used. Unlike a demonstration, as the action exhibit presentation unfolds the audience asks questions and interacts with the presenter; the audience may even try the skill themselves. Because the whole process is shown, action exhibits may last up to 45 minutes each.



Demonstration

A demonstration shows how to make something, how to perform a skill, how to repair something, or how something works. In this method, the subject - animals, machine, clothing, musical instrument, or model - is used in the presentation.



Illustrated Talk

An illustrated talk communicates ideas with the aid of charts, posters, slides, flannel graph, or chalkboard. The object discussed is not used, only pictures, or other representation of it.



Public Speaking

This is a presentation of a speech written by the participant, given from memory, notes, or outline, using index cards as a possible aid. No visual or audio aids are used.



Fashion Revue

Model garments that have been sewn, knitted, or crocheted by the 4-H'er. Garments are evaluated for quality of construction, fit, and appearance. *Sheep Leadline participants take notice...why not show off your hard work at Demo Day and maybe even State Activities Day?!!



Fashion Selections

Youth model garments that have been purchased to meet a specific budget and wardrobe goals. Garments are evaluated for cost, fit, appearance, modeling, poise, communication skills and appropriateness of props and accessories.



NH 4-H Flix Video Contest

Create a 3-5 minute video on just about any subject, including a personal introduction video - tell us about yourself in the most creative way possible! Videos can include contestant's choice of music and video production techniques, including but not limited to; video footage, still photography, computer animation, stop motion animation, etc.



Photography & Posters

Design a creative poster or submit a photograph following contest directions.



This year we will be having a **Demo Day Clinic/Practice on February 25, 2015** for ANY 4-H member or leader to find out what it's all about, to practice and to receive feedback on your presentation.

Check out this link for guidelines and more information for Demonstrations, Action Exhibits, Public Speaking, Fashion Revue, FLIX video, Photography, and Posters.
<http://extension.unh.edu/NH-4-H-State-Activities-Day>

Information and entry packets will go out later to Organizational Leaders.

The updated SAD event criteria is up on the website. There are really no differences this year aside from dates and location.

PLEASE NOTE: The location this year will be PEMBROKE ACADEMY, in Pembroke, NH

There are two reasons for this -

1. They will be charging significantly more to use the MUB this year and
2. More importantly, they will be starting construction to expand on Holloway Commons on May 1. This means that the MUB circle will be dug up and the area will be filled with construction equipment making it inaccessible.



OPPORTUNITIES:

UNH HOCKEY - January 17

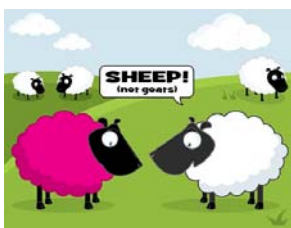
The [NH 4-H Foundation](#) and the [UNH Wildcats](#) invite you to Umass vs UNH Men's Ice Hockey on Saturday, January 17, 2015, 6:30pm at the Whittemore Center Arena.



Join us and support the 4-H Foundation!
[Click here](#) for a ticket order form or call 788-4961.

All About Sheep New Workshop starts January 15, 2015

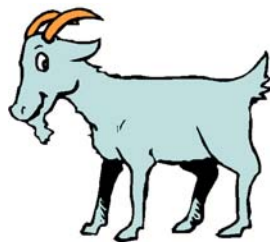
4-Hers are FREE, must be accompanied by a registered adult.



Sheep are Not Goats: Basic Animal Husbandry Education for Sheep Owners. Come listen to all the facts and many practical tips pertaining to raising these wonderful animals. [Click here for the flyer and registration information](#)

Goat Nutrition Workshop - February 7, 2015

This workshop will cover the basics of how a goat's digestive system works, nutrient requirements, understanding feed composition and how to balance a ration. Registration, at the door, is \$5 per family and anyone 4-H age is free.



[Click here for the event flyer](#)

This seminar takes place at the [NH Farm and Forest Exposition](#)

Kick the Winter Blues: Plan Your Garden Now

Article by Holly Young

Question: I want to be prepared for the gardening season come spring. What should I be doing this winter to be as productive as possible during the 2015 season?

Answer: A little bit of planning this winter can go a long way towards making your gardening season next year much more enjoyable and productive. Let's take a look at a few things home gardeners can do to be prepared.

Order seeds sooner rather than later. Many popular varieties sell out quickly, as do some of the harder to find heirlooms that have become so popular for their outstanding flavors. Also consider hybrid seeds versus open pollinated varieties. If you want to try your hand at saving seed, open pollinated varieties are what you are after.

Consider ways to extend your harvest with vegetables or the period in which you have blooms when it comes to flowers. Successions plantings, spaced out at intervals throughout the season, can extend the harvest and ensure there is plenty of color in the garden throughout the season. Be sure to consider the days to maturity and days to bloom on the seed pack when planning.

Weeds are always present in the garden and by mid-summer often start to win the battle for space. It's important to realize that many weeds begin to grow very early in the season. Any cultivation will bring new weed seeds to the surface. Home gardeners who come back quickly with mulch will prevent many new weeds from taking hold. Bark mulch, straw, untreated lawn clippings, black and white newspaper, cardboard and weed fabrics are all good choices.

Finally, ensuring that your tools are in good condition can keep you on track once the season is in full swing. Sharpen hand tools including pruners, shovels, and hoes with a metal file. Rubbing alcohol can be used to clean pruners when sap builds up. This will also prevent the spread of disease from plant to plant. Check belt, chains, and blades on power equipment and replace as needed. Remember to drain or treat fuel to ensure that it remains good over the winter.

Still have questions? Call the [UNH Cooperative Extension Education Center](#) at 1-877-398-4769 from 9 a.m. – 2 p.m. Monday through Friday, or send an email to answers@unh.edu. One of our dedicated volunteers will be happy to assist you.

New Hampshire 4-H Makers Challenge 2015 - Rockets

The 4H Makers Challenge is designed to introduce youth to making or designing new things, a creative endeavor that blends creativity, science, technology and engineering. The goal of this year's activity is to engage youth in STEM (science, technology, engineering, math) and inspire youth, families or 4-H clubs to build water rockets and a rocket launcher and compete in a maximum time aloft contest.



The goal of the activity is to engage more youth in STEM (science, technology, engineering, math) and provide an inspiration for a club or family to build a rocket and rocket launcher to compete with at the "4H STEM Makers Challenge" in the summer of 2015.

The Challenge

The aim is to build and launch a rocket powered by water/air pressure and see how long it will stay in the air, while trying to earn additional bonus seconds by landing it in designated target zones.

Scores will be determined by time in the air plus any bonus seconds gained. Awards will be given for the highest score (time + bonus points and longest time in the air. There will be two divisions:

Open division - for individuals, families, 4-H clubs and groups to build and bring up to 3 rockets and a launcher to compete in a maximum time aloft competition. Youth may have help from adult mentors.

Youth division – this will be an onsite build the morning of the competition for youth only, where they will be provided with materials and be given 1 hour to build a rocket to compete in a separate maximum time aloft challenge. Launchers will be available in both divisions for anyone who may not have the resources to build one.

Challenge Preview

Counties can provide a "preview" of the challenge at events throughout the winter. The preview will use the *Rockets to the Rescue* activity. It can be set up as a demonstration or a build/activity. County staff will only need to provide two or three Rocket to the Rescue set-ups and a volunteer so people can experiment to see how far their rockets will soar. You will need a large space like a school gym or cafeteria. At the very least a hallway can be used and rockets launched for distance.

Challenge Date

July 11, 2105 (Tentative)

Location

TBD- We are looking for suggestions for a site. It needs to be big and open like an athletic field.

Full Rules, Construction guidelines with links to ideas for building Rockets and Launchers and Challenge Preview guidelines for County Staff will be ready by January.



Have you heard about the 4th H for Health Challenge?

The New Year is a great time to take on the 4th H for Health Challenge!



It's easy and can be completed in just 8 meetings. At the first four, serve water, have fruits and vegetables as snacks, and add in a fun game for 15 minutes of physical activity. Then continue one or more of these healthy activities at four more meetings and you're done!

4-H'ers will earn a free 4th H for Health pin and certificate if completed this program year. Wear the pin to show your club's commitment to health!

Ready to get started?

Visit www.HealthyKidsHub.org/4H to download the Challenge Tracker and find resources for drinking right, snacking smart, and moving more during 4-H meeting times.

Need healthy snack ideas? Borrow one of our Snack Smart Cooking Kits! Email heidi.barker@unh.edu to reserve a kit for your club.

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.



Always do your best.
What you plant now, you will harvest later.
... *Og Mandino*



Coös County
629A Main Street
Lancaster, NH 03584



phone: 603-788-4961
email:
christine.whiting@unh.edu
larry.barker@unh.edu



UNH Cooperative Extension is an equal opportunity educator and employer. **UNH, USDA, and NH Counties cooperating.**