



Welcome to Cheshire County 4-H!



Extension

THE 4-H FAMILY HANDBOOK

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4-H GROWS HERE

~ WELCOME TO 4-H ~

We understand that you may have many questions your first few years in the program, so we developed this information booklet to help. You can always call your 4-H club leader or the UNH Cooperative Extension Office to help as well.

~ WHO ARE WE? ~

The 4-H Youth Development Program is the youth outreach program from the land-grant institutions' Cooperative Extension Services and the U.S. Department of Agriculture. The mission of 4-H is to help youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society. 4-H emphasizes the importance of involving youth in the learning process.

~ WHAT IS 4-H? ~

4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime.



For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

The basic philosophy of 4-H is to strengthen the mental, physical, moral and social development of youth, which helps them develop into effective citizens and leaders. We do this through participation in projects, communication events and civic engagement. We “learn by doing”.

~ WHAT IS A 4-H CLUB? ~

A 4-H club is a youth-led program advised by volunteers who have been screened and trained. The club must have at least 5 enrolled youth members from at least 3 families. It conducts a minimum of 6 regular club meetings per year and often is supplemented by project meetings, camps, fairs, and other 4-H learning activities.

A club will select youth officers to provide leadership to the club. Clubs meet in many locations—a home, community center, library, public housing site, school, after school program, and/or many other places.

Clubs will meet the interests and needs of youth using single project or multiple project formats. The purpose of a 4-H club is to provide positive youth development opportunities to meet the needs of young people to experience belonging, mastery, independence, and generosity—the Essential Elements—and to foster educational opportunities tied to our land-grant University, UNH.



~ CONTACT US! ~

CHESHIRE COUNTY 4-H CONTACT INFORMATION

LOCATION:

UNH Cooperative Extension - Cheshire County
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OFFICE HOURS:

Monday - Friday: 8:00am - 4:30pm

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If you have questions about anything in this handbook or want to find more information about something you have read please contact us! We would love to hear from you and help get you started with your 4-H journey.

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~ CHESHIRE COUNTY 4-H CLUBS ~

Alstead
Colts & Fillies - Horse

Hinsdale
Cows R Us - Cloverbud

Jaffrey
Monadnock Mountaineers - Large Animals/Livestock, STEM

Keene
Furry Friends - Small Animals
Monadnock Tail Blazers - Horse
Monadnock Woolies - Sheep
Minis Too! - Horse
Stonewall Farm 4-H - Plant and Animal Science
Switch'n Horns - Beef, Dairy, Cloverbuds
Top Dogs 4-H - Dogs
4-H Youth as Advocates (YAA) - Youth Leadership
YLC - Youth Leadership

Stoddard
Pitcher Mountain - Goats

Swanzy
Swanzy Saddles - Horse, Rabbits, Sheep

Walpole
Bits & Bridles - Horse, Leadership
Pinnacleview - Dairy, Beef, Leadership
Mechanical Madness - Robotics

Westmoreland
Abenakis - Cloverbud

Winchester
Hill & Valley - Dairy
Sunbeam - Goats, Crafts, Foods, Cloverbuds

~ WHAT DOES 4-H AGE MEAN? ~

4-H age is an individual's age on January 1 of the current program year.

The following age groups apply:

- 4-H Cloverbud Members - ages 5-7
- 4-H Junior Member - ages 8-13
- 4-H Senior Member - ages 14-18



~ WHO VOLUNTEERS FOR MY 4-H CLUB? ~

4-H clubs are led by caring adults (most of whom are parent/guardian volunteers) partnering with youth to help them pursue hands-on projects in a positive environment. These volunteers teach, organize the club, help officers, assist at meetings and familiarize new parents. Parents and other family members are always welcome and encouraged to help. 4-H wants the whole family involved!

There are three kinds of Volunteer Leaders in 4-H:

- Organizational Club Leaders: Responsible for the general club organization.
- Project Leader: Helps members with specific project work.
- Resource Leader: Supports 4-H by sitting on committees, judging at events, or assisting the group in project work.

All registered volunteers go through a screening process and attend an orientation training. This process ensures protection for both 4-H members and adult volunteers.

~ WHAT IS THE FOUR LEAF CLOVER? ~

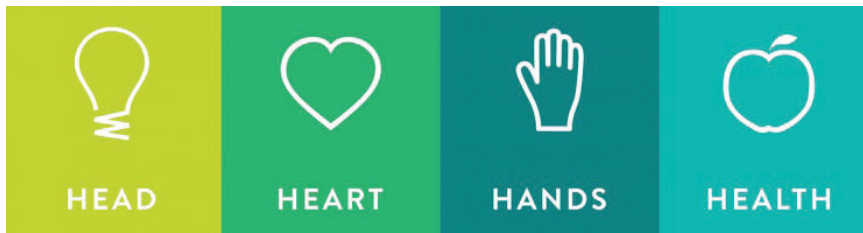
The four-leaf clover is the official 4-H emblem. *The four H's stand for Head, Heart, Hands and Health.* Our colors are green and white — green represents life, growth and youth — and white represents purity and high ideals.



The 4-H seal is protected by the federal government and is under the responsibility and stewardship of the Secretary of Agriculture. The "18 USC 707" marking that appears along the right lower leaf is coding that protects the use of the clover.

~ 4-H PLEDGE ~

I pledge my **head** to clearer thinking,
My **heart** to greater loyalty,
My **hands** to larger service,
and my **health** to better living,
for my club, my community, my country, and my world.



~ 4-H MOTTO ~

The 4-H MOTTO is: "To make the best better."

The 4-H Motto refers to each member. It means that each member will do the "best" that they possibly can in whatever is attempted. The member will then strive to improve the next time so his or her initial "Best" becomes "Better". The 4-H motto encourages members to stretch their abilities and capacities to reach greater achievement within their own potential.

~ NH 4-H STATE OPPORTUNITIES ~

NH 4-H MARKETING YOU OUTLINE OF AWARDS (Resumes)

There are a number of award opportunities 4-H members are eligible to apply for as High School students (grades 9-12).

Below are a list of the opportunities youth can apply to attend. More information can be found online or by asking your county.

All have resume requirements.

- National 4-H Conference – March – Maryland
- National 4-H Congress – November – Georgia
- Healthy Living Summit – February – Maryland
- The American Horse Youth Council Symposium – March to April
- Agri Science Summit – January – Maryland
- National 4-H Dairy Conference – October – Wisconsin
- State Teen Conference Scholarship – June – New Hampshire



~ NH 4-H STATE OPPORTUNITIES ~

EASTERN STATES EXPOSITION (September)

Known as ESE or The Big E it is an exciting opportunity for youth ranging from 12-18 years of age. Throughout the year 4-H Youth have worked on projects to bring to the Fair. The Big E offers the opportunity to highlight their work to all of New England. 4-H members who participate in programs with Dairy, Beef Cattle, Dairy Goats and Sheep, Dogs and Horses remain on the grounds for 3 to 4 days of fun packed shows and contests. There are also many opportunities for 4-H youth to present their projects such as Action Exhibit, Demonstrations, Clothing, Photography, Posters and more in the New England Center and the Farm-A-Rama Stage. Youth must first qualify on the county level and then state level to be invited to participate at ESE.

4-H DAY @ UNH (November)

What better time to visit the UNH campus than a crisp late autumn day? And what better way to experience Wildcat life than the 4-H way...learning by doing? 4-H Day @ UNH has something for everyone – those considering an Associate or Bachelor's degree, Certificate programs, or launching a career straight after high school. Workshops taught by UNH faculty, a campus tour with Admission Department student guides aboard Wildcat Transit eco-friendly buses, an all-you-can-eat barbecue and a UNH football game.

4-H SCIENCE BONANZA

(December)

The Science Bonanza is a one day, free event that offers fun science workshops to youth ages 4–13 and a 4-H Science Expo that provides participants an opportunity to learn about science opportunities in 4-H and at the STEM Discovery Lab at UNH Manchester.



~ 4-H PROJECTS ~

4-H youth learn by doing. Youth learn useful skills, teamwork and how to serve their communities. They also build great friendships and have a lot of FUN!

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. Here are examples of activities:

Project Work - Youth choose one or more projects or area of interest to work on. There are several pathways in our program, which align with the National 4-H Mission Mandates.

These National 4-H Mission Mandates include:

- Healthy Living: Nutrition, Fitness, Social-Emotional Health
- Citizenship: Leadership, Community Service & Service Learning, Civic Engagement and Education
- Science: Animal Science & Agriculture, Family and Consumer Science, Engineering, Environmental Science & Natural Resources, Life Science, and Technology

For a list of available 4-H curriculum:

<https://shop4h.org/collections/curriculum>

ANIMAL SCIENCES

- Alpacas & Llamas
- Beef
- Dog
- Dairy Cattle
- Dairy Goat
- Other Goat Project
- Horse
- Other Animal Sciences
- Poultry
- Rabbits & Cavies
- Sheep
- Small Animals
- Swine
- Veterinary Science
- Working Steer/Oxen

~ 4-H PROJECTS CONTINUED ~

CITIZENSHIP

- Community Service
- Citizenship
- Leadership
- Safety
- Career Exploration, Workforce Prep

FAMILY & CONSUMER SCIENCES

- Other Family/Consumer Science
- Arts & Crafts
- Heritage Arts
- Child Care/Babysitting
- Consumer Ed/Clothing Decisions
- Clothing & Textiles
- Foods & Nutrition
- Food Preservation
- Cultural Awareness
- Health & Fitness
- Independent Study
- Money Management
- Personal Development

COMMUNICATION & EXPRESSIVE ARTS

- Theater & Performing Arts
- Photography
- Public Speaking
- Other Communications

PLANT SCIENCE

- Ornamental Horticulture/Flowers
- Other Horticulture
- Vegetable Gardening, Fruit/Food Production

SCIENCE & TECHNOLOGY

- Aerospace & Rocketry
- Bicycle Safety
- Computers
- Electricity/Energy
- GPS
- Wind Power
- Other Science /Technology
- Woodworking
- Small Engines
- Small Tractors

ENVIRONMENTAL EDUCATION & NATURAL RESOURCES

- Environmental Stewardship
- Entomology
- Forestry
- Fishing
- Marine Science
- Shooting Sports
- Wildlife

~ NH 4-H STATE OPPORTUNITIES ~

STATE ACTIVITIES DAY (May)

State Activities Day provides an opportunity for youth to build confidence and communication skills. 4-Hers begin the process by developing a project in their local Club program. Projects may be entered in their county's 4-H Activities Day, where they are judged through the application of unified criteria based upon presentation type, subject area, and age. Awardees from each county are then eligible to compete at State Activities Day, a similar process at the statewide level. Top finishers at State Activities Day are invited to represent New Hampshire at the regional Eastern States Exposition ("The Big E"), where their presentation will be seen by countless fairgoers. Participants in these events gain valuable life skills that will provide an advantage on future applications, interviews, and everyday life.

NH 4-H TEEN CONFERENCE (June)

Teens from across the state participate in four days packed with activities including half day and full day workshops on a multitude of topics and interests. This is the place to try something new! Service learning projects are included, as are opportunities for leadership development. Most of all, friendships are made or renewed. Teens will stay in dorms at the UNH Campus in Durham.

BARRY CONSERVATION 4-H CAMP (June - August)

Barry Conservation 4-H Camp (BCC) is a great program for kids who love the outdoors, enjoy hands-on learning and like a small camp environment. Staff take pride in creating a special place where kids can discover their individual strengths. BCC's six cabins are located in the White Mountain National Forest at the Berlin Fish Hatchery, and is run by the UNH Cooperative Extension 4-H Program in cooperation with the NH Department of Fish & Game. Sessions include: Shooting Sports, Mini Camp, Fish Camp, 4-H On the Wild Side, Hunter Education, North Country Adventure, and Junior Conservation Officer Camp.

~ NH 4-H STATE OPPORTUNITIES ~

ANIMAL SCIENCE BONANZA (January)

4-H members who have an interest in Beef, Sheep, Goat, Dairy, and Horse have the opportunity to participate in quiz bowls, skillathons, and attend workshops led by industry leaders. This event is open to everyone who wants to learn about animals, whether they're in 4-H or not. Many attendees come back year after year to learn about animal husbandry through a series of workshops.



TEEN/TWEEN WINTER RETREAT (February)

Open to any 4-H member in 6th to 11th grade. A weekend of fun and learning in the great outdoors. Middle schoolers will attend workshops geared toward public speaking and presentation skills, while high schoolers learn about college and career preparation. Throughout the weekend all youth will participate in fun winter outdoor activities like hiking, snowshoeing, and ice fishing (weather permitting)

4-H MAKERS EXPO (April)

4-H has always empowered makers. 4-H Makers is a new effort to celebrate what we make and invite others to become Makers. The Makers Expo is an Exhibition of work

by 4-H members. Exhibitors can share anything from rockets to robots, pants suits to prom gowns, bird houses to bicycles and more. If you can make it, come and share it. There will be hands-on Maker workshops and activities that anyone can participate in to inspire creativity.

~ 4-H LINGO ~

4-H is not a foreign language, but for many new 4-H families the “4-H Lingo” may seem like one. Common abbreviations for the seasoned 4-H family can leave new ones mystified. The spectrum of 4-H opportunities are endless and knowing where to begin can be your family’s ticket to a positive and rewarding 4-H experience.

4HONLINE – Is a website where you enroll in 4-H. You can also use 4HOnline.com to manage your club or project, ID 4-H animals or register for an event.

ACTIVITIES DAY – Sometimes called Presentation Day or Communications Day and is a competition held in the counties. Members present what they have learned in their project area through a Demonstration, Action Exhibit or Public Speaking. High scorers at the event then can move on to compete at the State level on the same subject matter.

ACTION EXHIBIT – In an action exhibit the 4-H members demonstrate a skill. As the action exhibit presentation unfolds the audience asks questions and interacts with the presenter; the audience may even try the skill themselves. Often like a make and take experience.

ACHIEVEMENT NIGHT - Are club specific occasions where the club members and volunteers are recognized for their years of tenure and work within the club. The evening often includes the swearing in of club officers as well.

ANIMAL SPECIFIC EVENTS – Please check with your club and county on state animal specific opportunities. Including quiz bowls, communication events, clinics, field days, shows and festivals.



~ 4-H LINGO CONTINUED ~



CHARTERED 4-H CLUBS – The 4-H Charter, a template provided to state 4-H offices by the U.S. Department of Agriculture (USDA) and signed by the Secretary of Agriculture’s designated representative, is the only document that officially recognizes a 4-H Club and authorizes that club to use the 4-H Name and Emblem.

CLOVERBUDS – 4-H members age 5-7 years old. Cloverbud members do not compete and explore topics rather than focusing on projects.

CODE OF CONDUCT – The 4-H program expects members to model positive behavior at all sponsored events, activities, camps, contests including club meeting and fair participation. Good sportsmanship and ethical decisions are principles valued by the 4-H organization.

COMMITTEES – Volunteers, adult and youth, may assist in the planning, conducting and evaluating of various components of the County 4-H program. Learn how you can participate – Contact your County Office.

COMMUNITY SERVICE/SERVICE LEARNING – Giving back to one’s community through service helps 4-Hers carry out their pledge “to larger service”. Service begins in your club, but can extend into county, regional, state, national and global efforts.

COUNTY YOUTH LEADERSHIP TEAM (CYLT) – County Youth Leadership Teams are made up of tween and teen youth ready to take action and raise their voices for the needs of their community. CYLT are made up of 5 Officers and additional member delegates. They are organized on a local level with County 4-H Officers elected each August. All Officers are required to attend the NH 4-H Youth Leadership Retreat the 3rd weekend of October each year.

~ 4-H LINGO CONTINUED ~



SCHOLARSHIPS – Available throughout the year to provide youth in need of financial assistance. Scholarships may be available for 4-H related opportunities such as Barry Conservation Camp, Teen Conference, & Tween/Teen Winter Retreat. Additionally, county and state level book awards are available for youth in pursuit of higher education.

SCHOLARSHIPS (FOR UNH) – N.H. students may receive a \$500 scholarship for each year of active N.H. 4-H participation, up to a maximum of \$5,000 per year of UNH enrollment. Individual counties also have scholarships available to help with camps and higher education, check with your county office.

SKILLATHON – Evaluation of livestock, horse and dog member’s project knowledge through participating in hands-on skill stations that allow the member to apply knowledge/skill to real world situations.

SPECIAL INTEREST PROJECT (SPIN) – A short-term commitment that focuses on an interest or passion. The group meets for a total of six hours, the time can be divided into sessions. The group can meet on any topic such as: sign language, beekeeping, nature, technology, science, gardening, and more.

~ 4-H LINGO CONTINUED ~

QUIZ BOWLS – Dairy, Dog & Horse - Is a knowledge competition, where contestants race to answer questions of varying difficulty using a game buzzer board system. Teams receive points for correct answers and may lose points for incorrect answers. Youth do not need to have an animal to participate - just an interest and a desire to learn more.

RECOGNITION NIGHT, HONORS EVENING, OR RALLY – All the same event but named differently in counties. An annual event that celebrates the work of our youth and leaders. Members and volunteers are recognized for their years of tenure in the 4-H program.

RECORDS – 4-H member use a record to keep track of their accomplishments. Many youth keep a record regularly throughout the year, it will make it much easier to tell your 4-H story. The type of information that you might record includes club membership, participation in meetings, events and activities, leadership and community service involvement, special recognition received and personal development. Records can be submitted for judging and earn ribbons and premiums. Some counties require records to earn county medals. Youth 14 & older submit a resume in place of a record.

RESUMES (MARKETING YOU) – Experience teaches youth how to capture their vast real-world experiences and articulate it through their professional portfolio. Program participants create a cover letter and resume that highlights their accomplishments, followed by an interview with community members and business professionals to improve communication skills.

STATE YOUTH LEADERSHIP TEAM (SYLT) – SYLT members are elected by their peers as they represent the voice for the youth of NH 4-H. Within their leadership roles, the SYLT work with the State 4-H Office by providing insight and support for direction of the NH 4-H program. In addition they are responsible for being a direct line to the NH 4-H County Youth Leadership Teams (CYLT) for both support and communication. Applications for a spot on the SYLT due by June 1.

~ 4-H LINGO CONTINUED ~

DANISH SYSTEM OF JUDGING – In 4-H, and in many junior classes of events in state and county fairs, most judging involves the Danish system of judging. In this system, the judges do not judge one person's work by comparing it to another's. Instead, a judge determines whether the exhibitors meet or exceed standards. Often a score sheet, available from the county 4-H office, is used to help the judge group exhibitors consistently.

You are probably already familiar with the Danish system from school where A, B, C, D, & F grades are given. There might be 7 students with an A (meets excellent levels of ability) 12 with a B (above average levels), 14 with a C (average levels), etc. This, grouping by standards, is the Danish system. Since more than one exhibitor can meet each level of standards, many more ribbons are handed out.

DELEGATE – Is a 4-H members designated to act for or represent 4-H at an event.

DEMONSTRATION – Demonstrations are an opportunity for members to share with others, something that they know “how to do”. It also gives members the opportunity to learn more about one of the seven 4-H life skills, “communication”.

ENROLLMENT – Each year your child must enroll online using the 4HOnline enrollment system. They must select a club(s) to participate with and project(s) to be a part of by October 1. Open enrollment begins September 1 of each year. If this is your first year with 4-H please contact your county office for more information about how to join a 4-H club in your area before registering through 4HOnline.

EXPERIENTIAL LEARNING – Our slogan is “Learn by Doing” and it best explains what Experiential Learning is! Members DO activities, QUESTION results, CONNECT to self and others, and USE experiences in daily life. The five steps to the Experiential Learning Model are Experience, Share, Process, Generalize and Apply. This process engages the learners in the activity, encouraging them to think more, work harder and ultimately learn more thoroughly than with traditional teaching methods.

~ 4-H LINGO CONTINUED ~

FASHION REVUE – 4-H Fashion Revue is an educational program designed to enhance the 4-H clothing project. 4-H members are evaluated on their sewing and modeling skills. Participants progress from beginner to advanced skill levels. Fashion Revue Programs are held on the county, state, and regional (New England) level. Clothing project members model outfits sewn and/or purchased through their Clothing project experience.

FOOD SHOW – The purpose of this event is to have 4-H members use their creativity and love of food to plan and prepare food dishes. By participating in this event, members will demonstrate the ability to prepare their food, share their knowledge of basic nutrition and food preparation skills and display their food items attractively.

HIPPOLOGY – Contest is a comprehensive, skill based competition where youth demonstrate their knowledge and understanding of equine science and horse husbandry through hands-on and written tests, skill stations and a horse judging contest.

INTENT TO SHOW – 4HOnline Animal Enrollment is: One way of providing documentation that on or prior to a certain date, the 4-Her has declared their intention to work with and show particular animal(s) Helpful for entering fairs that use the Fair Entry system as the animal will already be enrolled in 4HOnline. There are deadlines specific for each animal.



~ 4-H LINGO CONTINUED ~

LARGE ANIMALS 4-H AGE POLICY – (dog, goat, sheep, swine, horse, dairy, working steer, beef, llama, alpaca) are not to be handled or shown by Cloverbuds or members under 8 years of age (as of January 1st of the current year). Cloverbuds may exhibit small animals such as rabbit, caviar, poultry, and waterfowl non-competitively.

NH 4-H LIVESTOCK SHOW & AUCTION – An annual event where 4-H youth members auction off their 4-H project animals that they have been raising specifically for the event.

OFFICERS – Members lead the club through holding office and chairing and serving on committees. 4-H officers include: President, Vice President, Secretary and Treasurer. Many clubs hand out additional roles such as: Historian, News Reporter and Recreation Leader.

PROJECTS – Members use to explore a topic or interest area through hands-on activities, sequential learning experiences, goal setting and evaluation. Some 4-Hers keep records and documentation of project experiences in a Project Book. Projects can be shown at the local fairs.

PROJECT MEDAL – (ages 11-18) These medals are awarded at a county Rally, Honors Evening, or Recognition Night. (Counties have different names for their evening of recognizing members and volunteers.) for specific project areas (such as shooting sports, gardening, communication arts, equine, sheep, etc.). The youth typically have been involved in the project for at least two years and must submit a 4-H record as well as an application form.

PUBLIC SPEAKING EVENT – Presented at Activities Day/Presentation Day. Members are evaluated based on their age and number of years in the Public Speaking program. Parents and youth both report this program teaches self-confidence.

QUALIFYING EVENT – A show or event you must participate in to advance on to a state level competition.