



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

# Come One, Come All Leaders & Teen Leaders



**October 23-26, 2008**

**Manchester New Hampshire**

## **Northeast Regional Volunteer Forum** *Defining Tomorrow Together*

The NERVF is an opportunity for 4-H Leaders and Teen Leaders from the 13 states in the Northeast Region to come together for a long weekend of fun, learning and connecting with other leaders in a meaningful and positive way. Group management skills are learned and improved, friendships gained and renewed.

This is a great place to learn, gather tools and samples to bring back for your club, county, and state.

# See You There!!

Northeast Regional Leader Forum Co-Chairs,

*Lorna Bates*  
Lorna Bates

*Pamela Clattenburg*  
Pamela Clattenburg

MONSANTO  
imagine<sup>®</sup>



Monsanto and National 4-H Council  
Proudly Support 4-H Volunteers



## 2008 4-H Northeast Regional Volunteer Forum

Center of New Hampshire - Radisson Hotel, Manchester NH      October 23-26, 2008

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Is this your first forum?  Yes  No      If no, how many forums have you attended? \_\_\_\_\_

Are you a:  4-H Volunteer  4-H Member  4-H Staff  Teacher  Afterschool Program Coordinator  Other: \_\_\_\_\_

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**REGISTRATION WORKSHEET** - Last date registrations will be accepted: **September 25**  
- please enter your registration online at: [http://www.events.unh.edu/register.shtml?event\\_id=4274](http://www.events.unh.edu/register.shtml?event_id=4274)

Full Time Registrations		
Full Conference – Early Bird Registration (\$310 if received by Aug 1st).....	\$310.00	\$
Full Conference (\$360 if received Aug 2-Sept 25).....	\$360.00	\$
Part Time Registrations		
Friday (tours, lunch/snacks, dinner, evening program – \$175 after Aug 1).....	\$150.00	\$
Friday Evening Banquet (dinner & evening entertainment only).....	\$ 60.00	\$
Saturday (workshops, lunch/snacks - \$125 after Aug 1)*.....	\$100.00	\$
Teen Registration ( age 12 & up - Saturday Workshops & lunch).....	\$ 50.00	\$
Saturday All Day (workshops, lunch/snacks, dinner, evening program - \$175 after Aug 1)*.....	\$150.00	\$
Saturday Evening (dinner & entertainment only).....	\$ 60.00	\$
Sunday Only (breakfast, closing program).....	\$ 25.00	\$
<b>*Note – additional fees may apply – see list</b>		<b>Registration Total</b>
		\$

**Forum Commemorative Clothing** with embroidered logo  
(All clothing are **men's sizes**. Indicate number of shirts ordered by size):

Short Sleeve Polo	S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___ 4XL ___	\$20 each	\$
Long sleeve Twill	S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___ 4XL ___	\$30 each	\$
Polar Fleece Vest	S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___ 4XL ___	\$40 each	\$
Hat	quantity ordered ___	\$12 each	\$
Forum Pin	quantity ordered ___	\$5 each	\$
		<b>Total Clothing Fees</b>	\$

SATURDAY EVENING ACTIVITY (choose one):

- \_\_\_\_\_ Pumpkin Festival (Keene, NH)  
<http://www.pumpkinfestival.org>
- \_\_\_\_\_ Rebecca Rule & The Shaw Brothers (at the Hotel)  
<http://www.mooseofhumor.com>  
<http://www.theshawbrothers.com>

Registration Total \$ \_\_\_\_\_  
Total Clothing Fees \$ \_\_\_\_\_  
**Total Amount Due \$ \_\_\_\_\_**

**Reminder** – you must register for the hotel separately by calling (603) 625-1000 or 1-800-333-3333, promotional code **NELFVC**. Hotel is \$109 per night for a single or double; \$119 per night for a triple or quad (price does not include 8% room & meals tax or hotel garage parking fee of \$8 per day).

**Questions? Call Michele King at 603-862-2199**

**TRANSPORTATION INFORMATION:** Please indicate your transportation method and approximate arrival/departure dates & times. (\*complimentary shuttle available from Manchester Airport only)  
 Mode of transportation:  Car  Bus  Air (Airport Name \_\_\_\_\_)

Date of arrival: \_\_\_\_\_ Approximate Arrival time \_\_\_\_\_ Date of departure: \_\_\_\_\_ Approx. Departure time \_\_\_\_\_

**OTHER REGISTRATION INFORMATION:**

Would you like assistance finding a roommate?  Yes  No

Do you need special accommodations to attend this conference?  Yes  No

If Yes – Explain \_\_\_\_\_

Do you have any special dietary needs?  Yes  No

Are you a vegetarian:  Yes  No

If Yes - Explain \_\_\_\_\_

**Don't forget to bring a favorite recipe or craft idea on a 3x5 card to trade with others.**

**WORKSHOPS & TOURS (please indicate first, second and third choices):**

**Please note:** \* indicates workshop or tour has additional fee (see description for fee). Additional fee will be billed after tours/workshops have been assigned as some sessions may be cancelled due to low enrollment.

**Full Conference Session**

*Session runs Thurs. 3-6 p.m., Friday 8:30 a.m. -5:00 p.m., Saturday 8:30 a.m.-3:00 p.m.-*

**SSC - Shooting Sports Certification ★ (Full Conference Session)**  
 Archery or  Rifle (please indicate 1<sup>st</sup> and 2<sup>nd</sup> choice)

**Please Note:** If you have signed up for the Shooting Sports Certification, (above) please sign up for the tours and workshops below only as a 2<sup>nd</sup> or 3<sup>rd</sup> choice.

Friday 8:30-10:00 a.m.	Friday 10:15-11:45 a.m.	Friday 1:00-5:00 p.m.
<b>Workshops</b> <b>8:30 AM-11:45 a.m.</b>		<b>Half Day Tours</b> <b>1:00-5:00 PM</b>
<input type="checkbox"/> F1&2-1 Make Magic with your Sewing Machine (E)*.....		<input type="checkbox"/> HT-1 Currier Museum of Art (E)
<input type="checkbox"/> F1&2-2 Opening the Doors to Positive YD (L).....		<input type="checkbox"/> HT-2 Eatons Chocolates* (E)
<input type="checkbox"/> F1&2-3 Secrets of Growing Giant Pumpkins (E).....		<input type="checkbox"/> HT-3 Millyard Museum (E)
		<input type="checkbox"/> HT-4 Upreach Theraputic Riding (E)
<b>8:30-10:00 a.m.</b>	<b>10:15 a.m. -11:45 a.m.</b>	<input type="checkbox"/> HT-5 Van Otis Chocolate (E)
<input type="checkbox"/> F1-1 3-6 PM - 4-H Afterschool (L)	<input type="checkbox"/> F2-1 Crow About Poultry (E)	<input type="checkbox"/> HT-6 Vertical Dreams (E)
<input type="checkbox"/> F1-2 Eating Disorders (L)	<input type="checkbox"/> F2-2 Designing 4-H Service Projects (E)	
<input type="checkbox"/> F1-3 Leave No Child Inside (L)	<input type="checkbox"/> F2-3 Ice Breakers (E)	
<input type="checkbox"/> F1-4 Tooling up for Meetings (L)*	<input type="checkbox"/> F2-4 Project Butterfly Wings (E)	
<input type="checkbox"/> F1-5 Tree Cookies (E)	<input type="checkbox"/> F2-5 Sew Fun for Beginners (E)	
	<input type="checkbox"/> F2-6 Successfully Manage Conflict (L)	
<b>*****Full Day Tours*****</b>		
<input type="checkbox"/> T-1 A Crafter's Dream (E)	<input type="checkbox"/> T-9 Giddy-Up Whoa (E)*	
<input type="checkbox"/> T-2 Agricultural Highlights of Southeastern NH (L)	<input type="checkbox"/> T-10 Historic New Hampshire Seacoast (E)	
<input type="checkbox"/> T-3 A New Spin on Wool (E)	<input type="checkbox"/> T-11 New Hampshire's Majestic Mountains (E)	
<input type="checkbox"/> T-4 American Stonehenge/Budweiser Brewery (L)	<input type="checkbox"/> T-12 Pease International Tradeport (L)	
<input type="checkbox"/> T-5 Dairy Lovers NH Tour (E)	<input type="checkbox"/> T-13 Pottery Lovers Delight (E)	
<input type="checkbox"/> T-6 Discover Earth, Oceans, & Space (E)	<input type="checkbox"/> T-14 Pride of New Hampshire (E)	
<input type="checkbox"/> T-7 Equine Technology at its Best (E)	<input type="checkbox"/> T-15 Quilt Hop (E)	
<input type="checkbox"/> T-8 Golfing and Traveling Through History (E)*	<input type="checkbox"/> T-16 Scenic Wolfeboro (E)	

Notations: T= for Teens, L= for Leaders, E= for Everyone!  
 \* This tour/workshop carries an additional fee (see description).

**SSC - Shooting Sports Certification - (Continued)**

*Thurs. 3-6 pm, Friday 8:30a.m.-5 pm, Saturday 8:30 a.m.-3:00*

*Please Note: If you have signed up for the Shooting Sports Certification, (above) please sign up for workshops below only as a 2<sup>nd</sup> or 3<sup>rd</sup> choice.*

<b>Saturday 8:30-10:00 a.m.</b>	<b>Saturday 10:15-11:45 a.m.</b>	<b>Saturday 1:30-3:00 p.m.</b>
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**Saturday Full Day Workshops**

**8:30 a.m. to 3:00 p.m.**

<input type="checkbox"/> SF-1 Creating Connection: Equine Enhanced Learning and Equine Facilitated Mental Health (E)*.....
<input type="checkbox"/> SF-2 Script it, Produce it, Act it, Film it! (T).....
<input type="checkbox"/> SF-3 Turn Memories into a Quilt (E)*.....
<input type="checkbox"/> SF-4 Working Steer (E).....

**Saturday Double Session Workshops**

<b>8:30-11:45</b>	
<input type="checkbox"/> S1&2-1 Caring for the Angry Young Person (L).....	
<input type="checkbox"/> S1&2-2 Comics Workshop: Do Comics not T.V. (E)*.....	
<input type="checkbox"/> S1&2-3 Fine Felted Beads (E)*.....	<b>See</b>
<input type="checkbox"/> S1&2-4 Forests of Fun! (L).....	<b>Afternoon</b>
<input type="checkbox"/> S1&2-5 Fun with Horse Knowledge Coaching & Events (L).....	<b>Workshop</b>
<input type="checkbox"/> S1&2-6 Growing 4-H Artists (E)*.....	<b>Sessions</b>
<input type="checkbox"/> S1&2-7 Inclusion: Including without Excluding (L).....	<b>Below</b>
<input type="checkbox"/> S1&2-8 Lego Robotics (E).....	
<input type="checkbox"/> S1&2-9 Pysanky Eggs (E).....	
<input type="checkbox"/> S1&2-10 Taking Root (L).....	

**Saturday Single Session Workshops**

<b>8:30-10:00</b>	<b>10:15-11:45</b>	<b>1:30-3:00</b>
<input type="checkbox"/> S1-1 ACCESS 4-H, Teens Wanted (T)	<input type="checkbox"/> S2-1 4-H, The Quiet Organization (L)	<input type="checkbox"/> S3-1 3-6 PM: 4-H Afterschool (L)
<input type="checkbox"/> S1-2 Arggg Mate...GPS (E)	<input type="checkbox"/> S2-2 A World of Differences (L)	<input type="checkbox"/> S3-2 4-H Flight Command (E)
<input type="checkbox"/> S1-3 Bow Wow! Dog Club (E)	<input type="checkbox"/> S2-3 Breakthrough (T)	<input type="checkbox"/> S3-3 4-H Marketing Made Easy (E)
<input type="checkbox"/> S1-4 Faux Finish Painting (E)	<input type="checkbox"/> S2-4 Buildable Bridge Models (L)	<input type="checkbox"/> S3-4 4-H Shooting Sports Sampler (E)
<input type="checkbox"/> S1-5 Got Change? (L)	<input type="checkbox"/> S2-5 Children Helping them Grieve (L)	<input type="checkbox"/> S3-5 ACCESS 4-H Volunteers (L)
<input type="checkbox"/> S1-6 How 4-H Transforms Youth (L)	<input type="checkbox"/> S2-6 Circle of Courage (L)	<input type="checkbox"/> S3-6 A Road Map for Success (L)
<input type="checkbox"/> S1-7 Let's Play with Food! (E)	<input type="checkbox"/> S2-7 First 5 Fitting Tips (E)	<input type="checkbox"/> S3-7 Canine Companions (E)
<input type="checkbox"/> S1-8 Lights, Camera, Action (E)	<input type="checkbox"/> S2-8 Here Comes the Judge (L)	<input type="checkbox"/> S3-8 Cheese Making 101 (E)
<input type="checkbox"/> S1-9 Magic of Electricity (E)	<input type="checkbox"/> S2-9 Intro to <i>Life Smarts</i> (E)	<input type="checkbox"/> S3-9 Creative Animal Science (L)
<input type="checkbox"/> S1-10 Needle Felting Basics (E)*	<input type="checkbox"/> S2-10 Money Matters (T)	<input type="checkbox"/> S3-10 Design it, Explore it! (E)
<input type="checkbox"/> S1-11 Positive Discipline (L)	<input type="checkbox"/> S2-11 Operation Military Kids (L)	<input type="checkbox"/> S3-11 Friendship Quilt (E)
<input type="checkbox"/> S1-12 Scrapbooking (E)*	<input type="checkbox"/> S2-12 Project Butterfly Wings (E)	<input type="checkbox"/> S3-12 I Love the Nightlights! (E)*
<input type="checkbox"/> S1-13 Sewing Savvy (E)	<input type="checkbox"/> S2-13 Sunflowers Bloom (E)*	<input type="checkbox"/> S3-13 Introduction to Spinning (E)
<input type="checkbox"/> S1-14 Stories to Teach (L)	<input type="checkbox"/> S2-14 Tai Chi (E)	<input type="checkbox"/> S3-14 Intro to Tai Chi (E)
<input type="checkbox"/> S1-15 Tile It! (E)*	<input type="checkbox"/> S2-15 Toothbrush Weaving (E)*	<input type="checkbox"/> S3-15 Loom Knitting (E)*
<input type="checkbox"/> S1-16 Tree Cookies (E)	<input type="checkbox"/> S2-16 Wreath Making (E)*	<input type="checkbox"/> S3-16 Palette of Fun (L)
<input type="checkbox"/> S1-17 Whatever it Takes! (L)		<input type="checkbox"/> S3-17 Project Wild (L)
		<input type="checkbox"/> S3-18 Rug Hooking (E)*
		<input type="checkbox"/> S3-19 Stenciling (E)*
		<input type="checkbox"/> S3-20 Team Building (E)
		<input type="checkbox"/> S3-21 That Reminds me of a Story (E)

Notations: T= for Teens, L= for Leaders, E= for Everyone!

\* This workshop carries an additional fee (see workshop description).

**Questions?** Contact Michele King at 603-862-2199  
Or by email at [michele.king@unh.edu](mailto:michele.king@unh.edu)



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# Northeast Regional Volunteer Conference Workshops and Tour Descriptions



## Full Conference Session –

Thurs. 3:00-6:00 p.m., Friday 8:30 a.m.-5:00 p.m., Saturday 8:30 a.m.-3:00 p.m.-

**Shooting Sports** – Presented by Larry Barker, Extension Educator, 4-H YD/NH Shooting Sports Coordinator

Shooting sports is an active program, attractive to both youth and adults. The curriculum is designed to assist young people in personal development, establish a personal environmental ethic, and explore life-long vocational and leisure activities. The New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders in either archery or rifle. There will be approximately 12 hours in the disciplines and 6 hours on positive youth development which will leave no time for other conference workshops, but you will have time for most of the evening festivities.

This training is open to 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from other states are invited to attend. Be sure to check with your home state to make sure that they will recognize a NH 4-H certification. Please specify Archery or Rifle. Maximum enrollment will be 12 in each discipline.

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## Friday Morning Workshops

### Double Session - 8:30 a.m. – 11:45 a.m.

#### **F1&2-1: Make Magic with your Sewing Machine and Design Your Own Fabric**

- Presented by Dotty Burrows, Retired Extension Educator, 4-H YD  
Participants will learn to use decorative threads to turn plain fabric into designer fabric by using their sewing machines, and all the wonderful new stitches and treatments today's machines make available. Bring your imagination; sewing machines will be provided. This workshop has a materials fee of \$7.00.

#### **F1&2-2: Opening the Doors to Positive Youth Development**

- Presented by Nancy Evans, Program Associate 4-H YD and Debbie Cheever, Extension Educator, 4-H YD  
Vibrant 4-H Youth Experiences don't just happen! Building a toolkit for youth development programming makes for effective programs. This workshop will help volunteers working with youth explore the "eight essential elements" needed for optimal youth development. "Hands on" activities will immerse participants in internalizing each of the essential elements and where they fit in with what we do in 4-H clubs, county, state and national programs.

#### **F1&2-3: Secrets of Growing Giant Pumpkins**

- Presented by Jim Beauchemin, New England Champion Giant Pumpkin Grower  
In 2005 Jim's champion pumpkin tipped the scales at 1,314 pounds! In this workshop Jim will unveil the mystery surrounding the growing of giant pumpkins. He will share tips and techniques, and you will learn about the growing season from germination to harvest. You will also bring home some seeds so you can try it yourself!

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### Friday Morning Workshops - Session 1 - 8:30 a.m. – 10:00 a.m.

#### **F1-1: 3-6 PM = Hours of Opportunity for 4-H Afterschool**

- Presented by Paula Gregory, Extension Specialist, 4-H YD  
Is it getting harder to bring new youth into 4-H? Is it challenging to find 4-H volunteers in your community? Learn how 4-H Afterschool is reaching more young people and the adults who care for them every day after school. Plan ways to bring the magic of 4-H to more youth in your community.

#### **F1-2: Eating Disorders**

- Presented by Deborah Maes, Extension Educator, UNHCE  
What are eating disorders? Who and how many are affected? This workshop will provide participants with basic information about eating disorders as well as techniques to use if you are working with a teen or adult who may be suffering from an eating disorder. We will look at our cultural values and media obsessions such as sports, and how all of these influence eating disorders. Participants will have a chance to consider their own issues relating to body image and self esteem and the roles these play in their lives and the lives of the youth they work with.

## Friday Morning Workshops

Session 1 - 8:30 a.m. – 10:00 a.m. (continued)

### **F1-3: Leave No Child Inside**

- Presented by Julia Steed Mawson, Extension Educator 4-H YD, and Marilyn Wyczga, NH Fish and Game.

Children's Outdoor play and experiences promote health, creativity and learning. It also cultivates the future stewards of the environment. Yet research documented in Richard Louv's *Last Child in the Woods: Saving our Children from Nature-Deficit*, reveals a growing gap between kids and nature. We'll share how Louv's thoughtful book has ignited a national dialogue about effective solutions. We'll explore the challenges to getting children outdoors, how to overcome these perceived barriers, and what we can do as 4-H Volunteers and leaders both locally and nationwide to help create positive change.

### **F1-4: Tooling up for Meetings**

- Presented by Kathleen Jablonski, Extension Educator, 4-H YD  
Be ready "on the run" for any meeting. Learn how to create your own meeting kit and how to plan for the length of a project. Tried and true techniques and tips will be shared. Come with your best organizing tip on a 3x5 card, ready to share with others. Participants will learn how to begin to pull together a resource kit, learn a bit about project lesson planning and apply the experiential learning model to project planning. This workshop has a materials fee of \$10.

### **F1-5: Tree Cookies**

- Presented by Jonathan Nute, Extension Educator, Forestry  
Can't see the trees for the forest?? Learning about the trees around us is an easy introduction to scientific inquiry and discovery. Forester Jon Nute will teach you tree identification, some ways to see how trees grow, and learn to be comfortable and confident in the forest environment.

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## Friday Morning Workshops - 10:15 a.m. – 11:45 a.m.

### **F2-1: Crow About your Poultry Management**

- Presented by Tina Savage, Ext Educator, Agricultural Resources  
If you have a Poultry Club or have been thinking of starting one, this is a great workshop for you. This hands-on workshop will teach Poultry Showmanship. Upon completion of this workshop session, participants should be able to instruct their 4-H members in proper poultry showmanship techniques.

### **F2-2: Designing 4-H Service Projects that Work Locally and Reach Globally**

- Presented by Rachel Lyons, Extension Educator, NJ 4-H  
This hands-on workshop will lead participants through the process of planning and implementing global service projects. Participants will use the tools provided to work through a planning simulation exercise focusing on choosing a global service project based on demonstrated need. Successes and challenges of 4-H global service projects will be shared. At the conclusion of the workshop, adult and teen leaders will be prepared to use the tools and resources to facilitate the planning and implementation of a global service project with their 4-H club.

### **F2-3: Ice Breakers**

- Presented by Chris Conlon, UNH 4-H Camps, Manager  
Why use icebreakers? Icebreakers create a positive group atmosphere, they help people to relax, they break down social barriers, they energize & motivate, and they help people to get to know one another. Leaders will learn and participate in lots of fun Ice breakers and take home a great bag of tricks and activities for their club or school group.

### **F2-4: Project Butterfly WINGS**

- Presented by Marilyn M. Martin, Project Butterfly WINGS Director  
Project Butterfly WINGS is a new 4-H informal science program designed to foster adolescent interest, understanding and long-term involvement in science. This workshop will transform participants from a beginner to engaged citizen scientist. WINGS is designed for youth in grades four through eight to participate in authentic, hands-on research to investigate butterflies and share it online. This workshop will give leaders the tools to engage youth in fun and easy activities to learn about butterflies before launching into their investigations. A range of projects provides flexibility for participation, so younger and older youth with varying skill levels, resources and time all can participate in a meaningful way.

### **F2-5: Sew Fun for Beginners**

- Presented by Rebecca Levesque, Extension Educator, NH 4-H YD  
Using the national 4-H Curricula *Sew and Have Fun* volunteers will learn how to teach basic sewing skills for beginners. Novice I lesson plans will be provided for 4 basic classes that are appropriate for cloverbuds and 4-H members. Novice II lesson plans will be provided for 4-5 additional classes for youth 8-18 to create their 1<sup>st</sup> garment in preparation for evaluation. You will have all the tools needed to start teaching 1<sup>st</sup> year sewing immediately after the workshop.

### **F2-6: Successfully Manage Conflict!**

- Presented by Claudia Boozer-Blasco, Extension Educator, UNHCE  
Every community group experiences conflict from time to time, and 4-H is no exception. There will be differences that arise when conducting club meetings, when dealing with parents or other volunteer leaders. This workshop will explore the general causes of conflict in any group, conflict management styles, approaches to managing conflict, and some specific communication and problem-solving tools.



## Friday Half Day Tours – 1:00-5:00 p.m.

### **HT-1: Currier Museum of Art**

The newly renovated Currier Museum of Art is one of New Hampshire's best kept secrets. Visit this beautiful museum and stroll through the different galleries to see American and European art ranging from the Renaissance to current day. Learn about the museum's origins in the new Currier History Gallery and enjoy the Currier's extensive collections of paintings, sculpture, furniture, glass, and ceramics throughout the museum. You will also enjoy a visit to the Zimmerman House which was designed by one of the world's greatest modern architects, Frank Lloyd Wright (1867-1959). Wright designed the house, the interiors, all the furniture, the gardens, and even the mailbox. In 1979 the building was listed in the National Register of Historic Places.

### **HT-2: Eaton's Fine Chocolates**

*"Where Every Day Deserves Chocolate"* The possibilities are endless!! Aside from a stunning array of truffles, novelty chocolates, and nut clusters, Eaton's Chocolates creates personalized chocolate bars for any occasion. Visit their facility and see how they make all these wonderful treats. You will also get to take home some of the deliciousness. This tour has an additional fee of \$10.00

### **HT-3: Millyard Museum**

The Millyard Museum is housed in Mill No. 3 in the historic Amoskeag Millyard. The Museum features the permanent exhibit, *Woven in Time: 11,000 Years at Amoskeag Falls*. The display tells the story of Manchester, beginning with the native peoples who fished at Amoskeag Falls 11,000 years ago, to the area's early farmers and lumbermen, and the beginnings of industry in the area. The exhibit continues with the story of the development of the Amoskeag Manufacturing Company which would become the largest textile producing company in the world, employing over 17,000 people, including immigrants from many countries. The company's vast brick millyard still dominates the cityscape today. The story concludes in the 21st Century, as innovative businesses flourish in the city and new groups of immigrants come to Manchester to start new lives.

### **HT-4: Upreach Therapeutic Riding**

Through providing high quality therapeutic riding and driving lessons, UpReach strives towards excellence in its field. With the help of our equine friends, we are dedicated to enhancing quality of life for those we serve, by providing challenge, promoting independence, and celebrating success. Come join us to learn about therapeutic riding and driving. Have a tour of our facility and participate in a hands-on experiential learning opportunity. All participants must sign a liability release to work with the program horses.

### **HT-5: Van Otis Chocolates**

Over the years, Van Otis Chocolates has gained a national reputation for manufacturing and selling nothing but the finest in hand crafted premium chocolates and other fine candies since 1935. Their award winning "**Van Otis Swiss Fudge**" is relished far and wide and though it is often imitated, it is never equaled!! They have been voted NH's Best Chocolate for 6 Years! This tour will take you on a short walk from the Radisson Hotel where you will tour the factory and get a chance to visit their Café where you can pamper yourself with some of their chocolate or indulge in their homemade gelato.

### **HT-6: Vertical Dreams**

Top roping, lead climbing, bouldering, inverts, overhangs, roofs, and more than 50 routes make Vertical Dreams one of the most versatile climbing experiences in the area. With over 5000 square feet of climbing terrain, they boast the highest climbing walls around; a converted elevator shaft that stretches four stories—almost 70 feet! We also have the largest bouldering area around. Vertical Dreams prides itself on providing a fun, safe, ultra friendly place for people of all ages and abilities to enjoy a day of climbing, while at the same time offering some of the most challenging and exciting new routes around.

## Friday Afternoon Extras – Just Drop In

### **E-1: Segway Technology**

Dean Kamen began DEKA Research & Development Corporation in Manchester, NH with the goal of developing technology to improve the human experience – through this program the Segway was born. A representative of DEKA will be at the hotel on Friday to show you this revolutionary technology and give you a chance to ride on it!

### **E-2: Water Aerobics**

The body is almost weightless in the water, which makes it a great alternative to weight bearing exercise, and it is ideal for increasing lower body strength, power and agility. If you have ever thought this might be a good alternative for you, come and give it a try.

Questions? Contact Michele King at 603-862-2199  
or by email at [michele.king@unh.edu](mailto:michele.king@unh.edu)



## Friday Full Day Tours

### T-1: A Crafters Dream

Do you love quilting and crafting? Don't let its name fool you, *Keepsake Quilting* has a lot more to offer than just quilting. You have seen the catalog, so we know you'll love the store. Start the day visiting their beautiful shop and trying out a few fun craft projects. Let the staff and the shop's warm welcoming atmosphere make you feel at home. Next, visit the Annalee Doll Outlet Store in beautiful Meredith, New Hampshire. This shop boasts hundreds of dolls at 40% off the original price.



Enjoy lunch as you cruise beautiful Lake Winnepesaukee aboard the *M/S Mount Washington*. Like so many place names in New England, Lake Winnepesaukee is an Indian name, and its common meaning is "smile of the great spirit." Located at the foothills of the White Mountains, NH's largest and most beautiful lake lives up to its name with 282 miles of wooded shoreline, crystal clear waters and 274 habitable islands. Its beauty and accessibility make it a popular summer resort for vacationers from all over the world.

### T-2: Agriculture Highlights of Southeastern New Hampshire

This tour will highlight the unique and diverse agricultural enterprises found in southeastern NH. Your trip will begin with a visit to *Riverslea Farm*. The 45 acre farm has been a working farm for over 200 years and is known for raising sheep and goats for the sale of meat, skins and wool. Tour the farm and see why they are called a *Farm of Distinction* by the NH Department of Agriculture.

Your second stop will be at the *Misty Meadows Herb Farm*. This one of a kind venture is nestled on 66 acres of protected pasture and woodlands in the town of Lee, New Hampshire. Since 1989 their little shop and sweet gardens have grown and evolved to become one of the finest facilities and resources in the country for bulk herbs, herbal products and education. After the herb farm, lunch will be an experience unto itself at the 5 star *Acorns Restaurant* in the New England Center on the campus of UNH. You will be treated to a hot buffet of outstanding dishes prepared by their award winning chefs. Don't forget to save room for dessert!

After lunch you will have a chance to get outdoors with a stop at the *Coppal House Corn Maze and Farm*. This sculptured corn field is designed to challenge your navigational abilities. And finally, you will visit the *Flaghill Winery* for a vineyard tour and "wine tasting". Come see how all of these entrepreneurs have found their unique niche in a diminishing agricultural community. *This trip requires that participants be at least 21 years of age.*

### T-3: A New Spin on Wool

Want to know how to spin wool? The *Mirage Alpacas Farm* is the place to learn. You will have the opportunity to practice from the cleaning to spinning with the drop spindle you will make. Next visit the *Fiber Arts Studio* for some needle felting. As you travel through the area, relax and enjoy the view as you will be passing the beautiful stone bridges this area is known for. Let's not forget lunch! You will eat at German Johns which is known for traditional soups and outstanding sandwiches and pastries.

### T-4: America's Stonehenge

*Who built America's Stonehenge?* Our first stop on this tour will lead you through the history of American Stonehedge. A maze of man-made chambers, walls and ceremonial meeting places, America's Stonehenge is most likely the oldest man-made construction in the United States (over 4000 years old). Come explore one of history's mysteries! Then relax for a ride along the scenic New England countryside to Merrimack to enjoy a seafood lunch at the Lobster Boat Restaurant (a non-seafood option will also be available).

Next visit the *Anheuser-Busch Brewery* in Merrimack. At the Brew Hall, guests discover first-hand how the world's greatest beers are carefully crafted using the highest quality ingredients and packaged in a state-of-the-art facility. At the end of each tour, guests can sample their favorite brews and relax in the Hospitality Room or browse the Anheuser-Busch Gift shop. You will also have a chance to visit the Clydesdale Hamlet, home to the world-famous Budweiser Clydesdales. *This trip requires that participants be at least 21 years of age.*

### T-5: Dairy Lovers New Hampshire Tour

Tour a New Hampshire family run dairy farm, where the Bartlett Family milks 60 head of dairy cows in their "60 cow tie up" barn. This farm is an active-typical "NH Family Dairy Farm." After your morning visit, lunch will be served at the "Barn store", an agricultural based store. After lunch you will visit a commercially run dairy farm. This modern facility will show the contrasts to the typical family farm. The "Bohannon Farm" is a commercial Dairy operation milking 185 head.



## Friday Full Day Tours (continued)

### T-6: Discover Earth, Oceans, & Space

Did you know that UNH is only one of a handful of universities that is not only a land grant university, but also a sea-grant and space-grant university? In this tour you will visit the University of New Hampshire's Earth, Oceans and Space program. You will get to see a piece of Artic Ice and view fantastic satellite images. Get a chance to conduct field experiments on research plots and take samples back to the lab for further investigation. You will experience UNH research first hand and be immersed in the wonderful world of science and discovery.



### T-7: Equine Technology at its Best

This tour will take you to the Myhre Equine Clinic, located in Rochester, New Hampshire. The clinic offers “cutting edge” technology allowing for the highest level of veterinary diagnostics and care available, not only in New England, but in the United States. See a state-of-the-art equine surgery along with an equestrian charter school, center and Ferrier program. Experienced veterinary surgeons, diagnosticians and highly educated, caring staff will be available to show the newly revamped nuclear medicine and Computer Assisted Tomography (C.A.T.) center at the clinic. You will also get the chance to meet Dr. Grant Myhre, who was named New Hampshire's Horse Person of the Year.

### T-8: Golfing and Traveling Through History

“Fore” you golf lovers, you will start your day with nine holes of golf at Canterbury Woods, then eat a delicious lunch at the clubhouse. After your golfing morning, you will visit the historical Shaker's Village which is a national historic landmark and museum in Canterbury, New Hampshire. With 25 restored and 4 reconstructed Shaker buildings, its 694 acre site includes gardens, fields, ponds and forests. Known for its tranquil beauty, the village offers tours, exhibits, workshops, family programs, hiking trails, unique shopping and delicious food. This trip will bring you back to the 1840's, learning how the Shakers lived, worked, and worshiped. This tour has an additional fee of \$25.00.

### T-9: Giddy – Up...Whoa

Spend a couple morning hours on a horse farm! Participants will arrive at Great Bay View Farm to become acquainted with their own horse; they'll then have a brief lesson in the arena to determine level of experience before either heading to a trail or wagon ride along Great Bay, or some folks may stay in the arena for a lesson of horseback riding. Participants need to wear hard work/riding shoes and long pants, non-binding/tight jeans would be appropriate. After your farm visit, eat seafood on scenic Great Bay at Newicks Seafood restaurant in Dover. After Lunch you will travel to the UNH Equine Facility. Look at the University equine programs including therapeutic riding, equine management and equine sciences. See the University horses and lab facilities and maybe catch faculty and students in action. This tour has an additional fee of \$15.00.

### T-10: Historical NH Seacoast

Our visit to New Hampshire's historical seacoast begins with a stop at the *Strawbery Banke Museum*, which is one of America's oldest most continuously occupied neighborhoods dating back over 350 years. Through its restored houses, its featured exhibits, historic landscapes and gardens, and interpretive programs, you will experience and imagine how people lived and worked in this typical American neighborhood throughout four centuries of history. Strawberry Banke tells the stories of the many generations who settled in the Portsmouth, NH, community from the late 17th to the mid-20th century.

Walk across the road to **Prescott Park** and view the beautiful Piscataqua River and the Historic Portsmouth Naval Shipyard across the river. After lunch at the historical *Rosa Restaurant*, serving customers for over 80 years; explore beautiful downtown Portsmouth and end the day with a tour of the *Lollipop Tree*, a specialty food store.

### T-11: NH's Majestic Mountains

Many people visit NH just to see the beautiful White Mountains. This tour will give you a chance to spend the day exploring one area of this scenic land. You will travel Route 93 to Franconia Notch where you will hike a combination of maintained natural trails and boardwalks into the famous *Flume Gorge* (hike is 2 miles round trip, including 150 steps in short segments). After your beautiful morning walk you will travel to Cannon Mountain and ride the Aerial Tramway to the top of the mountain where you will enjoy a buffet lunch with a vista of the surrounding mountains.

### T-12: Pease International Tradeport

Visit the *Pease Air National Guard Base* to treat yourself to a once in a life-time behind-the-scenes and informational tour of the New Hampshire Air National Guard. The tour will include a look at their KC-135R Stratotanker, in-flight refueling aircraft; the newly opened base fire department, and other points of interest at the base. After you tour the base you will visit the *Redhook Ale Brewery* for a delicious luncheon, and following the luncheon you will enjoy a brewery tour and sampling. *This trip requires that participants be at least 21 years of age.*

## Friday Full Day Tours (continued)

### T-13: Pottery Lovers Delight

Are you interested in pottery? This tour will include a visit to “*Great Bay Pottery*” located in scenic North Hampton, NH; Great Bay Pottery boasts a fully-stocked retail showroom full of traditional pottery art. Just steps away in their fully-operational studio, you will be invited to watch their talented artisans hand throw, decorate, glaze and fire the very pottery pieces you seek to buy. After watching these professionals create pieces of art, we will visit “*Firefly*” to give you the opportunity to paint your own piece of pottery. Special arrangements have been made so you will have your finished pottery to bring home with you at the end of the Forum.

Lunch will be at *Newick’s Seafood Restaurant*. Since 1948, Newick's Restaurants have been New England's favorite name for Seafood! We will finish our travels of the day with a stop at “*Salmon Falls Stoneware*” where pottery has been a classic American tradition for over 20 years. Those that produce Salmon Falls Stoneware carry on a tradition of pottery making that became popular in the mid 1800’s in America. Each pot is individually made and hand decorated with traditional or country designs.

### T1-14: Pride of New Hampshire

In Concord, New Hampshire, the historic *New Hampshire State House* stands as a symbol of the unique democratic traditions of our state. It is the oldest State House in the nation in which the legislature still occupies its original chambers. Its beautiful gold dome is both a landmark and a monument. From its Hall of Flags to the portraits of generations of leaders gracing its corridors, the



New Hampshire State House represents an extensive legacy of rich political tradition. Through your tour of the State House facilities you may gain a greater understanding of the enduring value of our government and the proud heritage it represents.

Then get to know New Hampshire a little bit better at the *Museum of New Hampshire History*, where you'll learn about our landscape, people, and traditions. From the world-famous Concord Coach - the stagecoach that won the American West - to superb 19th-century White Mountain paintings and rare examples of New Hampshire-made furniture, more than four centuries of Granite State history unfold in their award-winning exhibitions. After lunch at the *Weathervane Seafood Restaurant*, you will visit the *Christa McAuliffe Planetarium* which was built to honor Christa McAuliffe, America's first Teacher in Space. At the planetarium you will take a journey to the stars, in a place where the sky is no limit, it is just the beginning! You will enjoy an amazing astronomical adventure in New England's most technologically advanced planetarium theater. See how Christa McAuliffe’s legacy continues her mission to motivate everyone to reach for the stars.

### T-15: Quilt Hop

Enjoy a good old NH Quilt Hop. Get a passport and visit quilt shops offering many fabrics, books, and patterns. Find that *must have* fabric you have been searching for. Learn some cutting techniques, color design, and a few surprises along the way. Remember NH is tax free and some shops will offer discounts to 4-H leaders. Enter your passport at the end of the hop for a prize bag. Shops are not wheel chair accessible but have only a few stairs to climb.

Our 1<sup>st</sup> hop stop is at the *Chestnut Quilter* followed by a stop at the *Golden Gese Quilt Shop*. After lunch at the *Weathervane Seafood Restaurant* we will visit *Quilted Threads*, a destination of inspiration, instruction, and materials that will entice quilters and sewers of all types and levels, traditional to contemporary. Our final quilters dream stop will be to the *Apple Tree Fabrics*. Apple Tree Fabrics started their 28th year this past September. Their aim is to offer to the sewing community personalized services, instruction in sewing and crafts, quality materials, all in a small country, friendly atmosphere.

### T-16: Scenic Wolfeboro

*Hampshire Pewter* is located in Wolfeboro, New Hampshire, a quaint New England village on the shores of beautiful Lake Winnepesaukee. Wolfeboro boasts its status as the oldest summer resort community in North America. *Hampshire Pewter* practices the colonial pewterer's craft in a modern environment. After your visit to *Hampshire Pewter*, you will travel back in history with the help of the *Wright WWII Museum*. The clothing, the furniture, and the thoughts that were on everyone’s mind during World War II, will come to life in this unique museum.

After lunch at *Johnson’s Dairy Bar*, one of NH’s favorite lunch stops in the lakes region, you will not want to miss the opportunity to take a step back to another time period through a visit to *Calef’s Country Store*, a New Hampshire original since 1869. Here you will be able to sample some of New England’s favorite past favorites which include their famous cheese; homemade jams, jellies and baked goods, or shop for traditional gifts.



## Saturday Full Day Workshops

8:30 a.m. – 3:00 p.m.

### **SF-1: Creating Connection: An Experiential Introduction to Equine Enhanced Learning and Equine Facilitated Mental Health**

– Presented by Pam McPhee, Executive Director, Browne Center  
This workshop will present an overview of the field of Equine Assisted Learning and Mental Health as well as an opportunity to experience learning from connecting with horses. No prior experience is necessary; we will not be riding. The horses will be our teachers to help us learn more about ourselves, how we connect with others and how we use our influence to affect outcomes. Through their behavior horses can be a mirror, albeit not an exact reflection of our clarity and emotional congruence, where we are presented an opportunity to catch ourselves in the act of being ourselves. This workshop will provide information regarding the use of horses in education and therapy as well as the experience to enhance our skills as educators and ways we might broaden our work with horses within 4-H. This workshop has an additional fee of \$20.00.



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## Saturday Double Session Workshops

8:30 a.m. – 11:45 a.m.

### **S1&2-1: Caring for the Angry Young Person**

– Presented by Malcom Smith, PhD, CFLE, Extension Associate Professor/Specialist, UNH Family Education & Policy  
We all live with anger and we all know angry people. This session will help you better understand the anger inherent in the young people you serve and in yourself. Come and learn about three different types of anger and how to spot them. Find out when anger can be a good thing. Learn some ways to help be more "anger safe". Educator and storyteller, Dr. Malcolm Smith is a national expert on understanding anger and has seen the worst of what anger can do. Come to this serious yet entertaining session to explore this important topic.

### **S1&2-2: Do Comics not TV!**

– Presented by Marek Bennett, Artist-Educator  
If you work with youth I am sure you have wondered if *anything* could encourage them to shut off the TV! Have you considered comics? In this session you will get a primer on comics creation and self-publishing, as well as resources for comics groups. Participants will get an overview of comics as an accessible art form, you will also create comics and participate in dramatic comic readings. When we are done, you will be able to lead afterschool comics groups, and introduce students to learning and expression through comics. This workshop has a materials fee of \$10.00.

### **SF-2: Script it, Produce it, Act it, Film It!**

– Presented by Elaine Lamothe, NH 4-H Volunteer/Performing Arts Director and Bob Lamothe, NH 4-H Volunteer

How do you take an idea and turn it into a production? This workshop will take you through the process from beginning to end. From concept to production to film – whether your goal is to be an actor, producer, writer or director, you will get a chance to try out those skills in this fun interactive workshop. Come and get the big picture!!

### **SF-3: Turn Memories into a Quilt**

– Presented by Dotty Burrows, Retired Extension Educator, 4-H YD  
Use a photocopier and printer to turn fabric into quilt blocks, then create a 4-H memory quilt. Different ways of copying photos will be explored. Participants will need to bring small amounts of fabric, photos and basic sewing supplies (a supply list will be provided upon confirmation). This workshop has a materials fee of \$10.00.

### **SF-4: Working Steer – Equipment, Training and Driving**

– Presented by Bob Pearson, NH Oxbows 4-H Club Leader  
Spend the day working with oxen! This comprehensive session will provide the participants with an overview of the equipment used, how it's made, and where to purchase it. You will get a demonstration of working with steers/oxen and how to train them. Demonstrations will include a driving and obstacle course and participants will even get a chance to drive a team of steers.

### **S1&2-3: Fine Felted Beads**

– Presented by Nancy Evans, Program Assoc. NH 4-H YD and Debbie Cheever, Extension Educator, NH 4-H YD

Learn to make hand-felted beads from wool roving and silk fibers and combine them with other beads (glass, stone, etc.) to form a one of a kind unique "art to wear" necklace. Explore the intriguing world of fiber, color, and felting and leave equipped to take a new project back to your club or youth group. This workshop has a materials fee of \$10.00.

### **S1&2-4: Forests of Fun**

–Presented by Karen Bennett, Extension Specialist, Forest Resources  
Explore the *Forests of Fun* 4-H forestry handbooks series with Karen Bennett, UNH Extension Forestry Specialist. Participants will use sample hands-on activities from the three youth activity guides and also explore the *Forestry Project Helper's Guide*. These guides will help you assist youth in discovering more about forestry. Be prepared to spend part of the workshop outside.



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## Saturday Double Session Workshops (cont'd)

8:30 a.m. – 11:45 a.m.

### **S1&2-5: Fun with Horse Knowledge Coaching & Events**

– Presented by Mary Davis, NH 4-H Volunteer and Maryann Kasprzak, Program Coordinator, NH 4-H YD

Learn about the different horse knowledge contests and how to include “horseless members.” Learn where to find coaching materials, how to vary the activities to make learning fun and interesting, how to make hippology stations (or how to make your stations more interesting) and put together individual and team “effort problems” to teach communications skills and horse knowledge. Participants will try out some fun horse knowledge activities.

### **S1&2-6: Growing 4-H Artists**

– Presented by Celeste Pitts, Decorative Painter

Looking for inexpensive, but more challenging craft projects for your club? This hands-on workshop will teach you the skills needed for traditional decorative painting on wood. You will complete a Halloween themed project, starting with raw wood and learning the proper preparation steps for a professional looking piece. Then we will progress to painting techniques which will include float loading, stippling and dip dots. These techniques are easily teachable and will be great tools to bring back to your club. 4-H'ers who like to do woodworking would also benefit from these painting tips. This workshop has a materials fee of \$5.00.

### **S1&2-7: Inclusion: Including without Excluding**

– Presented by Sarah Vogel, M.Ed. Director of Special Ed. Springfield School District

This workshop will explore the barriers to including the youth with challenging behaviors without excluding the youth who do not have the challenging behaviors. Social expectations, disability law, and practical behavior management techniques will be discussed. Participants will be encouraged to participate in both small and large group discussions. Participants will leave with a better understanding of behavior, a clearer understanding of their role as a leader in managing the spectrum of behaviors encountered in their groups, and possible resources for answering further questions.



## Saturday Morning Workshops - Session 1 - 8:30 a.m. – 10:00 a.m.

### **S1-1: ACCESS 4-H - Teens Wanted !**

– Presented by Bob Ranson, National 4-H Council

Did you ever think your Face Book or My Space page could interface with others through a National 4-H Network? This session will have you working on computers and learn about ACCESS 4-H; the new online infrastructure for everyone in the 4-H community. This hands-on workshop will enable you to create your own dashboard of gadgets inside ACCESS 4-H. Teens, you will become experts to go back to your club or county and train the adults. Plus, you can continue to communicate with those you meet at state and national 4-H events.

### **S1&2-8: LEGO Robotics**

– Presented by Tom Barrowman, LEGO Education Trainer  
This workshop will provide you with an experience in programming LEGO robots. You will be able to try two software platforms and have the necessary information to begin a program at your facility.

### **S1&2-9: Pysanky – The Art of Ukrainian Eggs**

– Presented by Ann Marie Waechter, NH 4-H Volunteer



Come learn about this ancient 3D art form. This session will teach you about the history and background of this fascinating traditional art. Learn how to use a kistka, beeswax and dye to create your own masterpiece. You will complete one Pysanka to take home.

### **S1&2-10: Taking Root – NH Common**

#### **Ground Garden Project**

– Presented by Julia Steed Mawson, Extension Educator, NH 4-H YD, and Karen Acerno, Massabesic Audubon Center

Since 1998, the 4-H Green Thumb Team program has provided weekly summer gardening and nutrition science experiences to over 300 inner city youth and their families each year. Through this workshop, participants will learn about the project, engage in several of the program's hands-on, minds-on garden activities, and share the resources, programs, and curricula of several other 4-H programs in the state. Workshop members will also share their interests and successes in fostering youth gardening in their region. This workshop is offered through the NH Common Ground Garden Program, sponsored by UNHCE Youth Development and the Massabesic Audubon Center.

Questions? Contact Michele King at 603-862-2199  
or by email at [michele.king@unh.edu](mailto:michele.king@unh.edu)



## Saturday Morning Workshops (cont'd)

Session I - 8:30 a.m. – 10:00 a.m.

### **S1-3: Bow Wow! Hangin' with your Home Dogs**

- Presented by Sarah Gardener, Key Leader NH 4-H Dog Project  
Check it out! If you have ever considered starting a 4-H Dog Club, this is a session you won't want to miss. As a dog club leader as well as a fair superintendent, Sarah will share with you her insight into what it takes to start and keep a successful dog club. From raising and caring for a puppy, to teaching youth how to train their dog in obedience and agility, this workshop will tell you what you need to know to get started.

### **S1-4: Faux Finish Painting**

- presented by Joey Pearson, NH 4-H Volunteer  
Have you ever touched a marble tabletop and been amazed to find out it was really wood? End the mystery of faux finishes for your walls. Learn how to paint walls to look like suede, linen, rock, or marble using paints, sponges, cloth, even plastic wrap. You *can* do this and get fabulous effects! All paints will be supplied by the Home Depot. Wear clothes to paint in.

### **S1-5: Got Change?**

- Presented by Patrick Grady, author & motivational speaker  
Are things constantly changing around you? It's OK. Change is a never ending process, but it does not have to be stressful. This workshop will help you deal with the deeper challenges of change and life. Develop skills that will dramatically impact how you deal with and implement change. Break old patterns to free your creativity and learn to help others through times of transition.

### **S1-6: How 4-H Transforms Youth**

- presented by Cathann Kress, National 4-H Program Leader  
4-H does it right! The emphasis of this session will be on the unique characteristics of 4-H programming which have the greatest impact on teaching life skills and changing the lives of youth. We'll learn how you move research into reality as *you* make a difference in the life of a 4-H'er.

**S1-7: Let's Play with Food!** - Presented by Collette Janson-Sand, PhD, RD, LD, UNHCE Nutrition Specialist  
It's easy to make nutrition fun! In this interactive session you will learn several nutrition games that will teach portion sizes, label reading, making healthy food choices and more. Participants will have the opportunity to learn how to construct the games as well as play them!

### **S1-8: Lights, Camera Action**

- Presented by Tamara Pellien, Program Associate, NJ 4-H YD  
What is 4-H? If a picture is worth a thousand words, then a video must be worth *many* more!! Bring your digital camera, with video capability (and computer cord) to this interactive session and learn how to make a short video that will help you to highlight the great things that are going on in your local 4-H Program.

### **S1-9: Magic of Electricity and Engineering**

- Presented by Mike Koski, Extension Educator, NH 4-H YD  
Join us for a *shockingly* good time as we learn about some electricity project ideas that you can use to challenge your club members in many different 4-H project areas (including animal science, gardening). Using simple materials, participants will solve a variety of problems using electrical circuits, such as wiring a building for lighting or security. We will also cover safety, share resource ideas for supplies, and have fun. This workshop is appropriate for anyone and the lessons will be fine for 4-H'ers 9 and up.

### **S1-10: Needle Felting Basics**

- Presented by Diane Johnson, NH 4-H Volunteer  
Learn the basic principles of wool felting by doing a short wet felting project. Embellish the project with needle felting and make an additional needle felted product. This workshop has a materials fee of \$8.00.

### **S1-11: Positive Discipline: Teaching and Learning Self-Control**

- Presented by Rick Alleva, Extension Educator, NH 4-H YD  
Discipline is a most important life skill for all young people to develop. Like any skill, discipline can be taught by competent and caring adults 'and' can be learned by youth of all ages and dispositions. Positive discipline can help us address individual youth needs for self-control, while also managing youth behavior in groups through a variety of interventions and strategies. In this workshop, we will explore the particular challenges and opportunities for implementing positive discipline in group settings with youth, while avoiding punitive and aversive methods that are commonplace in youth work today. A hierarchy of interventions will be reviewed, with opportunities for sharing, problem solving and role-playing positive discipline in our work with youth in groups.

### **S1-12: Scrapbooking**

- Presented by Trudy Schou, TT's Parties Plus  
Come to this session and learn how to capture your memories in style. Bring along some photographs or other items you would like to put in a scrap book and learn the tools and techniques needed to tell your story with flair. This workshop has a \$10.00 materials fee.

### **S1-13: Sewing Savvy**

- Presented by Lynn Garland, Retired Extension Educator, NH 4-H YD  
Brush up on sewing techniques that equate to quality construction. Discover some quick tips to sew better. Share ideas for quick and easy projects for new sewers. Put on the judges hat and evaluate sewn projects for fairs and fashion revues.

### **S1-14: Storytelling to Teach Morals & Ethics**

- Presented by Rick Glatz, UNH 4-H Camps  
Storytelling is a great way to exercise the imagination, build community and to teach morals and ethics. Come to this interactive session and practice storytelling techniques to bring home to try with your club.

## Saturday Morning Workshops (cont'd)

Session 1 - 8:30 a.m. – 10:00 a.m.

### **S1-15: Tile It!**

- presented by Carolyn Timmerman, NJ 4-H Volunteer

In this introductory session, learn to create whimsical floral designs with a few strokes of the paint brush! It's easy, once you know the secrets of the brush! We will use enamel paint for glass and ceramics, which will become permanent, no fear of chipping! This is to be thought of as grown up playtime! Just bring you (and maybe bring an old shirt to protect your clothes), and I will be pleased to provide the paints, brushes, paper towels, surfaces, and a few laughs along the way! In lieu of a materials fee, admission will be a dry or canned food good for the local food pantry.

### **S1-16: Tree Cookies**

- Presented by Jonathan Nute, Extension Educator, Forestry  
See *Friday Morning* for Description

### **S1-17: Whatever it Takes! Involving 4-H Families**

- Presented by Paula Gregory, Extension Specialist, NH 4-H YD  
Getting parents involved in our 4-H program is not always easy! Yet the impact of 4-H is strengthened when young people know their parents care. A growing number of studies show that cultivation of healthy partnerships between parents and programs is a critical element in the positive development of youth. Those who attend will work in small groups to design strategies they can easily use to enhance parent-volunteer relationships and increase family involvement in their 4-H activities.

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## Saturday Morning Workshops

Session 2 - 10:15 a.m. – 11:45 a.m.

### **S2-1: 4-H the Quiet Organization, Not Anymore!**

- Presented by Betty Harr, NJ 4-H Volunteer

Does it seem like no one knows about all the great things 4-H is doing? Well *you* can change that! Come to this workshop session and learn about simple ways you can get publicity for your club or county program.

### **S2-2: A World of Differences**

- Sharon Cowen, Family and Consumer Resources Educator

The differences between people make us all unique and even more interesting for others to get to know. But, the differences between us can also make it difficult to understand and appreciate each other. Learn what words like "diversity" and "culture" mean and how we can use our differences to expand our world!

### **S2-3: Breakthrough**

- Presented by Patrick Grady, Author & Motivational Speaker

Calling All Teens! Communication is a very important skill that is important in the success of any organization. This interactive workshop provides an opportunity to create an awareness of ones self and each other through the use of questions designed to reveal more than what superficial conversations include. It can provide insight into our personal self and assist us to find commonalities between one another that may help to create, strengthen and build close personal relationships.

### **S2-4: Buildable Bridge Models for After-School Programs**

- Presented by Erin Bell, Asst Professor UNH Civil Engineering

Buildable bridge models are not only fun to create, these working models demonstrate different types of bridge design, architecture, and construction methods. Building these models helps kids to understand the concepts of flow, force, tension forces, and compression forces. The process matches young students' natural curiosity, enlightens students to new career options, and gives them a greater understanding of the world around them and how it's formed.

### **S2-5: The Children we Love: Helping them Grieve**

- Presented by Sue Buteau, Extension Educator, Family & Consumer Resources, Coos County

Children grieve differently than adults. How adults support children through loss whether real, imagined, or anticipated can dramatically affect their ability to face and deal with crisis. How we face loss in our lives, and consequently how we heal is based upon what we learn throughout our lifetimes, the losses we experience, the behavior of our role models, social scripts, and the choices we make when our hearts have been deeply touched. This workshop will address many of the common myths surrounding the grieving process and will include practical suggestions for facing and accepting loss, making life adjustments, and imagining a positive and happy future. In addition to information about developmental stages, this presentation will include suggestions for listening to and talking with children, helping them face difficult times reducing their levels of stress and creatively helping them express their feelings during frightening times.



## **Saturday Morning Workshops (continued)**

### **Session 2 - 10:15 a.m. – 11:45 a.m.**

#### **S2-6: Circle of Courage: 4-H's New Essential Elements**

- Presented by Rick Alleva, Extension Educator, NH 4-H YD  
4-H provides many opportunities for young people to experience the Essential Elements of Belonging, Mastery, Independence and Generosity! The Youth Development field has embraced these 'elements' as the *Circle of Courage* through the work of Larry Brendtro, Martin Brokenleg and Steve Van Bockern at Reclaiming Youth International. Bring your wide open mind and explore the *Circle of Courage* and its Native American and Self-Esteem building roots in this workshop. Stand in the *Circle of Courage* and explore the powerful meaning of the four (4) elements. Experience how and why the *Circle of Courage* really is 'essential' to all of our work in 4-H. Share ideas and suggestions for using the *Circle of Courage* to promote positive youth development in clubs, afterschool and other settings.

#### **S2-7: First Five Fitting Tips**

- Presented by Janith Bergeron, NH 4-H Volunteer  
If you work with a sewing club, it is likely that garment fitting issues have come up at some point. This workshop will take you through the basic and fundamental steps to properly fit a pattern. After learning proper measuring techniques, you will be able to adjust shoulder slope, back length, front length, waist differential and shoulder line.

#### **S2-8: Here Comes the Judge**

- Presented by Lauren Bressett, Extension Educator, NH 4-H YD  
Preparing for competitive events includes focusing on life skills, making conscious choices, stress management, and many other developmental issues. Learn how to help your youth understand what being evaluated means and be prepared to handle the challenges of any competition.

#### **S2-9: Introduction to LifeSmarts**

- Presented by Nancy Berry, Extension Educator, 4-H YD  
LifeSmarts is a national contest for high school students to compete in learning practical knowledge in the areas of personal finance, technology, environment, consumer rights, and health. Come learn how you can get involved in your own state with a 4 person team competing online and then in person with buzzer boards. Adults serve as coaches. You could organize a 4-H team or a school team. Come see how much fun it can be! There are great prizes too!

#### **S2-10: Money Matters**

- Presented by Lynn Garland, Retired Extension Educator, 4-H YD  
Have you given up on that money tree in your back yard actually sprouting dollar bills?? Then come to this workshop and explore some of the fun learning activities from Financial Champions. Differentiate between needs and wants as well as long-term, mid-term or short-term financial goals. Improve your skills at communicating about money issues. Consider some basic concepts of money management that will help you have a more secure future.

#### **S2-11: Operation Military Kids**

- Presented by Charlotte Cross, UNHCE Extension Specialist  
Did you know there are approximately 2,000 kids under the age of 18 who have parents in the NH National Guard? There are many more military kids who need our support in the Northeast Region. Have you heard of the Cooperative Extension program called Operation Military Kids (OMK)? If you are concerned about the issues faced by military kids, come to this interactive workshop to learn more about OMK and how you could partner with others to support military kids. You will also learn about funding available to support OMK programs.

#### **S2-12: Project Butterfly WINGS**

- Presented by Marilyn M. Martin, Project Butterfly WINGS Director  
See *Friday Morning* for Description

#### **S2-13: Sunflowers Bloom**

- Presented by Carolyn Timmerman, NJ 4-H Volunteer  
Try fabric painting at its easiest! With a few strokes of the brush, added to a flick of the wrist, paint a seasonal sunflower, complete with leaves and stems. Cotton/canvas aprons will be the surface of choice here. You can wear your personally designed apron for Thanksgiving, and let everyone know your talents are without limit! No pressure here, just fun and relaxation. I will provide all the materials and a few secrets of the paint brush so you will know how to make it dance for you! Enjoy yourself, find a new creative outlet, and bring an old shirt to protect your clothes for the rest of the day. In lieu of a materials fee, admission will be a dry or canned food good for the local food pantry.

#### **S2-14: Tai Chi and Qigong (pronounced "chee-gung")**

- Presented by Lynne Donnelly, NH 4-H Volunteer  
We will cover a brief history and description of tai chi and qigong and their benefits: improved strength, balance, and flexibility; increased mental functions; better muscle tone; greater resistance to viruses; reduced stress; lower blood pressure; and increased confidence. I will then give brief demonstration of tai chi and teach one or two sets of qigong exercises.

#### **S2-15: Toothbrush Weaving**

- Presented by Lorna Bates, NH 4-H Volunteer  
If you have ever wondered what to do with all those scraps of leftover material, this class is for you. With this weaving you can make rugs, baskets, placemats, and more. You will learn this simple and easy technique and be able to take it back to your club. This workshop has a materials fee of \$6.00.

#### **S2-16: Wreath Making**

- Presented by Trudy Shou, TT's Parties Plus  
Participants will learn simple wreath decorating techniques using grapevine wreaths or straw hats. We will use a variety of materials to decorate the wreaths and you will learn how to decorate a wreath for any season. Pick your favorite style and create a masterpiece to bring home. This workshop has a materials fee of \$10.00.

## Saturday Afternoon Workshops

### Session 3 - 1:30 p.m. – 3:00 p.m.

#### **S3-1: 3-6 PM = Hours of Opportunity for 4-H Afterschool**

- Presented by Paula Gregory, Extension Specialist, NH 4-H YD  
Is it getting harder to bring new youth into 4-H? Is it challenging to find 4-H volunteers in your community? Learn how 4-H Afterschool is reaching more young people and the adults who care for them every day after school. Plan ways to bring the magic of 4-H to more youth in your community.

#### **S3-2: 4-H Flight Command Central: Rockets, Aviation, and Beyond..**

- Presented by Trent Schriefer, Extension Specialist, NH 4-H YD  
The mission of this workshop...if you choose to accept it...is to discover and acquire the tools needed to implement an exciting, fun and hands-on aerospace program. Your journey begins with imagination and transformation, as the workshop environment becomes 4-H Flight Command Central, where the images, sounds and language of space flight become real. Lesson plans (flight plans) will be presented along with model rocket building exercises, rocket flight safety and the principles of flight. The 4-H After-School Program Aerospace Kit: 4-H Flight Command Central: Rockets, Aviation, and Beyond...will be launched, providing an opportunity for each participant to earn their 4-H Flight Wings. Please dress for the mission as we will go outside to launch. Roger that.....over and out!

#### **S3-3: 4-H Marketing Made Easy**

- Presented by Michele Walfred, Extension Staff, Univ. of Delaware  
Learn how to use the 4-H Brand effectively and properly, and how to design a 4-H logo. Find out how you can promote 4-H in local and regional papers and how to involve 4-H'ers as junior reporters. How do we get reporters to cover 4-H events? And what are some press release dos and don'ts? Come to this important workshop and find out!

#### **S3-4: 4-H Shooting Sports Sampler**

- Presented by Larry Barker, Extension Educator/NH 4-H Shooting Sports Coordinator  
Are you curious to learn just what the 4-H shooting sports project is all about? Well here's your chance to discover directly from 4-H volunteer leaders who have a wealth of experience in this exciting project. Participants will learn about how we teach life skill development through this project and get a chance to actually sample a few of the disciplines. Almost without exception, folks come away all smiles after giving this project a try.

#### **S3-5: ACCESS 4-H Volunteers Connect**

- Presented by Bob Ranson, National 4-H Council  
Adults you too can become part of the technology world of 4-H! ACCESS 4-H; the new online infrastructure for everybody in the 4-H community. This Hands-on workshop will enable you to create your own dashboard of gadgets inside ACCESS 4-H. Have your questions answered about internet safety and identity protection in this new network. Stay connected with all the volunteers you meet at this conference.

#### **S3-6: A Road Map for Success**

- Presented by Lauren Bressett, Extension Educator, NH 4-H YD  
Goal setting is a valuable life skill that 4-H can help develop. Learn to teach youth how to set, attain, evaluate and celebrate goals. We will cover why goal setting is important, how ages and developmental stages of children affect their ability to set goals, easy activities to do with your club, and how goal setting relates to other aspects of 4-H such as record keeping. Teaching packets will be shared with all who attend.

#### **S3-7: Canine Companions for Independence**

- Presented by Sarah Vogel, M.Ed. Dir of Special Ed. Springfield School Dist.  
This workshop will give an overview of the CCI program, the goals of the service dog training, the joys and sorrows of being a puppy raiser, and the miracle of independence that the dogs can provide people with disabilities. The workshop will also show the use of a service dog in training in a 4-H club as a project for participants and as a leader's tool for providing opportunities for learning in each of the areas – Head, Heart, Hands, and Health.

#### **S3-8: Cheese Making 101** - Presented by Jenny Scholl, 4-H Leader/Cheese Making Hobbyist

Have you ever thought about making cheese at home but thought it must be too difficult? Come to this workshop and find out what it takes to make cheese. You will get a brief history of cheese making and learn about the equipment and cultures used in making cheese. There will be a demonstration of how to make one or two types of soft cheese and we will explore the differences in making mold ripened, hard cheeses and pressing cheese.

#### **S3-9: Creative Animal Science**

- Presented by Maryann Kasprzak, Program Coordinator, NH 4-H YD  
Skill-a-thons are learning stations where youth can gain and demonstrate their knowledge of their project with the help of a guide (leader, parent or 4-H'er). This session will be hands-on learning through matching games, puzzles, and other activities that are fun and age appropriate. Learn how to make and use skill-a-thon stations for your club or county activities. Bring ideas for your project and leave with one or more finished stations.

#### **S3-10: Design it, Explore it!**

- Presented by Julia Steed Mawson, Extension Educator, NH 4-H YD  
Join 4-H Extension Educator Julia Steed Mawson and the Afterschool Partnership in Science Team as we explore *Design It and Explore It* - this wonderful experiential curriculum created by the Education Development Center. Participants will roll up their sleeves and try activities as well as have time to talk about "bringing it home"! If you love the idea of building roller coasters, paper bridges or rubber band powered cars, this could be the workshop for you. Each adult participant will receive one Design It! copy of their very own.

Questions? Contact Michele King at 603-862-2199  
or by email at [michele.king@unh.edu](mailto:michele.king@unh.edu)



## Saturday Afternoon Workshops (continued)

Session 3 - 1:30 p.m. – 3:00 p.m.

### **S3-11: Friendship Quilt**

– Presented by Judy Cogger & Lucy Rhodes, NH 4-H Volunteers  
Bring your favorite fabric pieces and come to this hands-on session to learn some new techniques for making these quick and easy quilts. You will craft a reversible quilt about 30”X40” completed size. You will learn a technique where you put the front and back of your quilt together at the same time.  
**Required** – Bring Five pieces of coordinating fabric, each 2/3 yard, and cut into 6" strips (the width fabric).  
One 1/2 yard piece of fabric cut into 3" strips for binding. Bring a machine and sewing supplies if you have them. Batting will be available at the workshop for \$ 10/yd

### **S3-12: I Love the Nightlights**

– Presented by Carolyn Timmerman, NJ 4-H Volunteer  
A little paint, a little decoupage, some ribbon, all add up to a fabulous decorative piece. You will choose how you want to decorate your light block. Glass blocks will be your surface, and you will stuff them with lights. These glass block lights are beautiful, and as all decorative art should be, are totally useful! I will provide the glass blocks, a bit of paint, ribbon, decoupage, and light strings; you bring your creative minds! In lieu of a materials fee, admission will be a dry or canned food good for the local food pantry.

### **S3-13: Introduction to Spinning**

– Presented by Sarah Koski, NH 4-H Volunteer and Mike Koski, Extension Educator, NH 4-H YD  
Ever wonder how a fleece becomes yarn? Love to work with your hands? Then this is for you. Join us as we learn how to handspin wool with a drop spindle that you made. Participants will learn the basics of handspinning, including fiber preparation and also do a felting project. You will receive lots of take home materials, including a drop spindle, so you can continue practicing.

### **S3-14: Intro to Tai Chi**

– Presented by Ron Weiss, NH 4-H Volunteer  
Learn the basic elements involved in 13 movement Tai-Chi. This workshop will provide you with the fundamental foot work and body movement to get you started on this ancient form of exercise and relaxation.

### **S3-15: Loom Knitting**

– Presented by Trudy Shou, TT’s Parties Plus  
If you have always wanted to knit but can’t figure out how to make those needles do what you want, you should try this workshop. Participants will learn to knit using a loom called a *Knifty Knitter*. This device allows you to knit without all the difficulty of using needles. You will learn the basic technique and get ideas for hundreds of different projects. Each participant will go home with a *Knifty Knitter* and yarn to practice with. This workshop has a materials fee of \$15.00.

Questions? Contact Michele King at 603-862-2199  
or by email at [michele.king@unh.edu](mailto:michele.king@unh.edu)

### **S3-16: Palette of Fun**

– Presented by Linda Willard, Extension Educator, NH 4-H YD  
Have Fun with the “Palette of FUN” 4-H curricula. Using the Palette of Fun curriculum, learn the elements and principles of design to make members’ crafting projects visually appealing and age appropriate. Learn how children can increase their understanding of using pattern, balance and proportion as some of the principles of design. Everyone will make samples to bring back to their groups demonstrating their new creative skills.

### **S3-17: Project Wild and Wild Aquatic**

– Presented by Mary Goodrich, NH Fish & Game  
If you’re looking for a few more fun and educational activities for your toolbox, then join us as we sample a few of the activities that Project WILD and WILD Aquatic have to offer. Both are interdisciplinary, activity-based, K-12 supplementary curricula that focus on both terrestrial and aquatic wildlife. They provide strong support in the teaching of natural resource conservation and environmental education concepts, such as habitats, food webs, ecosystems, adaptations and wildlife management.

### **S3-18: Rug Hooking**

– Presented by Linda Spear, NH 4-H Volunteer  
Learn the basics of primitive rug hooking using strips of wool fabric. Materials, patterns and techniques will be discussed and demonstrated. Participants will be able to work on a simple small project that they will be able to share with their clubs. This workshop has a materials fee of \$8 and students may have an opportunity to purchase supplies at a discount during the class.

### **S3-19: Stenciling**

– Presented by Helen Sanford, NH 4-H Volunteer  
Learn the basics of stenciling and more. You will use stencil crèmes and learn shading techniques. Complete a project to take home and get ideas for a new project you can do with your clubs. This workshop has a materials fee of \$7.00.

### **S3-20: Team Building**

– Presented by Kathy Jablonski, Extension Educator, NH 4-H YD  
Make your “4-H Gang” into a cooperative working group. Various games/techniques/communication ideas will be demonstrated for participants to enjoy, savor and take home to use. Learn ways to discipline without disciplining. This workshop will provide several examples of games and techniques to try as well as resources to find even more.

### **S3-21: That Reminds Me of a Story**

– Presented by Rebecca Rule, NH Author and Storyteller  
Whether you’re gathered around a campfire, a dinner table, or it’s your turn to perform at an Irish noble call, telling stories is as natural as falling off a log, but it doesn’t hurt to practice. Storyteller (that’s *seanachie* to the Irish), Rebecca Rule will talk a little bit about storytelling traditions, model some techniques and invite participants to tell short stories of their own -- based on experience, or on story outlines provided at the workshop.