

Joy Gannon and Claes Telemarck from UNH Cooperative Extension Services were our recent speakers. Joy showed pictures of the successful Slow Cooker class that our club helped sponsor at Ossipee Central School. Twenty families signed up but there



was only room for 10. Over the 5 week course about 30 children and adults attended every week. Joy had already prepared the meal they were going to eat that night. Joy then helped the parents and children to prepare the same meal to take home. After the food, the children took part in a mini introduction to 4-H clubs with leaders from different local clubs. The parents were taught about nutrition, food shopping and how to read food labels. Joy hope to be able to do another class in the spring.

Claes talked about a new 4-H program he is trying to start in Ossipee. He has received a one year grant from the 4-H Youth and Families with Promise to start a mentoring program in Ossipee for students at risk and is looking for volunteers.



Volunteers are screened and have background checks. There is a training program before they actual meet with children. 4-H believes in positive programming around the ideas of belonging, independence, mastery and generosity. While 4-H once was a more agricultural program it is now very diverse with a lot of attention to STEM. Ages range for 8 to 18 with a program for 5-7 year olds called Clover Buds. There are 561,869 volunteers and 5.9 millions participants in 4-H programs.