

GET IN TOUCH WITH YOUR WILDSIDE

SEPTEMBER 23 - NOVEMBER 4TH

**FALL
FOLIAGE
CHALLENGE**



HOW IT WORKS



Overview:

YOUTH PARTICIPANTS MUST BE ENROLLED IN 4-H ONLINE. TO BE ELIGIBLE TO EARN THE PATCH AND OTHER AWARDS.

THE PURPOSE OF THIS CHALLENGE IS TO GET OUTSIDE AND TO EXPERIENCE THIS WONDERFUL SEASON. THERE ARE MANY THINGS TO HARVEST, SEE, AND DO DURING THE FALL SEASON. EVERYONE MARVELS AT NEW HAMPSHIRE HARDWOODS' COLORFUL FOLIAGE. PEOPLE TRAVEL FROM ALL OVER THE WORLD TO EXPERIENCE IT, HOPING TO CAPTURE SOME OF IT IN A PHOTO, VIDEO, OR MEMORY.

WHILE YOU ARE OUT AND ABOUT WITH YOUR FAMILY PARTICIPATING IN YOUR FAVORITE FALL ACTIVITIES, TAKE A CLOSER LOOK AT THE TREES IN YOUR NATURAL SURROUNDINGS. THIS CHALLENGE IS A TREE IDENTIFICATION PROJECT. ON ANY TYPE OF FALL OUTING (NOT YOUR HOME OR SOMEONE ELSE'S HOME), ACCURATELY IDENTIFY THE TREES WITH LEAVES THAT ARE CHANGING COLOR. THERE IS A LIST OF 12 HARDWOOD TREE SPECIES TO CHOOSE FROM ON THE NEXT PAGE.

The Mechanics:

- CHOOSE AT LEAST 4 OF THE ELIGIBLE TREE SPECIES LISTED IN THIS LOGBOOK. THERE IS A TREE IDENTIFICATION GUIDE AT THE END OF THIS LOGBOOK TO HELP YOU IN YOUR PURSUITS.**
- PARTICIPATE IN A FAMILY, 4-H CLUB, OR GROUP OUTING RELATED TO FALL (SEE LIST ON NEXT PAGE).**
- FILL OUT A LOGBOOK SECTION FOR EACH TREE SPECIES. THE PAGES WILL GUIDE YOU THOROUGH THE CHALLENGE. YOU WILL NEED TO TAKE PHOTOS, PRINT THEM, AND ADHERE THEM TO THIS LOGBOOK.**
- RETURN YOUR FILLED-OUT LOGBOOK TO YOUR COUNTY 4-H OFFICE BY SATURDAY, NOVEMBER 4TH. MAILING OR A DROP OFF TRIP ARE NECESSARY.**
- WE WILL SEND YOUR COMPLETED LOGBOOK AND YOUR LIMITED EDITION FALL FOLIAGE CHALLENGE PATCH BACK TO YOU.**

Hurry, because just like Fall, this won't last long!

HOW IT WORKS



Tree Species List

- SUGAR MAPLE
- RED MAPLE
- WHITE ASH
- PAPER BIRCH
- YELLOW BIRCH
- BLACK BIRCH
- RED OAK
- AMERICAN BEECH
- QUAKING ASPEN
- BIGTOOTH ASPEN
- BLACK GUM
- AMERICAN ELM

Eligible Outings

- 4-H CLUB MEETING OR EVENT
- LEAF PEEPING
- DRIVING THE BYWAYS
- HIKING OR WALKING
- EATING DONUTS AND DRINKING CIDER (AT SITE OF PURCHASE)
- BOATING OR FISHING
- SCENIC TRAIN RIDES
- APPLE PICKING
- STAYING IN ANOTHER TOWN
- LOCAL FESTIVITIES
- CORN MAZE
- HAUNTED EXPERIENCE

Hurry, because just like Fall, this won't last long!

AS EASY AS 1, 2, 3

01 PRINT & PLAN

Discuss this challenge with your family, 4-H Club, or youth group. When you decide that you are "all in," print one logbook for each properly enrolled 4-H youth in the group and register them in the challenge on 4-H Online. Your county extension office can assist you with registration support and printing by request. **WARNING:** this is a very ink intensive print job.

Once you have your logbooks, you can then decide on the outings you will take to accomplish the challenge with all the people in your group. You must agree on which places you will visit to identify the species of trees.

02 SEE THE SIGHTS & RECORD

Bring your logbook with you on your family & 4-H Club outings and record all the information the log page prompts for. When you're out and about, ask the people who work at the location about the trees on the property - they are a wise.

This is an inclusive program, and youth of all mobility range are encouraged to participate if interested. The adult leader may modify the challenge to fit the youth if necessary. Please make note of the modifications you made somewhere on this logbook.

There is a very important rule when it comes to hiking. You must tell at least 1 person who is not going on the trip where you plan to hike, when, and approximately when you will be home. When you return safely, notify that person/those people. This rule is for your safety.

03 SUBMIT & RECIEVE

Once you have recorded all the information for at least 4 species of trees, you have completed the challenge. To make it official, you must mail in or drop off the logbooks to your county extension office. *This challenge runs from 9/23/23 -11/4/23*

Please fill out the evaluation at the end.

Your county office will mail your completed logbooks and your Summer Hiking Challenge Patch back to you.



PATCH

THE ARBORIST

PASTE PHOTO OR DRAWING OF
YOURSELF HERE

NAME:

AGE:

FAVORITE THINGS ABOUT FALL:





SAFETY FIRST



WHAT GOES IN A FIRST AID KIT?

- Swiss Army knife or scissors
- Safety pins
- Gloves
- Soap
- Antibacterial ointment or honey (raw honey has antibacterial properties and can work better)
- Cleansing pads
- Sterile gauze pads
- Stretch gauze or gauze rollers
- Band-Aids
- Butterfly bandages
- Moleskin and blister bandages (this is one you might want to add in extra because blisters are a leading injury with hiking)
- Duct tape
- Splints (SAM Splints are lightweight and malleable) or a way to improvise
- Aspirin or ibuprofen
- Tums
- Acetaminophen
- Antihistamine (Benadryl)
- Electrolyte mix
- Hydrocortisone cream (anti itch)
- Lip balm

PACK FOR ALL KINDS OF WEATHER!

It is highly recommended that you plan your hikes for a nice day. However, the weather can be hard to predict and should not make you cancel your adventure. There are many elements to plan for. Pack for it all:

Sunny and Hot:

- Sunscreen
- Hat with brim
- Sunglasses
- Thin layer to cover arms and legs

Cool and wet:

- Raincoat & rain pants
- Extra socks
- Non cotton layers
- Beanie hat and gloves



Other Important Gear for Hiking

Map

Matches or lighter

Flashlight

SPECIES NAME:

DATE:

TOWN/LOCATION:

TYPE OF OUTING:

PHOTO OF TREE:



post photo here

ONE INTERESTING FACT:

TREE SPECIES 1



SPECIES NAME:

DATE:

TOWN/LOCATION:

TYPE OF OUTING:

PHOTO OF TREE:



post photo here

ONE INTERESTING FACT:

TREE SPECIES 2



SPECIES NAME:

DATE:

TOWN/LOCATION:

TYPE OF OUTING:

PHOTO OF TREE:



post photo here

ONE INTERESTING FACT:

TREE SPECIES 3



SPECIES NAME:

DATE:

TOWN/LOCATION:

TYPE OF OUTING:

PHOTO OF TREE:



post photo here

ONE INTERESTING FACT:

TREE SPECIES 4



SPECIES NAME:

DATE:

TOWN/LOCATION:

TYPE OF OUTING:

PHOTO OF TREE:



post photo here



ONE INTERESTING FACT:

TREE SPECIES 5





TREE ID GUIDE

TREE IDENTIFICATION KEY

Tree has needles use.....use **CONIFEROUS TREE KEY**

Tree has broad leavesuse **DECIDUOUS TREE KEY**

CONIFEROUS TREE KEY

1. Needles in bundles or groups (2)

1. Needles single or flattened and scaly (3)

2. Needles in clusters of more than 5 needles.....**Tamarack** (*Larix laricina*)

2. Needles 2 to 5 per bundle: Pine species (see a-c below)

a. Five needles per bundle**White Pine** (*Pinus strobus*)

b. Needles in pairs, 3 to 4 inches long.....**Red Pine** (*Pinus resinosa*)

c. Needles in pairs, under 2 inches long, bark dark gray..... **Jack Pine** (*Pinus banksiana*)

3. Needles scaly and flattened (4)

3. Needles single (5)

4. Has cones, scales flat, branches fan-like.....**Northern White Cedar** (*Thuja occidentalis*)

4. Has berries, may have scaly and prickly needles on same tree, scales rounded..... **Eastern Red Cedar** (*Juniperus virginiana*)

5. Needles flat (6)

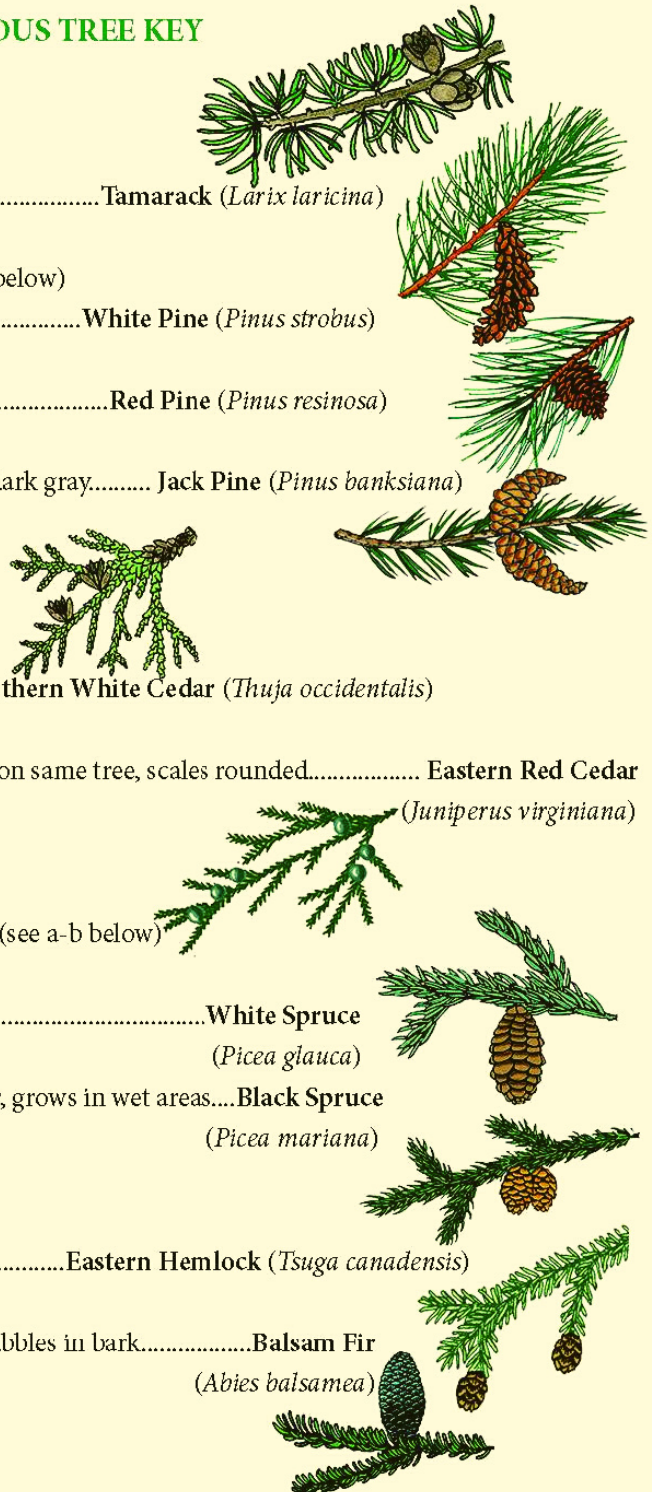
5. Needles square, 4-sided, stiff, sharp: Spruce species (see a-b below)

a. Needles 1/3 to 3/4 inch long, twigs hairless.....**White Spruce** (*Picea glauca*)

b. Needles 1/3 to 3/4 inch long, twigs have hair, grows in wet areas....**Black Spruce** (*Picea mariana*)

6. Needles 1/2 inch long with short petiole.....**Eastern Hemlock** (*Tsuga canadensis*)

6. Needles 3/4 inch to 1 1/4 inches long, no petiole, bubbles in bark.....**Balsam Fir** (*Abies balsamea*)

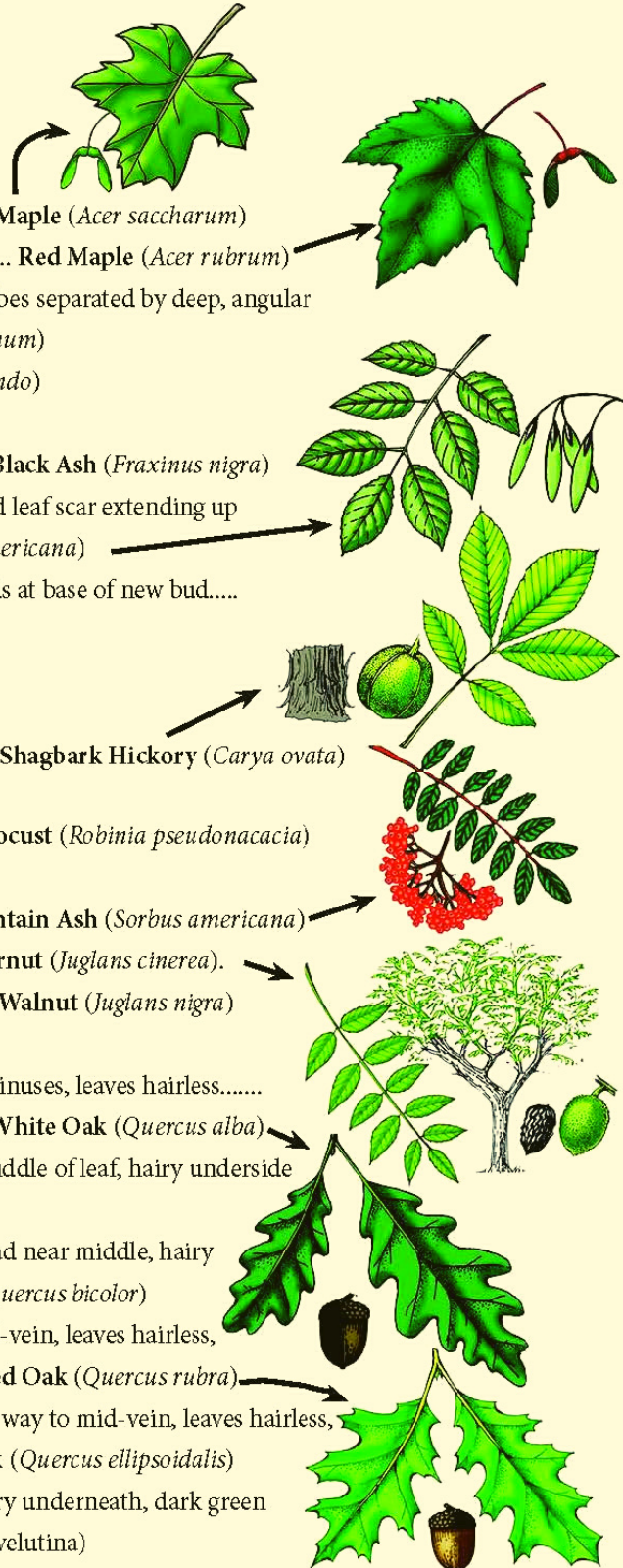




TREE ID GUIDE

DECIDUOUS TREE KEY

1. Opposite branching (2)
1. Alternate branching (4)
 2. Compound leaves (3)
 2. Simple leaves: Maple species (see a-c below)
 - a. Leaf margins smooth, 5 lobes **Sugar Maple** (*Acer saccharum*)
 - b. Leaf margins double-toothed, 3 to 5 lobes..... **Red Maple** (*Acer rubrum*)
 - c. Leaf margins single-toothed, 3 to 5 lobes, lobes separated by deep, angular openings.....**Silver Maple** (*Acer saccharinum*)
3. Three (rarely 5) leaflets..... **Box Elder** (*Acer negundo*)
3. Five to 11 leaflets: Ash species (see a-c below)
 - a. 9 to 11 leaflets, leaflets do not have petiole..... **Black Ash** (*Fraxinus nigra*)
 - b. 5 to 9 leaflets, leaflets have petiole, smile-shaped leaf scar extending up sides of new bud.....**White Ash** (*Fraxinus americana*)
 - c. 7 to 9 leaflets, leaflets have petiole, leaf scar ends at base of new bud.....**Green Ash** (*Fraxinus pennsylvanica*)
4. Compound leaves (5)
4. Simple leaves (8)
5. 7 or fewer (usually 5) leaflets, egg-shaped nut..... **Shagbark Hickory** (*Carya ovata*)
5. 7 or more leaflets (6)
 6. Leaflets rounded **Black Locust** (*Robinia pseudonacacia*)
 6. Leaflets pointed (7)
 7. Leaf 6 to 8 inches long **Mountain Ash** (*Sorbus americana*)
 7. Leaf 8 to 24 inches long **Butternut** (*Juglans cinerea*).
or **Black Walnut** (*Juglans nigra*)
8. Leaves not lobed (9)
 8. Leaves lobed: Oak species (see a-f below)
 - a. Rounded lobes, 5 to 9 deep even lobes and sinuses, leaves hairless.....
White Oak (*Quercus alba*)
 - b. Rounded lobes, pair of deep sinuses near middle of leaf, hairy underside of leaves..... **Bur Oak** (*Quercus macrocarpa*)
 - c. Rounded lobes, leaf narrow at base and broad near middle, hairy underside of leaves.... **Swamp White Oak** (*Quercus bicolor*)
 - d. Pointed lobes, sinues extend halfway to mid-vein, leaves hairless, dull green..... **Red Oak** (*Quercus rubra*)
 - e. Pointed lobes, deep sinues extend 3/4 of the way to mid-vein, leaves hairless, bright green and shiny.... **Northern Pin Oak** (*Quercus ellipsoidalis*)
 - f. Pointed lobes, deep sinues, young leaves hairy underneath, dark green and shiny, leathery.....**Black Oak** (*Quercus velutina*)



TREE ID GUIDE



9. Bark not papery (10)

9. Bark papery: Birch species (see a-c below)

a. Leaves single-toothed, white peeling bark....**Paper Birch** (*Betula papyrifera*)

b. Leaves double-toothed, dull green leaves, yellow or bronzed bark....

Yellow Birch (*Betula alleghaniensis*)

c. Leaves double-toothed, shiny green leaves, reddish-brown to silvery-gray bark.....**River Birch** (*Betula nigra*)

10. Leaf petioles flat (11)

10. Leaf petiole round (12)

11. Leaf triangular-shaped with coarse teeth..... **Eastern Cottonwood** (*Populus deltoides*)

11. Leaf oval: Aspen species (see a-b below)

a. Leaves have small, fine teeth less than 1/16 inch..... **Quaking Aspen** (*Populus tremuloides*)

b. Leaves have large teeth..... **Big-toothed Aspen** (*Populus grandidentata*)

12. Leaves nearly as wide as long (13)

12. Leaves longer than wide (14)

13. Leaves finely toothed **Balsam Poplar** (*Populus balsamifera*)

13. Leaves coarsely toothed..... **Basswood** (*Tilia americana*)

14. Leaf less than 3 times as long as wide (15)

14. Leaf at least 3 times as long as wide.....**Willow species**

15. Leaf veins thin and branch often (16)

15. Leaf veins thick and run from center to edge of leaf without branching (17)

16. Fine blunt teeth, leaves 2 to 6 inches long, bark dark... **Black Cherry** (*Prunus serotina*)

16. Sharp pointed teeth, leaves 2 to 4 inches long and hairy... **Hackberry** (*Celtis occidentalis*)

17. Leaf shiny and leathery (thick), coarse sharp teeth.... **Beech** (*Fagus grandifolia*)

17. Leaf dull and rough (18)

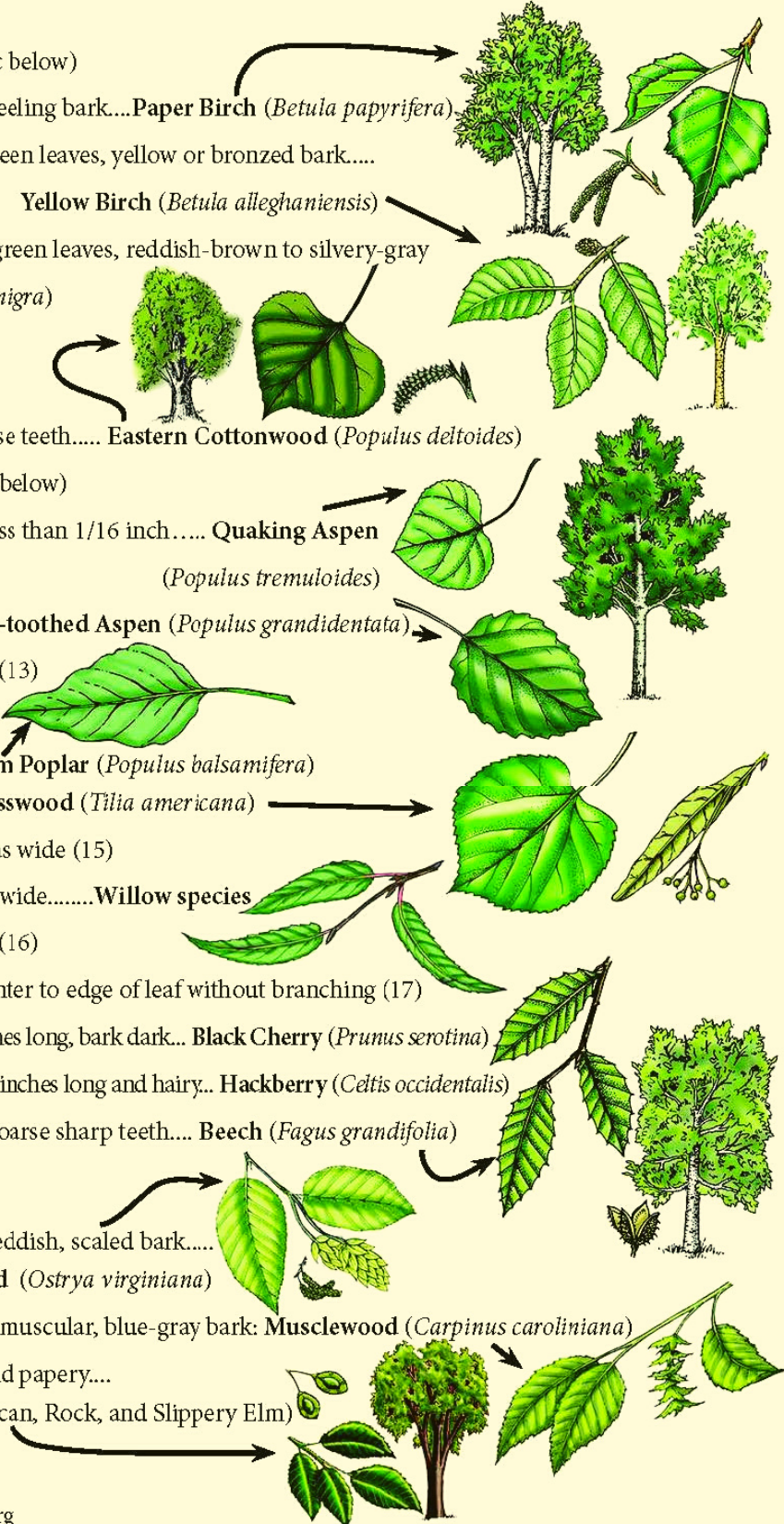
18. Most leaf bases even, rough, reddish, scaled bark....

Ironwood (*Ostrya virginiana*)

18. Most leaf bases even, smooth, muscular, blue-gray bark: **Musclewood** (*Carpinus caroliniana*)

18. Leaf base uneven, seeds flat and papery...

Elm species (including American, Rock, and Slippery Elm)





2023-2024 4-H Healthy Living
Physical Activity Evaluation for Youth & Families

Dear Participant:

You are being given this survey because you were part of a 4-H Healthy Living project/curriculum experience with a focus on physical activity. We are surveying young people like you to learn about your knowledge and experiences.

This survey is voluntary. If you do not want to fill out the survey, you do not need to. However, we hope you will take a few minutes to fill it out because your answers are important.

This survey is private. No one at your school, home, or 4-H project will see your answers.

Please answer all the questions as honestly as you can. If you are uncomfortable answering a question, you may leave it blank.

This is not a test. There are no right or wrong answers and your answers will not affect your participation or place in the program in any way.

If you have any trouble reading or understanding a question, please ask the adult in charge to help you.

In 4-H Healthy Living programs, we are looking to see ways you have changed your choices for a healthy lifestyle. It is a picture of where you are now in becoming the healthiest you can be.

Thank you for your participation.

Activity or Project: _____

Date: _____ Age: _____ Grade: _____

Which county 4-H program do you belong to or want to join? (choose only one)

Belknap

Grafton

Strafford

Carroll

Hillsborough

Sullivan

Cheshire

Merrimack

I'm not sure

Coos

Rockingham

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(Select one response in each row by marking the appropriate circle)

<u>After my participation in this activity/project</u>	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Not Sure</i>	<i>Agree</i>	<i>Strongly Agree</i>
I really enjoyed this activity/project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being active is fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to do another similar activity/project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being active is good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do moderate physical activities like walking, helping around the house, raking leaves, or using the stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise 60 minutes every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity will help me stay fit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>During the past 7 days, how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)</p> <p>0 days</p> <p>1 day</p> <p>2 days</p> <p>3 days</p> <p>4 days</p> <p>5 days</p> <p>6 days</p> <p>7 days</p>	<p>On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook, or other social networking tools, and the Internet.)</p> <p>I do not play video or computer games on school days</p> <p>Less than 1 hour per day</p> <p>1 hour per day</p> <p>2 hours per day</p> <p>3 hours per day</p> <p>4 hours per day</p> <p>5 hours per day</p> <p>More than 5 hours per day</p>				

One thing I enjoyed about this activity/project:

Please indicate how much you agree or disagree with each of the following statements. Select the response that most closely matches your thoughts as a result of your 4-H experience.

After my participation in this 4-H activity/project...	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>I don't agree or disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
This program gave me the opportunity to explore something I really care about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am passionate about the things I did in this program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4-H is an important part of who I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm interested in learning about careers and academic pathways in this project area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate how you feel about the 4-H program.	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>I don't agree or disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
I feel safe in this 4-H program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other kids in this 4-H program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I matter in this 4-H program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel welcome in 4-H	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

After my participation in the 4-H projects...	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>I don't agree or disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
Help me see future possibilities for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expect me to do something positive with my future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch me and push me in new ways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hold me accountable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

