



Belknap County UNHCE



Belknap County UNH Cooperative Extension is part of a statewide network of county offices bringing the University of New Hampshire resources directly to the people who live and work in Belknap County. Belknap County Extension is backed by more than 30 campus-based Extension specialists.

UNH Cooperative Extension provides research-based education and information to New Hampshire citizens, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources and improve the economy.

County government in partnership with UNH Cooperative Extension

County Commissioners:
Edward D. Philpot Jr., Chair
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Steven H. Nedeau, Clerk

John Pike
Dean and Director, UNHCE

Support for Cooperative Extension Makes Positive Impacts in Belknap County

Selected Highlights

County Investment:

- For the \$169,029 investment Belknap County makes in UNH Cooperative Extension programs, an additional \$259,329 of state and federal funds are invested directly toward county staff, programming, administrative costs and computer support for Belknap County.

Agricultural Productivity:

- Educational workshops were held for both agriculture producers and backyard gardeners on a variety of topics including fruit tree pruning, backyard composting, growing fruits and vegetables for the home, healthy lawn care, as well as pesticide training for new private applicator licensees.

- Visits to farms and home properties to diagnose insect and disease problems, and to assist new growers and gardeners were also carried out. The Belknap County Agriculture Educator oversees 30 active Master Gardeners who carry out various service projects.

Forest Resources:

- UNH Cooperative Extension's Forestry and Wildlife program continues to provide technical assistance to residents, businesses and municipalities on numerous topics including forest and



wildlife management, maple syrup production, Christmas tree management, current use law and urban tree care.

- Over 1,100 individuals were helped directly through phone calls, emails, one-on-one visits, and group educational meetings. Approximately 632 individuals participated in 20 educational meetings.

- In addition to the qualitative benefits of our educational services, the Forestry and Wildlife Program provides support and

value to New Hampshire's \$1.15 billion forest manufacturing industry, \$1.12 billion forest recreation and tourism based industry, and \$7 million Christmas tree and maple syrup industry. Thirty million dollars in local taxes are generated as a result of forest management activities.

Water Resources:

- The NH Lakes Lay Monitoring Program (LLMP), supported and administered by UNH Cooperative Extension, provides a cost-shared, quality-assured water quality monitoring and assessment program taking advantage of the commitment of county residents to serve as volunteer monitors.

- Extension has worked with a majority of the towns and local lake and watershed associations in Belknap County (for over 35 years in some cases) providing monitoring and water quality assessment assistance.

BELKNAP COUNTY

■ Extension partnered with the N.H. Dept. of Environmental Services and the Town of Barnstead the past six years on investigating an Integrated Pest Management approach to controlling variable milfoil in the Suncook Lake and the Suncook River. Through reduced lab fees, Extension saved Barnstead a minimum of \$14,820 in lab analysis costs for the two projects in 2008 and 2007.

Financial Management:

■ During these difficult economic times, many families are experiencing increased financial pressure. Family Resource Management programs focus on helping individuals and families identify goals, develop a spending/savings plan, understand credit and debt reduction, stretch resources and become a more educated consumer.

■ Over 110 individuals participated in financial workshops throughout the county. Participants reported an increased knowledge and use of financial management strategies. In an effort to reach underserved low income families, many workshops were held in collaboration with other agencies such as Carey House and Workplace Success.

Youth development:

■ One hundred thirteen 4-H volunteers provided support to youth in Belknap County in 2010. These volunteers serve as group leaders, mentors and project teachers, while 139 youth participated in 4-H programs learning lifelong skills such as leadership, community service, teamwork, self-esteem and communication.

Parenting education:

■ Over 700 families received the Cradle Crier/Toddler Tales age-paced newsletter series. Parents enroll when their child is born and continue to receive information throughout the first two years of their child's life. Parents report the information helps them know what to expect as their child develops, as well as providing information to help with making decisions around providing a positive environment. An additional 78 caregivers participated in parenting series offered

throughout the county, focusing on providing parents with information and skills to increase positive outcomes.

Food safety:

■ The Center for Disease Control estimates 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths occur annually from food-borne illness.

Extension's food safety programs target knowledge and behavior within the food service environment connected to a reduction in risk such as good personal hygiene practices, preventing cross contamination, and controlling time and temperature conditions of food.

■ Over 180 food service workers completed the SAFE-Safety Awareness in the Food Environment program. This included participants from local restaurants, schools and other community organizations.

■ Sixty-three individuals at the Carey House homeless shelter participated in classes on nutrition/food safety throughout the year. This is a particularly high risk group that usually gets food stamps and is targeted by Extension's Nutrition Connections for programming. Sixteen sessions were taught.

Nutrition education:

■ One hundred individuals at the Carey House homeless shelter participated in classes on nutrition/food safety. This is a particularly high risk group that usually gets food stamps and is targeted by Extension's Nutrition Connections for programming. Twenty-five sessions were taught.

■ In Belknap County, 431 youth and 299 adults with 829 family members participated in Nutrition Connections programming last year. Adult classes were offered at Workplace Success, Genesis Behavioral Health, Head Start, the Carey House, the Stafford House and Sunrise Towers, and through the mail. School groups included Woodland Heights, Elm Street, Pleasant Street, Interlakes Elementary and Head Start.

STAFF

County Office Administrator & Family & Consumer Resources
Suzanne Cagle

Agricultural Resources
Kelly McAdam

Forestry & Wildlife
Andy Fast

4-H Youth Development
Carolee Longley

Nutrition Connections
Brenda Carey

Administrative Assistant
Giegie Marrone

COUNTY ADVISORY COUNCIL MEMBERS

Brett Barton, Barnstead
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John Thomas

Belknap County

625 Main St. 3rd Floor, Suite 1
Laconia, NH 03246-2900

belknap@ceunh.unh.edu

Ph: (603) 527-5475

Fax: (603) 527-5477

Monday-Friday, 8-4 pm

Web Page:

extension.unh.edu/Counties/Belknap/Belknap.htm