

Carroll County Chatter



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

UNH/Carroll County Cooperative Extension

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September/October 2009 Calendar of Events

September 2009

- 1 Carroll County 4-H Advisory Committee Meeting, Pick up Club Fair Packet
Leader Workshop on Completing Group Activity Reports @this mtg
- 7 Labor Day Observed, UNHCE Carroll County Office *closed*
- 13 2009 NH 4-H Market Lamb Show & Auction @Hillsborough Cty Ag Fair
- 15 Member Project Reports Due to Office, Conway
- 15 Group Activity Reports Due to Office, Conway
- 15 Sandwich Fair 4-H Animal Show Entries due to 4-H Office, Conway
- 22 Carroll County 4-H Advisory Committee Meeting

October 2009

- 3 Fryeburg Fair: Set Up 8-12, Judging 12- finished
- 4-11 Fryeburg Fair: Sunday through Sunday
- 9 Fryeburg Fair: 4-H Market Lamb & 4-H Market Steer Auction
- 9 Sandwich Fair: Set Up 2-6, Judging 6-finished
- 10-12 Sandwich Fair: Saturday through Monday
- 12 Sandwich Fair: Take Down 5:30pm, Monday
- 13 Fryeburg Fair: Take Down 2-6pm, Tuesday
- 15 Carroll County 4-H Scholarship due at UNHCE 4-H Office, Conway
- 17 NH Regional 4-H Leaders Forum & Training, Epsom Elementary School
- 24 NH Regional 4-H Leaders Forum & Training, Newport, NH
- 27 Carroll County 4-H Advisory Committee Meeting
- 30 Carroll County 4-H Records due at UNHCE 4-H Office, Conway

November 2009

- 7 NH Regional 4-H Leaders Forum & Training, Profile HS, Bethlehem
- 11 Veteran's Day Observed, UNHCE Carroll County Office *closed*
- 20 Carroll County 4-H Awards Night

We're looking for club updates, activities and news. Please send your stories to Annette by October 2.

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August 17, 2009

Dear 4-H Members & Leaders,

I hope you all have been enjoying your summer. I know some of you have been busy attending summer fairs while others are looking forward to Sandwich and Fryeburg, but no matter how you slice it this is the culmination of your 4-H year. The fairs are also a great time to promote and support your 4-H clubs. To encourage participation in the fairs this year the Carroll County 4-H Advisory Committee will be giving any 4-H member who exhibits at either Sandwich or Fryeburg Fair a new Carroll County 4-H t-shirt. So be sure to check in with your club leader and get your entry forms filled out. Your displays in the 4-H exhibit hall really help tell others about what 4-H is. This is a great opportunity to promote the 4-H program as we head into our new 4-H program year. We are also be looking for help with the 4-H food booth and selling candy bars at the fairs. Look for more information coming your way soon. Helping out with the food booth and selling candy bars is an opportunity to support 4-H in the county but also do your part to give back and help the program that supports you and your club.

I look forward to seeing you and your hard work at the fairs and will count on your help, whether your selling a candy bar, telling someone about your 4-H project, encouraging someone to join 4-H or selling food at our food booth together we all make 4-H happen in Carroll County.

Mark your calendars our 4-H Awards night is scheduled for November 20th.

Cheers,

Claes

Events Calendar

<http://extension.unh.edu/>

Check out our website listed above. Click on **Upcoming Events** then click on **Carroll County** and there you will find our calendar of events. Keep yourself current with workshops, meetings, and annual events. You can also check out what the rest of the state is doing...maybe there is something you would be interested in. You never know until you look!

Saddle-ites 4-H Club

On May 17, 2009 the Saddle-ites 4-H club visited Live & Let Live Farm in Chichester, NH. The members were inspired to donate hay, grain, halters, leads, blankets, saddles, and other equipment when they heard that this facility rescues abused and abandoned horses from all over the state of New Hampshire. Bryce & Baylee Frizzell, Dana & Karen Williams, Dan & John Cox, and Julia Schmidt were given a tour and introduced to all of the horses residing there. The farm is a non-profit, charitable foundation supported by donations, sponsorships and grants, so it was nice that the club community service project could provide for some of the needs of their horses.

State 4-H Horse Show

Participating in the 4-H State Horse Show was fun and funny. Veteran, Dana Williams, team leader and rookie rider, Bryce Frizzell participated along with riders Katy Coombs and Alicia Fair, and team leader, Kaitlyn Horne. The weather was not too hot, but it rained a lot at night so camping outside was not a good choice, right Linda. Being responsible for yourself and helping teammates was a good learning experience. Dana very much enjoyed meeting 4-Hers from Merrimack County and joined them in their pinata party in the dorm. Bryce had just learned how to braid his horse and his skill, along with the assistance of his teammates, helped him to earn a blue ribbon in Fitting & Showmanship. Submitted by; Dana Williams & Bryce Frizzell

Carroll County 4-H Advisory Committee

The August 2009 meeting has been pushed out to Tuesday September 1st. There will be a mini workshop on completing Group Activity Reports. Bring your forms, secretary books, treasurer books and questions. Fair packets will be ready for pickup at this Carroll County 4-H Advisory Committee Meeting.

Fair Time is Coming!

All of the fairs are up and coming. Don't miss out...make sure you send in your 4-H animal project show entry forms before the deadline. For more information about New Hampshire Fairs, go to their website: <http://www.nhfairs.com/fairdates.htm> . The Big E (Eastern States) website is: <http://www.thebige.com/>. You can download all entry forms and rules by clicking on each fair. If you need help, feel free to contact the office.

Up & Coming Fair Dates:

September 2 - 7, 2009	Lancaster Fair	http://www.lancasterfair.com
September 3 - 7, 2009	Hopkinton State Fair	http://www.hsfair.org
September 11 - 13, 2009	Hillsborough Cty Agricultural Fair	http://www2.new-boston.nh.us/Pages/NewBostonNH_4H/index
September 18 - 27, 2009	Rochester Fair	http://www.rochesterfair.com
October 1 - 4, 2009	Deerfield Fair	http://www.deerfieldfair.com
October 4-11, 2009	Fryeburg Fair	http://www.fryeburgfair.com
October 10 - 12, 2009	Sandwich Fair	http://www.thesandwichfair.com

2009 New Hampshire 4-H Market Lamb Show & Auction

at the Hillsborough County Agricultural Fair

Sunday, September 13, 2009 at HCAF, 4-H Youth Center, New Boston (call 487-3837)

Check out 4-H Projects during Fair Season!

Fairs showcase 4-H projects, either in exhibit buildings or show rings. Members learn from feedback about the quality of projects completed, receive ribbons and premiums. Members also serve as an ambassador explaining projects and 4-H to the public.

Members also participate in learn by doing programs, volunteer at food booths or 4-H fund-raisers and other places around the fair, and make friends with youth from other counties.

Adapted from: http://extension.unh.edu/resources/resource/69/NH_4-H_Youth_Development_-_Youth_Opportunities

Carroll County Market Lambs and Market Steers

We have members who are working hard to raise market lambs and market steers. These members are working on daily rate of gain so that these projects will be ready for auction at the Fryeburg Fair. Market Steer projects for Fryeburg Fair has to be approved and on record no later than January 1st of the current year. Market Lamb projects for Fryeburg Fair have to be approved and on record by May 15 of the current year. This years Fryeburg Market Steer and Lamb Auction will be on Friday, October 9 at the Livestock Show Arena on the fairgrounds. Look for our Carroll County members and their projects!

Fryeburg Fair News:

A Let's Make Whoopie Contest: First Sunday, 3:00 PM at the Agricultural Exhibition Center. No pre-entry necessary. Contest open to Maine and New Hampshire residents only, adults and juniors 18 and under. Only one entry per person. Amateur bakers only. All whoopie pies must be accompanied by the recipe typewritten or neatly printed on a plain, white, UNADORNED 4x6 INDEX card. No designer recipe cards will be accepted and no names are to appear on the recipe card. Recipes must not have been previously submitted A minimum of 7 at least 3" diameter whoopie pies must be submitted for judging. Whoopie pies and recipes become the property of Fryeburg Fair. Whoopie pies can be any flavor combination desired. It is not necessary to make traditional chocolate and vanilla. All whoopie pies must be in a disposable container. These containers will be disposed of after the contest. Whoopie pies will be accepted on Sunday, from 8 AM to 2:30 PM. No late entries will be accepted. Judging begins promptly at 3:00 PM. Entries will be judged on the following: Originality 10; Texture 5; Flavor of filling 5; Flavor of cookie 5; TOTAL 25 Points. Decisions of the judges will be final. PRIZES WILL BE AWARDED ON THE FOLLOWING: Best Overall \$50.00 Best Filling \$25.00 Best Junior \$25.00 Best Specialty (dietetic, low fat, low sugar, etc.) \$25.00

Source: <http://www.fryeburgfair.com>

Fryeburg Fair will also have a spinach contest, an oatmeal cookie contest, two Crusted Apple Pie Contest, Blue Ribbon Blueberry Dessert Contest, and a No Bake Cookies Parent-Child Contest. Check the website: <http://www.fryeburgfair.com/> and/ or your premium book that came in the mail.

WANTED... for the Sandwich Fair 4-H Food Booth

The Sandwich Fair Food Booth is available to Carroll County 4-H Clubs for each of the 3 days of the fair; Saturday, October 10, Sunday, October 11, and Monday, October 12. Saturday and Monday are still open...call now to take advantage of this fundraising opportunity for your club. This will be terrific opportunity for leaders to work with members on important life skills such as planning/organizing, service learning, goal setting, social skills, community service volunteering, and self motivation. Each club will be responsible for the day (or clubs could team up with another club). Responsibilities will include menu planning & supplies, preparation, food booth management, sales, clean-up, etc... The rewards would be that the club retains half of the profits, each participant grows with understanding and appreciation of the food service industry and the other half of the profits goes to the Carroll County 4-H Advisory Committee! Previous years' hours have been 7am to 6pm. Contact the Claes at the 4-H Office in Conway (447-3834)

Sandwich Fair News: *** 100th Anniversary Poster Contest *******

Be a part of the 100th Anniversary! The Sandwich Fair Association will hold a poster contest for their 100th Anniversary. The winning posters will be used to advertise for the 2010 Sandwich Fair. The deadline for submission has not yet been determined but it will be shortly after the fair. Entry forms and information are available by call Elaine Peaslee at 603-476-5116 or by e-mail at dpeaslee@myfairpoint.net . Source: http://www.thesandwichfair.com/html/poster_contest.html

Sandwich Fair Baked Goods Competition

For more information: http://www.thesandwichfair.com/html/baked_goods.html

KING ARTHUR FLOUR(KAF): King Arthur Flour has graciously agreed to sponsor our KAF recipe bake-off competitions for Adults, Teens and Juniors with wonderful prizes. New this year is a recipe bake-off for Adults and Teens and a separate for Juniors. Bake-off recipes are as follows:

KAF Adult and Teen (Ages 13-19) Competition Recipe

THE EASIEST BUTTER-PECAN KRINGLE EVER

Kringle looks like it should be really hard to make, and it usually is, which is why most folks buy their kringle from one of the Wisconsin bakeries that specialize in this tender, layered, buttery Danish Christmas pastry. This version of kringle is super easy! Although it is not made in the traditional method, it will be just as tender and tasty.

Filling: ½ cup (1 stick, 4 oz) butter, unsalted preferred, cut into pats

1 cup (4-1/4 oz) King Arthur Unbleached All-Purpose Flour

¼ tsp salt (omit if using salted butter)

¼ cup (2 oz) cold water

Pastry: 1 cup (8 oz) water

½ cup (1 stick, 4 oz) butter, unsalted preferred

¼ tsp salt (omit if you use salted butter)

1 cup (4-1/4 oz) King Arthur Unbleached All-Purpose Flour

large eggs, at room temperature

1/8 tsp extra-strong butter-rum flavor, optional

Topping: 12 oz caramel, cut from a block (about 1-1/4 cups) or about 3 dozen individual vanilla caramel candies, unwrapped

2 cups (7-1/2 oz) diced pecans or pecan halves, toasted*

Glaze: 1 cup (4 oz) confectioners' sugar

¼ to 1/3 cup (2 to 2-3/4 oz) heavy cream or milk, enough to make a pour able glaze

Pinch of salt

2 drops extra-strong butter-rum flavor, optional

*Spread pecans in a single layer in a 9x13 inch pan, and bake in a preheated 350 degree oven for 9- 13 minutes (the longer amount of time if you take them right from the freezer) until they are lightly browned and smell toasty. Preheat the oven to 350 degrees. Lightly grease (or line with parchment) a cookie sheet or sheet pan at least 18x13 inch.

To make the filling: Combine the butter, flour, and salt (if you are using it), mixing until crumbly. Add the water and stir to make soft, sticky dough. Wet your hands, pick up the dough, and shape into an oval ring on the sheet pan, making the ring about 12x 8 inches. This will be messy going, but just keep wetting your fingers and pushing it into a ring. Once you have made the ring, flatten the dough so it is about 1-1/2 inch wide; basically it will look like an oval train or NASCAR track.

To make the pastry: Place the water, butter, and salt (if you are using it) in a saucepan and heat over medium heat until the butter is melted and the mixture is boiling. Transfer to a mixing bowl and immediately add the flour. Beat until the mixture is cohesive. Beat in the eggs one at a time, making sure each is fully incorporated before adding the next. Add the flavor at the end, if you are using it.

Spread the pastry along the oval ring, covering it completely; you will now have a much wider oval ring, though it will not be completely closed in the center. It should still look like a ring.

Bake the kringle for 50-60 minutes until it is a deep golden brown. Remove it from the oven, and allow it to cool completely on the pan.

To make the topping: First, have the pecans all ready beside the pan of kringle; you will be sprinkling them on top of the caramel as soon as you pour it on.

Place the caramel in a microwave-safe spouted cup, if you have one. It is not necessary, but makes it easier to pour. Melt the caramel until it is bubbly, remove it from the microwave, stir a few times to smooth out the bubbles, and immediately drizzle it over the kringle. If it stiffens up, reheat briefly in the microwave. Sprinkle pecans atop the caramel, pressing them in gently. Allow the kringle to cool completely.

To make the glaze: Stir together the confectioners' sugar, salt, flavor (if you are using it), and enough milk or cream to make a pour able glaze. Drizzle it over the kringle.

To serve: Cut the kringle into 2 inch slices. Yield: One large (12x16 inch) kringle – 20 servings

KAF Junior (Ages 12 & under) Competition Recipe

CLASSIC PRETZELS

These old-fashioned “Philadelphia-style” pretzels are almost like bagels – smooth and shiny on the outside, chewy within.

1 T sugar

2 cups room-temperature water

1 T active dry yeast or 2 tsp instant yeast

3 cups King Arthur 100% White Whole Wheat Flour

2 tsp non-diastatic malt powder or sugar

1 T salt

2-1/2 to 3 cups King Arthur Unbleached All-Purpose Flour

Mix the sugar, water, and yeast; stir to dissolve. (If you are using instant yeast, skip this step. Simply combining all of the ingredients at once.) Add the white wheat flour, malt, salt, and enough unbleached flour to make a soft (but not sticky) dough. Knead well, place in a bowl, and let rise until doubled.

Divide the dough into 16 pieces. Roll each piece into a log, and shape the logs into pretzels. In a large pot, boil together 6 cups of water and 2 tablespoons baking soda. (Note: Adult, please help with the following two steps.) Put 4 pretzels at a time into the boiling water, and cook for 1 minute. Transfer boiled pretzels to a lightly greased baking sheet.

When all the pretzels have been cooked, paint them with an egg glaze – 1 egg mixed with 1 tablespoon water. Sprinkle with salt or seeds, if desired, then bake in a preheated 450 degree oven for 12-15 minutes or until the pretzels are well-browned.

Yield: 16 soft chewy pretzels. Source: http://www.thesandwichfair.com/html/baked_goods.html

Commissioner of Agriculture’s Award for Agricultural Excellence

Criteria:

1. Awards shall recognize exhibits which promote a better understanding of agriculture and rural life.
2. Awards may be given to individuals, farms, businesses or organizations.
3. Award shall be given based upon assessment of the following:
 - a. Organization and neatness
 - b. Ability to convey clear information or message
 - c. Conformity to generally accepted practices such as animal cleanliness,

proper preparation of produce, adherence to state or federal grade and quality standards, etc.

d. Clear identification of exhibitor - name and hometown

e. Integration with overall goals of the individual fair

f. Originality

4. Awards shall not be given to an exhibitor more than once in three years.

5. Awards shall be determined by judges appointed by the Commissioner of

Agriculture Market and Food. Source: http://www.thesandwichfair.com/html/commissioner_s_award.html

Sandwich Fair Photo Contest

The Annual Sandwich Fair Photo Contest will award 3 prizes to the winning photographs taken at the **2009** Sandwich Fair. The pictures may be of competitive events, farm and home displays, crafts, animals, the Parades or any other Fair activity.

Premiums **1st**: \$50.00 **2nd**: \$25.00 **3rd**: \$15.00

- Entries may be black and white prints, color prints or digital.
- Pictures must have been taken at the 2009 Sandwich Fair.
- Entrants may submit up to two photos. Photos of "Advertising" will be disqualified.
- Size of photos to be 3 ½" x 5" OR 4" by 6" prints. Please no larger
- Entrant's name, address and phone number must be attached to the back of the photos.
- Photos must be received by **NOVEMBER 15th, 2009**.
- Photos entered may be selected for use in promoting the Sandwich Fair and will become the property of the Sandwich Fair Association.
- Winners will be notified by mail and announced in local papers.
- Mail entries to:
 The Sandwich Fair
 P.O. Box 161
 Center Sandwich, New Hampshire 03227
 or e-mail digital files (JPEG preferred) to sfa@ttlc.net
- Source: http://www.thesandwichfair.com/html/photo_contest.html

Free 4-H T-Shirts for 4-H Exhibitors at Fryeburg and Sandwich Fairs

We want YOU to share your great 4-H work at Fryeburg and Sandwich Fairs this fall. Anyone who enters their 4-H project work in a 4-H show at Fryeburg or Sandwich Fairs will receive a new t-shirt designed by members of the Oats and Hay Livestock Club, Anna Fredrickson and Annie Peternel.

Candy Bar Sales 2009

We are looking for someone to coordinate our chocolate bar sales at Fryeburg Fair and Sandwich Fair this fall. Responsibilities include: scheduling sales table in the 4-H halls, tracking chocolate bars, collecting the money and turning it in to the office! Please call the office to step up to the chocolate bar today (447-3834)!

Member Project Reports Due September 15 4-H Office Conway

The 2 page annual 4-H Project Report Form is due to the 4-H office in Conway on September 15. These reports are part of each member's yearly requirement for annual awards. The office uses the information gained in these reports for annual reporting that confirms funding on the county, state and federal levels. It is important to complete your forms and return them by the deadline so that your voice will be heard and counted!

Group Activity Reports Due September 15 4-H Office Conway

Near the end of each program year, 4-H group leaders are asked to provide us with important information on their group's membership, activities, and impacts during this past year. Now is the time for the report! These forms were mailed in July in club leader packets. Forms can also be found on our website:

http://extension.unh.edu/resources/resource/1129/Annual_4-H_Group_Activity_Reports

You will be providing UNH Cooperative Extension with valuable information. We will use the information by aggregating it with all other reports from this county, and then with all other county summaries. Any reports written or shared concerning the information you submit is intended to present an overall picture of what 4-H is in New Hampshire, and show the impact 4-H is making on our participating youth.

Round Up at JC Penney for 4-H Afterschool Programs

From October 16-25 JC Penney Stores will be supporting 4-H Afterschool Programs with a store Round Up. When you make any purchase at a JC Penney store from October 16-25 you will be asked if you would like to Round Up your purchase. Any dollar amount you round up will go to support 4-H Afterschool programs in Carroll County. 4-H currently has partnerships with and supports three Afterschool programs, Schools Out! in Ossipee, Mustang Academy in Madison and Project Succeed in Conway. Money from last years JC Penney Round up will support LEGO Robotics Clubs at each of the Afterschool programs. Our nearest JC Penney is in North Conway near Hannafords nad Round up to help support 4-H.

Why Do County Records? Due October 30 4-H Office Conway

Record keeping is a basic skill that will benefit you throughout life. Managing a checkbook or finding a solution to a problem requires record keeping skills. Keeping good records will help you to build skills in organizing and goal setting. Even if you do not submit your completed records for judging, you will find them useful for when you need to recall your involvement and experiences on applications for college or work. Looking back over your record will give you a sense of pride in your accomplishments. Every 4-H member should keep a 4-H record. Ask your 4-H Leader or Extension Educator if you need help in tracking projects and skills you have learned. Your 4-H record is an important document. Keep your 4-H record in a notebook or holder that will protect it and keep it neat and clean. Remember where you put your record, as you will be adding to it on a regular basis.

Source: http://extension.unh.edu/resources/resource/72/County_4-H_Guide_-_Age_8-10

MARKETING YOU

"Learning by doing" is the principle on which 4-H is founded. As you take part in 4-H and other activities, you gain knowledge and skills in your areas of interest. Many of these skills are transferable. A transferable skill is one you can use to help you reach

other goals, such as applying to college, getting a job, winning a scholarship, or being selected to attend National 4-H Youth Issues Congress. Pinning down and describing your skills and accomplishments may take some time and thought, but the effort will be worth it. Think of yourself as a detective solving a mystery-the mystery of who you are and what you have to offer now.

Marketing You – Developing a Personal Resume Packet can be found at:

http://extension.unh.edu/resources/representation/Resource000060_Rep62.pdf

Carroll County 4-H Scholarship

Thursday October 15

Eligibility: Any current Carroll County New Hampshire 4-H member or Carroll County New Hampshire 4-H alumni member is eligible. The first time applicant shall submit application with most recent Carroll County 4-H Records. Applications submitted yearly need only submit 4-H records with first year application. Selection will be based on 4-H participation, career goals, financial need, and funding available. Applications: Interested applicants should apply using the official Carroll County Advisory Committee 4-H Scholarship application form. Applications must be submitted by October 15 of each year to the UNH Cooperative Extension Office in Carroll County. Sponsored by: Carroll County 4-H Advisory Committee. For more information: Claes Thelemarck 447-3834.

2009 Carroll County 4-H Awards Night

Friday, November 20th

The Carroll County 4-H Advisory Committee has set the date of Friday night November 20th for our annual awards ceremony and member recognition celebration. Mark the date and keep posted for further details.

We are looking for a club to host this event. Rewards are that members have the opportunity to build and/ or *tweek* organizational skills, planning and hosting skills as well as team skills!

Help Recycle Printer Cartridges and Electronics

Cartridges for Kids©

Carroll County 4-H has been collecting recyclables for many years and sending them in to Cartridges for Kids©. Cartridges for Kids© in turn sends Carroll County 4-H a check for these items. Items that can earn cash for Carroll County 4-H through this *partnership*:

- **Video Game Consoles** (include all accessories)
- **Video Games** (include case)
- **DVD Movies** (include original packaging)
- **PDA's/Palm Pilots** (include all accessories)
- **iPods** (include all accessories)
- **Used Cell Phones**
- **Digital Cameras**
- **Laptops** (include power cords)
- **Empty Laser Cartridges**
- **Empty Inkjet Cartridges**

Collect your recyclable items and drop off at the office (73 Main Street, Conway).

Thank-you for your support of the environment and Carroll County 4-H!

What is 4-H?

4-H is the youth educational program of UNH Cooperative Extension. The mission of 4-H is to help youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society. 4-H emphasizes the importance of involving youth in the learning process. It is offered free of charge to youth ages 5-18. Youth from all cultural and economic backgrounds get involved in 4-H fun and learning. Members and volunteers live in towns, cities, farms, and suburbs.

The 4-H emblem is a four-leaf clover with an "H" in every leaf. The letters stand for **HEAD, HEART, HANDS, and HEALTH**; the foundation of all 4-H programs.

Through 4-H programs youth develop:

- * **HEAD** - clearer thinking and decision making, knowledge useful through life;
- * **HEART** - greater loyalty, strong personal values, positive self-concept, concern for others;
- * **HANDS** - larger service, workforce preparedness, useful skills, science and technology literacy;
- * **HEALTH** - better living, healthy lifestyles.

4-H helps young people:

- * become creative and productive citizens
- * develop positive leisure time activities
- * create a lifelong desire for knowledge
- * foster positive self esteem
 - *build leadership potential
- * become involved in communities
- * explore interests and try new skills

The 4-H Motto

To make the best better

The 4-H Vision:

4-H...A world leader in developing youth to become productive citizens and catalysts for positive change to meet the needs of a diverse and changing society.

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***4-H your first class at the
University of
New Hampshire!***