

March/April 2009

**Hillsborough County 4-H
Parent/Leader/Teen Association
Meeting on May 14, 2009**

Calling all interested Parents, Leaders and Teens to join us on May 14th to discuss how to improve and support the entire 4-H program in Hillsborough County. We will meet at the Goffstown office on Monday, May 14th at 7 pm. We will have refreshments and lively conversation as we share ideas to "Make the Best Better". See you there! If you can't make it, but have some ideas to share, please call Michael Koski at 603-641-6060 or email michael.koski@unh.edu.

2008 National 4-H Congress



Back row from left: Brent Walker (Chaperone), Will Collins. Front row from left :Hannah Walker, Kirsten Beaudry, Grantham Raymond, Margaret Vogel.

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GOFFSTOWN, NH

UNH Cooperative Extension
Hillsborough County
329 Mast Road
Goffstown, NH 03045

**HILLSBOROUGH COUNTY AND EXTENSION
WELCOME GOFFSTOWN COURT**

We have a new neighbor here at the [Hillsborough County Complex](#). On the first Tuesday of the new year, the Goffstown Court moved from its old location in the lower level of Goffstown's Town Hall to the second floor, southeast wing of the Bouchard Building. This court is one of six in Hillsborough County and serves the towns



Sheriff's Bailiff, Mitchell Carmen

of Goffstown, New Boston, Weare, and Francestown. Cases within this jurisdiction include criminal, domestic violence, family, juvenile and landlord-tenant matters, and small claims and civil cases that do not exceed an amount in dispute greater than \$25,000. The Honorable Paul Lawrence presides. Other District Court sites include Hillsborough, Manchester, Nashua, Merrimack, and Milford.

As you might expect, both for the protection of the public and employees in the building, the Bouchard Building is now considered a "secure" facility. **When you visit Cooperative Extension** or any of the offices located in the building between 8 am and 4 pm, you will be greeted in the lobby by a Sheriff's Bailiff. You will be asked to remove any metal objects from your person, they will inspect any bags you bring into the building, and you will then walk through a metal detector. If metal objects are detected, a "wand" will be used to help locate the object(s). The equipment is sensitive and will detect jewelry, coins, metal zippers, etc. The process is similar to airport security. If you wish to visit us after 4 pm or at other times, please call in advance to make arrangements. We look forward to seeing you!

Twelve 4-H Teens Interviewed For State and National Awards

On January 17, 2009 twelve Hillsborough County teens attended the State 4-H **Marketing You** Interviews held at Belmont High School. **Marketing You** is the process used in New Hampshire to select 4-H State and National award winners. Each youth is interviewed by a set of three judges.

Receiving their State Achievement Awards were Ethan Craggy, Mackenzie Pratt, Paige Tuttle, Christopher Humber, Connor Humber, Brianna Stoyle, Mark Cook, Ashley Winslow, Lillian Zimmerman, Allison Fortin and Jamie Wojtkiewicz.

Chosen to represent New Hampshire at National Conference in March was Christopher Humber. Lillian Zimmermann and Christopher Humber will represent New Hampshire at National Congress in November. Second alternate is Jamie Wojtkiewicz. All of these teens will receive their State Achievement Award at State 4-H Activities Day in May. 🍀

**Congratulations
Christopher Humber
&
Lillian
Zimmermann!**
*Both teens
participated in the
January 17th State
Marketing You Interviews held at
Belmont High School.*

The University of New Hampshire Cooperative Extension is a public institution with a long standing commitment to equal opportunity for all. It is the policy of UNHCE to abide by all United States and New Hampshire state laws and University System of New Hampshire and University of New Hampshire policies applicable to discrimination and harassment. It does not discriminate on the basis of race, color, religion, sex, national origin, age, veteran's status, gender identity or expression, sexual orientation, marital status, or disability in admission or access to, or treatment or employment in, its programs, services, or activities.

**Newslines Going
On-line,
E-mail Addresses
Needed**

Beginning with the next issue of **Newslines** (May-June, 2009) we will be delivering your copy via e-mail. The time has come! We can save significant financial and staff resources simply by delivering you Extension news with an e-mail link. When you receive our e-mail notice, just click the link in the body of the correspondence. This will open our home page, where you will see a color copy of our most recent news in the upper right hand corner. We have chosen this method over other direct e-mail options, because, many of you may not have broadband service and uploading the publication might be frustrating. If all goes well, we might produce a monthly issue.

If you would like to continue to receive **Newslines**, please email maggie.decker@unh.edu or complete by the enclosed self addressed and postage paid postcard by adding your e-mail address and returning ASAP. If you do not have email, a very limited number of print copies will still be available for mailing and for distribution at events like the Hillsborough County Fair and the NH Farm and Forest Expo.

Tree & Shrub Seedlings

Catalogs and order blanks for the 2009 tree and shrub seedlings from the NH State Nursery are now available. The catalog can be accessed at their website: www.nhnursery.com or by calling 603-271-2214.

Conifers, hardwoods, a Christmas tree sampler package and special Wildlife/Songbird, Wetlands, Native Species, and Winter Survival packages that contain 25 assorted trees and shrubs are available.

The seedlings can be ordered now with delivery being made to a county drop off point in late April or early May.

Grower Assistance Guides

The following guides and manuals are aids for commercial growers and farmers, and are available through [UNH Cooperative Extension](#).

The *2008-2009 New England Vegetable Management Guide*, \$15. The guide is also available free of charge online at www.nevegetable.org. The free web version was made possible by grants from the Environmental Protection Agency to the NEVBGA, UMass Extension, and all the Vegetable Extension programs of New England. Members of the NH Vegetable and Berry Growers will receive the guide free from their association.

The *2009 New Hampshire Guide to Specific Weed Problems in Corn*, free.

The *2009 New England Tree Fruit Pest Management Guide* will be released in the spring and is a joint effort between Cornell Cooperative Extension and the New England Cooperative Extensions. The guide will cost approximately \$35 per copy.

The *2008-2009 New England Small Fruit Pest Management Guide*, \$15.

4-H Animal Approval Forms Due:

Members with 4-H animal projects must register their project animal(s) with the county Extension Office annually. All 4-H animals should be registered whether or not you intend to show them.

The new updated forms can be requested from your leader, the Extension office or downloaded from the web at www.extension.unh.edu. Go to 'Project Resources' and click on the appropriate form. Forms must be submitted by the dates shown below in order to show in this year's 4-H fairs. If you need the forms mailed to you, please call the 4-H office at 603-641-6060.

These deadlines will be strictly adhered to!

April 1 for all horses that will be shown at Eastern States.

May 1 for all dog and horses.

June 15 for sheep, goats, swine, rabbits, poultry and beef.

Don't forget to enclose your lease form information if you do not

It's time to start thinking about Teen Conference. If you have not gone to Conference before make sure you sign up this year. The Conference will be held on the University of New Hampshire Campus from June 28th – July 1st, 2009. 4-H teens and friends who have completed eighth grade or are 14 by June 28th can attend. Over 180 teens went in 2008.

At Conference you will have the opportunity to participate in small-group workshops and other leadership building activities. Workshops can cover many subjects of interest. You will have the chance to develop leadership skills, meet with other teens from throughout the state, explore the campus and opportunities at UNH, and bring back information to your local 4-H clubs or school groups.

Participants live in UNH residence halls, eat in the campus cafeteria, and attend sessions in university educational settings. This Conference is planned by the members of the Teen Council who are 4-H teens from around the state, including our own Will Collins and Ethan Craggy. Council members work with 4-H staff and other adult volunteers.

Registration materials will be sent to the teens from the county office by the end of March. Teens – if you don't receive information, and are interested in going, call the office. The County registration deadline is May 10, 2009 with late registrants accepted, if space is available. The cost of this year's Teen Conference will be around \$180 which will cover your room, workshops, activities, and materials. Some workshops may carry an additional fee. Some county scholarship money is available. If you would like to receive more information on this program, please check out the UNH web site www.extension.unh.edu or call the office at 603-641-6060.



Ethan, Grantham and Sarah ham it up at last year's Teen Conference

Leasing of Cattle, Sheep, Pigs, Goats, Horses

In order to increase the opportunities for 4-H members in livestock projects, 4-H has an animal leasing program. Leasing gives members without animals the opportunity to experience an animal project. Junior members (ages 8-13) may lease two animals of a given species if they own no animals of that species. If the member owns one animal of a species, one additional animal may be leased. If a junior owns two animals of a species, they may not lease any other animals of that species. Senior members (ages 14-18) may lease three animals (2 horses only) if they own none of a species. If a senior owns one, they may lease up to two,

if they own two they may lease one. There is no restriction on the age of animals; however, some shows do have specific restrictions. No sheep over two years of age are shown; leased Dairy Cattle over the age of two must have had the lease in effect before the animal was a senior yearling in order to be shown in the Eastern States 4-H Dairy Cattle Show.

[Lease forms](#) can be found at www.extension.unh.edu. We also have available "Animal Project Guidelines for leaders, members, and parents" that you can request.

4-H Shooting Sports VOLUNTEER CERTIFICATION TRAINING May 16 & 17, 2009

If you're interested in the 4-H Shooting Sports project, then save the weekend of May 16. This is when the New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders at the Barry Conservation Camp in Berlin. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program.

The shooting sports project is a little bit different than most other 4-H projects because leaders must be officially certified before they can teach youth. 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. There will be approximately 12 hours of discipline-specific instruction and 6 hours focusing on youth development and how to work effectively with youth.

The registration fee is \$35 for New Hampshire volunteers and \$50 for out of state volunteers. This includes food, lodging, and materials. We have received generous support for this training from the 4-H Foundation of New Hampshire, the NH Wild Turkey Federation, and Federal Cartridge.

For additional information, a brochure, or a registration form, contact Michael Koski by email michael.koski@unh.edu or call 603-641-6060. Registrations must be received by May 4, 2009. Please note that deposits are not refundable if cancellation is made after May 4, 2009.



Gabe Chase and Wanda, his Oberhasli goat.

What's Happening in Extension!

Agriculture

2009 Perennial Plant Conference

Date: Thursday, March 12, 2009

Time: 8 am - 3 pm

Location: University of Connecticut, Storrs, CT

For more information visit their website at: <http://www.hort.uconn.edu/ipm/>

Spring Symposium: A Garden Symposium Inside-Out, Outside-In

Date: Saturday, March 14, 2009

Time: 8 am - 4:30 pm

Location: Grappone Conference Center, Concord, NH

Want a better garden this year?

This day is for you! The NH Master Gardener Association and UNH Cooperative Extension present a day long symposium featuring Julie Moir Messervy as the keynote speaker on creating home outside. Other workshops will cover a wide range of garden and landscape topics including: roses for NH, backyard composting, home seed starting, landscaping with native plants, the four season garden, and more. For more information or to register, contact Marcy Stanton at 603-629-9494.

Spring Educational Conference for Landscapers

Date: Wednesday, March 18, 2009

Time: 8 am - 3 pm

Location: Massabesic Audubon Center, Auburn, NH

Cost: \$45 for the first person, \$42 for additional persons. This workshop provides an opportunity for landscapers to re-energize and focus on the upcoming season. Talks will be given by a mix of landscape and Cooperative Extension professionals, and will feature the following topics: an update on the Asian Longhorn Beetle and other invasive insects, best management practices for irrigation, trees from nursery to street tree, safe equipment operation on the road and more. For more information, call Margaret Hagen at 603-641-6060.

NH Dairy Management Conference

Date: Thursday, March 19, 2009

Time: 9 am - 3 pm

Location: Fireside Inn and Suites, West Lebanon, NH

Cost: Pre-registration \$20 per person (includes lunch) or \$25 at the door. The NH Dairy Practices Committee is sponsoring this Annual NH Dairy Management Conference. Featured speaker is Dr. Bennet Cassell from Virginia Polytechnic Institute and State University. Dr. Cassell presentations will address "Impact of Genomics on Dairy Cattle Breeding" and "Sexed Semen - Economic and Practical Implications." To register by March 12, contact Michal Lunak at 603-787-6944.

UNH Greenhouse Open House

Date: March 27 - 28, 2009

Time: 9 am to 4 pm

Where: UNH Greenhouses, Durham, NH
Cost: none

For more information call 603-862-3200 or visit <http://extension.unh.edu/Agric/Agric.htm>

Landscaping at the Water's Edge

Dates: April 8 & 9, 2009

Time: 8 am - 3:30 pm

Location: Great Bay Discovery Center, Stratham, NH

Cost: to be determined (grant pending)

This workshop is designed for landscapers, conservation commissions, lakes associations and others who are in the business of developing, maintaining, or preserving shoreland properties, and others who are concerned about the impacts of landscaping on water quality. Topics cover water movement and drainage on landscape sites, soil quality, site analysis and erosion control, vegetative buffers, ecological landscape design principles, plant selection and planting, low impact lawns and a hands-on exercise in landscape design and improvement. For more information contact Margaret Hagen at 603-641-6060.

NH Vegetable and Berry Growers Annual Meeting

Date: Saturday, March 21, 2009

Time: 9 am - 4 pm

Location: Alan's Restaurant, Boscawen, NH

Cost: \$25 per member and \$30 per non-member, includes lunch.

This year's annual meeting features a variety of presentations and speakers. Also, there will be a mini-trade commercial show. Pesticide Applicator recertification credits will be available, if you attend. For more information or to register, contact Chip Hardy by March 3, 2009 at 603-465-2241.

NH Fruit Growers' Annual Meeting

Date: Tuesday, March 24, 2009

Time: 9 am - 4 pm

Location: Alan's Restaurant, Boscawen, NH

Cost: \$25 per member; \$30 per non-member, includes lunch.

The NH Fruit Growers Association is sponsoring this statewide commercial tree fruit grower's meeting. Pesticide Applicator recertification credits will be available. Register by March 17, 2009 Herb Cooper at 603-323-7558.

Turfgrass Maintenance for Municipalities, Sports and Landscapers

Date: Wednesday, March 25, 2009

Time: 8:30 am to 3:30 pm

Location: Makris Lobster & Steak House, Concord, NH

This workshop is for anyone who manages ball fields, parks, cemeter-

...continued

ies, lawns and/or landscapes. Topics include a panel discussion on the biggest challenges facing athletic field managers; a review of turf problems - 2008; pros and cons of synthetic and natural fields; healthy soils, healthy turf in recreational fields; and more. Pesticide credits will be available. For more information, call Margaret Hagen at 603-641-6060.

Fruit Pruning Demonstrations for Home Gardeners

George Hamilton will be explaining and demonstrating fruit pruning techniques. Dress for the weather with proper clothing and foot gear. For further details, contact George Hamilton at 603-641-6060.

***First Demonstration*:**

Date: Friday, April 3, 2009

Time: 5:30 pm - 7 pm

Location: Brookdale Fruit Farm Packing House, Broad Street,

(Route 130), Hollis, NH

One mile east of the Route 122 & 130 intersection. Features pruning mature grape vines.

***Second Demonstration*:**

Date: Saturday, April 4, 2009

Time: 9 am - 1 pm

Location: John Lastowka Residence 183 Amherst Road, Merrimack, NH Three miles north of Continental Blvd.

Features pruning mature semi-dwarf and standard apple trees and peach trees before noon, and in the afternoon blueberries and grapes.

Jon Nute, County Forester assisting.

***Third Demonstration*:**

Date: Monday, April 6, 2009

Time: 4 pm - 6 pm

Location: Shielling State Forest, Peterborough, NH

One Quarter mile south of the hospital
Cost: \$5 per person

Features pruning older mature apple and pear trees for wildlife, and crabapple trees.

Jon Nute, County Forester assisting.

***Fourth Demonstration*:**

Date: Wednesday, April 8, 2009

Time: 5 pm - 7 pm

Location: John Casimir Residence 439 Mason Road, Milford, NH

Two miles plus, west from Osgood and Mason Road intersection.

Features pruning young (3 to 14 years old) dwarf apple, pear, peach, cherry, and plum fruit trees.

NH Giant Pumpkin Growers' Meeting

Date: Monday, April 20, 2009

Location: TBA

Time: 6 pm - 8:30 pm

Members of the NH Giant Pumpkin Growers Association will also

...continued

conduct a giant pumpkin seed raffle. For more information on the NH Giant Pumpkin Growers Association, contact Robert Demers at 603-625-8298.

NH Fruit Growers' Twilight Meeting

Date: Wednesday, April 22, 2009

Time: 5:30 pm - 8 pm

Location: TBA

The NH Fruit Growers Association is sponsoring this statewide commercial tree fruit grower's twilight meeting. Extension Specialists from UNH will be present to discuss pest management options, and orchard management. For more information, contact George Hamilton at 603-641-6060.

Grow Your Own Food

Date: Monday, April 13, 2009

Time: 7 pm

Location: Manchester Public Library, Pine Street, Manchester, NH

This workshop will cover the basics necessary to plan and start up a garden to grow food. Participants will learn how to answer the questions: Where should the garden be located? How large should it be? What should be grown? How many plants do you really need? How do you start plants from seed? Where do you buy supplies? Where do you go for help? For more information, call Margaret Hagen at 603-641-6060.

Forestry

Information Workshops on NH Current Use Tax Rules

Date: Monday, March 23, 2009

Time: 7 pm - 9 pm

Location: UNHCE, 329 Mast Road, Goffstown, NH

Rural landowners of 10+ acres can enroll their property in the state's "Current Use" program and lower their property taxes. However, this protected property also has restrictions on its future use. Jon Nute will explain Current Use assessment and the different aspects of the program, so you can decide if this land conservation opportunity is right for you. If your land is already in Current Use, this will be a good refresher course to remind you of the regulations. For more information or to register, phone Jon Nute or George Hamilton at 603-641-6060.

Firewood Cutting Demonstration and Chainsaw Safety

Date: Saturday, April 11, 2009

Time: 9:30 am - 11:30 am

Location: Marvell Family Tree Farm at the end of Highland Road, New Boston

Cost: free

Jon Nute, Extension Forester and Craig Birch, consulting Forester.

Forestry continued from page 3

How to transplant shrubs and small trees

Date: Monday, May 4, 2009
 Time: 4 pm - 6 pm
 Location: Shieling State Forest, Old Street Road, Peterborough, NH
 Cost: \$5
 Jon Nute, Extension Forester and A.J. Dupere, state forestry staff

Family & Consumer Resources

SAFE

Date: Wednesday, March 11, 2009
 Time: 10 am - 12 pm
 Location: NH Food Bank Manchester

Date: Wednesday, April 8, 2009
 Time: 2 pm - 4 pm
 Location: Hillsboro Middle School, Hillsborough, NH

Date: Thursday, April 16, 2009
 Time: 10 am - 12 pm
 Location: NH Food Bank, Manchester

Safety Awareness in the Food environment is a FREE training opportunity for you and your food-service employees. This two-hour introductory program emphasizes the importance of personal hygiene, preventing cross contamination, and controlling time and temperature as food flows through your foodservice establishment. SAFE reviews critical food safety and sanitation concepts and is useful for new employees (both front-of-the-house and back-of-the house) or as a refresher workshop for more experienced staff. Participants receive fact sheets and a certificate of attendance. Contact Alice Mullen, 603-629-9494 x150.

ServSafe

Date: Monday, March 30, 2009
 Time: 8 am - 5 pm
 Location: SERESC Conference Center, 29 Commerce Drive, Bedford, NH
 Cost: \$135, includes Essentials Coursebook

The ServSafe® program is a national food safety certification program sponsored by the National Restaurant Association Educational Foundation. This training provides advanced participants with the latest science based information on food safety and best practices in the industry. This in-depth training is critical for owners, food managers, chefs, cooks, and other key personnel who supervise foodservice workers. At the end of the training, participants take the ServSafe® Food Protection Manager Certification Examination. With a passing grade of 75% or greater, participants receive a certificate verifying completion of the program. Contact Alice Mullen, 603-629-9494 x 150.

What Do You Do with a Kumquat?

Date: Wednesday, April 14, 2009
 Time: 6:30 pm - 8 pm
 Location: UNHCE, 329 Mast Road, Goffstown, NH

This program will feature unusual fruits and vegetables. What are they and what do they taste like? How do you prepare them and use them in recipes? You have walked by these at your super market and the farmers market. Now experience the flavor, nutrition, the fun and the richness of incorporating unusual fruits and vegetables into your and your family's eating plan. Contact Alice Mullen at 603-629-9494 x 150.

Don't Be Crushed By Debt

Date: Wednesday, March 4, 2009
 Time: 3 pm - 4:30 pm
 Location: Hillsborough County Nursing Home, 400 Mast Road, Goffstown, NH
 ***** or *****

Date: Thursday, March 5, 2009
 Time: 3 pm - 4:30 pm
 Location: Bouchard Building, 329 Mast Road, Goffstown, NH
 Often debt problems are hidden until a job-loss, medical emergency or some other event creates a crisis. Do you know how to avoid problems with too much debt? The workshop is free, but pre-register by calling Maggie Decker at 603-641-6060.

OH BABY!

Date: Thursday, March 26, 2009
 Time: 8:30 am - 3 pm
 Location: YWCA Manchester
 An evidence-based workshop for child care, parent education, nursing, family resource, social service and home visiting professionals. The workshop includes Dr. John Hornstein, co-author of Touchpoints curriculum and consultant to Harvard Medical School. He will present the latest brain research on infants and toddlers. For information and registration, visit the website at: www.nhworkandfamily.org.

NYC CAREER TRIP FOR TEENS "FOCUS ON FASHION"

Attention teens and chaperones!
 Do you have an interest in the fashion industry? Join with other 4-H members and adult screened volunteer chaperones to explore clothing and textile related careers. A bus full of enthusiastic participants will be in New York City for three nights and four days, from August 11 - 14, 2009. Related seminars may consist of: visiting a famous designer, examining textile preservation at a museum, exploring a textile company, and going to the Fashion Institute of Technology.

Other highlights will include a tour of the Empire State Building, Metropolitan Museum of Art, Statue of Liberty and Ellis Island, and Radio City Music Hall. Plus, how can you go to NYC without taking in a Broadway show? The estimated charge for this exciting opportunity is \$500 per person, plus food and spending money.

The registration fee includes two group dinners, two group luncheons, transportation to NYC, lodging, and tickets for all events. 4-H youth must be 13 or older as of August 11, 2009 to attend. Field trip costs are underwritten by the 4-H Foundation of NH and County 4-H Foundations.

Chocolate Supreme

*On a summer day you left
 Your memory is forever kept
 In our hearts you will stay
 As we live our lives day by day*

*For years and years you were
 adored
 By the many children who fed you
 treats galore
 They rode upon you without alarm
 For they knew they would
 dismount without harm*

*You brought happiness to all
 Well, maybe not those who had to
 do your stall
 When rolling in the paddock you
 made us laugh
 Very rarely did your ears go back*

*As you began to lose your sight
 You kept your spirit and your light
 You relied on us to help you along
 But always continued to remain strong*

*You did what you could with what
 you had
 Most definitely a MSS grad
 But the time came where it
 became too much
 You became skittish to the touch*

*So we braided your hair, brought
 you to the field
 At the time it didn't seem real
 And then reality came and you
 were gone
 Off to graze on heavens lawn*

*Even though we miss you so
 It was time for you to go
 Now you are in a better place
 You roam the fields with superior grace*

*No longer is the fog in your eyes
 You can look up and see the blue
 of the sky
 Look down and see the green
 grass beneath your feet
 See the oats that taste so sweet*

*But the one thing we hope you know
 We will never forget you, white as
 snow
 And so our hearts will not be empty
 We will always remember the Big
 Great Frosty*

by Jamie W, Hoofbeats 4-H member



*Big Great Frosty
 March 2, 1980 - Aug. 29, 2008*

UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

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

UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

Family, Home & Garden EDUCATION CENTER

Toll Free Info Line
 1-877-EXT-GROW
 (1-877-398-4769)

Monday-Friday 9am-2pm & Wednesday 5pm-7:30pm

Email questions to: answers@unh.edu

Visit our website at: extension.unh.edu

Practical solutions to everyday questions