

The Sullivan County Extension Connection

Visit our Website at <http://ceinfo.unh.edu>

AUGUST / SEPTEMBER 2006

Strengthening Families Programs to be offered this fall

If you are the parent or guardian of a 10 to 14 year old and would like to communicate more effectively with your pre-teen or teen and help them to resist negative peer pressure, we have a wonderful program for you and your family. It is called the *Sullivan County Strengthening Families Program 10-14*. Classes are **FREE**, and include free babysitting and dinner for the whole family. Best of all, the whole family gets to participate and have **FUN** together while learning useful skills. After dinner youth interact with each other in group activities, role playing and games while their parents and guardians meet in a video-based discussion group to learn effective strategies for parenting pre and young teens for one hour. Then youth and families come back together for the final hour of family activities and games.

Watch for upcoming classes in all areas of the county this fall (check back with us on locations).



Classes will start in late September or early October and will run for seven weeks. Facilitators from local communities have been trained to run the SFP 10-14 classes thanks to a grant to Sullivan County from the Governor's Commission on Alcohol and Drug Abuse, Prevention, Intervention and Treatment.

For more information about a Strengthening Families class near you, call 863-9200 today to get on our mailing list.

Take a Walk with Your Family

Whether you are new to the area or an old-timer, how about exploring some unique walking routes in Newport and Claremont? "Take 10" is sponsoring community walks on the second Saturday of each month at 10 a.m. Join other walkers of all ages for an easy walk on **August 12** on the **Sugar River Rails to Trails**. This beautiful trail is flat and shady and extends all the way between Newport and Claremont. However, the guided walk on August 12 will only be 2 miles long. Meet at 10 a.m. in the Home Depot parking lot on Rt. 103 in Claremont.

The **September 9** walk will be in Newport at 10 a.m. It will be a 5 mile challenging route called the Oak Street Loop. Walkers will meet in the parking lot of the Newport Middle High School. The walk will take you through the Corbin Covered Bridge over the Sugar River and up and down a sizeable hill.

If you would like more information about these and other walking routes, pick up a Walking Guide at the Extension office or at the Claremont or Newport Chamber of Commerce office.



Come to the Cornish Fair August 18-20, 2006

The 57th annual Cornish Fair is the place to be August 18-20. The fair is located in and behind the Cornish School on Townhouse Road. It features fun for the whole family; rides, entertainment, exhibits, animal shows and more. Don't miss the parade at **1:00 p.m.** on Saturday, August 19.



The theme of the fair this year is *Celebrate the Country Fair*. Visit the Cornish Fair web site at www.cornishnhfair.com or call 863-9200 for a list of events and show times.

Back to School Tips

As summer winds down and stores advertise their back-to-school sales, families engage in the annual ritual of getting their child ready for the return to school. The start-up of the school year can be a busy, exciting and sometimes challenging time for kids and parents! Beyond the anticipation of the first day back, children and some parents can also experience some anxiety about what lies ahead in the new school year. As a parent or care giver there is much you can do to help your student meet with success in the coming days and the rest of the school year as well!

(see "Back to School" on page 7)

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Agricultural Resources



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Buying Locally Grown Food



When you buy locally grown food you are in effect casting a vote with your dollars. By spending your food dollars on locally grown food you are helping family farms to continue to be successful and thrive. This will help insure that local farms will be around for future generations and that our children's children will know the goodness of nourishing, healthy food and the farmers that grow our food.

Did you know?

- Locally grown food maximizes its nutritional value, since it is usually picked the same day it is sold and the nutrients aren't depleted during transportation.

- The November 2002 issue of *Home Grown: The Case For Local Food In A Global Market* states; the average grocery store vegetable travels 1,500 miles and is a week old when it hits your grocer's shelf. Not only does this deplete the nutritional value, but it also requires significant amounts of fuel to package and transport the food into your community.
- According to the *farmersfreshfood.com* website, some produce imported into our country has been treated with chemicals banned in the U.S. Purchasing from local farmers will allow you to ask questions about the techniques used to grow the food.
- Purchase power; when you purchase from community farmers your dollar gets spent an average of seven additional times within the community before it finally leaves the local area. This information was collected in a study done by Dr. Larry Swain at the University of Wisconsin River Falls.

Buying locally involves a consumer commitment. It may involve an "extra stop" at the farm stand on the way home from a busy day. Below is a list of Sullivan County farms collected from the Vital Communities Locally Grown Guide. Last spring an effort was made to get as many Sullivan County farms as possible to sign up for this guide. The guide and more information about the farms can be found by going to www.vitalcommunities.org and clicking on Valley Food and Farm.

By: Seth Wilner & Susan Mills

Acworth:

Acworth Village Gardens
835-7986

Cold Pond Community Farm
835-2403

Village Roots CSA and South Village Garden
835-2243

Charlestown:

Merrilland Apiaries Honey
542-5729

Claremont:

Claremont Farmers Market
542-8687

Green Acres Market
542-7625

Hilltop Farm
543-0549

J & P Honey
542-3709

Thyme & Ewe Farm
542-1746

Cornish:

Cornish Farmers Market
543-1307

Eastridge Elk Farm
542-2912

Kuzma Blueberry Patch
675-5402

Many Summers Farm
675-2200

Grantham:

Rum Brook Market
863-5471

Langdon:

Holmes Farm
835-6832

Lempster:

Nature of Misty Meadows Farm
863-8113

Meriden:

Lamplighter Farm
469-3328

Taylor Farm/Taylor Bros. Sugarhouse
469-3182

Newport:

Bartlett's Blueberry Farm
863-2583

Beaver Pond Farm
543-1107

Newport Farmers Market
863-4847

Red Barn Farm
865-9841

Plainfield:

Edgewater Farm
298-5764

Gypsy Meadows Farm
675-2840

Home Hill French Inn & Restaurant
675-6165

McNamara Dairy
298-6666

Noda's Blueberry Farm
469-3206

Riverview Farm
298-8519

Unity:

New Lives Farm
863-5273

MYTH #2: Newly planted trees should have their trunks wrapped with tree wrap to prevent sunscald and insect entry.

Studies using most common tree wraps have shown that they do not prevent extreme fluctuations in temperature on the bark. In some cases, the temperature extremes are worse. Also, tree wraps have proven quite ineffective in preventing insect entry. In fact, some insects like to burrow under it.

MYTH #3: Trees should be pruned back heavily when they are planted to compensate for the loss of roots.

Tree establishment is best on unpruned trees. Although pruning the top can reduce the amount of water that evaporates from the leaves, the tree needs a full crown to produce the much-needed food and the plant hormones that induce root growth. The tree will develop a stronger, more extensive root system if it has a fuller crown. Limit pruning at the time of planting to structural training and the removal of damaged branches.

MYTH #4: When removing a branch from a tree, the final cut should be flush with the stem to optimize healing.

First of all, trees don't "heal" in the sense that wounds on people heal. To a limited extent, our bodies regenerate tissues in much the same form as the tissues that were removed. Trees compartmentalize wounds, generating woundwood over the wounded area. Flush cutting removes the

(see "Tree Myths" on page 8)

Forest Resources



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Tree Myths

Adapted by Karen Bennett
Extension Forestry Specialist

The International Society of Arboriculture (ISA) offers the following top six myths of tree care.

MYTH #1: When a tree is planted it should be securely staked to ensure the development of a stable root system and a strong trunk.

Although it is sometimes necessary to stake trees to keep them upright and allow establishment, there are some adverse effects of staking. Compared to staked trees, unstaked trees tend to develop a more extensive root system and better trunk taper. Allowing a small amount of movement can help root and trunk development. The worst effect of staking is the possibility of trunk damage from the staking wires or ties. Staking materials usually should be removed after one year to avoid "girdling" the tree.

Upcoming Programs

Cornish Fair Woodsmen's Field Day

The Cornish Fair Woodsmen's Field Day will be held on **Saturday, August 19**. This is a competition of logger and woodsman skills including axe throwing, hot saw competitions, tree felling, and much more. This competition features not only the best of the best locally but also professionals showing off their skills. Be sure to check out this exciting event at the Cornish Fair.

Granite State Woodlot and Wildlife Management Course

A comprehensive 5-day course designed to provide in-depth instruction on a variety of forest stewardship topics including: forest management, silviculture, forest ecology, tree identification, trail design, forest inventory, tree measurement, wildlife management, wetland identification and boundary location. A team of 13 natural resource professionals will instruct participants through presentations and lots of hands-on training in the woods. For more information visit <http://extension.unh.edu/Forestry/Docs/gswwmc06.pdf> or call Jon Nute, Hillsborough County Extension Forester at 641-6060.

When: September 18-22, 2006
Where: Hollis, New Hampshire
Cost: \$250 per person, includes lodging, all meals and educational materials

4-H and Youth



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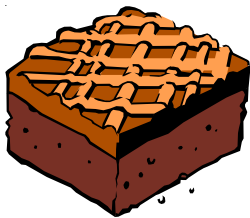
Cornish Fair free for 4-H members August 18



Friday, August 18 is 4-H Day at the Cornish Fair. All 4-H'ers who wear special 4-H member tags will get into the fair that day **FREE!** Kids age 12 and younger always get into the fair for free! If you are 13 or older, ask your club leader for your tag. At the fair, help promote 4-H by wearing your 4-H t-shirt.

Three-day passes are available to adults and youth age 13 and over for \$18.00 each if purchased in advance. If purchased the Friday of the fair they will be \$20.00. Daily admission is \$8.00. These passes can be purchased through our office or at the 4-H exhibit rooms up until 8:00 p.m. Thursday, August 17.

Brownie donations appreciated



Have you ever experienced the famous 4-H Brownie Supreme? If not, you are missing a special feature of the 4-H Leaders' Dairy Booth.

We need donations of plain brownies, specifically a family size mix baked in an 8 inch square pan and left uncut (so they stay fresh longer). Disposable pans are recommended. Plain brownies (no nuts) are needed throughout the fair. We ask any 4-H family who can, to please bring a pan of brownies to the Dairy Booth or send brownies with someone else who is going to the fair.

Get your discount 4-H Dairy Booth tickets!



Once again the Leaders' Association will be offering discount tickets for use at the 4-H Dairy Booth. For **\$5.00** you will receive a ticket that will enable you to purchase up to **\$7.50** worth of ice cream, milk, or other dairy products at our booth. **Tickets must be purchased prior to the fair at our office or at the Cornish School on Thursday, August 18 between 2:00-8:00 p.m. AFTER 12:00 NOON FRIDAY, NO DISCOUNT TICKETS WILL BE SOLD!!**

CURRENT NEWS

Fair help is needed August 14-20!

We really do depend on 4-H members, parents, leaders, and families to help make the Cornish Fair a success. **If you can spare two hours to watch over the 4-H exhibit rooms anytime between noon on Friday, August 18 and 6:00 p.m. on Sunday, August 20, our Leaders' Association will provide you with a coupon for an item of your choice from the 4-H Leaders' ice cream booth.** This is an easy way to spend time looking closely at the exhibits and answering people's questions about 4-H. Anyone age 8 or older is invited to call our office to sign up at 863-9200. Dairy Booth help must be age 12 or older. It's lots of fun to sell ice cream and you'll keep busy! Call 863-9200 to volunteer for a two hour shift!

You can even sign up on Thursday, August 17, when you bring your 4-H exhibits to the Cornish school. We'll be there from 2:00-8:00 p.m. Try to fill out your exhibit tags in advance with a parent or organization leader. **Be sure to arrange for someone to pick up your exhibits between 6:00 and 7:00 p.m. on Sunday, August 20. No exhibits may be taken before 6:00 p.m.!!**

We're also still in need of about four people to help set up and paper the exhibit rooms August 14 or 16 and a crew of three or four people to clean up at 7:00 p.m. Sunday night, August 20. Call us if you can help! It only takes about an hour to clean up!

See you at the FAIR!



Register your club for a float or marching in the fair parade



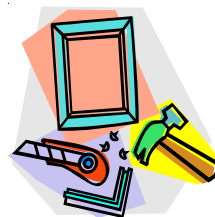
We hope many 4-H clubs in the county will participate in the Cornish Fair Parade on Saturday, August 19 at **1 p.m.** The fair theme is "**Celebrate the Country Fair.**" Let's show everyone how creative 4-H'ers are in Sullivan County.

Each participating club should prepare a short description about their club for the parade announcer to read. Register by calling the Extension office and we'll register all our 4-H parade participants. **Call today at 863-9200!** Floats do not have to be elaborate. Simple ideas will still help promote 4-H. All youth floats are eligible to compete for cash prizes (\$125, \$75, \$25), so it can be a fun and profitable project for your club! See the Open Show part of the exhibitors handbook for more information. Be sure to make a large 4-H clover and put your club name on a float sign. Call 863-9200 to register or to discuss float ideas. We'll be glad to help!

Parade participants will need to line up at the Cornish Highway garage on Schoolhouse Road between 11:30 and 12:30 p.m., Saturday, August 19.

Challenge yourself: Enter a Handymaker or Homemaker exhibit

The "Handymaker Award" of \$20.00 will go to the 4-H'er who enters the best exhibit of: one woodworking article, one conservation collection, one photograph, and two different crafts (intermediate or advanced).



The Handymaker Award winner will also receive a special ribbon in memory of Jim Reavis who was a long-time leader in the Hemlock Hi-Toppers 4-H club in Charlestown.

The Angela L. Smith Memorial "Homemaker Award" of \$20.00 will go to the best exhibit of: a sewn garment, a baked good, 2 identical jars of canning, one heritage arts project, and one arts and craft project.



These are fun and competitive areas for you to showcase your best 4-H work. Plan now to get your exhibits ready on time! Fair-goers really enjoy seeing 4-H exhibits!

4-H MEMBERS' CORNER

Thanks to Fashion Show Participants at County Home

Sullivan County Nursing Home patients and guests thoroughly enjoyed seeing the 4-H fashion show which was held on Sunday, June 11 as part of the Commissioner's Pancake Breakfast. We held the show in the cafeteria this year because it was cold and windy outdoors that day. Many thanks to the following members who participated in the fashion show: **Max and Rose Abendroth**, Abendroth Family Club, **Lindsay Adams**, **Abby St. Pierre**, **Thomas Jelliffe**, **Mary Jelliffe**, **Ryan McPherson** and **Sarah McPherson** of Fun 4-H, **Amy Barriger** and

Rebecca Mailhot of the Teen Club, **Katie Howe** of Jim Dandies, and **Monica Stout** and **Dominic Stout** of the Clever Cardinals. We also had a couple of former and future 4-H members who modeled outfits so it was a wonderful family affair!

Commentators for the show were **Amy Barriger** of Claremont and **Monica Stout** of Newport. They did a wonderful job. The show was an excellent community service project for those who participated.

Local Members Recognized at State Activities Day

The State Fashion show included competitions in both garment construction (sewing) and Fashion Selections (consumer and interview skills). We were pleased to have participants do well in both of these events. Three members placed in the top ten for their sewing and modeling skills: **Megan McPherson**, Fun 4-H, **Amy Barriger**, Teen Club and Golden Clovers, and **Chloe Fleming**, Teen Club and Acorn Kids. Congratulations to each of these girls for placing in the top ten among Fashion Revue participants statewide!

In the Fashion Selections program, **Megan McPherson**, Fun 4-H and **Shelby Pillsbury**, Teen Club and Matchbox Munchie Bunch placed first and second respectively. Each modeled an outfit that they shopped for, selected, and coordinated. Then they were interviewed about their choices and judged on their modeling. We hope more 4-H members will enter the county Fashion Selections program next year too!



Congratulations to Sullivan County 4-H members who modeled their "Fashion Selections" in the state show. l-r standing Megan McPherson, Taryn Bocko, Shelby Pillsbury, Rebecca Mailhot, front: Caroline Mailhot.



These 4-H members showed off their sewing creations in the state 4-H Fashion Show in June. l-r Monica Stout, Amy Barriger, Chloe Fleming, Rachel Baker, Wendy Eaton, Allie Burns and Elizabeth Robertson. Missing was Megan McPherson who placed 2nd at state. Amy and Chloe also placed in the top 10.

In the public presentations part of State Activities Day **Amy Barriger** was recognized for her excellent speech entitled "A Bird on the Hand". **Monica Stout** and **Elizabeth Robertson** of the Clever Cardinals received rosettes for their team action exhibit called "Paper Punching Ponanza". **Shelby Pillsbury** received a rosette for her action exhibit "Terrific Tags." **Rachel Shklar** of the Teen Club was a top senior rosette winner for her action exhibit on "Beading."

Poster winners were **Chloe Fleming** of Acorn Kids and Teen Club and **Allie Burns** of Fun 4-H.

Top photographers at state included **Monica Stout** for her photo of driftwood and **Katherine Stockwell** of the Horse Huggers for her photo of horse heads at Cornish Fair. Congratulations to all of these members for representing Sullivan County so well at the state level.

Congratulations Corner

Help us applaud the varied accomplishments of our animal science project members. We love to share both individual & team success earned by Sullivan County members during state level dairy & horse contests.

State Dairy Judging Contest

Cornish 4-H member **Brooke Clark** participated in the junior level of the NH 4-H Dairy Judging Contest. We are pleased to report that she placed second in the overall competition. When looking at the individual classes she topped the list judging Brown Swiss and placed second judging Jerseys and Holsteins. Great Work!

State Horse Judging Contest

Hard work and continued participation has paid off for **Jacki St. Cyr** of the Oak Hill Riders 4-H club. Jacki placed second in the overall Sr. level State 4-H Horse Judging Contest and has become part of the NH team that will travel to Kentucky for the national level competition. Also participating in the state 4-H horse judging contest were **Victoria LaBelle**, **Rebecca Locke** and **Hannah Wiest** all Oak Hill Rider 4-H members. In the individual classes the placings were as follows: Halter; first **Jacki St. Cyr** and 6th **Rebecca Locke**; Senior Performance; fifth **Hannah Wiest** and ninth **Jacki St. Cyr**; Reasons; eighth **Jacki St. Cyr** and tenth **Victoria LaBelle**. As a team Sullivan County placed second overall. Congratulations to each of you for a job well done!



Qualifying show winners proudly stand together displaying their medals and/or Rosettes. (Front L-R) Alicia Barry, Kristen Wesoja, Charles Barry (Back L-R) Anna Haron, Ella Littlefield, Hannah Wiest, Nicole Mitchell, Becky Locke and Naomi O'Day

4-H LEADERS' UPDATE

There is still time to Register for the Northeast Regional Leaders Forum

You will have a chance to enjoy the famous Jersey Shore during the 2006 Northeast Regional Leaders Forum (NERLF). The forum will take place October 12 - 14 in Long Branch, NJ and the hotel is just about on the beach! The objectives for the forum are to



- be involved in experiential learning activities,
- take home information to improve your county & state 4-H program,
- interact and have fun with other attendees,
- experience diverse and innovative programs through educational tours, workshops and other venues,
- develop knowledge and skills in communication, personal development, leadership, citizenship and decision making.

There is a wide variety of workshops in topic areas including expressive arts, community service, technology, gardening, animal and natural science. Remember New Hampshire will be the next host state in 2008!

Generous scholarship assistance is made available through our county and state 4-H foundation to make it affordable. Registration deadline for scholarships is August 15 so be quick to let us know if you are interested in attending. We hope you will be part of the Sullivan County delegation!

4-H Cookie Fundraising Opportunity

Help raise funds to support our county 4-H programs and your club treasury while promoting 4-H county-wide. Each fall we offer clubs an opportunity to participate in a cookie sale. It's a great way to raise funds to finance club projects and make a contribution to our county 4-H foundation at the same

time. The Sullivan County 4-H Foundation provides camp scholarship assistance and pays for awards and ribbons at county events and more! Advanced order forms and promotion posters can be obtained from our office during August and September.



Recognition Beyond Ribbons and Trophies

As we look forward to Cornish Fair and our fall Rally and Awards night, we focus much of our attention on the recognition. However, 4-H youth recognition should be something we consider important to our work with young people week in and week out. Affirmation is powerful, and day-to-day most of us don't receive enough of it.

How do we acknowledge young people? It comes in the form of certificates and pins for participation, project completion and attendance. We award medals for mastering knowledge. We recognize experience when selecting youth for the Ivan Head Outstanding 4-H'er award or as representatives on the Extension Advisory Council or electing youth to club officer positions. All these things honor achievement and recognition needs to reach beyond ribbons and plaques.

Recognition in 4-H is also about honoring and affirming what others do, the contribution they make. Think about the kids (and adults) with whom you work

in 4-H. Who are the helpful, steady people who support the efforts of your group but may not stand out as "achievers?" Think about admirable traits young people bring: dependability, leadership, cooperation, a sense of humor, and willingness. Think about commitments your group fulfilled or projects they've completed. Did you celebrate your success or recognize the efforts of those who participated?

They say recognition is best given when least expected. It can be done formally, as at 4-H Achievement Night, but informal recognition is equally as important and can be even more meaningful. The power in recognition is someone noticing and affirming what we've done. It just takes time and awareness. Write a note. Take someone out for ice cream. Invite them to do a special job. Ask for their opinion. Have a group celebration at the end of completed projects. All these are ways to say "good job" or "I appreciate you." That message is one all our 4-H members should hear.

-adapted from newsletter article written by Marianne Bird, 4-H Youth Development Advisor, Sacramento County, California



Members and Leaders: Mark Your Calendar for November 4

Get R.E.A.L. (Get Ready, Get Energized, Get Active, Get Leadership) was a successful series of workshops offered last fall and spring for leaders and 4-H members age 10 and older. Mark your calendar for **Saturday, November 4** from 8:30 a.m. until noon at the Charlestown Middle School on Main

Street (Route 12) in Charlestown.

There will be two sessions of workshops offered during the morning. One will be Club Officer Training. New officers from each club are highly encouraged to attend. Other workshop choices will

be available. If you would like to teach a workshop or share a skill, we could use a few volunteers. Let us know how you can help!

We want to make these workshops fun and useful for all leaders. Watch your mail for a brochure and registration information this fall!

Positive 4-H Fair Experiences

At your post-fair meeting, members will be excited about all of the activities they have participated in at the fair and throughout the 4-H year. This activity, based on the "Positive Switches" activity, allows members to share their experiences, and it encourages them to focus on the positive aspects of their experiences.

stating, "My Positive 4-H Fair Experience was...(fill in the blank with a good experience)". All of the members in the circle who also had this positive experience get up and try to trade spots with another person. The one member who is unable to find a new seat is the new person in the middle who will then share his/her positive experience with the group. Continue until each person has had a turn at sharing.

At the end of the game, you can lead a short session to help members continue to focus on the positive

things they have learned as a result of their 4-H participation during the year.

Ask questions such as, "How can you make next year's 4-H experiences even better?"; "What did you learn from 4-H that you can use in school this year?"; "What additional 4-H experiences would you like to try next year?"



Ask members to form a circle, preferably in chairs, with one less chair than the number of members. One volunteer, or the leader, will start the game by

Spotlight on ...4-H!
University of Nebraska-Lincoln Extension

GENERAL 4-H NEWS AND INFORMATION

Join the 4-H Teen Club

If you are age 12 or older, you can join our county 4-H Teen Club this fall. The group meets just once a month and the meetings are held alternately in Newport at the Extension office or in Claremont at the Goodwin Community Center. Meetings are held the same night as Leaders Association meetings so that you can ride with a leader. One of the biggest projects of the Teen Club is planning an Interstate Teen Exchange. Parents and teens will be active this fall in deciding what fund-raising we'll do and what state we'd like to host next summer. Teen Club members also do community service projects. Teen Club members sometimes go bowling, roller skating or swimming during the year.

Please come to the first fall meeting of the Teen Club on **Wednesday, September 20 from 6:00 - 8:00 p.m.** in Newport or call Nancy Berry at 863-9200 for more information because we will be meeting at Newport High School to use the low ropes course that night. **Please note the earlier time for the meeting because it will get dark early. Wear sneakers.**



4-H Day at the Big E

Looking for a great way to spend the day with your family, and to go on an adventurous day trip away from home? **Saturday, September 16** is 4-H Day at the Eastern States Exposition in Springfield, MA. **All 4-H members, leaders, and families can receive passes and get in free, for that day only.** If you would like passes for your family, be sure to call the Extension office at 863-9200 by Monday, September 11 so that we can get passes for you. Wear your 4-H t-shirts, and go have a wonderful family time. If you can't attend the fair on Sept. 16, go anytime between Sept. 15 and Oct. 1 and pay the regular admission price of \$8 for children (6-12) on weekdays / Saturday & Sunday, \$10 and \$12 for Adults on weekdays / Saturday & Sunday \$15.

EASTERN STATES 4-H DAY

Saturday, September 16th

Name _____

Address _____

Tickets Needed _____

Return by September 8 to:

Attn: Nancy Berry

UNH Cooperative Extension

24 Main Street

Newport, NH 03773



Six Youth Qualified for the State 4-H Horse Show

For a third year Sullivan & Merrimack counties sponsored a joint state 4-H horse qualifying show at the Hopkinton fairgrounds. Twelve Sullivan county 4-H horse project members competed. The dual county qualifying show is an opportunity for youth ages 8 and above to be involved in good spirited competition with 4-H members sharing a common interest and love for horses. Youth age 12 and above have the extra incentive of competing for a spot on the Sullivan County 4-H equestrian team moving on to the state event in July. In 2006 the following six Oak Hill Riders 4-H youth qualified to be part of the state show team: **Anna Haron, Ella Littlefield, Rebecca Locke, Nicole Mitchell, Naomi O'Day, and Hannah Wiest.** **Kristi Eccard** of the Washington Generals 4-H Club will serve as the team's stable manager. State show team

members each received drape medals. To qualify, 4-H'ers have to be well versed in several areas of horsemanship including horse knowledge, judging, Fit and Show, Equitation and two choice classes. Individually earned scores in each of these areas are added together to determine the membership of state show team.

High point award winners are selected based on the combined scores from equitation and pleasure. This year's Senior high point champion was **Hannah Wiest** and **Becky Locke** was reserve champion. **Kristen Wesoja** was recognized as Jr. Champion and Reserve Champion went to **Nicole Mitchell.** In the Walk Trot division **Alicia Barry** received a Champion ribbon with **Charles Barry** as Reserve. Congratulations!

10 Tips To Get Along Better With People

1. Guard your tongue. Say less than you think.
2. Make promises sparingly. Keep them faithfully.
3. Never let an opportunity pass to say a kind word.
4. Be interested in others, their pursuits, work, and families.
5. Be cheerful.
6. Keep an open mind. Discuss; don't argue. Disagree without being disagreeable.
7. Discourage gossip. It's destructive.
8. Be careful of other's feelings.
9. Pay no attention to ill-natured remarks. Live so that nobody will believe them.
10. Don't be anxious about getting credit. Just do your best and be patient.

-4-H Partyline Newsletter, August 2003



SAVE THE DATE!



4-H Rally & Awards Night
Friday, October 20, 2006
Claremont Middle School

Covered Bridge 4-H

May 11, 2006: Our club participated in the annual senior luncheon that was held at the Plainfield Grange. We prepared and served food for over 25 people. Some of the items were cooked at the 4-H members' homes ahead of time. At the luncheon, we made cheese balls for an appetizer and two types of Shepherds Pie for the main meal. Coffee and tea were served throughout the luncheon. For dessert we served plenty of brownies, shortbread cookies and bowls of delicious fruit salad. It was a fun day in May for Covered Bridge 4-H.





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Learning to Make Healthy Food Choices

Another school year is about to begin. I will continue bringing the Nutrition Connections program to area schools, working with the students to learn about the food groups and the importance each has in contributing to a healthy lifestyle, along with the benefits of daily physical activity.

During the 2005-2006 school year, 651 youth received programming in five schools and Head Start Centers. Students learned about "my pyramid," the new USDA food pyramid, and making healthy choices from the food groups. Ways of increasing physical activity were included in the lessons, as a component of the new pyramid is getting enough exercise. Students

learned to make more choices from the bottom of the pyramid and less from the higher fat/sugar foods at the top. 78% of youth increased knowledge about making healthy food choices. By preparing and tasting new foods, 55% of youth now eat a variety of foods. Through hand washing and safe food lessons, 87% of youth improved practices in food preparation and safety.

Teachers reported that students were eating healthier snacks. Parents can help students to achieve this by reading the nutrition facts labels before purchasing the convenient packaged snack foods. These are often high in sodium, fat and/or sugar. Limit the purchase of fruit flavored rollups, cheese curls, soda, potato chips, and provide more fruits and vegetables, cheese, whole grain low-sugar cereals, graham crackers, 100% fruit juice, low fat milk or water as healthier snack choices.

In addition to working with youth in schools, Nutrition Connections provides nutrition education to people with low incomes. At no cost, this program can help you plan low cost meals, teach you about foods to keep you healthy, food safety, and how to buy more foods with food stamps. If you would like to schedule a group or individual home visit, please call 863-9200 or email me at sandy.trybulski@unh.edu to make arrangements.

Pineapple Fruit Fries with Strawberry Banana Ketchup



Ingredients:

- 1 fresh pineapple, peeled and cut into "fries" (3" long x 1 1/2" thick)
- 1/2 banana, sliced
- 2 C. strawberries, sliced
- 2 Tbsp. sugar
- 1 Tbsp. balsamic vinegar
- 1/4 C. mint leaves, optional garnish



Directions:

1. Place strawberries, banana, sugar, vinegar in blender; blend until smooth. Pour into serving dish.
2. Over medium heat, saute pineapple fries until slightly brown on all sides. Place on serving platter. Serve with strawberry banana ketchup.

(Recipe adapted from
Dole 5 a Day Kids Cookbook)

For more snack recipes, see www.dole5aday.com,
www.5aday.com and www.cdc.gov/5aday/.

Family & Consumer Resources

Gail P. Kennedy
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Family & Consumer Resources
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"Back to School" from page 1

Making the First Day Easier

- Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school. It will be fun. She'll see old friends and meet new ones. Refresh her memory about previous years, when she may have returned home after the first day with high spirits because she had a good time.

Talk to Your Child

- Each school year brings a period of adjustment. Adult patience and encouragement are needed and wanted during this time. Be a good listener.
- Back-to-school time offers excellent opportunities for parents and youngsters to talk about academic goals, extra-curricular interests, and scheduled school events. Be positive about school and education.

- Social interaction is a natural part of development. Discuss choosing friends wisely, the influence of peer pressure, and trusting personal feelings about people. Talk with children about making good decisions and accepting responsibility for choices they make. Explore alternatives and consequences of possible choices.

Set Rules and Routines

- Establish basic rules regarding bedtime, chores, television, computer, video games, and telephone. It is a good idea to begin practicing these rules a week or two before school. Relate rules and limits to such factors as children's ages and when they must be up in the morning.
- For all children, make lists of chores expected of them during the week. Coordinate them with homework and study time. Consistency is important for children at this age.
- Plan ahead to avoid conflicts surrounding back-to-school demands. Avoid the early morning rush by helping your child to prepare in advance for what is needed the night before and in the days ahead.
- Post a family calendar to keep track of busy schedules and upcoming events.

Developing Good Homework and Study Habits

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- Set aside ample time for homework.
- Establish a household rule that the TV set stays off during homework time.
- Check with your child's school to see if there is an after-school "homework club."

(see "Back to School" on page 8)

UNH Cooperative Extension is offering

Family Focus:

"Parenting The Young Child"

A Family Focus Program for Families with Children Ages
Birth to 5 Years

When: Wednesday evenings
September 20 & October 4, 11, 18, 2006
6:00 - 8:00 p.m.

Where: Diana Love Center
169 Main Street
Claremont, NH 03743

Family Focus Presenter: Kathie Sarles, M.Ed.
Developmental Services of Sullivan County
Early Supports & Services Director

Registration: Pre-registration is required by September 13 and space is limited. The workshop is free and child care is available. Please call 863-9200 to register.

Updated Parenting Fact Sheets Available Soon!

Parents who are co-parenting, recently divorced, widowed or have a spouse or partner deployed on military assignment can meet with stress and special challenges while parenting under these circumstances. To help parents better meet those challenges, UNH Cooperative Extension has recently revised and will be adding to their on-line library of informational fact sheets. *Parenting Alone* and *Parenting in Stepfamilies* fact sheet series will soon be available on the UNH Cooperative Extension web site. Go to www.extension.unh.edu, click on *families*, then *parenting* or call our office in Newport at 863-9200.

“Back to School”

from page 7

- Be available to answer questions and offer assistance, but do not do a child's homework.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.
- Teach and practice taking care of personal items or belongings.
- Talk about expectations and establish rules.
- Help children get organized.
- Discuss involvement in extra-curricular activities that interest children.
- Get to know teachers and other school personnel.
- Support school and activities.
- Set bedtime and morning routines including time for a nutritious breakfast.
- Help children realize that school and training are fun and important.

More Tips for Back to School

- Shop wisely for school needs and wants.
- Reuse and recycle school supplies, clothes and toys.
- Find special programs which provide school clothing and supplies.

Sources:

Health and Safety Tips from the American Academy of Pediatrics (AAP)
Back to School by P.A. Johnson & J. Carroll, Colorado State University Cooperative Extension

“Tree Myths”

from page 2

“branch collar,” creating a larger wound than if the branch were removed outside the collar. Also, it is likely that some of the parent branch tissue will be removed. The spread of decay inside the tree is greater with flush cuts.

MYTH #5: Pruning wounds greater than three inches in diameter should be painted with a wound dressing.

Research has shown that the common wound dressings do not inhibit decay, do not prevent insect entry and do not bring about faster wound closure. In fact, many of the commonly used dressings slow wound closure.

MYTH #6: Certain fast-growing, weak-wooded trees such as silver maple and Siberian elm should be “topped” to make them less hazardous in the landscape.

While topping these trees may reduce the potential hazard at first, they will likely be more dangerous in the future. Topping stimulates growth of twigs below the cuts. Growth of many vigorous shoots leads to branches with weak attachments. Also decay spreads inside the stubs and branches that were topped. Within 2-5 years after topping, the tree will have regained its height, but will be more hazardous than before the topping. Besides, topping makes trees ugly. Alternatives to topping include thinning, cabling, or removal and replacement with a more suitable species.

Get advice from an arborist, a professional in the care of trees. A qualified arborist can give you sound advice and provide the services your trees may need. Good arborists will perform only accepted practices. When choosing an arborist, look for certification by the NH Arborists Association or by ISA and ask for proof of insurance. Be wary of individuals who go door-to-door offering bargains for doing tree work. Don't be afraid to check references.

Extension Calendar

August

- 9 **Around the Bend Lecture Series: All Aboard the Claremont to Concord Railroad**, 10:00-11:30 a.m., meet at The Fells Main House located at 456 Route 103A in Newbury. Members free, nonmembers \$6.00 (cost includes site admission). Join retired railroad engineer, conductor, and historian RB “Dick” Gassett for a journey through time on the Concord to Claremont Railroad. Visually meander past historic Lake Sunapee and the Newbury cut, a major engineering feat. For more information, call 763-4789.
- 12 **Take 10 Community Walk**, 10:00 a.m., meet at the Home Depot store in Claremont. See page 1 for details.
- 17 **4-H Exhibit Set-up at Cornish Fair**, 2:00-8:00 p.m.
- 18-20 **Cornish Fair**.
- 18 **4-H Exhibit Judging at Cornish Fair**, 8:30 a.m. to noon.
- 19 **Woodsmen's Field Day at Cornish Fair**, 9:30 a.m. See page 2 for details.
- 19 **Cornish Fair Parade**, 1:00 p.m.

September

- 9 **Take 10 Community Walk**, 10:00 a.m., meet at the Newport High School parking lot. See page 1 for details.
- 14 **Credit Check-up**, 10:00-11:30 a.m., Earl Bourdon Centre, Claremont. Call 863-9200 for more information.
- 16 **4-H Day at Eastern States Exposition**

September (cont'd.)

- 18-22 **Granite State Woodlot & Wildlife Management Course**, Hollis, NH. See page 2 for details.
- 20, 10/4, 11 & 18 **Parenting the Young Child**, 6:00-8:00 p.m., Diana Love Center, 169 Main St., Claremont. See page 7 for details.
- 20 **4-H Teen Club Activity**, 6:00-8:00 p.m., Newport High School ropes course. Meet in parking lot. *Note earlier time.*
- 20 **4-H Leaders' Association Meeting**, 6:00-8:00 p.m., Extension office, Newport.

October

- 18 **4-H Teen Club & Leaders' Association Meetings**, 6:30-8:30 p.m., Goodwin Community Center, Claremont.
- 20 **4-H Rally & Awards Night**, 7:00 p.m., Claremont Middle School.
- 21 **Conservation Planning for Towns & Landowners**, 9:00 a.m. to 3:00 p.m., Hartford, VT. Emily Brockhurst with NH Fish & Game and a wildlife scientist with the VT Fish and Wildlife Dept. will demonstrate a protocol for towns and conservation groups to identify and protect significant wildlife habitat. Also learn about conducting a comprehensive natural resource inventory, and prioritizing conservation planning at the town level or landowner level with Amanda Stone and Frank Mitchell from UNHCE. For more information contact Ginger Wallis 802-785-4717.
- 28 **4-H Make a Difference Day.**



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