

## Active Living for Families

Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and your child to stay healthy and keep a healthy weight. In fact, active living lowers the chance of obesity, diabetes, and heart disease—for you and your child.

### How can you raise an active child?

- Get moving yourself! Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will too. Adults set the tone for active living in the family.
- Fit activity into your family life. You don’t need to spend extra money, or even get involved in sports. You can all be active—just by doing every day things.
- Do more than watch. Play! Let yourself feel young enough to play, especially with your child or grandchild. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child’s play.
- Set limits on TV and computer time—for the whole family. That leaves more time for active play.

Children need at least 60 minutes of physical activity on most days. Competitive sports aren’t the best choice for most young children. Children naturally start to do things in groups about eight to 10 years of age. Let them choose the type of activities they enjoy. Is your child in “constant motion?” With your support, he or she likely moves enough during the day.

(see “Active Living” on page 7)



Art Bastian and Jane Hunter were recently honored for their 6½ years of service on the Sullivan County UNH Cooperative Extension Advisory Council.

## The Earned Income Tax Credit (EITC)

*Extra money for low- and moderate-income people who work*

Do you struggle to get by from paycheck to paycheck? Then you should know about the Earned Income Credit (EITC), a special tax benefit for people who work full-time or part-time. Millions of low wage taxpayers qualify. Even if you are not a U.S. citizen, you may still qualify for Earned Income Credit. Last year, New Hampshire residents qualified for more than \$8 million in Earned Income Credit that went unclaimed.

### What is Earned Income Credit?

The EITC is a special tax benefit for working people who earn low or moderate incomes. If you

(see “EITC” on page 7)

**Three Strengthening Families Programs 10-14 for parents/caregivers and youth ages 10-14 will run this spring. Classes will be held in Sunapee, Claremont and Plainfield. The classes are free and include free child care and dinner for the whole family. These series' will begin in early March and run for seven weeks. Deadline for registration is February 23, 2007. For locations and times or to register, call UNH Cooperative Extension at 863-9200.**



## Conclusion of the Buy Local Program

A Buy Local Program was initiated in the autumn of 2003 as a result of a grant aimed at teaching Extension Educators how to conduct farmer-driven research projects. Farmer-driven research, simply stated, means the farmers generate the research ideas and choose how to implement the methods. Extension Educators assist producers with experimental design and technical expertise. The funding allowed for 10 projects in New Hampshire. One of which was the Buy Local Program.

As a result of the grant, a group of producers and consumers with a desire to promote and support local agriculture came together and named itself “The Sullivan County Ag Supporters.”

(see “Buy Local Program” on page 2)

## What's Inside

Conclusion of the Buy Local Program.....	2
Don't Feed the Deer This Winter.....	2
Planning a 4-H Demonstration or Action Exhibit.....	6
Active Living for Families.....	7
Don't Get Crushed by Debt - Take Charge Workshops.....	7
Extension Calendar.....	8

**UNH COOPERATIVE EXTENSION**  
24 MAIN STREET  
NEWPORT, NEW HAMPSHIRE 03773

PRESORTED STANDARD  
POSTAGE & FEES PAID  
NEWPORT, NH  
Permit No. 55

## Agricultural Resources



**Seth A. Wilner**  
Extension Educator  
Agricultural Resources &  
Environmental Stewardship  
[seth.wilner@unh.edu](mailto:seth.wilner@unh.edu)

### “Buy Local Program” from page 1



The initial task was to increase the consumption of locally produced foods using low cost, yet effective marketing efforts. A workshop was held in January 2004

for all interested growers and consumers to learn about existing efforts already being conducted by other agencies and organizations. Participants heard presentations from a Massachusetts non-profit leading the nation in such efforts called “Communities Involved in Supporting Agriculture” (CISA), the NH Dept. of Agriculture Food and Markets, Vital Communities and the NH Farmers’ Market Association. Through this workshop it was learned radio advertisements were most effective dollar-for-dollar to increase awareness of the general public about local agriculture.

The Sullivan County Ag Supporters decided to pursue radio advertising to spread the word about the benefits of buying locally grown products and promoting the three Sullivan County Farmers’ Markets in Cornish, Claremont and Newport.

Allan Reetz, a broadcast marketing specialist from Meriden, NH, was hired to develop six radio advertisements. The advertisements were aired on seven local radio stations during the spring and early summer of 2006.

To determine the success of the Buy Local Program and to gather information for future marketing strategies, a farmers’ market survey was developed. UNH Cooperative Extension staff surveyed patrons of the markets throughout the market season. The Claremont market was surveyed three separate times on July 13, August 3, and September 7. Newport was surveyed on July 7, August 4 and September 8. Cornish was surveyed twice on July 1 and August 5.

The survey tool was designed to collect information on why people shopped at the markets, how far they traveled, how they learned about the markets and the average amount they spent. A summary of the highlights of the survey is as follows:

- Overall **203** market patrons were surveyed, **65** from **Claremont**, **99** from **Newport** and **39** from **Cornish**. It was determined that 17% of patrons surveyed heard the radio advertisements promoting local agriculture and the three farmers’ markets.

- The most important reason survey participants stated they shopped at the market was **product quality**. **64%** of those surveyed in **Claremont** cited product quality, **78%** in **Newport** and **74%** in **Cornish**.
- The average dollar spent in **Claremont** was, **\$15.00**, **Newport** and **Cornish** both averaged **\$16.00**.
- **40%** of participants at the **Claremont** market surveyed shopped the market **weekly**, **51%** shopped **Newport** weekly and **61%** visited the **Cornish** market weekly.
- In the Claremont survey, **77%** of the participants traveled **less than 10 miles** to shop at the market and said they stopped because they were **driving by**. In **Newport** and **Cornish** **63%** and **61%** respectively **lived less than 10 miles** from the markets and said they stopped because they were **driving by**.

This was a three year project that originated as a farmer-driven experiment examining how low cost marketing efforts could promote local agriculture in Sullivan County, NH. Although this phase of the project has been completed, the Sullivan County Ag Supporters will use the information that was learned and pursue other efforts to support local farmers in the county.

For a complete report of the Farmers’ Market Survey 2006, please visit the Sullivan County page of the UNH Cooperative Extension at <http://extension.unh.edu/Counties/Sullivan/Sullivan.htm>

## Forest Resources



**Chuck Hersey**  
Extension Educator  
Forest Resources  
[chuck.hersey@unh.edu](mailto:chuck.hersey@unh.edu)

### Don’t Feed the Deer this Winter

As soon as the first few inches of snow falls, some New Hampshire landowners begin thinking about putting out food for the deer.

Don’t! You’ll do more harm than good, both to the deer and to their habitat. Research and experience has shown that the negative effects of winter feeding outweigh any benefit deer might get from being fed.

Two factors primarily determine deer survival during winter: the availability of high-quality food in the fall, and softwood (e.g., hemlock, spruce, fir) cover during winter.

Deer must store body fat for the winter. The amount of body fat a deer has when it enters the winter directly determines if it will survive until spring. Deer accumulate body fat by increasing the amount of food they eat in September and October, when high-quality foods, such as acorns and beech nuts, are abundant. By November, most deer

have accumulated all the fat they will need to survive the winter.

During September and October feeding, fat accumulation in adult deer results in a 20 percent to 30 percent increase in body weight. Fawns, on the other hand, accumulate only about half as much fat, because they use most of the food they eat for growing muscles and bones.

Beginning in November, deer in the Northeast voluntarily begin eating less. They continue to reduce the amount of food they eat each day until around late February, when they are eating about 50 percent less food per day than they did in September. Throughout the winter, deer compensate for their reduced food intake by relying on their stored fat for energy. An adult deer may get as much as 40 percent of its daily nutrition during winter from fat reserves.

However, to maintain this level of stored fat use, deer must conserve their energy by reducing their activity (e.g., by traveling less) and by spending most of their time in softwood cover, where it’s warmer and the snow isn’t as deep. These energy-conserving behaviors are especially important for fawns because of their lower fat reserves.

Although deer can eat to reduce the amount of fat they burn, natural foods only slow the rate of fat loss; they don’t stop it. This is where some people begin saying, “That’s why people need to put out grain for the deer!”

But research has discovered that even deer feeding on nothing but grain lose weight during the winter. Even captive deer that have access to as



much high-quality food as they want still reduce the amount of food they eat beginning in November, and they continue to lose body fat through February.

That’s because deer have evolved a survival strategy that involves eating as much food as they can in autumn, to put

on as much fat as possible before winter. Once winter comes, instinct tells deer to eat less, move around less, and seek the protection of winter cover.

Research has also shown that large, dominant adult deer fill their bellies first at feeding sites, which means that smaller and weaker individuals, including the vulnerable fawns, will have wasted valuable energy traveling to the feeding site, where they may get little feed. Over time, feeding sites attract more and more deer competing for the same food supplies, which can lead to over-browsing and degradation of the natural habitat around a feeding site, as well as wreaking havoc on homeowners’ ornamental plantings.

Wildlife biologists also worry that deer feeding might help spread **Chronic Wasting Disease** (CWD), which affects deer and elk and is always fatal. To date, CWD has been found in 14 states, including New York, although it hasn’t been found in New Hampshire.

Although biologists don’t know exactly how this disease spreads, they believe its transmission re-  
(see “Don’t Feed the Deer” on page 8)

## 4-H and Youth



**Robin R. Luther**  
**Nancy G. Berry**  
 Extension Educators,  
 4-H Youth Development  
[robin.luther@unh.edu](mailto:robin.luther@unh.edu)  
[nancy.berry@unh.edu](mailto:nancy.berry@unh.edu)

## Try Snowshoeing

If you have always wanted to try snowshoeing, here's your chance! All 4-H families are invited to try snowshoeing on Saturday, January 13 at 10 a.m. behind the Claremont Middle School on South Street. We will have 14 pairs of children's snowshoes and 18 pairs of adult snowshoes so that you can try out this fun sport.

It's a great way to get some exercise and enjoy the beautiful outdoors! We will practice on the flat fields before venturing up into the woods to explore nature. Come join us! Please bring your own snowshoes if you have them. **Everyone must pre-register by calling the Extension office at 863-9200.**

## 4-H Rollerskating Party

Junior Sports League, Claremont  
 Saturday, February 24

7:00 - 9:00 p.m.

Open to 8 years old & up  
 \$3.50 per person



## CURRENT NEWS

### Join other 4-H teens at Pat's Peak

Snow Tubing at **Pat's Peak, Henniker, NH on Sunday, January 28 from noon - 4:00 p.m.** The cost is \$15.00 per person. The meeting place will be at the Valley Lodge. Open to all 4-H teens age 13 years and up.



Schedule: 12:00 - 1:00 p.m. Bring a bag lunch or money to buy lunch  
 1:00 - 3:00 p.m. Tubing  
 3:00 - 4:00 p.m. Dessert Social  
 (Dessert will be provided)



Bring warm clothing suitable to the weather conditions. All 4-H teens received registration materials in the mail. Deadline for sign up: Friday, January 19, 2007. For more information call Debbie Cheever at 225-5505 or go to: [http://www.patspeak.com/winter\\_fun.htm](http://www.patspeak.com/winter_fun.htm)

## Save the Date for 4-H County Activities Day Date Changed to Saturday, March 10 Claremont Middle School

The poster, photography entries and public presentation registrations are due February 16

## Keep Walking and Using your Pedometers



The Covered Bridge 4-H Club wants to give you all a friendly reminder to keep walking this winter. Use your pedometers to log your miles each week. Some of our clubs have set a goal to walk the length or width of the state of New Hampshire as part of the Walk

NH! program.

If you want to join the Walk NH program or you need a pedometer, contact Margaret or Michael Drye at 675-9159 or talk to them at International Foods Day.

## Start sewing for Fashion Revue or try Fashion Selections!

It's time to start planning now to take part in our fashion program in April. If you don't want to sew, and you are 12 or older, we have another **exciting way for you to participate!** For "Fashion Selections" you choose a purchased outfit to model and be judged on. It can be something you wear to school, for special events, a prom outfit or you can even put together an outfit entirely from thrift stores or yard sales! The idea is to use your consumer skills and accessorizing talents to put together a functional outfit. Everyone buys clothing but not everyone likes to sew, so we can include more 4-H members in our show with the Fashion Selections program. This year's theme is "**Under the Sea**".

Please help us spread the word about this opportunity to your members, both boys and girls, **age 12 or older.** We have an excellent 4-H curriculum called "Discovering Choice: Clothing Decisions" that will help project leaders work with youth on the con-

sumer decisions used in purchasing clothing. Members may still choose to sew an outfit and also put together a purchased outfit this year. They will be judged on both on **Saturday, April 7 and model in the Fashion Show on Friday evening, April 13.** Both events take place at the Claremont Middle School and gifts will be given to everyone who participates.

\*Please note that Fashion Evaluation Day will not be held the same day as County Activities Day this year so it's a little easier to participate in both events. **March 16 is the deadline to register for Fashion Revue and Fashion Selections.**

All organization leaders and clothing project leaders will receive information in the mail on Fashion Revue and Fashion Selections. In the meantime, please talk to members about how they could choose an outfit for one of their hobbies or sports, be sure it is appropriate and fits well, bring props or accessories, and

then write a script about how they intend to use their outfit.

Fashion Selections categories include:  
**Best Bargains for under \$25**  
**Sports / Leisure activities**  
**School**  
**Special Occasions**  
**Makeovers**  
**Interview Outfits**  
**Career Fashions**



For members planning to sew an outfit, it is important to choose your fabric and pattern early and get started sewing this month so you are not doing it all at the last minute! We still have some patterns in the Extension office that you can borrow for free. We also have guidelines to help you choose appropriate patterns and fabric for each year of sewing. Sewing leaders are urged to call Nancy Berry for more information.

## 4-H MEMBERS' CORNER



### It is time to begin registering 4-H project animals for 2007 summer 4-H fairs



Are you planning to show your 4-H project animal at the fairs during the summer of 2007? If so, your project animals must be registered with the Sullivan County Extension office. Call to request a current animal or horse project approval form or download a copy from the Extension website [ceinfo.unh.edu](http://ceinfo.unh.edu) in 4-H youth development section/publications/project resources. These forms must be completed

and submitted before or on the most appropriate deadline date listed as follows:

February 1: **Beef Steers to be shown at Eastern States. (a special eartag is required to be in place before February 15). Contact a 4-H educator to let them know you are interested in participating.**



April 1: **Horses to qualify for Eastern States.**

May 1: **Beef Heifers to be shown at Eastern States, Working Steers, Dogs, Dairy Cattle, Llamas and Horses.**

June 15: **All Sheep, Goats, Swine, Small Animals, Poultry and other Beef not to be shown at Eastern States**

## Members Applauded During Rally and Awards Night

To kick off the new 4-H year families from around the county gathered for 4-H Rally and Awards Night at the Claremont Middle School. During Rally 4-H members and volunteers were recognized for their accomplishments and contributions to their community.

### Commentators

**Amy Barriger**, Sullivan County 4-H Teen Club  
**Rachel Shklar**, Sullivan County 4-H Teen Club

### Flag Ceremony

Members of the Horse Huggers 4-H club

### Handed out Programs

Bunny Bunch 4-H members

### Installation of Officers

State Representative James Phinizy.

### 2006 Ivan Head Outstanding 4-H'er Award Winners

**Amy Barriger**, Sullivan County 4-H Teen Club  
**Rachel Shklar**, Sullivan County 4-H Teen Club  
**Dominique Rondeau**, Horse Huggers

### Outstanding 4-H Club Award

Clever Cardinals of Newport

### County Medals of Honor

**Andrew Rondeau**, Upper Valley 4-H Livestock  
**Daphne Rondeau**, Covered Bridge 4-H Club  
**Michael Drye**, Covered Bridge 4-H Club  
**Dominique Rondeau**, Horse Huggers  
**Monica Stout**, Clever Cardinals  
**Megan & Ryan McPherson**, Fun 4-H  
**Amy Barriger**, Sullivan County 4-H Teen Club  
**Rachel Shklar**, Sullivan County 4-H Teen Club

### Honorable Mention Certificates

**Dolly Rose Rondeau**, Covered Bridge  
**Daniel & Michael Drye**, Covered Bridge  
**Katherine Stockwell**, Horse Huggers

### Ten Year Members.

**Ashley Bailey**, Horse Huggers  
**Amanda Jones**, Horse Huggers  
**Amber Brodeur**, Brodeur Family 4-H Club  
**Marisa Chapin**, Jim Dandies  
**Carolyn Corcoran**, Jim Dandies  
**Mindy Caouette**, Golden Clovers  
**James Drye**, Covered Bridge  
**Victoria LaBelle**, Oak Hill Riders

### Pumpkin Decorating Contest Winners

**Rebecca Mailhot**, Acworth Hill Climbers  
**Jen Ferry**, Fall Mountain Kitten  
**Jack Hodskins**, Bunny Bunch  
**Holly Towne**, Bunny Bunch  
**Ericka Chasse**, Clever Cardinals  
**Mary Elizabeth Coverdale**, Clever Cardinals  
**Jonas Coverdale**, Clever Cardinals  
**Cathryn Gallione**, Clever Cardinals  
**Monica Stout**, Clever Cardinals  
**Mary Robertson**, Clever Cardinals  
**Meghan Wilder**, Country Kids  
**Alireza & Mehdi Orog**, Covered Bridge  
**Dolly Rose Rondeau**, Covered Bridge  
**Olivia Tarmey**, Jim Dandies  
**Ryan McPherson**, Fun 4-H  
**Andrew Rondeau**, Upper Valley 4-H Livestock  
**Rebecca Moody**, Match Box Munchie Bunch

### The Ruth Bascom and N. H. Antique Tractor Club scholarships

**Ashley Bailey**, Horse Huggers  
**Megan McKone**, 4-H Life Smarts Team  
**Fatima Orog**, Covered Bridge  
**Hannah Wiest**, Oak Hill Riders

## Plan a Youth Venture

What is a *4-H Youth Venture*? It's a new, yet sustainable, program, service, or club — created by, run by, and maintained by young 4-Hers, ages 12-18, that is designed to benefit their school, neighborhood, or community. Many of the 4-H projects you're working on right now are practically ventures already. For example, a group of 4-H teenagers has begun to knit scarves for U.S. soldiers stationed overseas. In order for this project to qualify as a *4-H Youth Venture*, the group would need to develop a workable plan to keep the project going long-term. They might organize fundraisers and develop methods of recruiting new members when needed. And, once this team is approved as a *4-H Youth Venture* — they qualify for a grant of up to \$1,000 to help their venture's long-term plans.

There are many possible ideas for ventures. Most are derived from your passions. If you love to play an instrument and sing, perhaps you can put together a group to perform for nursing home residents or hospital patients. You could start a music tutoring program for young children who might not be able to afford such lessons. Similar programs might teach art, reading, or provide extra help with math.

A large number of 4-Hers participate in animal projects. How about developing an educational program to teach other younger students in after-school programs about your animals?

If you like arts and crafts — why not create holiday mementos; wreaths, valentine's cards, etc... to sell. Money raised could be earmarked for a particular charity or new equipment for your school or 4-H club.

There is virtually no limit to the ideas for *4-H Youth Venture* projects. And, to help 4-H'ers formulate their venture, we provide a step-by-step Action Plan, as well as workshops that offer advice on how to make your venture a success. To learn more about the *4-H Youth Venture* program or schedule a workshop with your club or county, please contact Alice Ballenger at: [4hventure@unh.edu](mailto:4hventure@unh.edu) or 603-862-2198.

## 4-H LEADERS' UPDATE

### Come to 'New Leader Training' on January 30

All volunteers who have joined 4-H within the last 3 years are highly encouraged to attend our next session of New Leader Training on **Monday, January 30 from 6:30-8:30 pm** at the Extension office.

We will go over some of the basics of teaching 4-H projects including the experiential learning model, risk management and safety, and how to make meetings fun and meaningful. We will do interactive games and role playing so you won't be just sitting around at this training. We'll show you many new exciting 4-H curriculums and answer all your questions about 4-H.

Please **pre-register** by calling 863-9200. Feel free to invite neighbors or friends who are considering 4-H too.

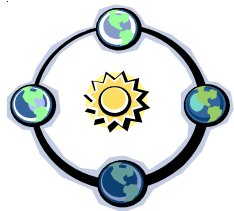
### Come to the Leader's Banquet!

**Friday, March 16 at 6:00 p.m.** is your chance to treat yourself to a nice meal as our way of saying "thank you" for all you do for young people in 4-H.

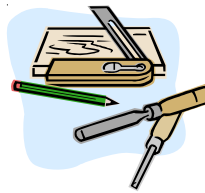
Mark your calendar today because we want YOU to attend our annual Leader Banquet at the Teal Room in the Sugar River Technical School in Claremont. (It's right next to Claremont Middle School on South Street.) We will enjoy a specially catered buffet prepared by the culinary arts students at the school. The menu will feature a meat entree, a chicken entree, a fish entree, a potato or pasta dish, vegetables, soup, salad, rolls, dessert and beverages.

The meal is **FREE** for all currently enrolled 4-H volunteers and there is a small charge for spouses or guests who attend. We will have door prizes and a surprise for your entertainment enjoyment as well. Your invitation will be mailed to you in early January. It's always an enjoyable evening.

Note: Only **enrolled** 4-H leaders will receive an invitation, so this is one last reason to get your enrollment form in to our office **now!**



### Save the Date! Get R.E.A.L. Workshops Saturday, February 17 8:30 - noon Charlestown Middle School



Watch your mail for a brochure describing all of the exciting hands-on workshops being offered to Sullivan County volunteers and teens. Learn about foods and nutrition, astronomy, woodworking, arts

and crafts and much more! This event continues to grow in popularity each time we offer it. Register early so you don't miss out!



### Digital Photography and Scrapbooking

If clubs would like to learn about using a digital camera and photography tricks, Patti Bublat, a former 4-H member, is willing to teach 4-H club members. She will also teach scrapbooking for a very small fee.

Patti taught a scrapbooking workshop at our last "Get R.E.A.L." workshop day and people enjoyed using her tools and supplies. To reach Patti, call 863-4453 or email her at [bublatnh@yahoo.com](mailto:bublatnh@yahoo.com)

### Participate in International Foods Day January 27th

International Foods Day is a favorite county event. It provides opportunities for learning, tasting unfamiliar foods and swapping ideas with 4-H members & leaders county wide. **International Foods Day is scheduled for Saturday, January 27<sup>th</sup> from 11:00 a.m. to 2:00 p.m. in the cafeteria of the Newport Middle High School.**

The basic steps for club participation follow:

1. **Choose a country** to learn about. Work together to plan a menu using recipes and foods commonly eaten during a meal.

2. **Plan a short presentation** to share a tradition, dance, music, clothing, a ceremony that stands out as being unique & interesting. Keep club presentations short, focused, simple and fun. Rehearse at least once so you can be sure the presentation is not longer than 2 or 3 minutes. Your audience will include some of our youngest 4-H'ers who have limited attention spans. Ask members with speaking parts to use the microphone. The room is very large and it is a challenge to hear what is being shared.

3. **Attend Event:** Saturday January 27<sup>th</sup>. Arrive at 11:00 a.m. with a precooked meal from

your country. Bring dishes, silverware, napkins, serving spoons, and pots & pans to re-heat food if necessary. Members set tables while leaders and parents warm food to be served at noon. Bring a bit more of one item to share. Milk and coffee will be provided.

Please call the extension office as soon as you decide which country to represent. As the event gets closer, please let us know the number of participants expected to attend from your 4-H club. As always call with questions.



### Sew or donate adaptive clothing as a service project

If you know how to sew, there is a wonderful service project that you can do. "Sew Much Comfort" provides high quality, comfortable clothing that allows independence, comfort and dignity to wounded service men and women. The patterns are very simple to use. There is a local person in Newport who can provide you with shirts and boxer shorts which you then cut and add velcro, bias tape, labels, or snaps to so that wounded veterans can get into them more easily. All of these supplies can be provided to your club.

Many amputees have difficulty wearing standard clothing. Some veterans can't fit clothing over their medical devices or their wounds make regular clothing hard to wear. The clothing they need includes pants, shorts, shirts, undergarments and swimwear.

If your club members do not sew, you could still help out by donating heavy duty t-shirts (not undershirts), sweatpants without cuffs, polo shirts, regular cotton boxers, female boxer/boycut/hipster undergarments in sizes L and XL and swimwear. The group also

needs donations of fabric (cotton, twill, denim, khaki, flannel), thread, 7/8 inch wide single fold bias tape and #3 snaps.

Nancy Berry can give you more information or you can check out the website at [www.sewmuchcomfort.org](http://www.sewmuchcomfort.org) or call Angela Maynes at 542-5808 or email her at [aamsews@hotmail.com](mailto:aamsews@hotmail.com) Please consider whether your club or church group or other community club could help this very worthwhile program.

## GENERAL 4-H NEWS AND INFORMATION

# Planning a 4-H Demonstration or Action Exhibit



**Step One:** WHAT is the subject matter you wish to present? Select a subject in which YOU are interested and would like to teach to other people.

**Step Two:** NARROW DOWN the subject to a specific topic or process, i.e. types of seams or steps for a natural wood finish.

**Step Three:** RESEARCH your topic. Find out the most accurate and recent information on your topic. Consult your project leader, member guides, magazines, books, web sites, encyclopedias.

**Step Four:** WHY are you giving the presentation – to inform, teach facts, motivate to action, to stimulate thought, to show a process? Write out in one sentence what you would like your audience to be able to do as a result of viewing your demonstration or action exhibit.

**Step Five:** What are the key points to be made? From your research select the main ideas that you want your audience to know. Think about what graphics and other props will help get your message across. For example: "Three common poisonous plants are poison oak, stinging nettle and oleander." Have a picture or example of the plants and give more details.

**Step Six:** DEVELOP A TITLE which is an attention getter, summarizes your purpose, and is short and to the point.

**Step Seven:** Map out your exhibit and posters. Use scrap paper and sketch out what your exhibit will look like.

- |                                       |  |
|---------------------------------------|--|
| ⇒ Where will the title be?            | ⇒ How can the points be worded to be brief but give the message? |
| ⇒ How big will the letters be?        | ⇒ What graphics will you use?                                    |
| ⇒ What key points need to be written? | ⇒ What colors will you use?                                      |

**Step Eight:** Gather your materials.

- ⇒ Backboard or poster board
- ⇒ Markers or paint for your lettering (or you can use computer lettering)
- ⇒ Pictures and other graphics or props to add visual interest.
- ⇒ A yardstick and pencil to make light guidelines and to outline your lettering.
- ⇒ An eraser to remove guidelines and clean up any extra marks.

**Step Nine:** Put your display together. Work carefully and step back now and then to see if it looks good from a distance. Lay out your whole display including props to see if you have everything you need.

**Step Ten:** Practice giving your demonstration or action exhibit. Ask family members how to improve it. Be sure you have a catchy introduction and a brief summary at the end.

**Step Eleven:** Check your exhibit carefully for transport. Large trash bags can be used to make sure that nothing ruins your posters/display board. Put other materials in a box along with a few emergency items for last minute touchups such as markers, tape, glue, etc.

## The Basics of Public Speaking

A good presentation is effective at using three areas of expression: Body, Voice, Delivery.

The body reflects a number of things about the presenter. It gives viewers a sense of the speaker's posture and poise. The speaker's gestures and facial expressions lend emphasis and emotion to the topic. Eye contact helps connect the audience to the speaker and what is being said. Some tips to remember are:

- \* Animation is the face's energy! Let your body language share your feelings about your topic.
- \* Don't rock the boat! Use body language for expression and emphasis but not to reflect nervousness by swaying or jiggling.
- \* Avoid dramatics. Let your words provide the level of expression and your body just reinforce it.

Effective use of the voice can engage the audience and keep their interest. Vary your pitch and volume for emphasis. Be sincere in what you are saying and be sure to pronounce the words you use correctly. Use appropriate language. Proper grammar is always a must. Use of terms that apply to your topic indicate knowledge of the subject but avoid too many terms unfamiliar to the audience and always make sure to define those.

Your delivery is what keeps the audience engaged. Show energy and enthusiasm. Make sure that you transition smoothly through the different parts of your presentation. Practice enough so that you know what you want to say with only an occasional prompt from a notecard.

**Building the Presentation** - The Introduction draws the attention of the audience. A speaker must capture the audience's attention in first 15 seconds so be creative. DON'T just repeat name, age, club, title but rather put your topic in a setting or share how you first got interested in your topic to get things going. Some examples would be:

- Life experience
- Interesting fact or statistic
- Quotation or anecdote
- Reason for occasion
- Humor
- Question
- Prop

The "body of the talk" must tell people something to remember. Include interesting facts or information. Make an attempt to persuade the audience to your point of view. Be creative but structured. The structure may be making clearly numbered points, using cause and effect reasoning, providing chronological order, or telling key points in a logical and clear order. The body should flow naturally from point to point.

The summary or closing should review the main points. It is meant to lead the audience to the desired action or leave a lasting impression. The summary is what the audience is likely to remember.

**The Finishing Touches** - Practice. No presentation will be effective if it isn't rehearsed. Speaking it out loud helps you to remember what you want to say and helps you identify areas that do not flow well or sound smooth. Your last "re-hearsal" should be close to your talk time. Don't read your speech. Reading and memorizing is boring to an audience. To avoid that tendency, just put key points on your note cards or on your posters and use them as the prompts for what you need to say next.

-Adapted from Cheshire County Extension newsletter.

## Design a good poster

Posters are best if they show one main idea that can be easily read and understood from a distance of about 10 feet. Keep them simple for maximum impact.

Plan your poster on scrap paper first. Leave small margins around the edges of your poster. Use a ruler to center your title. Make light pencil guidelines to keep lettering straight. Use dark colors for lettering: black, brown, navy blue, dark green or dark purple are easiest to read. Use large block lettering for your title.

Try to think of a picture that illustrates your poster title. Try not to use tiny or finely detailed pictures. Be sure to erase all pencil guidelines for a neat poster!

### 2007 Poster Themes

1. Make the 4-H Connection
2. 4-H The Power of Youth
3. Persuasion to Action (limited to seniors, age 14 or older)
4. Open category

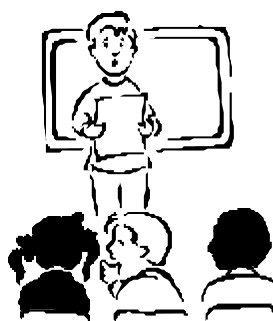
**Photos & posters submitted by youth 12 & up will be considered for entry in the state contest.**

(Only three can be entered in each contest)  
**Posters must be submitted on 14"x22" poster board.**

**All photo and poster entries should be labeled on the back.** Please include your full name, age address, county and the theme area you have chosen. Photographs also should identify the type of equipment used (type of camera ie. point & shoot/adjustable; flash, filters etc.) Also indicate the type of photo processing used and if any enhancements were made. Digital photos are welcomed.

### 2007 Photography Themes are:

1. New Hampshire at its Best
  2. 4-H at its Best / 4-H Promotion
  3. Open category (for juniors and seniors)
- Photographs must have been taken since June 3, 2006. Only 2 photo entries per member. Prints must not exceed 9" x 12"





**Sandy J. Trybulski**  
 Program Associate  
 Nutrition Connections  
[sandy.trybulski@unh.edu](mailto:sandy.trybulski@unh.edu)

**“Active Living”** from page 1

**Here’s a guideline for you.**

Try to fit in at least 60 minutes of moderate physical activity on most days. A moderate activity is equal to walking 2 miles in 30 minutes. Six 10-minute chunks of active time are okay too. If you’ve been out of action for a while, start slowly. Being active with your family counts!

**Cold Weather Fun!**

Cold weather offers great ways to have family fun. Take time to play together—and move more. You’ll all feel good! In cold weather, cover your child’s head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing. Dress your child in layers for warmth. Be sure he or

she can move easily for fun and safety. Tie a scarf over your child’s nose and mouth to warm air that is breathed in. Tuck the scarf inside the coat so it won’t get caught in play equipment, or use a turtle neck warmer. Remember mittens or gloves and boots! Bring water if your family is outside longer than an hour. When you move a lot, you sweat—even in winter.

**Get moving INDOORS**



- Act out a story. Read a book together; move to give it action. If it’s a book about food, make it in the kitchen together later.
- Create an obstacle course. Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- Turn up the music and dance. Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug.
- Make bread, soft pretzels, or pizza. Knead, shape, and roll dough. It’s good for arm muscles. Tip: buy frozen dough to keep it easy for you!

- Start planning your garden. Find a library book about kids and gardening. Look at seed catalogues. Plan for spring.

**Get moving OUTDOORS**

- Bundle up for snow play. Create angels. Make a “snow family” –with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- Take a nature hike. Look for animal tracks in the snow. Look for squirrels and birds.
- Take a neighborhood walk. How does it look different in cold weather?
- Decorate an outdoor tree for the birds. Hang apples, pinecones rolled in peanut butter, or popcorn strings.
- List other ideas for your family!

Source: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service.



**Family & Consumer Resources**

**Gail P. Kennedy**  
 Extension Educator  
 Family & Consumer Resources  
[gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu)



**“EITC”**

from page 1

fall into this category, the EITC can help reduce your taxes and increase your income. If you qualify for EITC and file a federal tax return, you can get back some or all of the federal tax withheld from your pay during the year. You may also get some cash back from the Internal Revenue Service (IRS). Even if you didn’t earn enough to pay an income tax, you may qualify for EITC.

**Who can get EITC?**

If you worked full-time or part-time at some point in 2006, you can qualify for the EITC depending on your family income which must fall below the following income guidelines. The chart below also shows **the maximum EITC** a family can earn. Your family income determines the actual amount of EITC you receive.

Family Size	Single	Married Filing Jointly	Maximum EITC
Two or more children	\$36,348	\$38,348	\$4,536
One child	\$32,001	\$34,001	\$2,747
No children	\$12,120	\$14,120	\$412

Source: Internal Revenue Service

**Who is a “qualifying child”?**

The IRS considers a qualifying child:

- any child who lived in your household for more than half of 2006,
- is your son, daughter, adopted child, grandchild, great-grandchild, stepchild, or eligible foster child, **and who also**
- meets **one** of the following criteria:
  - ◆ was younger than age 19 at the end of the tax year, or
  - ◆ was a full-time student under age 24, or
  - ◆ was permanently and totally disabled at any age during the year

**How do you get the EITC?**

- Workers raising a qualifying child in 2006 must file either Form 1040 or 1040A and must fill out and attach Schedule EITC. Workers with children can’t get the EITC if they file Form 1040EZ or do not attach Schedule EITC. Married workers must file a joint return to get the EITC. (See page 8 if you want free help filing your federal tax return.)

(see “EITC” on page 8)

**Don't Get Crushed By Debt - Take Charge**



Sign up now and get out from under debt! This workshop will give you strategies so you can reduce your debt and increase your savings.

**Newport**

Wednesday, January 24, 2007  
 5:00 - 6:30 p.m.  
 UNH Cooperative Extension  
 24 Main Street

**Claremont**

Monday, February 5, 2007  
 5:00 - 6:30 p.m.  
 Claremont Savings Bank  
 145 Broad Street

**Registration:** Seating is limited and pre-registration is required by calling (603) 863-9200. The workshop is free.

**“Don’t Feed the Deer”**

from page 2

quires close contact between animals. When humans put out food for deer, they create a situation where an unnaturally high number of deer become concentrated in a small area.

In fact, some states have banned winter feeding of deer to help stop the spread of CWD. Feeding deer because you just like to watch them is a selfish reason for placing our deer resource at so much risk.

So, what can you do if you want to help deer during the winter? You can work on your property and with your neighbors to create and maintain quality deer habitat. This includes working in stands of oak and beech to increase the amount of nuts available in autumn, working in softwood stands to maintain and create dense winter cover, and working in hardwood stands to increase the amount of woody browse available to deer. Together, landowners, hunters, and wildlife enthusiasts can ensure there will be enough habitat to sustain many generations of deer in New Hampshire.

By: Matt Tarr, Rockingham County UNH Cooperative Extension Forester

**“EITC”**

from page 7

- Workers who didn’t raise a qualifying child in their home in 2006 can file any tax form - including the 1040EZ. These workers write “EITC” (or dollar amount of their credit) on the Earned Income Credit line on the tax form. They do not file Schedule EITC.
- You must provide a correct name and Social Security number for every person listed on the tax return and Schedule EITC. If this information is incorrect or missing, the IRS will delay the refund.
- Workers don’t have to calculate their own EITC; if they choose, the IRS will do it for them.

**Workers raising children can get part of their EITC in their paychecks**

Workers raising children can get part of their EITC in their paychecks throughout the year. The rest will come back as a check from the IRS after the worker files a tax return. This is called the Advance EITC payment option. Learn more about it from the [IRS Advance Earned Income Credit Questions and Answers](http://www.irs.gov/individuals/article/0,,id=96515,00.html) page at <http://www.irs.gov/individuals/article/0,,id=96515,00.html>

**FREE help filing your tax forms**

Many families that apply for EITC pay someone to complete their tax forms. This can cost \$80 to \$200 or much more. Getting a “quick tax refund” may cost you more than you will get back! Low-income workers can get free help with tax preparation through local offices throughout New Hampshire.

The IRS certifies volunteers to provide free tax help through the [Tax-Aide Program](http://www.aarp.org/money/taxaide/taxpreparation/Articles/a2004-01-22-findtheaarp.html) an organization called the AARP. To find the Tax-Aide Program location nearest you, go to <http://www.aarp.org/money/taxaide/taxpreparation/Articles/a2004-01-22-findtheaarp.html>, or call **1-888-227-7669**.

You can also call the UNH Cooperative Extension Family, Home & Garden Center at 1-877-398-4769 for a referral to a free tax preparation site nearest you. Or visit our new NH EITC Web site at [www.nheitc.org](http://www.nheitc.org).

**Extension Calendar****January**

- 6 & 7** **Holistic Management Workshop**, The Inn at East Hill Farm, Troy, NH. Call 863-9200 for more information.
- 9, 18, 23, 30** **Vegetable Growers’ School**, 9:30 a.m. to 3:00 p.m., Hooper Institute, Walpole, NH. Call Carl Majewski at 352-4550 for more information.
- 12&13** **Teaching IPM Concepts for Initial Pesticide Certification**, Merrimack County Store, Bradford, NH. Call 629-9494 for more information.
- 13** **Cutting Your Own Firewood**, 10:00 a.m. to 12:00 p.m., Shieling Forest, Old Street Road, Peterborough, NH. This workshop will demonstrate how to safely operate a chainsaw and perform basic maintenance. Fee is \$5.00 and pre-registration is required by calling 431-6774.
- 13** **4-H Family Snowshoeing** 10:00 a.m., meet behind Claremont Middle School. Call 863-9200 to pre-register. See page 3 for details.
- 17** **4-H Teen Club and Leaders’ Association Meetings**, 6:30 - 8:30 p.m., Extension Office, Newport.
- 24** **Don’t Get Crushed by Debt - Take Charge**, 5:00 to 6:30 p.m., UNH Cooperative Extension office, 24 Main Street, Newport. See page 7 for details.
- 27** **4-H International Foods Day**, 11:00 a.m. to 2:00 p.m., Newport Middle High School. See page 5 for details.
- 28** **4-H Teen Winter Day at Pat’s Peak**, noon to 4:00 p.m. See page 3 for details
- 30** **New 4-H Leader Training**, 6:30 - 8:30 p.m., Extension Office, Newport. See page 5 for details.

**February**

- 1** **Registrations Due for 4-H Beef Steers to be Shown at Eastern States** (a special eartag is required to be in place before Feb. 15). See page 4 for details.
- 2 & 3** **New Hampshire Farm & Forest Exposition**, 9:00 a.m. - 4:00 p.m., Center of NH - Radisson Hotel, Manchester, NH. For more information, go to [www.nhfarmandforestexpo.org](http://www.nhfarmandforestexpo.org).
- 5** **Don’t Get Crushed by Debt - Take Charge**, 5:00 to 6:30 p.m., Claremont Savings Bank, 145 Broad Street, Claremont. See page 7 for details.
- 17** **Get R.E.A.L. 4-H Workshops**, 8:30 a.m. to noon, Charlestown Middle School. See page 5 for details
- 21** **4-H Teen Club and Leaders’ Association Meetings**, 6:30 - 8:30 p.m., Goodwin Community Center, Claremont.
- 24** **Homeowner Fruit Tree Pruning Workshop**, Carla Skinder Farm, Cornish, NH. Call 863-9200 for more information.

**March**

- 3/6-4/10** **Sunapee Strengthening Families Program 10-14**, 5:30-8:00 p.m., Sunapee Middle High School, 10 North Road. Call 863-9200 for more information.
- 10** **4-H Activities Day**, 9:00 a.m. to 1:00 p.m., Claremont Middle School.
- 14** **4-H Teen Club and Leaders’ Association Meetings**, 6:30 - 8:30 p.m., Extension Office, Newport.
- 16** **4-H Leader Banquet**, 6:00 - 9:00 p.m., Sugar River Tech Center, Claremont. See page 5 for details.
- 17** **Livestock First Aid - What To Do Until the Vet Arrives**, Sugar River Tech Center, Newport. Call 863-9200 for details.



# UNIVERSITY of NEW HAMPSHIRE

## COOPERATIVE EXTENSION

**SULLIVAN COUNTY**  
**24 Main Street**  
**Newport, NH 03773**  
 (603) 863-9200  
 FAX 863-4730  
[sullivan@ceunh.unh.edu](mailto:sullivan@ceunh.unh.edu)

**Support Staff**  
 Karna Williams, *Layout*  
 Sandy Rumrill, *Layout*  
 Susan Mills, *Layout*

**Professional Staff**

**Nancy G. Berry**  
 Extension Educator, 4-H & Youth Development

**Gail P. Kennedy**  
 Extension Educator, Family & Consumer Resources

**Robin R. Luther**  
 Extension Educator, 4-H & Youth Development

**Sandra J. Trybulski**  
 Program Associate, Nutrition Connections

**Seth A. Wilner, Co-Office Administrator**  
 Extension Educator, Agricultural Resources & Environmental Stewardship

**Charles Hersey, Co-Office Administrator**  
 Extension Educator, Forest Resources

**Advisory Council**

Rachel Shklar, Newport  
 Sara Poisson, Claremont  
 Sandy Hodskins, Lempster  
 Amy Barriger, Claremont  
 Richard Scheuer, Cornish  
 Pauline Bailey, Sunapee  
 Judith Kaufman, Cornish  
 Bard Flanders, Goshen  
 Carla Skinder, Delegation Rep.  
 Commissioner Ben Nelson