

## Eastern Equine Encephalitis (EEE): All You Want to Know

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### Disease Description and Transmission

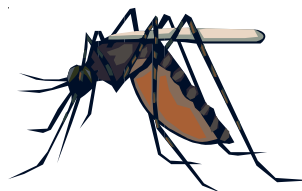
Eastern equine encephalitis (EEE) is a mosquito-spread disease of birds, that sometimes is transmitted (via mosquito bite) to horses and people. The risk of serious injury or death is high for those who become sick with the disease.

In 2005, there were 20 human cases of EEE in the United States. New Hampshire led the nation with seven cases and two deaths, Florida had five, Massachusetts four, Alabama two, and South Carolina and Georgia one each. In 2004, New Hampshire had a single human case. Before that, the most recent report of a human case in the Granite State occurred in 1980 – the case was not confirmed.

Most of our 47 species of NH mosquitoes don't transmit EEE. Those that do, or might, include *Culiseta melanura*, which bites only birds and is the principal species that spreads EEE from bird to bird. *Coquillettidia perturbans*, which bites both birds and mammals, is the principal "bridge vector" (species carrying the disease from birds to humans or horses).

Three other species might also be involved to some degree: *Culex salinarius*, *Culex restuans*, and *Ochlerotatus triseriatus*. (The virus has been found in several other mosquito species, but their ability to transmit the virus has not been proven. *Culex morisitans* is one example.)

Getting EEE is a bit like winning the lottery. The chances of it happening are



very low, but the consequences can be life-changing. The process of infection works like this:

1. A female of *C. perturbans* (or other species that bites both birds and mammals) first must bite a bird infected with EEE (male mosquitoes don't bite).
2. The blood of the infected bird contains EEE virus particles, so the mosquito biting the bird draws in the disease-causing virus with her blood meal.
3. The mosquito digests her meal for several days, and then lays her eggs. During the time that the meal is being digested and eggs laid, the virus particles move from the insect's gut to her salivary glands.
4. After the mosquito lays her eggs (if she is lucky enough to live that long), she seeks another blood meal. This time she finds you.
5. She lands, inserts her mouthparts, and injects saliva. Along with her saliva, she injects some of the virus particles. You have just been infected.

Please note: *Mosquitoes that bite EEE-infected humans or equines don't pick up enough virus particles to pass the disease along to the next human (or animal) they bite, which makes humans "dead-end" hosts for EEE.*

(see "EEE" on page 7)

## Sullivan County Health Care Open House

June 11, 2006

*Free Pancake Breakfast Prepared by your County Commissioners*

Please join us for the annual open house and **FREE** pancake breakfast (with all the fixings) at Sullivan County Health Care (formerly called the County Home) in Unity. Breakfast will run from 7:30 to 11:30 a.m. and will be served up by your County Commissioners. A 4-H Fashion Show is scheduled to begin at 10:30 a.m. 4-H'ers will model clothing items they made themselves. We hope to see you there!



Teen Decision Making  
 about Risky Behaviors

### A Workshop for Parents and Caregivers of Teens and Pre-Teens

**Claremont**

Monday, May 1, 2006 from 6:30 - 8:00 p.m.  
 Claremont Savings Bank  
 145 Broad Street

**Newport**

Tuesday, May 9, 2006 from 6:30 - 8:00 p.m.  
 UNH Cooperative Extension  
 24 Main Street

**Registration:** Pre-registration is required and is open to the first 15 parents who call. The workshop is free. Please call UNH Cooperative Extension at 863-9200 to register. See page 2 for details.

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UNH COOPERATIVE EXTENSION  
 24 MAIN STREET  
 NEWPORT, NEW HAMPSHIRE 03773

PRESORTED STANDARD  
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 Permit No. 55



**Sandy J. Trybulski**  
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## Eat Healthy, Stay Fit Home Study Course

The *Eat Healthy, Stay Fit* home study course is a 6-lesson nutrition course you can complete in the comfort of your own home.

This course is limited to New Hampshire residents who are participating in or are eligible for the Food Stamp Program. Enrollment in the course can take place at any time of the year, and participants can complete the course at their own pace.

This course is available at no charge. Each four page lesson includes a mail-in worksheet to check your progress. A certificate will be awarded when all lessons have been completed.

Call Sandy Trybulski at 863-9200 or e-mail [sandy.trybulski@unh.edu](mailto:sandy.trybulski@unh.edu) for more information.

## Summer Vegetable Spaghetti

### Ingredients:

- 1 medium yellow onion, cut in eighths
- 1 C. fresh ripe tomatoes, peeled and chopped, about ½ pound, or 1 cup canned whole tomatoes
- 1 C. yellow summer squash and green zucchini squash, about ½ pound
- ¾ C. cut green beans, fresh frozen or canned, about ¼ pound
- ⅓ C. water
- 1 Tbsp. minced fresh parsley or 1 tsp. parsley flakes
- 1 clove garlic, minced or ⅛ tsp. garlic powder
- ¼ tsp. chili powder or Italian seasoning (optional)
- Black pepper to taste
- ½ 6-oz. can of tomato paste
- ½ pound uncooked spaghetti or other pasta
- ¼ C. grated Parmesan cheese or sharp cheddar cheese



### Directions:

1. Cook spaghetti in unsalted water according to package directions.
2. Combine vegetables, water and seasonings in large saucepan; cook for 10 minutes.
3. Stir in tomato paste. Cover and cook gently, stirring occasionally for 15 minutes or until vegetables are tender.
4. Spoon vegetable mixture over drained hot spaghetti and sprinkle Parmesan cheese over top.

### Serving Suggestions:

Serve with a glass of milk and some fruit for a complete meal. Use leftover vegetable mixture in a sandwich.

### Nutrition Facts:

Serves 4. Serving size: ¾-1 cup vegetable mixture; 1 cup cooked spaghetti.

Total Fat	4 grams
Saturated Fat	1.5 grams
Calories	310
Total Carbohydrates	56 grams
Dietary Fiber	5 grams
Protein	14 grams

## Family & Consumer Resources

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



## Teen Decision Making About Risky Behaviors

Parents, what influences your teen's decisions about taking risks? Teens have many challenges today, and need to make decisions about chemical use, dating, sexual activity and more. A program, *Teen Decision Making About Risky Behaviors*, will be held on May 1 from 6:30-8:00 p.m. in the Claremont Savings Bank Community Room, 145 Broad Street, and again on May 9 from 6:30-8:00 p.m. at the UNH Cooperative Extension office, 24 Main Street in Newport. This program will help parents understand how youth make decisions about risky behaviors, factors in their decision making, and explore how teen's decision making is different from their own. Teens will need to make many challenging decisions about risk taking when parents are not around. Learn how to work through this decision-making process together with

(see "Risky Behaviors" on page 8)

## Letter to Parents From the Office of National Drug Control Policy

It's a fine line between respecting your teen's privacy and doing your job as a parent. How far should you go? As far as you have to. Because teenagers today have a minefield of risky behaviors to navigate – drugs, drinking, tobacco, sex – with powerful influences like peer pressure and mixed messages from pop culture, and new technologies such as the Internet.



Fortunately, there's one influence in your teenager's life that trumps them all. You. So take action.

Let them know just where you stand on risk-taking and its consequences. And spell things out, because it's the contract both you and your teen will be living by. Set clear rules with your teen for safety and guidance. That's right, getting them to agree to the rules and understand the consequences gives them more responsibility and every teen wants that.

And yes, do keep close tabs on your teens. Know where they are and who they're with. Cell phones make it easier than ever to just "check in." It's not saying you don't trust your teen, it's saying you care. Get on the Internet too. Familiarize yourself with the kind of content they might be exposed to.

Above all else, one of the most powerful things you can do for your teenager is to set a good example when it comes to drug, tobacco and alcohol use. Respect them, be honest with them, be clear with them and they'll do the same. Everyone wins.

For more tips and support on parenting your teen, call 1-800-788-2800 or visit [www.theantidrug.com](http://www.theantidrug.com).

## 4-H and Youth



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 Extension Educators,  
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## Help us at the County Home: Fashion Show

We need volunteers to model outfits you have sewn or purchased at the annual County Home Pancake Breakfast in Unity on **Sunday, June 11**. The Fashion Show will be very informal and is usually held outdoors. It starts at **10:30 a.m.** but we ask participants to be at the County Home by 10 a.m. so we can line you up for the show and be sure we have a script card for your outfit. If you want to be part of the show, please call Nancy Berry at 863-9200 or email [nancy.berry@unh.edu](mailto:nancy.berry@unh.edu)

If you and your family have never gone to the annual **Commissioner's Pancake Breakfast at the county nursing home in Unity**, you are missing a fun time. The Commissioners serve a **FREE** breakfast to about 500 people each year from 7:30 a.m. until 11:30 a.m. Everyone is welcome!

## 4-H Babysitting Class on May 22

If you like young children and would like to become a babysitter, mark your calendar now for Saturday, May 22. All 4-H members age 10 or older are encouraged to register for this workshop which will be held from 9 am until 2 pm at the North Charlestown Community School on Rt. 12A.

Topics to be covered include babysitting as a job, what to do in case of emergencies, simple first aid,



## Teen Exchange Orientation is June 21

If you are one of the 4-H teens or adults who is traveling to Wisconsin July 22 - 29, mark your calendar for **June 21 from 6:30-8 p.m. for the Teen Exchange Orientation at the Goodwin Community Center in Claremont**. A parent is required to attend with the teen. At this time, we will discuss all the travel arrangements including flight plans, van rentals, day trips for the week, expectations, spending money and what to pack.



child care, child development, and toys, books, and games for young children. Participants will receive a certificate of completion.

The Babysitting class is open to all 4-H youth from any town. Members should bring a bag lunch. Drinks and a morning snack will be provided by the Fun 4-H Club. Call Janyce St. Pierre at 543-3459 to register or for more information.

## Sullivan County 4-H Life Smarts Team Competed in State Contest

**Megan McKone** served as the captain of this year's 4-H Life Smarts Team. It was Megan's third year competing in the state contest. She was part of the New Hampshire championship team that traveled to San Francisco to compete in the national contest last spring. Although our team did not win at the state contest this year, the team members deserve a lot of credit for their effort and enthusiasm.

Team members competing at the state contest along with **Megan** included **Amy Barriger** of Claremont, **Allen Abendroth** of Sunapee and **Rebecca Mailhot** of Acworth. **Rachel Shklar** of Lempster was also a team member but she was in France the day of the state competition.

The team was coached by Nancy Berry and her daughter Allison St. Aubin. LifeSmarts is sponsored by the NH Jumpstart Coalition and is a consumer knowledge competition designed for high school-aged

youth. The competition's first stage required youth to compete online. At the end of the online competition, only six teams with the highest online scores remained for the state competition held at Southern New Hampshire University.

High school aged youth interested in being part of next year's 4-H LifeSmarts team should contact Nancy Berry at 863-9200. For more information, check out the website at [www.lifesmarts.org](http://www.lifesmarts.org)



## CURRENT NEWS

## Mark your calendar and join the parade at Cornish Fair August 19

Cornish Fair is August 18 - 20.

We encourage every club to participate in the Cornish Fair parade to publicize 4-H and compete for cash prizes. If you can't do a float, plan to have your 4-H members march in the parade. Bring your club banner and wear your 4-H t-shirts. **The parade is planned to begin at 11:00 a.m. on Saturday, August 19.** Creating a float is challenging and requires a team effort by 4-H member families but it's lots of fun! This year's fair theme is *"Celebrate the County Fair."*

4-H members love to see their project work on display in the 4-H exhibit rooms. It does require some advance planning and action. 4-H exhibits must be brought to the Cornish School on Thursday, August 17 between 2 p.m. and 8:00 p.m. Judging takes place first thing Friday morning. The exhibit rooms open to the public around noon (or when the judging is completed). Each 4-H family will receive a fair premium book by mid July. Please read the rules carefully. Some divisions have very specific requirements (vegetables, arts & crafts, homemaker and handmaker award, etc.).

Those 4-H members who have submitted "Animal Project" approval forms will receive entry information in the mail. If you have not received an entry, be sure to get one from our office well before the entry deadline of August 1. **Late entries will not be accepted. All animals to be shown in NH 4-H fairs must be vaccinated for rabies.** To participate in other 4-H fairs statewide, you need to write or call the appropriate Extension office to request entry information. We have a list of contacts and addresses. Let us know if you would like a copy.

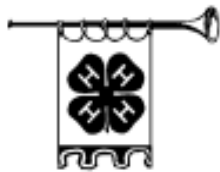
**Don't wait to be asked, because without a doubt we can use every person's help at Cornish Fair!** We need strong, energetic people to help with school table exhibit set up. We need individuals to supervise exhibit rooms, help promote 4-H, to serve ice cream in the dairy booth or facilitate parts of our animal shows. We can find a volunteer role for anyone age eight and older. Volunteers are the absolute key to a successful 4-H fair, so find some time to lend a hand! Call Nancy or Robin at 863-9200.

## 4-H MEMBERS' CORNER

### Teens to be Interviewed for 4-H Teen Conference

The 28<sup>th</sup> annual 4-H Teen Conference will be held June 28- July 1 on the Durham campus of UNH. This exciting conference is planned every year by teens for teens and is a very popular event.

Teens from all over the state gather to have fun, learn new skills, develop leadership skills and do some community service. They also get to try out dorm life, cafeteria food and "college living."



The theme for the 2006 NH 4-H Teen Conference is "Just Say Hi..." It promises to be a wonderful opportunity for teens to make new friends.

All eligible Sullivan County 4-H teens who are 14 years or older or who are finishing the 8<sup>th</sup> grade have been mailed the Teen Conference brochure and application. If you have lost yours and want to attend, call Sandy Rumrill at 863-9200 to request another one.

All teens who want to attend the conference and receive the \$100 Foundation scholarship need to attend a short interview on **Wednesday, May 10 between 6:30 and 8:30 pm at the Extension office in Newport.** Mark your calendar now! The Teen 4-H Club will also meet this same evening, so you can plan to attend the meeting AND be interviewed in the same night. (Note that this is a change from the normal third Wednesday of the month for Teen Club.)

### 4-H Records due June 30, 2006

All 4-H records are due in our office Friday, June 30. If your club or family did not attend our fall Rally, chances are you still need to obtain blank record forms. When requesting record forms, keep in mind there are junior records for youth age 8 - 10, intermediate records for those age 11 - 13 and senior records for youth 14 and above. We also have a one page record for Cloverbuds. Records can be obtained from your club organization leader, on the web at [www.ceinfo.unh.edu](http://www.ceinfo.unh.edu) (click on 4-H, Youth, 4-H forms, and then County 4-H Record) or by contacting our 4-H secretary, Sandy, at 863-9200.



Record keeping is an important lifelong skill. Help your child or club members get off to a positive start by encouraging them to keep accurate records of their 4-H participation in club projects and activities as well as county and statewide events. Plan short periods of time at club meetings to help youth write about what they have done in 4-H this year. Provide rewards like ice cream, fruit, or pizza to make record updates a special event.

We love to recognize 4-H members for their project accomplishments. We start by recognizing each 4-H'er with a special item at Rally and Awards Night in October just for completing a 4-H record. Youth age 11 and older who are active in a project for at least two years may also win county project medals after records are judged.

If you want to understand our 4-H records better, please volunteer to be a member of our county Records Judging Committee. This is a mixed group of experienced and newer leaders who will meet on **Tuesday, July 18 at 6:30 p.m. at our office** to read and comment on all of the records submitted. The committee will also choose the county medal winners to be recognized at Rally in October. It is always an enlightening process! We welcome and encourage new leaders to join us. Just give us a call at 863-9200.

### 4-H Fashion Show Winners Recognized

About seventy 4-H members showed off the outfits they had sewn during our recent "Garden of 4-H Fashions" show at the Claremont Middle School.



These 4-H members qualified to go to the State 4-H Fashion Show.

The top advanced sewers were **Megan McPherson** of Fun 4-H, **Chloe Fleming** of the Acorn Kids and Teen Club, **Amy Barriger** of the Teen Club, **Simone Chuda** of Fun 4-H and **Rachel Baker** of Fun 4-H. These girls received gift certificates to Frank's Bargain Center for their excellent sewing. They will also be judged and represent Sullivan County at State 4-H Activities Day on June 3 at the University of New Hampshire in Durham.

Intermediate II winners included **Monica Stout** of Clever Cardinals, **Elizabeth Robertson** of Clever Cardinals, **Daphne Rondeau** of Covered Bridge, **Giselle Barton** of Jim Dandies and **Ryan McPherson** of Fun 4-H.

The following members will be modeling in the State Fashion Show on June 3: **Daphne** and **Andrew Rondeau**, **Aliza McCarthy** of Covered

Bridge, **Monica Stout**, **Elizabeth Robertson**, and **Taryn Bocko**, of the Clever Cardinals, **Allie Burns** of Fun 4-H, and **Wendy Eaton** of the Washington Generals.

Fashion Selections winners chosen for their consumer ability in putting together a purchased outfit included **Megan McPherson** of Fun 4-H, **Shelby Pillsbury** of the Teen Club and Matchbox Muchie Bunch, **Rebecca Mailhot** of Acworth Hill Climbers and Teen Club, and **Taryn Bocko** of Clever Cardinals. These girls will also compete in the Fashion Selections portion of the state fashion show.

Intermediate I winners were **Josh Baker**, **Abby St. Pierre**, **Thomas Jelliffe** and **Mary Jelliffe** of Fun 4-H, **Aliza McCarthy** and **Aminah Orog** of Covered Bridge, **Rebecca McSweeney** and **Kayla Putnam** of Jim Dandies, and **Max Abendroth** of the Abendroth Family Club.

Novice II winners were **Taryn Bocko** of Clever Cardinals, **Maryam Orog**, **Annie Drye** and **Bethany Denton** of Covered Bridge and **Rachel Putnam** of Jim Dandies.

Novice I winners were **Stephanie** and **Melinda Carl** of Clever Cardinals, **Jacob Baker** of Fun 4-H, **Cassi Bachand** and **Sarah Pasiaka** of Washington Generals, **Rose Abendroth** of the Abendroth Family Club and **Madalyn McAllister** of Jim Dandies.

In the Apron and Items category **Dominic Stout** was recognized for the outstanding job he did on his quilt.

Volunteer sewing leaders were also recognized on April 7 for the time and talent they shared with 4-H members in teaching them how to sew. Each sewing leader received a rose. Commentators for the show included **Fatima Orog** of Covered Bridge, **Chloe Fleming** of Acorn Kids and the Teen Club, **Megan McPherson** of Fun 4-H and **Rachel Shklar** of Teen Club. They did a wonderful job narrating the show.



Intermediate I winners.

# 4-H LEADERS' UPDATE

## Celebrate Your 4-H Club Achievements

You may be wondering why it is important to include an achievement meeting as part of your 4-H clubs yearly calendar. Recognition is a basic human need that becomes more meaningful when done in the presence of peers, family and friends. Celebrating through recognition and awards is a way to help members and volunteers feel good about what they have done. Annual leadership and membership awards applaud individual club meeting participation, commitment and follow through on project completion. A portion of the program can highlight club as well as individual accomplishments and goal attainment. These club level celebrations create a feeling of comradery and acceptance among members and enhance group loyalty. Club achievement programs encourage self-discovery and can challenge and inspire members to work toward higher goals. They also provide an opportunity for peer interaction and friendship.

To receive an awards packet, submit your club's year end report to the Sullivan County UNH Cooperative Extension office at least two weeks prior to the event. The 2006 year end report will be mailed to club organization leaders in early May. With enough advance notice, 4-H educators Nancy Berry or Robin Luther would be glad to visit with your club to present awards.

## Did You Know?

In 2008, New Hampshire 4-H will be hosting the North East Regional Leaders Forum in Manchester. Planning has begun, but there are still many decisions to be made and much to be accomplished before the big event. If you would like to help as part of the planning committee give Nancy or Robin a call and we will make sure you become part of the communication and planning loop. We hope you will join in the excitement of planning the largest 4-H volunteer leader education program in the North East.

## Step Up And Take A Swing For 4-H Youth 3<sup>rd</sup> Annual Friends of 4-H Golf Tournament

The 3<sup>rd</sup> Annual Friends of 4-H Golf Tournament, tees off Friday May 19<sup>th</sup> at the Canterbury Woods Country Club. The tournament will benefit 25,000 NH youth through NH's 4-H Program. The golf course is located in the hills of some of NH's prettiest farm country and is just off Route 93, near Concord.

Tournament activities include a continental breakfast and BBQ lunch. The special contests to be held during the event include the longest drive, closest to the pin, and hole - in - one. A silent auction and awards ceremony will top off the day.

Team and individual registrations are now being accepted. Tournament information is available at the county extension office and can be downloaded from the UNH Cooperative Extension Website. What could be more fun then spending the day on



the links, enjoying the great game of golf and knowing that you are helping NH youth through 4-H!

## Baseball Game to Benefit 4-H



Why not take your family to a baseball game and support the 4-H Foundation of NH at the same time? Here's how: July 17th is 4-H Day at the Fisher Cats ball park in Manchester! Game time is 6:35 PM with the gates opening at 5:30 PM. The 4-H Foundation will be staffing the concession stand. This is a fun event so encourage 4-H'ers to invite their friends and neighbors. Everyone is welcome! Tickets will be

\$8, with children under 3 free. We hope that those connected with 4-H will wear green so that we are noticeable in the stands. Our new 4-H t-shirts will be perfect to wear! This should be lots of fun. We will have 4-H'ers on the field and throwing the first ball.

If we have enough interest here in Sullivan County, we can try to rent a school bus to leave from Claremont and Newport to go to the game.

Please send in the following information and pre-pay for your tickets. Mail to 24 Main Street, Newport, NH 03773. Make checks payable to the Sullivan County 4-H Leaders Association.

Names \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 # of tickets \_\_\_\_\_ x \$8 = total \$ \_\_\_\_\_  
 Are you interested in bus transportation?  Yes  No

## Join Take 10 for a Family Walk



Mark your family calendar for Sunday, June 4 at 1 pm to come to Moody Park in Claremont to join the kick off celebration for "Take 10!

Every Step Counts." There will be refreshments, displays, and group walks on some of the beautiful wooded trails in Moody Park.

The celebration promises to be lots of fun. Group leaders will take people on some of the easier, moderate and more challenging trails in the park, so there will be something for all ability levels. Whether you are young or old, walking is something that most of us can do to achieve better heart health, lower cholesterol levels and just feel better!

A committee has been putting together a Walking

Guide for Claremont and Newport. The guide includes walks in both towns and ranges from using the tracks to walking on the Sugar River Rails to trails between Newport and Claremont. The guides should be available by June 4. On the second Saturday of each month at 10 am people will be walking on one of the specified trails.

For more information contact Nancy Berry at 863-9200.

## GENERAL 4-H NEWS AND INFORMATION

### UNH 4-H Camps Something for Everyone!

Summer vacation is on the horizon and you may want to provide your children and teens with a chance to enjoy a week at UNH 4-H Camp. All of the UNH 4-H camp programs encourage Generosity, Mastery and Belonging. Bear Hill and the Barry Conservation Camp offer uniquely different experiences. The Barry Conservation Camp is perfect for youth that love the outdoors, enjoy hands-on learning in environmental and conservation programs and can benefit from a small camp. Bear Hill provides a more traditional overnight camp experience. Campers enjoy swimming, arts & crafts, nature, outdoor education, canoeing and FUN! This camp is recommended for youth that will benefit from a social environment focused on cooperation, group living skills and participating in large and small group activities.

**NEW** this year is a **TEEN adventure series** for youth age twelve & older. You can pick from three unique programs:

\* **Theatre:** Imagination in Action July 23 - 28 Youth will put their creative imagination to work this week! Learn the role, set the stage and produce the play; all at camp! We'll also go to Boston for a live performance of the Blue Man Group.

\* **Island Adventure** August 6 - 11 Includes a two night stay on NH's Isles of Shoals at the Shoals Marine Lab, run by UNH and Cornell University. Enjoy a guided tour of Appledore Island with one of UNH's Marine Docents.

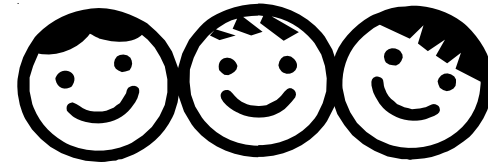
\* **Sports Conditioning Camp** July 16 - 21 Get in shape this week as you learn about conditioning, sports nutrition and psychology! We'll also go to Boston's Fenway Park for a private VIP tour, watch batting practice, and finish off by watching a Red Sox game!

#### Family Camp Weekend at Bear Hill

Feeling the need for some quality family time? Have you found yourself playing catch up with your kids by talking to them on their cell phones? Or "IM"ing them? Are you busy multi-tasking for yourself and your children? Balancing time, activities and life's day to day moments is beginning to cause pressure for many families.

How about carving out a weekend just for the family?

Plan to join us at the 3rd Annual Family Weekend at Bear Hill 4-H Camp. This year's weekend has



been scheduled for June 2-4, 2006 —so stop right now—check your calendar and register for a week-end filled with fun, fellowship and family!

Call 863-9200 for more information on UNH 4-H Camp Opportunities or e-mail: [4hcamps@unh.edu](mailto:4hcamps@unh.edu). Information can be downloaded from their website: [www.extension.unh.edu](http://www.extension.unh.edu)

Help UNH 4-H Camps serve you and your child better!

\* **OPEN HOUSE** - Saturday, June 3, 2006 4-8pm. Join us for a family style BBQ, followed by S'mores and songs around the campfire! Please let us know you are coming, so we have plenty of food on hand! Call (603) 862-2184 for more information and to RSVP.

\* **FAMILY WORK DAY** - "Camp Green Up Day" Saturday, May 20, 2006. Come help us get ready for the summer! You supply the "elbow grease", we'll supply the materials and lunch! Please let us know by May 15th if you can help us make the best better! (603) 862-2184.

### County Activities Day Winners Recognized

Members of eleven Sullivan County 4-H clubs included creating a public presentation for County Activities Day as a goal for their 4-H year. We are proud of the 30 youth who chose to do a demonstration, action exhibit or public speech and the additional youth who entered our poster design and/or photography contests. Youth participants enjoyed sharing their creativity, special skills or hobbies so much they forgot they were also developing and practicing important communication skills. Youth participants age 12 and above competed for the opportunity to be part of the state contest at UNH in Durham on June 3<sup>rd</sup> and all youth participants had the opportunity to be recognized for their hard work.

Six Action Exhibits will represent Sullivan County at the state competition. This year's award winning exhibits included "Posie Ponytail Holders" by **Amy Barriger**; and "Beading" by **Rachel Shklar**, both members of the Sullivan County Teen Club; "Making Cards" by **Shelby Pillsbury** of the Matchbox Munchie Bunch and Teen Club; "Tranquil Bath Salts" by **Chloe Fleming** of the Acorn Kids; "Paper Punching Ponanza" by **Elizabeth Robertson** and **Monica Stout** of the Clever Cardinals; "Window Stickies" by **Rachel Baker** of Fun 4-H. In addition, **Katherine Stockwell** of the Horse Huggers will have the honor of presenting her top scoring demonstration "Got Braids? How to Braid for a Show" at State Activities Day.



Abby St. Pierre

Three youth were honored with top awards in the 8-11 year old division for Action Exhibits. The rosette winning action exhibits were: "Darling Yarn Dolls" by **Cathryn Gallione** of the Clever Cardinals; "Bubble Paper" by **Sarah Wilder** of the Horse Huggers and "Fun With Paper Airplanes" by **Dolly & Dorian Rondeau** of the Covered Bridge 4-H Club.

Out of 37 poster contest entries, three will compete in the state 4-H Poster Contest. "Smiling 4-H Faces Make Better Places" by Fun 4-H'er **Allie Burns**, "Jump Into 4-H" by Acorn Kid 4-H'er **Chloe Fleming** and "Save New Hampshire's Beauty" by **Alyssa Adams** of the Country Kids. The top three poster designs in the 8-11 yr. old division were created by: **Nate and Seth Lyndes** and **Abby St. Pierre**, all members

of Fun 4-H. The corresponding poster titles were: "Even Aliens Would Join 4-H", "Draggin My Friends to 4-H" and "Spread the News".

Out of a record breaking number of forty three photography entries, only three were selected to move on to the state contest. The 4-H photographers who will have their work on display at State Activities Day are: **Amanda Jones** and **Katherine Stockwell** of the Horse Huggers and **Monica Stout** of the Clever Cardinals. The top three photos entered in the 8-11 yr. old division were taken by: **Ryan McPherson** of Fun 4-H, **Dominic Stout** of the Clever Cardinals and **Sarah Wilder** of the Horse Huggers.

Congratulations! We hope even more youth will challenge themselves by trying a demonstration, public speech or action exhibit at next year's County Activities Day! We hope to move activities day back to the month of March!



Chloe Fleming

## Agricultural Resources



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### “EEE”

from page 1

According to the Centers for Disease Control and Prevention (CDC), symptoms of EEE in people range from mild flu-like illness to inflammation of the brain, coma, and death. The human death rate is 35%, and about 35% of people who survive have lasting neurological effects of some type.

People most at risk for contracting EEE are those who are younger than 15 or older than 50. EEE is not like the flu virus. You can't pass it to other people by coughing, sneezing or shaking hands.

We don't fully understand why EEE is cyclic, but some years we have lots of cases, as in 2005. With the disease at a high last season, it seems a good bet that we might have above-average incidence this year. EEE typically arrives in late summer, with the cases usually appearing in mid-

August through September. If heavy frost comes late, the EEE disease risk could run into October.

The highest incidence of EEE in New Hampshire occurred in Rockingham County, although southern Merrimack, southern Strafford and possibly eastern Hillsborough have a slightly elevated risk.

### Individuals Can Reduce Their Risk of Contracting EEE

There are many things people can do to greatly decrease their risk of becoming infected with EEE. Basically, they all work by decreasing the chances of being bitten.

- Use insect repellent when you are outdoors, and/or wear clothing that doesn't expose lots of skin.
- Try to limit time spent outdoors within an hour or so of dusk or dawn in August and September, especially in areas with lots of mosquitoes. During the middle of the day, mosquitoes that transmit EEE aren't very active. An exception is if you walk through thick brush or woods. You disturb the vegetation on which they rest, so they will then fly to you and bite.
- Consider trying the net-like clothing that is stiff enough to stay away from your skin. Bug Baffler is one example.
- Be sure that sleeping quarters have tight-fitting screens on doors and windows. This includes tents and other camping quarters.

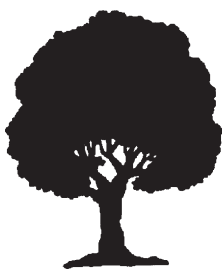
- Limit your activity in areas near freshwater marshes with permanent vegetation, especially cattails.

### Repellents (Bite-Preventing Materials)

The term “mosquito repellent” doesn't accurately reflect how these materials work. They don't actually repel mosquitoes. They block the receptors mosquitoes use to detect appropriate hosts for them to bite. Blocking those receptors stops mosquitoes from biting, so a more accurate term might be “bite-preventing materials.”

We currently have two effective active ingredients for mosquito repellents:

- **DEET** - the name is an acronym for the long technical name N, N-diethyl-metatoluamide. Repellents that have higher concentrations of DEET generally last longer and are more effective (to a point) than those with low concentrations. DEET should never get into mucous membranes (nose, mouth, eyes) and should never be used on infants less than two months old. Officials do not recommend using products containing more than 30% DEET on either children or adults. A few people are allergic to it. DEET is greasy and also dissolves some plastics.
- **Picaridin** is the other effective repellent, and it first became available in U.S. products in 2005. It is as effective as DEET, but appears (see “EEE” on page 8)



## Forest Resources

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## Wildlife Action Plan: The Future of NH's Wildlife Depends on All of Us

**Darrel Covell**  
UNH Cooperative Extension  
Wildlife Specialist

Fishing poles in hand, my brother and I startled as the chunky, dark bird flew from beneath the black spruce forest. “Mark, it's a spruce grouse!” I said, awestruck by the beauty of the rare cousin of the ruffed grouse, a popular game bird. “That's the first one I've ever seen.”

When we entered the woods on a brook trout fishing expedition in the summer of 2001, that part of the forest hadn't yet been conserved as the Connecticut Lakes Wildlife Management Area, nor had anyone conceived the notion of an action plan to

protect the state's wildlife. Looking back on that fishing trip, I realize how far we've come since then toward protecting many of the wildlife and habitats that are important to me and to the ecological and economic well-being of our state.

Two years ago I was asked to co-coordinate a New Hampshire Fish and Game Department team that would create the New Hampshire Wildlife Action Plan. On the way to developing that plan, our team created a list of wildlife species and habitats in need of conservation attention—some of which I'm sure many of you have enjoyed over the years: eastern brook trout, wood turtle, purple finch, American woodcock, mink frog, and bobcat, to name a few.

While the federal government mandated and funded this mammoth project nationwide, the New Hampshire Fish and Game Department made our Wildlife Action Plan truly New Hampshire-specific. Biologists scoured the records to make sure we knew as much as possible about where our critters live so we would start with the best available information.

Then Fish and Game contracted with experts from many conservation organizations and agencies to help write specific profiles on our wildlife species and key habitats. More than natural history, these profiles contained an assessment of the risks to the species and habitats, and listed actions that could help ensure the long-term viability of each one. They presented assessments of the cur-



Spruce Grouse

rent condition of New Hampshire's wildlife habitat as a baseline against which we will measure our progress over time.

Our team pulled together all the species and habitat profiles and looked for continually reoccurring risk factors. Biologists then wrote descriptions of these most prominent risk factors followed by conservation strategies that would help New Hampshire reduce those risks, thereby improving conditions for wildlife.

While the writing was hard enough, getting the job done will be much harder. The Fish and Game Department recognizes that, and put forth an **implementation plan that includes descriptions** of the next steps to take, emphasizing the importance of the work of individuals, communities, regional planners, conservation groups, state and federal agencies, and many others.

The bottom line? Fish and Game can't do it alone. They are counting on many partners to come together with the common cause of keeping New Hampshire beautiful and ecologically sound. Wildlife is truly a public resource and each of us has a stake in ensuring its long-term protection.

I hope someday to take my three sons on that

(see “Wildlife” on page 8)

## Extension Calendar

### May

- 1 **4-H Approval Forms Due to 4-H Office for Horses (not showing at ESE), Working Steers, Dogs, Dairy Cattle, and Llamas.**
- 1 **4-H Approval Forms Due to 4-H Office for Beef Heifers Showing at ESE.**
- 1 **Teen Decision Making About Risky Behaviors**, 6:30-8:00 p.m., Claremont Savings Bank Community Room, 145 Broad Street, Claremont. See page 2 for details.
- 5/2-6/6 **Claremont Strengthening Families Program 10-14**, 5:30-8:00 p.m., Diana Love Center, Claremont. Call UNH Cooperative Extension at 863-9200 to register.
- 5 **Fueling Your Busy Lifestyle Workshop**, 12:00-1:30 p.m., Sullivan County Superior Court, 22 Main Street, Newport. Call 863-9200 to register.
- 9 **Credit Check Up Workshop**, 12:00-1:30 p.m., Developmental Services of Sullivan County, Claremont. Call Kerry at 542-8706 x107 to register.
- 9 **Teen Decision Making About Risky Behaviors**, 6:30-8:00 p.m., UNH Cooperative Extension Office, 24 Main Street, Newport. See page 2 for details.
- 10 **4-H Teen Club & Leaders' Association Meetings and Teen Conference Interviews**, 6:30-8:30 p.m., Extension Office, Newport.
- 15 **4-H Camp Family Work Day**. See page 6 for details.
- 16 **ServSafe® Food Protection Certification Course and Examination**, 8:30 a.m. to 4:30 p.m., Sullivan County Health Care, 5 Nursing Home Drive, Unity. \$125 per person, includes coursebook, exam, and refreshments. Contact Deb Maes, Grafton County Extension Educator at 787-6944.
- 19 **4-H Golf Tournament**, Canterbury Woods Country Club. See page 5 for details.
- 22 **4-H Babysitting Class**, 9:00 a.m. to 2:00 p.m., North Charlestown Community School, Route 12A, Charlestown. See page 3 for details.

### June

- 2-4 **4-H Camp Annual Family Weekend**, Bear Hill Camp, Allenstown, NH. See page 6 for details.
- 3 **4-H State Activities Day**, UNH, Durham.
- 11 **Sullivan County Open House and Pancake Breakfast**, 7:30 - 11:30 a.m., Sullivan County Health Care, Unity. See page 1 for details.
- 11 **4-H Fashion Show**, 10:30 a.m., Sullivan County Health Care, Unity. See page 3 for details.
- 15 **4-H Approval Forms Due to 4-H Office for All Sheep, Goats, Swine, Small Animals, Poultry and Other Beef (not showing at ESE).**
- 21 **4-H Teen Exchange Orientation for Teens & Parents**, 6:30-8:00 p.m., Goodwin Community Center, Claremont. See page 3 for details.
- 6/28-7/1 **NH 4-H Teen Conference**, UNH, Durham.
- 30 **4-H Records are Due to 4-H Office.**

### July

- 17 **4-H Day at Fisher Cats Ballpark in Manchester**, game time 6:35 p.m. See page 5 for details.
- 18 **4-H Records Judging**, 6:30 p.m., Extension Office, Newport.
- 22-29 **4-H Teen Exchange to Wisconsin**

### August

- 17 **Cornish Fair Exhibit Set-up.**
- 18-20 **Cornish Fair**
- 18 **Cornish Fair 4-H Exhibit Judging**, 8:00 - noon.
- 19 **Cornish Fair Parade**, 11:00 a.m. See page 3 for details.

### “Risky Behaviors” from page 2

your teen, and to develop a plan for your teen to make decisions that fit with your teen's goals and desires, as well as with your family values.

This program will be facilitated by Gail Kennedy, Extension Educator in Family & Consumer Resources for UNH Cooperative Extension in Sullivan County. For more information and/or to register, please call UNH Cooperative Extension, telephone 863-9200.

### “EEE” from page 7

to lack some of DEET's shortcomings. Perhaps as products containing picaridin become more widely used, some shortcomings might appear. DEET was first developed in 1946, so we've been using it a long time.

Research has shown that repellents based on natural oils or herbs are less effective than products based on picaridin or DEET. According to the Centers for Disease Prevention and Control, oil of lemon eucalyptus [active ingredients: p-menthane 3,8-diol (PMD)], tested against U.S. mosquitoes “provided protection similar to repellents with low concentrations of DEET.” Oil of lemon eucalyptus should not be used on children younger than three years old. Citronella is another natural product with limited repellence to mosquitoes.

Products come as lotions, pump sprays, and wipes. Which product is best? That's for you to decide. Look at the list of active ingredients and their concentrations to help decide which one to buy. Always follow label directions when using repellents.

### “Wildlife” from page 7

same fishing trip to the Connecticut Lakes Wildlife Management Area, where perhaps they will have the same awe-inspiring experience of seeing a rare spruce grouse, and perhaps even catching an eastern brook trout or two.

#### For more information

View the NH Wildlife Action Plan on the NH Fish and Game Department website at [http://www.wildlife.state.nh.us/Wildlife/wildlife\\_plan.htm](http://www.wildlife.state.nh.us/Wildlife/wildlife_plan.htm).



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