

The Sullivan County Extension Connection

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

MARCH / APRIL 2007

Health Rocks! Training will be offered for free

If you are a teen or adult interested in helping younger children to make good decisions about tobacco, alcohol and other drug use, this fun interactive workshop is for you! It will be held Thursday and Friday, April 19 and 20 at the Disnard School in Claremont.

A trainer from Mississippi and a teen-adult team from Albany, NY will come to help us learn about this exciting new program. All attendees will receive the curriculum and will have a chance to practice their teaching/facilitation skills during the two-day workshop. Then you will immediately put your new skills to use as you teach 8-12 year old students in an after-school program in your town.

For more information, check out the website at www.msucares.com/4h>Youth/health_rocks or call Nancy Berry at 863-9200 for a brochure.

Come see 4-H'ers in action

The public is invited to see all the wonderful projects that 4-H members are involved in at 4-H Activities Day on Saturday, March 10 from 9:00 until 11:00 a.m. at the Claremont Middle School. The members will be doing continuous "action exhibits" at tables in the gym. The public is invited to talk to members, taste sample foods or make simple crafts. It is always lots of fun! Bring your family and friends!



Two of our newer Extension Advisory Council members: Carla Skinder, State Representative from Cornish and Sara Poisson, Co-chair from Claremont.

Upcoming Programs for Area Families

Enjoy 6 nights out with your family. FREE childcare, FREE family dinner, FREE door prizes and FREE family fun are included in each program.

Claremont
Strengthening Families Program 10-14
Tuesdays, March 6 to April 10, 2007
from 5:30 - 8:00 p.m.
Claremont Middle School
To register, call Gillian Bemis at
542-5453 x3135. Open to all youth
age 10-14 and their families.

Plainfield
Celebrate Your Family
Thursdays, March 8 to April 12, 2007
from 6:00 - 8:30 p.m.
Plainfield Elementary School
To register, call Stephanie Schell at
469-3527. Open to all youth in
grades 3-8 and their families.

Welcome Spring '07! A Garden Symposium

The NH Master Gardener Association and UNH Cooperative Extension are presenting a daylong symposium on Saturday, March 24, 2007 at the Marriott Courtyard-Grappone Conference Center in Concord. Registration will begin at 8:00 a.m. and the fee is \$38.00 for NHMGA members and \$48.00 for non-members.

Call our office at 863-9200 for a brochure. March 16 is the deadline for registration and space is limited, so register early to get your choice of workshops. Topics for the workshops are as follows.

Session I

- Pruning Trees, Shrubs & Perennials
- House Plants: Selection and Care
- Hardscape Design: Walls, Steps, Patios & Waterscape
- Insects: Friends & Foes

Session II

- Low Maintenance Gardening: An Oxymoron
- Herbs: Scent-Sational Garden Solutions
- Growing Vegetables Organically in Raised Beds
- Garden Photographs: Seeing the Picture

Section III

- Creative Gardens Using Containers
- Cultural Practices for Organic Gardening
- Trees Identification Walk
- Perennials for NH Gardens



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POSTAGE & FEES PAID
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For National Nutrition Month® 2007, the best path to fitness and health is to be 100% Fad Free

Diet fads come and go, and some may help you lose weight – in the short term. For National Nutrition Month® 2007, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be 100% Fad Free.

“You can lose weight on virtually any diet,” said registered dietitian and ADA spokesperson Roberta Anding. “If you eat less, you will lose weight. The question is, can you maintain a healthy lifestyle

over the long term – your life? The real key to reaching long-term goals is to focus on your overall health.”

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. National Nutrition Month also reminds consumers that registered dietitians are their most valuable and credible source of timely, science-based information.

Anding encourages everyone to keep in mind these National Nutrition Month key messages to enjoy a 100% Fad Free lifestyle:

- **Develop an eating plan for lifelong health.** Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new Dietary Guidelines for Americans and MyPyramid as your guide to healthy eating.
- **Choose foods sensibly by looking at the big picture.** A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can



fit into a healthful diet. Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

- **Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- **Food and nutrition misinformation can have harmful effects on your health and well-being,** as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets your individual needs.

With approximately 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at www.eatright.org.

Family & Consumer Resources

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Teaching Good Food Habits

Like reading and writing, brushing teeth, and hand washing, learning good food habits is a life skill that can help your child live a healthy, satisfying life. Here's how you can nurture good food habits.

Give your child enough table time.

Does your child seem to dawdle at the table? That's normal. Young children don't have the muscle development or skills to eat as fast as you. They still need practice with eating utensils. Eat at a pace that allows you to enjoy your food. It takes about 20 minutes for the stomach to feel full. Rushing mealtimes only leads to frustration for you, your child, and others at the table!

Be a good role model. Your child watches what you eat.

If you eat and enjoy collard greens, bok choy, asparagus, or plantains, chances are your child will

try them too—if not now, then probably later. It's not just what you say, it's also what you do. As kids grow up, a brother, sister, and others in their life are role models too. Remember most children want to grow up doing what others do.

Skip the urge to reward, punish, or appease your child with food.

Have you ever been tempted to say: “If you don't eat one more bite, I'll be mad!” “Clean our plate so you can play,” “No dessert until you eat your vegetables,” or “Stop crying and I'll give you a cookie”? Remarks like these may lead kids to eating problems. They may create unneeded conflict and struggles between you and your child at the table.

- Eating for parental approval of love teaches unhealthy behaviors, attitudes, and beliefs about food and themselves.
- Rewarding a clean plate teaches them to ignore body signals, and that may lead to overeating.
- Offering a food (dessert) as a reward for eating another (veggies) makes some foods seem better.
- Getting a food treat to feel better teaches kids to relieve negative feelings by eating. This can lead to overeating later on.

Instead use a non-food approach.

Reward your child with attention and kind words. Console with hugs and talk. Show love by spending time and having fun together. Drop the “clean plate club.”

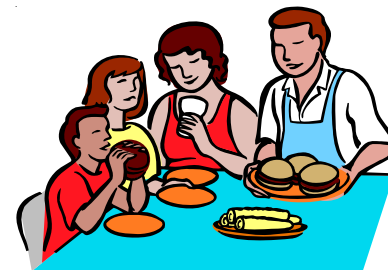
Enjoying the family meal.

Helping with the family meals makes your child feel important in your family. You get time together, too. Your child learns even when tasks aren't perfectly done. So even if you work faster alone, ask your child to help you.

- Pick flowers for the table.
- Create paper plate mats.
- Clear and wash the table. Wash his or her hands.
- Help with setting the table.
- Help with simple kitchen tasks, perhaps tearing salad greens
- Turn off the TV. Turn on fun music.
- Clear and clean the table.
- Ask, “What would you like to do to help me?” Jot down their ideas.

Does it seem impossible to fit family meals into your hectic schedule?

Go step-by-step. Try to enjoy at least one family meal together each week. See what works, and plan from there.



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

4-H and Youth



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Be ready for our 4-H Fashion Show

It's time to finish sewing your clothing for Fashion Revue. Fashion Revue Evaluation Day is planned for the morning of **Saturday, April 7** at the Claremont Middle School. Please mark your calendar and be sure your Garment Description Form is in the Extension office by **March 16**. The theme for this year's show is "**Under the Sea**". Try to write your script to include this theme in some way. Scripts should have your full name in the first line. Write your script in the third person as if someone else were describing your outfit. Example: Susie Smith made this beautiful bright blue dress featuring a scoop neckline and side pockets. Susie plans to wear her ocean-blue dress on a family trip to the beach this summer. Susie enjoys rollerblading and water skiing in her free time.

We need adult and teen volunteers to:

1. Judge garments on April 7
2. Prepare and set up a buffet lunch for volunteers on April 7 (we provide the money!)
3. Teach modeling on April 7

If you can help with one of these tasks or know someone who could, please call Nancy at 863-9200. The more people involved, the more fun it will be!

Fashion Show

This will also be held at the Claremont Middle School on **Friday, April 13 at 7:00 p.m.** If you are a new 4-H family or club and want more information about the Fashion Revue, please give Nancy a call. Sewing supplies are given to every 4-H member who models in the show. Being in the Fashion Show is not required, but it is highly recommended. Members build self-esteem and confidence each year they go on stage!

CURRENT NEWS

Make 4-H Camp Part of Your Summer Plan! It Could Be Your "Last Chance"



What makes 4-H camp such a great place for youth? Lots of things. Camp is about independence, choosing the activities you'd like to try and deciding for yourself how you would like to spend your free time. It's also about belonging, making new friends and reuniting with ones you made the year before. You can get involved in activities that can't be done in most backyards or neighborhoods. You might try archery, canoeing and hiking. You could take hunter education or learn about oceanography, aviation or astronomy. Regardless of whether you choose programs at the Barry Conservation Camp or Bear Hill, attending camp gives you a chance to enjoy a fresh environment in a setting that allows for discovery, adventure and quiet reflection.

UNH 4-H Camp welcomes all youth, so invite your friends and neighbors. Programs range from three days to two weeks, with camp sites in Allenstown and Berlin. 4-H Camp promotes positive youth development by providing a camp experience that encourages independence, generosity, mastery and belonging. Programming emphasizes positive decision-making abilities, health & fitness, communication, and social skills in a fun, informal, educational and inclusive environment. 4-H Camp has programming available for youth as young as age six through age sixteen.

Bear Hill 4-H Camp is a traditional, rustic camp with its own lake for boating and swimming. The program focus includes swimming, arts and crafts, nature, outdoor education, environmental activities, canoeing and FUN!

Barry Conservation Camp, located in the White Mountain National Forest, provides a close-knit community for its 35 campers and 8 staff. It provides great programming for youth who love the outdoors, enjoy hands-on-learning focused on conservation and the environment, and prefer participating in a small camp. The program focus includes shooting sports, environmental exploration, hiking, fishing, canoeing, swimming, orienteering, wildlife studies and weekly programs with Conservation officers and NH Fish and Game staff. The Hunter Safety Certification Program is the week of July 22 - 27

and welcomes youth age twelve to sixteen. Register early, it is a very popular week, and fills quickly. An Advanced Shooting Sports Program will be offered the week of July 15th. Participants in this program will learn marksmanship, safe & responsible handling of firearms, the principles of hunting and archery, and much more. Previous shooting sports or hunter certification is preferred.

Teen Adventure Camps are designed for youth age 12 and above. A brief description of each program follows. **Take to the Skies:** Interested in aviation or astronomy? We'll try out a skydiving simulator and get a feel for skydiving while only three feet off the ground. Includes a trip to the planetarium and stargazing from the UNH Observatory. **Island Adventure I:** Explore the history of the islands off the coast of NH and hear stories about the pirates and explorers who visited the Isles of Shoals long ago. This week includes a two-night stay on NH's Isle of Shoals at the Marine lab run by UNH and Cornell University. **Island Adventure II:** Designed for youth seriously thinking about a career in Marine Science. It includes a two-night stay on Appledore Island and a day trip to explore the dunes of Hampton Beach. **Sports Conditioning Camp:** Attend interactive workshops on sports nutrition, conditioning and injury prevention. Learn about sports psychology and how to attain the mindset to do your best in any competition. **NH Expedition:** Learn to use Global Positioning System (GPS) to navigate in the North Country and participate in an orienteering challenge in College Woods at UNH. This week will also include exploration of the caverns of Lost River and an opportunity to take a two-hour zip-line adventure through the tree tops of Lincoln, NH.

For more detailed information and to register for camp, please visit the UNH 4-H Camp web site: <http://extension.unh.edu/4H/4HCamps.htm>. Help us ensure that 4-H Camp will re-open in 2008. We need to make sure every week is full during the summer of 2007. For information on scholarship assistance, contact the Sullivan County Extension office at 863-9200 or visit <http://www.extension.unh.edu>

Try the Fashion Selections Program

If you are a boy or girl, age 12 or older, who likes to shop and put together outfits, try the 4-H Fashion Selections program on Saturday, April 7 at the Claremont Middle School.

Basically you decide on a category to enter and spend no more than \$50 on an outfit. The categories are:

Best Bargains for under \$25
Special Occasions
Make-Overs

Sports/Leisure Activities
Career Fashions
School
Interview Outfits

Compare prices, garment features, fabrics, colors and consumer services as you check out various stores to see how good a shopper you can be and find value for your money. Only one entry can be made in the 4-H Fashion Selections program, but you can also choose to sew an outfit for Fashion Revue.

Sewers and Fashion Selections 4-H'ers will be judged / interviewed during the morning on Saturday, April 7 at Claremont Middle School. You can then model your outfit in our Fashion Show on Friday, April 13 at 7 p.m. at the Middle School.

Call our office at 863-9200 to request more information, an entry form or the 4-H project manual **Discovering Choice or Managing Choice**.

4-H MEMBERS' CORNER

Teen Club to Host Texas Teens



From June 27- July 3, the Sullivan County 4-H Teen Club will be hosting nine 4-H teens and 2 chaperones from Wharton County, Texas. This will be the seventh state we have hosted since we got involved in the Teen 4-H Exchange program 13 years ago. Each one has brought new experiences, new learning and new friendships.

The Teen Club is still in the process of planning activities and day trips to do while the teens are visiting us. They hope to include a trip to a climbing wall and to the ocean and Boston. The Texas teens would like to see

as many of the New England states as they can while they are here. Funds to pay for the exchange week have come from the Teen Club t-shirt sale as well as the Joe Corbi pizza kit sale. Thanks to everyone who helped with one of these fund raisers by selling or buying items!

All teens in the Teen Club will be invited to join the exchangees on the bus trips even if they are not hosting a Texas teen. Hosts include **Allen Abendroth, Isaiah St. Pierre, Jed St. Pierre, Kelsey Monahan, Katherine Kessler, Malia King, Elizabeth Robertson, Monica Stout, Chloe Fleming,** and the **Mailhot family.**

Have fun at the 29th Annual 4-H Teen Conference

Mark **June 24 - 27** on your calendar and plan to attend NH 4-H Teen Conference on the UNH campus in Durham. This is the 29th annual Teen Conference planned by teens for teens! The conference is open to all teens completing the 8th grade (or age 14 by June 24, 2007) up through 12th grade.

The theme is "Conference 007 - License to Chill." You can expect dynamic speakers, fun workshops, a banquet and semi-formal dance, and lots of fun making new 4-H friends from around New Hampshire. Some of the all-day workshops planned include a Ropes Course, Canoeing, Ballroom Dancing, a Whale Watch, Shooting Sports, Self-Defense, Forestry, and Trips to the Museum of Science and the New England Aquarium in Boston. Lots more fun workshops are planned as half-day sessions.

Sullivan County teens who have attended past Teen Conferences have had a wonderful time. It is also a great time to see our state university and to experience dorm life.

Your cost for meals, lodging, workshops and a t-shirt will only be **\$75**. (The total cost is \$175, but our 4-H Foundation generously gives each Sullivan County 4-H teen a \$100 scholarship after completion of a personal interview in April.)

Call 863-9200 for a registration brochure for this year's Teen Conference. Registrations are due in our office **March 31**, but early registration is suggested.



In 2006, Sullivan County sent this group of teens to 4-H Teen Conference. The teens had a great time getting to know each other. You can be part of the 2007 Sullivan County delegation!

Science, Engineering & Technology Camp Invitation

The University of Massachusetts Extension 4-H Program has extended an invitation to any interested youth member age 10 and above to take part in their first Science, Engineering & Technology (S.E.T.) Camp. It is planned for Saturday, April 14th from 9:30 a.m. to 3:30 p.m. at the UMass Amherst Campus Center in Rooms 904-908. Workshops include robotics, basic GPS, a GPS scavenger hunt and animation & 3-D imaging. Another workshop is being offered on 4-H club websites but will be for youth & adult teams (1-2 youth & an adult). The registration fee of \$22.00 includes lunch and an afternoon snack. The registration deadline is March 30th. A brochure about this opportunity can be obtained from our office.

Club Meeting Activity

TALE TOSS - Communication

Everyone stands in a circle. Select a soft object that can be tossed easily from one player to another. Toss the object to a player in the circle. The person catching the object must begin to tell a story - something made up on the spot. The player holding the object tosses it to another player who must catch it and continue the story. The story can take any form, as long as it is connected to the last player's contribution. Players must continue the flow of the story no matter how fast the object is passed.

A reminder to your Club Reporter or Secretary

Club Reporter or Secretary duties include submitting a brief club report for the Extension Connection. Each month write a brief article covering club events, elected officers, activities and projects. Tips on writing an article include:

- Your first sentence should answer - Who, What, When, Why.
- Put the most important thing first.
- Write all that you think will interest readers.
- Be accurate; check spelling, use first names or initials;
- Double-check times and dates before printing.

Send all articles to the 4-H office. We look forward to printing your club news in the next issue of the Extension Connection.

4-H LEADERS' UPDATE

Health Rocks! Training Offered April 19 and 20



If you are a teen or adult who would like to learn how to help young people make good decisions about their health, then mark your calendars for April 19 and 20!

A free training workshop will be held at Disnard School in Claremont. We will even pay teens \$20 to attend the two-day workshop!

Teens and adult mentors will be trained in this easy-to-use, experiential curriculum so they can teach decision-making skills to 8-12 year olds in after-school settings. Groups of teens will be paid to go into after-school programs in their town to facilitate one-hour modules to help younger students learn critical thinking skills, how to manage stress, how to handle peer pressure and how to communicate effectively. Special emphasis is given to tobacco use prevention.

Personal social skills and competencies help youth become more resistant to substance use. Ultimately, we want children who are already forming their opinions about tobacco, alcohol, and drugs to take healthy control of these choices so that they will resist pressures from peers, stress or other emotional factors.

We need teens who are 8th grade or older and who are committed to being good role models for younger students. We need adult mentors to work with these teens to help them get ready to teach 6 modules in May and early June. (Once a week for about an hour in an after-school program.) We will set up the after-school program and get the kids registered. We will pay teens \$20 for each session they facilitate.

If this sounds like fun, please contact Nancy Berry for a registration brochure. Call 863-9200 or email nancy.berry@unh.edu.

VOLUNTEERS...The Foundation Of Youth Development

Volunteers are the backbone of youth-serving organizations. Effective volunteers provide the experiences and positive relationships that enable youth to gain the skills and competencies they need to be successful now and in the future. As a volunteer working with youth, it is important to understand and promote positive youth development. There is an online training piece developed by Missouri Cooperative Extension that is designed to prepare volunteers for success in working with youth in non-formal educational settings. The course can be accessed at the following web site address: <http://4h.missouri.edu/getinvolved/volunteer/volunteertraining/>. The topics include: Normal youth development; group management — dealing with conflict, discipline, and rule-making; ideas about helping kids to learn by doing; helping kids learn adult responsibilities; and working with parents and other adult leaders.

TAKE 10!

Every Step Counts

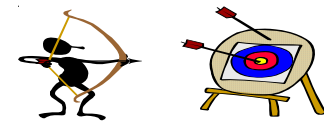
Gather with your friends at 10 a.m. and get some exercise in Claremont and Newport.

Date	Where	Miles
March 10	Moody Park Snowshoe (Meet at bottom of access road)	1 mi.
April 14	Sugar River Rails to Trails (Meet at Conn. Valley Home Care, Newport)	2 mi.
May 12	Arrowhead - Baseline Trail (Meet at Arrowhead parking lot)	1 - 2 mi.
June 9	Crown Point Route (Meet at Crown Point Cabinetry parking lot)	1 mi.
July 14	Green Mountain (Meet at John McLane-Clark Outdoor Pool)	2 - 2.5 mi.
August 11	Sugar River Rails to Trails (Meet at Home Depot parking lot)	2 mi.

For more information, please call 543-1296.



4-H Shooting Sports Volunteer Certification Spring Program 2007



The 4-H shooting sports project is proving to be very popular in New Hampshire of late. If you'd like to get involved, then save the weekend of May 19. This is when the New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders at the Barry Conservation Camp in Berlin. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from out-of-state are invited to attend as well.

The shooting sports project is a little bit different than most other 4-H projects because leaders must be officially certified before they can teach youth. During this weekend, workshop leaders will be trained to teach in one discipline. Choose from archery, black powder, pistol, rifle, shotgun, advanced shotgun, or

wildlife & hunting. Once enrolled as 4-H leaders, adults will be certified to teach their discipline to youth participating in a formal 4-H shooting sports program. All NH 4-H leaders must complete an orientation before being officially enrolled, and it is highly recommended that volunteers enroll with their local county office of UNHCE before attending this training.

All sessions will be conducted in the 4-H way - "learn by doing." There will be approximately 12 hours of discipline-specific instruction, and 6 hours focusing on youth development and how to work effectively with youth. The registration fee is \$35 and this includes food, lodging, and materials. We have received generous support for this training from the 4-H Foundation of New Hampshire, the NH Wild Turkey Federation, and Federal Cartridge. Additional scholarships may be available from county 4-H Foundations. Contact Robin Luther at 863-9200 if you have any questions.

Save July 18 for a Fisher Cats Baseball Game!

Last year several hundred 4-H fans packed a section of the Fisher Cats stadium in Manchester to watch a terrific baseball game on a very hot night! We had so much fun that we are planning to do it again. Ticket sales will benefit the 4-H Foundation of NH.

Wednesday, July 18 is the date to save for the 7 p.m. game. Families can travel down on their own or we will rent a school bus if there is enough interest. There will even be fireworks after the game! Watch for details in the next newsletter, but tell all your neighbors, friends and other baseball fans to save the date and support 4-H by buying tickets through the Extension office.

GENERAL 4-H NEWS AND INFORMATION

Foreign food & fitness fun were enjoyed during International Foods Day



Thirteen 4-H clubs came together during Foods Day '07 to share culinary treats from around the world. After enjoying a wonderful meal, club members creatively shared interesting facts and features about the country and culture they studied through a stage presentation. Through the

words and interviews of a television news reporter, the Clever Cardinal 4-H members gave us an on-the-spot account of important historic events in Italy. Fun 4-H'ers shared a Greek dance, while youth from Newport's Towle 4-H after-school program described and illustrated the Chinese New Year celebration with a dragon dance and parade.

We always appreciate the help of our teen members during 4-H events. Our commentators, **Amy**

Barriger and **Rachel Shklar**, helped keep the events of the day moving forward. This year our Nutrition Connections Program Associate, **Sandy Trybulski**, facilitated "Taste, Feel & Measure" nutrition activities. Adults and youth were amazed to see the amount of sugar in several well known snacks and beverages as they measured out the number of teaspoons indicated on each product's nutrition fact label. Participants also got to feel the fat difference between heavy cream and skim milk, taste the difference between regular and 50% reduced fat cheese and see what a pound of fat looks like. Most people found that the fat difference was easy to feel, but not as easy to taste. Thanks also to **Michael Drye** who shared the fun of "Dance, Dance, Revolution" a terrific way to encourage physical activity among adolescents. In addition to Dance, Dance, Revolution, a series of six 4-H Olympic challenge stations gave participants an opportunity to test their physical fitness.



Lyndzee Baronoski, Chloe Fleming and Caroline Mailhot of the Sullivan County 4-H Teen Club shared Greek food with the crowd.



Ericka Chasse, Mary Robertson, Reed Coverdale of the Clever Cardinals shared their Italian dishes.

4-H After-school Programs were a success

We reached 52 new young people with 4-H after-school programs in Newport and Cornish in the fall and Charlestown in the winter. Enthusiasm was high among the mostly 4th and 5th graders reached through the programs. Programs ran one afternoon a week for 7 weeks in Charlestown, 9 in Cornish and 10 in Newport.

The youth learned to make good choices by doing the youth activities of the Strengthening Families Program each week. They also enjoyed a healthy snack

and tried out 4-H projects ranging from arts and crafts, foods and nutrition, microwave cooking, forestry, theatre arts, fitness, and rocketry.

Two family nights were included in each program with up to 70 family members attending! These programs immediately followed the after-school programs to make it easy for families to attend. Younger siblings played games in a different room while the older students learned how to better communicate with their parents and practiced resisting negative

peer pressure by role playing with their parents or caregivers. Students also prepared a dinner meal for their families to enjoy. Families really seemed to enjoy spending quality time together.

Funding for these programs came from the Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention, and Treatment. If you are interested in bringing a 4-H after-school program to your town, contact Nancy or Robin at 863-9200.



Family members enjoyed playing the "Human Knot" game at Charlestown's 4-H Family Night Program.



Connor Spaulding and his mom talked about Connor's career goals for the future.

Agricultural Resources



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Thanks to the Integrated Pest Management grant program sponsored by the New Hampshire Dept. of Agriculture, Division of Pesticides, UNHCE was able to create a fun, interactive and educational web page about turfgrass maintenance. The web pages offer a short movie about how to scout for grubs, interactive decision tools about herbicide use, and quizzes at the end of each section to test knowledge gained. Designed to be entertaining and easy to use, the web site offers an alternative to flat fact sheets about pest control. The website can be found at <http://extension.unh.edu/agric/turf/turfipm.htm>. Check it out!



Sullivan County Greenhouses

Greenhouses are a wonderful space that allows growers to start seeds in a warm, humid environment while providing the perfect conditions for the seeds to mature into plants ready for the garden.

Individuals can have a home greenhouse but it is not a small undertaking. Sullivan County Master Gardener Janice Baker of Lempster, who grows vegetables and plants from seed, decided in 2005 to erect a 12' x 20' greenhouse. Janice admits it is a lot of work and not for the casual gardener.

Unless you are one of the lucky few, like Janice, to have your own home greenhouse you will need to locate a reliable, professional greenhouse to procure your plants from for your spring garden. We are fortunate here in Sullivan County to have a number of locally owned and operated greenhouses.

In addition to the availability of professional advice from your local grower, the UNHCE Home and Garden Center, staffed by trained volunteers and open M-F from 9 a.m.- 2 p.m. and Wednesday from 5:00 - 7:30 p.m., can be reached by calling 1-877-398-4769. The Sullivan County UNH Cooperative Extension also has many fact sheets available to address your gardening questions.

These resources will allow you to grow your own healthy vegetables and fruits in your own backyard and enjoy a bountiful harvest this summer and fall.

Happy gardening!

Charlestown: Chris and Amy Hemingway operate *Hemingway Farms* located at 1815 Claremont Rd. Hemingway Farms will open mid-April through Christmas, seven days per week, hours vary with the season but generally 10 a.m. - 6 p.m. **603-826-3336.**

Claremont: Tom Petrin operates *In The Garden*, 16 High Bridge Rd. In The Garden will open the Friday prior to Mother's Day, seven days per week 8 a.m to 6 p.m. **603-542-8469.**

Log Cabin Nursery, operated by Leon Stevens on Hillside Ave. Log Cabin will be opening in early April, seven days per week M-F from 9 a.m.- 5 p.m., Sat. 8 a.m.- 4 p.m. and Sun. 10 a.m. - 4 p.m. **603-543-0384.**

Meriden: Sylvia Clark operates *Lamplighter Farm*, **603-469-3328.**

Newport: Pauline Salanardi operates *Bloomin' Acres* located at 8 Coon Brook Rd. Bloomin' Acres will open in early May, seven days per week from 9 a.m. to 6 p.m. Bloomin' Acres closes mid-July. **603-863-2884.**

Kathan Gardens is operated by Dennis Kathan and located at 146 Elm St. March 1st is scheduled as the opening day for the spring season, hours vary with the season but generally Kathan Gardens will be open seven days a week from 9 a.m. to 5 p.m. **603-863-1089.**

Stillwater Garden Shop (formerly Warner's) is operated by Martha Roth and located at 586 Sunapee St. At this time Stillwater is open year round M-F 9 a.m. to 5 p.m., Sat. & Sun. from 9 a.m. to 4 p.m. **603-863-1991.**

Plainfield: *Edgewater Farm* is operated by Lockwood & Anne Sprague at 99 River Rd. They will open for the season mid April and operate seven days per week from 10:00 a.m. to 5:30 p.m. **603-298-8391.**

Forest Resources



Chuck Hersey
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Forest Resources
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Interested in learning more about caring for your forest?

Visit www.forestandrange.org to find self-paced interactive modules that are informative, entertaining, and easy to use.

The site covers a range of topics including:

- understanding and managing your forest,
- wildlife habitat,
- estate planning,
- forest farming maple syrup and mushrooms,
- tree and shrub identification,
- forest economics and finance,
- and much more.

You will also find:

- a variety of multimedia resources,
- a national directory to help you connect with experts,
- and a reference section.

Sponsored by The National Learning Center for Private Forest and Range Landowners, it is a collaboration of USDA CSREES, Extension forest and range faculty, land grant universities, and others. Visit us at www.forestandrange.org.

Tree and Shrub Seedlings Available

The New Hampshire State Forest Nursery is once again accepting orders for bare-root tree and shrub seedlings for delivery in spring 2007. The nursery distributes over 300,000 seedlings annually, mostly to New Hampshire landowners and residents. Originally established to provide seedlings for reforestation, the program has expanded in recent years to include seedling sales for Christmas tree planting stock and conservation uses such as windbreaks, gravel bank reclamation, and wildlife and songbird habitat.

The State Forest Nursery has a reputation of producing a product of the highest quality for a reasonable price. Forty-four species of tree and shrub seedlings are available including 13 conifers (pine, spruce, fir), 5 hardwood trees (oak, maple, walnut) and 26 species of deciduous shrubs. Six packages of mixed seedlings are also available, including the winter survival package which contains plants that produce fruit that will remain on the plant into the winter months, providing a valuable food source for wildlife. All of the seedlings sold at the nursery are grown from seed in the nursery seedbeds. They collect as much of the seed as possible from local sources to ensure that the seedlings are well adapted to New Hampshire climate and soils.

Seedlings are sold in a variety of quantities, many in as little as 10 per package. Prices range from as much as \$1.50 each in a package of 10 to as little as 15 cents each for larger quantities. To request a catalog contact the Division of Forests and Lands at 271-2214. For more information visit their website <http://www.nhnursery.com/> or stop by the nursery facilities located on Route 3 in Boscawen, New Hampshire. The nursery is open Monday through Friday, 8:00 a.m. to 4:00 p.m.

Sullivan County Chapter of NH Timberland Owners' Association Annual meeting and Potluck Supper

This year's annual meeting and potluck supper will again be held in the Ahearn Building at the Sullivan County Farm in Unity from 5:00 to 9:00 p.m. on Saturday, April 14. Plan to join us and bring your favorite dish! For more information, contact Chuck Hersey at 863-9200.



Managing Tree Fruits and Pruning Workshop

A workshop will be held on Saturday, March 3, 2007 from 10:00 a.m. to 12:30 p.m. at the Kigali Farm in Cornish. Participants will learn proper pruning techniques and related orchard skills.

Bill Lord, an adjunct fruit specialist for the University of New Hampshire Cooperative Extension will be the speaker. Bill has over 25 years of experience as an agricultural specialist in fruit tree production and management. Topics include: Cultural Practices for Disease and Pest Control; Dis-

ease and Pest Management Options for Fruit Trees; and, Diseases and Pest Issues from Last Year. Approval has been received for 2.5 pesticide recertification credits for both commercial and private applicators.

A free luncheon will also be provided by our hostess, Carla Skinder. If you are planning to join us for lunch, please R.S.V.P. Karna Williams at 603-863-9200 so that we may adequately prepare for lunch. For more information or directions to Kigali Farm, please call our office at 863-9200.

Free Tax Preparation Assistance in Sullivan County

Tax preparation assistance for Sullivan County residents will be provided by AARP at the following locations. Call the numbers listed below to arrange for an appointment.

Richards Free Library
58 N. Main Street
Newport, NH 03773
Telephone: 863-3430

Open from 2/1/07 through 4/12/07,
Thursdays from 11:30 a.m. - 4:00 p.m.
Please call for an appointment.

Newport Senior Center
76 S. Main Street
Newport, NH 03773
Telephone: 863-3177

Open from 2/2/07 through 4/15/07, Fri-
days from 9:00 a.m. - 2:30 p.m. Please
call for an appointment.

Claremont Senior Center
5 Acer Heights Road
Claremont, NH 03743
Telephone: 543-5998

Open from 2/5/07 through 4/9/07, Mon-
days from 9:00 a.m. - 2:30 p.m. Please
call for an appointment.

Shedd Free Library
46 N. Main Street
Washington, NH 03280
Telephone: 495-3592

Open from 2/3/07 through 4/15/07, Sat-
urdays from 1:00 - 4:00 p.m. Please call
for an appointment.

Extension Calendar

March

- 3** **Managing Tree Fruits & Pruning Workshop**, 10:00 a.m. to 12:30 p.m., Kigali Farm, Cornish. See above for details.
- 5, 12, 19, 26, 4/2** **Family Focus: Parenting the Young Child**, 6:00-8:00 p.m., SAU #43 Early Childhood Support Program, 167 Summer St., Newport. Call 863-9200 for more information or to register.
- 3/6 - 4/10** **Claremont Strengthening Families Program 10-14**, 5:30-8:00 p.m., Claremont Middle School. Call Gillian Bemis at 542-5453 x3135 to register.
- 3/8- 4/12** **Plainfield Celebrate Your Family**, 6:00-8:30 p.m., Plainfield Elementary School. Call Stephanie Schell at 469-3527 to register.
- 10** **4-H Activities Day**, 9:00-11:00 a.m., Claremont Middle School.
- 10** **Take 10 Community Walk - Moody Park Snowshoe** (1 mile), 10:00 a.m., meet at bottom of access road. Call 863-9200 for more info.
- 14** **Turfgrass Maintenance for Municipal Employees**, 8:00 a.m. to 3:15 p.m., Portsmouth Country Club. Call Sadie Puglisi at 225-5505 for more details.
- 14** **4-H Teen Club and Leaders' Association Meetings**, 6:30 - 8:30 p.m., Extension Office, Newport.
- 14, 21, 28, 4/11, 4/18** **Making Money Work For You**, 6:00-8:00 p.m., Claremont Savings Bank, 145 Broad Street, Claremont. Call 863-9200 to register.

March (cont'd.)

- 16** **4-H Leader Banquet**. For information, contact Nancy Berry at 863-9200.
- 17** **Livestock First Aid - What To Do Until the Vet Arrives (Sheep & Swine)**, 9:00 a.m. to 3:00 p.m., Sugar River Tech Center, Newport. Call 863-9200 for details.
- 24** **Welcome Spring '07 Garden Symposium**, 8:00 a.m. to 4:00 p.m., Marriott Courtyard - Grappone Conference Center in Concord. See page 1 for details.

April

- 1** **4-H Approval Forms Due for Horses Going to ESE.**
- 7** **4-H Fashion Revue Evaluation Day**, 9:00 a.m. to 12:00 p.m., Claremont Middle School, Claremont. See page 3 for details.
- 13** **4-H Fashion Show**, 7:00 p.m., Claremont Middle School, Claremont. See page 3 for details.
- 14** **Science, Engineering & Technology Camp Invitation**, 9:30 a.m. to 3:30 p.m., UMass Amherst Campus Center. See page 4 for details.
- 14** **Take 10 Community Walk - Sugar River Rails to Trails** (2 miles), 10:00 a.m., meet at Conn. Valley Home Care in Newport. Call 863-9200 for more info.
- 14** **NH Timberland Owners' Assoc. Annual Meeting & Potluck Supper**, 5:00-9:00 p.m., Sullivan County Farm, Unity. See page 7 for details.
- 18** **4-H Teen Club & Leaders' Association Meetings**, 6:30-8:30 p.m., Goodwin Community Center, Claremont.



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COOPERATIVE EXTENSION

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