

The Sullivan County Extension Connection

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

MAY / JUNE / JULY 2008

Graduation Safety



Your teen may be graduating soon, but that doesn't mean it's time to let go.

From spring break to prom, senior trips to graduation day, there are plenty of opportunities where teens may consider taking risks, especially drinking and drug use. In fact, although drug use has declined over the past four years, surveys show nearly one in three high school seniors were drunk in the last month, and more than one in five used an illicit drug!

Your teen needs you now as much as ever. There are many ways to help keep your teen safe and healthy.

Reinforce your expectations.

Throughout their high school years, you've set rules and established the consequences for breaking them. Perhaps you've loosened up on a few rules, like curfew. But be clear – drinking or drug use remains unacceptable. Being an upperclassman has privileges, but it also has responsibilities.

Encourage your teen to make each moment count.

Your teen only gets one senior year. Let them know you don't want them to miss out on things because of bad choices, like drinking or drug use. One bad choice could change their lives forever.

Provide safe alternatives. Parties abound during senior year. Plan chaperoned alcohol-free parties around prom and graduation.

For teens staying home during spring break, volunteering and other community activities offer a safe and productive use of their free time.

Set a good example. Don't let anyone convince you that it's a good idea for teens to drink or use marijuana under your supervision. It sends the wrong message and may lead your teen to make other bad choices.



See a Fisher Cats Baseball Game and Help 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: **Thursday, July 17** is 4-H Day at the Fisher Cats ballpark in Manchester! Game time is 7:05 pm with the gates opening at 6 pm.

The 4-H Foundation will be staffing the concession stand. The Fisher Cats will be playing against the New Britain team. This is a fun event that is open to everyone so tell your friends, neighbors and even the coaches of your kids' baseball teams. Everyone is welcome! Tickets will be \$8 each with children under age 3 free. There will be fireworks after the game too!

If we have enough interest here in Sullivan County, we can try to rent a school bus to leave from Newport to go to the game. See the coupon on the back page to order tickets.

"LEGAL ISSUES:

ARE YOU PREPARED?"

This seminar will increase awareness of the importance of evaluating one's legal condition related to end-of-life issues.

When: Wednesday, April 30 from 6:30 to 8:30 p.m.
 Where: Valley Regional Hospital
 Presenter: Michael A. Fuerst, Esq., Partner, Buckley & Zopf, Claremont, NH

"ADVANCE CARE DIRECTIVES:

WHO WILL DECIDE?"

This companion seminar will increase awareness of how recent changes to New Hampshire's Advance Care Planning Laws affect you and your loved ones.

When: Wednesday, May 14 from 6:30 to 8:30 p.m.
 Where: Valley Regional Hospital
 Presenter: Nancy Russell, RN, Esq., Corporate Compliance Officer, Valley Regional Hospital

The cost is \$5.00 per person for the series. (*Scholarships are available*) Pre-registration is required as seating is limited. You may pre-register by calling UNH Cooperative Extension at (603) 863-9200 or by emailing gail.kennedy@unh.edu. *Please let us know if special accommodations are required for you to attend.* **"Legal Issues"** and **"Advance Care Directives"** are programs of UNH Cooperative Extension. This seminar series is offered in cooperation with Valley Regional Hospital, Claremont, NH.

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Do Coupons Really Save Money?

The actual savings from coupons may be less than you think, since most are for national brands which typically cost about 25 percent more than store brands. Coupons are often for higher-priced convenience foods that

may still not be good buys even after the discount. The store-brand coupons issued with register receipts are usually a better deal, but there are additional and more efficient ways to trim your food bill while actually improving your diet.

You can usually eat better for less than you do now by using more prepare-from-scratch foods, eating out less and cutting back on less healthy items such as soda, juice drinks, chips, doughnuts, and candy. Let's

take a closer look.

Prepare-from-scratch foods are usually healthier than their convenience versions because they're free of added fat, sugar and sodium, and most are at least 50 percent cheaper. For example, compare plain white rice (about 8 cents per cooked cup) and healthier brown rice (12 cents) with instant rice (20 cents) and seasoned rice mixes (30 cents). Plain oats in the 42-ounce container cost three times less per cooked cup than instant, flavored oats. Frozen orange juice concentrate costs about half as much per prepared cup as carton juice.

The average family now spends about half its food budget on restaurant and fast foods. Healthy, home-cooked meals can be less than half the cost of eating out. They can provide more whole grains, vegetables, fruit, and lean protein with fewer calories and less sodium and heart-risky saturated and trans fat than typical out-of-home meals.

Did You Know.....UNH Cooperative Extension – Family & Consumer Resources

- Conducts parenting education programs throughout the state to teach effective parenting techniques, how family structure impacts parenting, and the availability of state and local resources.
- Reaches at-risk families through the Nutrition Connections program to help stretch food dollars, practice food safety, and improve the health of pregnant and parenting teens, young families, the elderly, and children.
- Provides food managers and consumers with research-based information about food safety to reduce foodborne illnesses.

Family & Consumer Resources

Gail P. Kennedy
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Family & Consumer Resources
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SAFE Program

This is a **free** training opportunity for you and/or your employees to explore the alternatives and consequences of various "risky" situations that happen in any food service establishment

Where:

Sugar River Valley Tech. Center - Claremont Business & Community Room
111 South Street
Claremont, NH 03743

When:

Thursday, June 19, 2008
1:00 – 3:00 p.m.

Light refreshments will be served.



ServSafe Food Protection Certification Course and Examination

Sugar River Valley Regional Tech Center
268 N. Main Street, Newport, NH
8:30 a.m. - 4:30 p.m.
May 8, 2008

\$135 per person, includes:
ServSafe "Essentials" book, examination,
refreshments
Lunch on Your Own

ServSafe is a national food safety certification program of the National Restaurant Association Educational Foundation. This one day training provides participants with the latest science-based information on food safety and best practices in the industry. The course is taught by UNH Cooperative Extension Educators who are ServSafe certified instructors. Class is limited to 25 participants. Pre-registration is required. *If special accommodations are required to attend this program, please inform us of your need by calling 787-6944 at least two weeks before the start of your class.*

To Register: Contact Deb
Maes at 787-6944 or
deb.maes@unh.edu

The Eat Healthy, Stay Fit

Home study course is a 6-lesson nutrition course you can complete in the comfort of your own home. Enrollment in the course can take place at any time of the year. Participants can complete the course at their own pace, by completing a 4 question worksheet for each lesson. A certificate will be awarded for the completion of all six lessons. This course is available at no charge. Call Sandy Trybulski at (603)863-9200 or e-mail: sandy.trybulski@unh.edu for more information.

STRENGTHENING *families* PROGRAM

CALLING ALL PARENTS -
YOU DESERVE A BREAK.....

Come to the Sullivan County

ENJOY 7 FREE NIGHTS OUT ON US!

- ◆ Free dinner for you and your family!
 - ◆ You and your 10-14 year old learn how to get along, enjoy your family and have fun together.
 - ◆ Success Guaranteed! Research says it really works!! Come and try it out for a week or two.
 - ◆ Funding to Sullivan County is provided by NH DHHS, Division of Public Health Services, Bureau of Prevention Services, ATODP.
- Location: Claremont Middle School
Dates: Tuesdays, May 6 - June 17
Time: 5:30 (dinner) 6:00 - 8:00 p.m.
For more information or to register call:
Gail Kennedy at 863-9200 or
email: gail.kennedy@unh.edu
Attend 6 out of 7 classes and receive a \$25 gift card.

4-H and Youth



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Model in our Fashion Show

We need 4-H members to model outfits you have sewn or purchased at the annual Sullivan County Health Care Pancake Breakfast in Unity on Sunday, June 8. 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 Sullivan County Health Care by 10 a.m. so we can line you up for the show and be sure we have a script card for your outfit. You can even model last year's outfit if it still fits! If you want to be part of the show, please call Nancy Berry at 863-9200 or email nancy.berry@unh.edu

If you and your family have never gone to the annual Commissioner's Pancake Breakfast at the Sullivan County Health Care 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 11:00 a.m. Everyone is welcome!



Rose Abendroth modeled her dress at last year's pancake breakfast.

Sullivan County 4-H Life Smarts Team Won State Contest, Competed in Minnesota

Allen Abendroth served as the captain of this year's 4-H Life Smarts Team. It was Allen's third year competing in the state contest and his second at nationals. He led the team to a 3rd place finish at the national contest!

Team members competing at the state and national contests along with Allen included Devin Wilkie of Cornish, Ben Naylor and Lizzy Robertson of Newport, and Caroline Mailhot of Acworth.

CURRENT NEWS

Mark your calendar for the Cornish Fair August 15 - 17

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 1:00 p.m. on Saturday, August 16.** 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 *"Kids & Critters."*

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 14, 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 handymaker 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 upon Monday, August 11. 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.

Teen Exchange and Teen Conference Orientations June 18

If you are one of the 4-H teens or adults who is traveling to Texas July 5 - 12, mark your calendar for June 18 from 6:30-7:30 p.m. for the Teen Exchange Orientation at the Claremont Savings Bank. A parent is required to attend with the teen. At this

time, we will discuss all the travel arrangements, what to pack, host family gifts, etc.

Teen Conference Orientation will be held at the same place from 7:30 - 8:30 p.m. (Parents welcome to attend too.)

High school aged youths 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



l-r Ben Naylor, Allen Abendroth, Lizzy Robertson, Caroline Mailhot, and Devin Wilkie

4-H MEMBERS' CORNER

Teens Headed to 4-H Teen Conference

The 30th annual 4-H Teen Conference will be held June 29- July 2 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." Allen Abendroth and Devin Wilkie, both Teen Club members, have been serving on the State Teen Council since last summer.

The theme for the 2008 NH 4-H Teen Conference is "4-H Tour of the Year" It promises to be a wonderful opportunity for teens to make new friends. The teens

who are going are: **Allen and Max Abendroth, Chloe Fleming, Rebecca Mailhot, Guy Elliott, Shelby Pillsbury, Lizzy Robertson, Dolly, Daphne and Andrew Rondeau, Monica Stout, Katelyn Mitchell, Hillary Ward, Devin and Trevor Wilkie, Rebecca Mailhot, Katie Dessert, Kelsey Monahan, D'Arcy Morrie, and Becca Lary.**

All eligible Sullivan County 4-H teens who are 14 years or older, or who are finishing the 8th grade were 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 and to schedule an interview.

4-H Fashion Show a success



I-r Megan McPherson, Daphne Rondeau, Simone Chuda, Dolly Rondeau, Josh Baker, and Rebekah Baker

About seventy 4-H members showed off the outfits they had sewn during our recent "April Showers Bring May Flowers" 4-H Fashion show at the Claremont Middle School.

The top advanced sewers were **Megan McPherson** of Fun 4-H, **Daphne Rondeau** of Covered Bridge, **Simone Chuda** of Fun 4-H, **Dolly Rondeau** of Covered Bridge, **Josh Baker, Abby St. Pierre, Mary Jelliffe,** and **Rachel Baker** of Fun 4-H, and **Monica Stout** of Clever Cardinals. These sewers will also be judged and represent Sullivan County at State 4-H Activities Day on May 31 at Pembroke Academy in Pembroke, NH.

Intermediate II winners included **Bethany Denton** and **Aliza McCarthy** of Covered Bridge, and **Giselle Barton** of Jim Dandies.

The following members will be modeling in the State Fashion Show on May 31: **Bethany Denton** and **Aliza McCarthy** of Covered Bridge, **Giselle Barton** of Jim Dandies, **Anna Ayotte** of NET Teen Center, **Thomas Jelliffe** of Fun 4-H, **Helen Smith** and **Kelsey Woods** of Covered Bridge, **Emmy Smith** of Jim Dandies,

Mary Robertson of Adventure Crew, **Malia King** of Teen Club, **Mindy Carl** of Clever Cardinals and **Kyrsha Gobin** of Jim Dandies.

Fashion Selections winners chosen for their consumer ability in putting together a purchased outfit included these two girls who tied for first place: **Chloe Fleming** of Acorn Kids and 4-H Teen Club, and **Megan McPherson** of Fun 4-H. We also had two girls who tied for second place and they are **Shelby Pillsbury** of Creative Clovers and **Sarah Wilder** of Cornish 4-H Equestrians. These girls will also compete in the Fashion Selections portion of the state fashion show.

Intermediate I winners were **Jacob Baker** of Fun 4-H, **Nathaniel Van Velsor** of Jim Dandies, and **Dorian Rondeau** of Covered Bridge.

Novice II winners were **Rose Abendroth** of Abendroth Family Club and **Lindsay Wyman** of Jim Dandies.

Novice I winners were **Malia King** of Teen Club, and **Christina St. Saveur** of Jim Dandies.

In the Apron and Items category **Abigail Chellis** of Mill Bridge 4-H and **Dominic Stout** of Clever Cardinals were recognized for the outstanding job they did on their items.

Volunteer sewing leaders were also recognized on April 18 for the time and talent they shared with 4-H members in teaching them how to sew. Each sewing leader received a flower. Commentators for the show included **Chloe Fleming, Lizzy Robertson,** and **Shelby Pillsbury** of 4-H Teen Club and **Megan McPherson** of Fun 4-H. They did a wonderful job narrating the show.

Save the date Focus on Interior Design Career Trip August 12 - 13, 2008

This trip will focus on interior design as it relates to homes, hotels, and other industries.

Come and find out what you need to know to be an owner or employee who uses interior design principles in your daily work

This trip is open to 4-H members age 12 (by January 1, 2008) to age 18. Leaders are also invited to attend.

Coming soon to a 4-H office near you!

Clover Country CD - Music by 4-H Alumni!

Dolly Parton, Glen Campbell, Alabama, Faith Hill, Martina McBride, Vince Gill, Reba McEntire, Hillary Lindsey and Luke Bryan! This GREAT collection is only available through your local 4-H office or the National 4-H Supply. Proceeds to benefit the New Hampshire State 4-H Foundation. Makes a great gift for that 4-H'er who LOVES country music.

Call and reserve your copy now!
Only \$10.00! Make checks payable to "Sullivan County 4-H Leaders Association."

4-H LEADERS' UPDATE

4-H Records due June 30, 2008

All 4-H records are due in our office by Monday, 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 organizational leader, on the web at <http://www.extension.unh.edu> (click on 4-H Youth, 4-H forms, and then Record Keeping forms), 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 youths 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 **Monday, July 21 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.

Friends of 4-H Golf Tournament

State 4-H Foundation Fundraiser

Canterbury Woods Country Club

Friday, May 16

7:30 Registration - 8:30 Shot Gun Start

The proceeds will benefit both the State 4-H Foundation and the 2008 Northeast Regional Volunteer Forum. We need the golf course to be full in order to make this a successful venture!

We also need donations to be used at the silent auction. Examples include: handmade items, flowers, gift certificates, baskets, etc.

Are You a Golfer or know someone who is?

Consider putting together a team and playing.

Want to be a Sponsor or know someone who would?

Go to this link to find out more:

<http://extension.unh.edu/4H/Docs/4HFoundation/foundglf.htm>

Contests:

Hole-In-One

Las Vegas Hole

Closest to the Pin

Longest Drive

Celebrate Your 4-H Club Achievements

To receive an awards packet, submit your club's "Annual Report on 4-H Group Activities" and the "Annual Financial Report" to the Sullivan County UNH Cooperative Extension office at least two weeks prior to the event. The 2008 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 (pins and certificates).

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 pres-

ence 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.

Keep Sending News and Pictures to the Eagle Times

You may have noticed that Archie Mountain, Managing Editor of the Eagle Times newspaper, has been putting lots of 4-H news in the newspaper lately. We want this to continue! The more

people see 4-H in the news, the more they understand what we do and what a wonderful organization 4-H is. It's a great way to recruit new families to join 4-H!

Please call or email Archie with ideas for stories or email him articles and pictures. His contact information is 401 River Rd, Claremont, NH 03743 or 543-3100, ext. 112 or amountain@tsvmedia.net

GENERAL 4-H NEWS AND INFORMATION

Top Honors Earned During County Activities Day

County Activities Day, the 4-H public presentation program, is frequently referred to as “the most beneficial and rewarding 4-H experience” by program participants. Public presentations give 4-H members an excellent opportunity to research a subject, organize ideas in logical order, develop visual aids and learn to speak effectively before groups. With each public presentation, there is an increase in self-confidence, poise, self-esteem, stage presence and knowledge. Public presentations can teach a 4-H'er lifetime skills that will be useful in his or her future social, educational and career pursuits.

This year representatives from nine 4-H clubs presented topics. During activities day 4-H'ers may choose to do an action exhibit, demonstration, or public speech. Many additional members take part in the poster design and photography contest. Youth age 12 and above compete for the opportunity to take part in the state competition. This year Pembroke Academy will host the state event on Saturday, May 31st.

Four 4-H'ers will represent Sullivan County at the state event with their action exhibits. They include Newport Country Kids member **Alyssa Adams** who will share her expertise in Entomology, Acworth Hill

Climber member **Brigitte Taylor** who will share a unique egg decorating technique, and N. Charlestown Fun 4-H members **Joshua Baker** and **Abby St. Pierre** who will share their presentations titled “Sweet Treat Scarecrows” and “Quick Kites”. Our top exhibitors for a second year in a row in the 8-11 year old division were Charlestown Jim Dandies members **Lindsey Ferland** and **Kayla Putnam** with their exhibit “Wheat Weaving - an Autumn Harvest Tradition” and Newport Clever Cardinal **Cathryn Gallione** with “Cool Clothespin Creations”. All top scoring exhibitors were awarded a rosette. Top scoring senior level public speeches were presented by Cornish Covered Bridge club member **Michael Drye** and Sullivan County Teen Club member **Rebecca Mailhot**; their respective speech titles were “The Necessity of Taxation” and “National Parks”. The top scoring junior level public speaker was Cornish 4-H Equestrian member **Sarah Wilder** with her speech about the Hindenburg Blimp entitled “A Disaster Waiting to Happen”. All top scoring public speakers received a rosette ribbon and will move on to the state competition. The top scoring demonstrations moving on to the state competition include two presentations by Covered Bridge 4-H member **Dan Drye** and **Bethany Denton**; their respective titles were “Don't Drop It! How to

Juggle” and “Origami.” “Cup Stacking” by **Abby St. Pierre** and “Snap, Crackle, Pop Rock” by **Sarah Wilder** will also be presented at the state competition. The poster designs selected to move on to the state event were created by Fun 4-H'ers **Abby St. Pierre**, **Rachel Baker** and Plainfield 4-H'er **Sarah Wilder**. In the 8-11 year old division the top three poster designs were created by Fun 4-H'er **Dayna Bellefeville**, Jim Dandies member **Troy Putnam** and Cornish 4-H Equestrian member **Aaron Wilder**. A photograph entered in the 8-11 year old division by Fun 4-H member **Ian McShane** was honored with a rosette. The state eligible photography contest winners were: **Megan McPherson** of Fun 4-H, **Elizabeth Robertson** of the Adventure Crew and **Brigitte Taylor** of the Acworth Hill Climbers.



Pictured above is Bridgitte Taylor helping another 4-H member decorate an egg.

4-H Camp the Opportunity of a Lifetime

Summer camp is one of the most valuable experiences a child can have and well worth the investment! Our UNH 4-H camps help shape the character of young people by providing experiences that will grow their sense of independence, belonging, generosity and mastery. Success in today's world requires youth to develop strong relationship skills. At camp youth are involved in activities that encourage teamwork, cooperation and respect for other people as well as the natural environment.

When children attend 4-H camp, they are away from home, sometimes for the very first time. At camp youth learn how to make decisions. Each day they get to choose what to wear, what to eat and which activities to try. By making decisions for themselves youth develop self-confidence and become more self-reliant.

Today it is increasingly important for youth to be physically active. 4-H camp helps youth get away from the influence of computer, television or movie screens. Hiking, canoeing, swimming and archery are just some of the activities that allow campers to be active and explore new areas of interest.

4-H camp staff work together to create a community of caring and respect. At camp children tend to be accepted for who they are and do not have to be as concerned with what they wear, what they are good at, or how they look. Long lasting and close friendships frequently develop during camp. These friendships are special because campers are living with each other for a week or more and they can discover the

true personalities of their cabin mates. Youth relax at camp, and while having fun with one another, they feel safe to be themselves.

Be sure to check out what UNH 4-H Camps have to offer:

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

Barry Conservation Camp is located in the White Mountain National Forest at the Fish Hatchery in Berlin, NH. This 4-H Camp is operated in conjunction with NH Fish and Game Department. Barry Conservation Camp emphasizes environmental awareness, responsible use of firearms, safe hunting practices, conservation principles and ethics. In addition there is swimming and canoeing in York Pond and activities that encourage teamwork. There is a one week Hunter Education and certification program open to youth twelve to sixteen, without current hunter certification. This year it will be held July 20 - 25; register early, as it is very popular, and fills quickly. There are additional one week programs called “Let's Go Fishing”; “Shooting Sports Sampler” and “Walk on the Wild Side”.

The Teen Adventure Series, Leadership Camps and UNH 4-H Campus Seminars are great opportunities to explore new horizons or improve existing skills. An added benefit is the experience

provides great content for your college application essay. A brief description of each program follows. **Oceanography - Cape Cod Adventure:** Investigate the dunes of Cape Cod, visit the Woods Hole Oceanographic Institution and tour Cape Cod lighthouses. Explore the Cape by bike, and take the ferry to Martha's Vineyard. **White Mountain Climate Adventure:** Explore the site of the world's worst weather, our own Mount Washington. This week will be held at off site locations within NH including overnights at the NH Outing Club cabin in Jackson, the Mount Washington Observatory Weather Discovery Center in North Conway, and the Barry Conservation Camp in Berlin. **Leadership Camps** include a 6 week Mentor Program and **LISTEN (Leaders In Service Training Environments)** is a 2 week experience of self-discovery, involving the design and completion of service projects. Teens enhance their self-confidence and personal capabilities while improving the world around them. **UNH 4-H Campus Seminars** provide participants with an opportunity to explore what UNH has to offer potential students. **The Equine Seminar** provides an opportunity for youth to take riding lessons (on university horses), learn about horse biology, care and use of equipment. In addition it includes off site trips to area horse facilities. (Some riding experience is required)

For more detailed information and to register for please visit the UNH 4-H Camp web site: <http://extension.unh.edu/4H/4HCamps.htm>. For information on scholarship assistance contact the Sullivan County Extension office at 863-9200.

Agricultural Resources



Seth A. Wilner
Extension Educator
Agricultural Resources &
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Resources for Agricultural Producers

I have come across some great resources that I have found very helpful. If these titles interest you, I have these in my office. Most are available for a very affordable price as well.

Books

➤ **The History and Economics of the New Hampshire Dairy Industry** – This book was a collaborative effort by 10 authors from both the public and private sector. It details the history of the New Hampshire Dairy Industry and highlights contributions of this industry to the fabric of our state's agriculture. I found it a fascinating read and recommend it highly. You can order this book by sending a check for \$24 (\$19.95 plus shipping and handling), payable to UNH Cooperative Extension and mail to: UNH Cooperative Extension Publications Center, Nesmith Hall, 131 Main St., Durham, NH 03824.

➤ **Management-intensive Grazing The Grassroots of Grass Farming** by Jim Gerrish – I

attended a daylong seminar by Jim Gerrish and found his presentation highly interesting. It was so interesting in fact that even though I am a cheap man, I purchased his book. His book is a great resource for those relatively new to grazing livestock, as well as for those looking to refine and challenge their current system. As grazing is both an art and a science, it is always possible to refine one's system. This book will challenge the reader to think about their grazing system in a holistic manner. The book's ISBN# is 0-9721597-0-3.

➤ **Managing Cover Crops Profitability 3rd Edition** – This book is published by the Sustainable Agriculture Network and can be accessed through www.sare.org. What I liked best about this book was that it gave you all the information you needed to plan a cover cropping system that was optimal for your farm. The book does not prescribe a one size fits all recommendation; instead it is filled with facts and factoids about species, plant descriptions, growing tips, and some farmer anecdotes. Since cover crops have a variety of purposes on farms, this will give growers the information they need to meet their farm goals. The set-up of the book is also user-friendly with charts, illustrations, and narratives. For \$19, one can't miss. Makes a great birthday or anniversary gift!!!

Videos

➤ **Farmers and their Innovative Cover Cropping Techniques** – This is a great video available on both CD-Rom and VHS. Vern Grubinger from UVM Cooperative Extension produced this gem using funding from a SARE grant. This video features 10 farmers, two from NH and the rest from around our region. It demonstrates their cover crop-

ping strategies that could improve your production system. It not only provides a great education, but could also be used as a good first date activity! It's a crowd pleaser for sure.

➤ **Vegetable Farmers and their Sustainable Tillage Practices** – Another Vern Grubinger classic funded by N.E. SARE. This video highlights different approaches to reduce tillage; saving producers money, time, and compact soils! Tools such as soil spaders, custom made zone tillers, and other innovative practices are featured in this video.

➤ **High Tunnels** – This video was produced by Ted Blomgren and Tracy Frisch from Cornell Cooperative Extension and The NY Regional Farm and Food Project. Funding for this video was provided by N.E. SARE. This video covers the benefits of high tunnels and highlights growers who raise cut flowers, tomatoes, greens, and other vegetables around our region.

In addition to books and videos, farmers looking to implement new practices should consider contacting their county Conservation Districts for available funding. Many cost-sharing programs are available through Farm Bill Programs. Sullivan County Conservation District's phone number is 863-4297.

SARE grants are another potential funding source to experiment with new or innovative sustainable agriculture ideas for your farm. Visit the SARE website at www.sare.org or search the Internet for North-east SARE.



Forest Resources

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Do you recognize important wildlife habitat when you see it?



This brochure series helps landowners learn about and help conserve important wildlife habitats found on their land.

The New Hampshire Wildlife Action Plan: Habitat Stewardship Series brochures cover a variety of habitat types critical for wildlife species at risk in New Hampshire. The first four brochures, available now, focus on

grasslands, marsh and shrub wetlands, floodplain forests, and vernal pools.

The colorful brochures include practical information for landowners. Pictures and text explain how to identify habitat types, describe the major threats to the health of those habitats, and offer information about wildlife species that depend on each habitat. The brochures also provide specific recommendations for landowners interested in helping protect and conserve the wildlife that depend on each critical habitat type.

The brochures were produced by UNH Cooperative Extension with support from the Sustainable Forestry Initiative and the N.H. Fish & Game Department. Landowners may download brochures at <http://extension.unh.edu/Wildlife/Wildlife.htm> or receive a single set free through the UNH Forestry Information Center (call 1-800-444-8978 or email: forest.info@unh.edu).

When complete later this year, the Habitat Stewardship Series will also include brochures on shrublands, northern hardwood forests, oak-pine forests, hemlock forests, and spruce-fir forests.

Who Says Money Doesn't Grow on Trees?

Most of us tend to think more about trees in the spring and fall when the seasons change. In spring we eagerly await the emergence of tender green leaves; in fall we luxuriate in the visual banquet of oranges, yellows and reds.

Trees deliver measurable, tangible benefits that can result in long-term savings for homeowners and whole neighborhoods. Trees reduce air pollution, conserve water, reduce soil erosion, save energy, reduce noise pollution, screen objectionable views, create wildlife habitat, and increase property values.

In addition, trees provide many psychological benefits. They provide privacy and a sense of solitude and security. They often serve as a bridge to history and many are planted as memorials to loved ones. Some people feel an almost religious connection to trees. And studies have shown that looking at trees and other vegetation can slow the heartbeat, lower blood pressure and result in a more relaxed brain pattern.

In a 1985 study, the American Forestry Association concluded that a single 50-year-old urban tree would supply air conditioning worth \$73, soil erosion and storm-water control worth \$75, wildlife shelter worth another \$75 and air pollution control valued at \$50. Total value
(continued on pg 8)

Who Says Money Doesn't Grow on Trees?

(continued from pg 7)

in 1985 dollars was \$273. Total value during the tree's lifetime, compounded at five percent for 50 years, equals \$57,151. That's not including the five to 20 percent higher property value of a landscaped home. Just how do trees provide us with these benefits? First, trees act as

a carbon sink, removing the carbon from carbon dioxide (CO₂) in the atmosphere and storing it as cellulose in the trunk. At the same time, trees release oxygen back into the air. The trees on one acre produce enough oxygen for 18 people every day.

Strategically placed trees can be as effective as other energy-saving home improvements like insulation and weather-tight windows and doors. Deciduous trees, which shed their leaves in winter, can provide shade

and block heat from the sun during summer months. In winter, they admit sunlight for warming. These trees should be planted on the south and west sides of buildings. Plant "solar friendly" trees with open crowns that drop their leaves in early fall and leaf out again in early spring. Examples are ash, maple and poplar.

Evergreens, which keep their needles all year, can serve as windbreaks that save 10 to 50 percent of the energy used for home heating. Plant evergreens on the north side of your home to intercept and slow down winter winds.

In addition, the leaves, twigs and branches of trees and shrubs absorb sound. Trees not only help to control noise pollution, they add their own soothing sounds when wind rustles through leaves and branches. Tree roots help hold the soil in place, reducing soil erosion. The channels created by roots help increase water infiltration.

Especially when planted in groups, trees add significantly to the diversity of birds and animals in an area. They add color, sound and movement to the landscape and are greatly enjoyed by people.

In urban neighborhoods, getting residents together to clean up and landscape the area can even reduce crime. In one UNH Cooperative Extension project,

after volunteers and residents of Manchester's Cedar Street spruced up their neighborhood and planted trees, the number of calls to police fell in a single year from more than 800 to only 64.

Given all the benefits that trees can deliver, doesn't it make sense to plant one, two— or a few— this spring?

By Margaret Hagen, Agricultural Resources Educator 5/2/07

For Fisher Cats Tickets:

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. Tickets will be mailed to you.

Names _____

Address _____

Phone _____

Email _____

of tickets _____ x \$8 = total \$ _____

Are you interested in bus transportation? Yes No

Extension Calendar

April

- 30 **Legal Issues: "Are You Prepared?";**
6:30 - 8:30 p.m., Valley Regional Hospital

May

- 1 **Approval Forms Due;** Beef Heifers that will show at ESE, Working Steers, Dogs, Dairy Cattle, Llamas
6 **Grandparents and Other Relatives as Parents;**
9:00 a.m. to noon, Diana Love Center, Claremont, NH
6 - **June 17 Strengthening Families Program;**
5:30 p.m. - 8:00 p.m., Claremont Middle School
8 **ServSafe Food Protection Certification Course and Examination;** 8:30 a.m. - 4:30 p.m., Sugar River Valley Regional Tech. Center - Newport
14 **Advanced Care Directives: Who Will Decide;**
6:30 - 8:30 p.m., Valley Regional Hospital
16 **Friends of 4-H Golf Tournament;** 7:30 a.m., Canterbury Woods Country Club

May (continued)

- 30 **Introduction to GPS;** 1-4 p.m., Maplewood Nursing Home, Westmoreland, NH.

June

- 8 **Commissioners Pancake Breakfast;** 7:30-11 a.m., Sullivan County Nursing Home Care, Unity.
10 **GIS on Pennies a Day;** 9 a.m. - 4 p.m., Harris Center, Hancock, N.H.
11 **ArcGIS Driver's Permit;** 9 a.m. - 4 p.m., Harris Center, Hancock, N.H.
15 **Approval Forms Due;** All Sheep, Goats, Swine, Small Animals, Poultry and other Beef (not showing at ESE).
19 **Teen Exchange & Teen Conference Orientations;** 6:30 p.m. - 7:30 p.m. and 7:30 - 8:30 p.m., Claremont Savings Bank.

June (continued)

- 19 **SAFE Program;** 1:00 - 3:00 p.m., Sugar River Valley Tech. Center - Claremont Business & Community Room.
29- **July 2 State 4-H Teen Conference,** Durham
30 **4-H Records Due**

July

- 17 **4-H Day at Fisher Cats Baseball;** 7 p.m., Manchester.
21 **4-H Records Judging,** 6:30 p.m., Extension Office, Newport.

August

- 12-13 **4-H Focus on Interior Design Career Trip**
15-17 **Cornish Fair**



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