

The Sullivan County Extension Connection

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JANUARY / FEBRUARY 2005

Register for the Strengthening Families Program for parents/care givers and their 10-14 yr olds & ENJOY 7 FREE NIGHTS OUT ON US!

What if you could spend some time with your 10-14 year old and make your family stronger while enjoying an evening out, with dinner and no dishes to clean up? Sound too good to be true? Well, read on!!

The *nationally recognized* Strengthening Families Program for parents and care givers and their 10-14 yr. old youth (SFP 10-14) will be coming to Claremont this winter!

Here's how the program works. After eating dinner together, parents and youth meet separately for an hour.

Parents/Caregivers will discuss:

- What youth this age are like
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support

Youth will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parent/care givers
- Get along with others



During the second hour families come together and have fun in activities and games, solve problems together and discuss what makes your family strong.

When: Thursdays, January 13 - March 3, 2005

Time: Dinner from 5:30 - 6:00 p.m.
Program from 6:00 - 8:00 p.m.

Where: Claremont Middle School Library
107 South Street, Claremont, NH

If you would like to give it a try, call our office (telephone: 863-9200) to sign up. Please make sure you call before January 10. Let us know if you would like to come to dinner, the ages of your children and if you require any special accommodations in order to attend.

New County Forester Coming Soon

After an international search we are pleased to announce that Sullivan County will have a new Forestry Educator starting January 24.

Chuck Hersey is a New Hampshire native who grew up in Epsom. He has a MS in Forest Management from UMass and attended Brandeis University. For the past two years, he worked in the Massachusetts Forest Stewardship Program where he performed a number of duties including: technical and administrative support for an extensive landowner outreach initiative, administered state and federal cost-share programs, maintained a GIS database of stewardship properties, reviewed management and harvesting plans for adherence to state regulations and conducted workshops for landowners. He wrote management plans for UMass lands to get them green certified and knows the green certification process.

He's done some timber inventories and marked some timber. At the Lincoln Land Institute, Chuck helped create a web course on forest ecology. His Masters related to the cost of consulting foresters services. Chuck worked with the Epsom Conservation Commission to create a conservation fund and the Bear-Paw land trust to coordinate land protection. Chuck also created a natural resource inventory for the Town of Alton.

Chuck will work with landowners, natural resource professionals, loggers, forest businesses and communities. He will make on-site visits to forest owners, bring workshops to Sullivan County residents, work with communities on rural and in-city issues. He has the advantage of being part of a statewide network and a nationwide network of Extension natural resource professionals, enabling him to bring the most current reliable information and education to the county.

What's Inside

Agricultural Programming Focus for 2005.....	2
New Hampshire's Farm & Forest Expo.....	2
4-H International Foods Day.....	3
January is National Soup Month.....	7
Make Family Mealtime a Top Priority.....	7
Extension Calendar.....	8

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Agricultural Resources



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Agricultural Programming Focus for 2005

As the New Year is ushered in I thought it would be a timely topic to share my educational focus for the upcoming year. As always, each county Extension educator tries to meet all the needs of their clients within their program area. So if you have any questions related to agriculture, please feel free to call my office. We have a host of specialists around the state to help with all aspects of production agriculture, so if you have any questions at all, please give my office a call at 863-9200.

In addition to farm visits, general problem solving and pest management programs, I will be running programs in the following areas:

Pasture Management

Each of the past four years I have worked with my counterpart in Cheshire County to offer an annual workshop and a series of pasture walks on management intensive grazing and maximizing livestock on pastures. This year our county based program will be held at a statewide level in Concord. We will offer a four session series at the Society for the Protection of NH Forests building on Thursdays from 10:00 to 3:00 on the following dates: February 17 & 24, and March 3 & 10. These workshops will be followed up by three pasture walks around the state. The locations, dates and times will be advertised when they are determined. This program is co-sponsored by NRCS.

In addition to the statewide workshop, we will also be holding our annual workshop at Fall Mountain High School in early April. The focus of this workshop will be to tie together the past four years and to decide where the program goes from here. If desired, we will schedule pasture walks for the upcoming year in our county.

Whole Farm Planning

I have spent the past several years working with different growers to help them develop whole farm plans or different components of these plans. This usually begins with identifying the assets and resources the farm has to work with. Next the goals, objectives and underlying values that drive these

goals are identified. Included within this information is the economic return the farm or farm family needs, the quality of life the farmers and their families desire, and the ability of their land to meet their production goals. Once these are in place whole farm planning can encompass business plans, marketing plans, strategic plans, enterprise analysis, efficiency studies, and other such initiatives. This information is all pooled to guide on-farm decision making.

My work to date in this area has resulted in saving farms money, saving farmers time, and exploring new ways to meet farm goals. I have worked a lot with new farmers who use whole farm planning to guide their decision making on enterprises, markets and production techniques. I have also worked with farmers who are transitioning or diversifying their farms. Likewise, steps in the process have also helped with transferring farm assets to the next generation of farmers.

This year a major focus of my whole farm planning education will be on enterprise analysis, record keeping systems, and monitoring progress towards stated farm goals. Workshops at the end of January will focus on enterprise analysis and a four session Ag-Biz course will be offered on February 8, 11, 15 and 18. This workshop will be located somewhere in the CT River

(See "Agricultural Focus" on page 8)



Forest Resources

New Hampshire's Farm & Forest Expo

February 4, 2005 from 9 a.m. to 9 p.m.
February 5, 2005 from 9 a.m. to 4 p.m.

Center of NH- Radisson Hotel
700 Elm Street, Manchester, NH

Admission is \$3.00 - Children under 15 free

The New Hampshire Farm & Forest Exposition has been a winter standard since 1984. Dubbed "New Hampshire's Greatest Winter Fair," the Expo has become a much awaited annual event. A volunteer board of directors representing agriculture and forestry interests statewide oversees the annual operation of the exposition. It's a great place to speak with many people involved in every facet of agriculture and forestry and to attend informational meetings and seminars. For more information, visit their web site at www.nhfarmandforestexpo.org or call us at 863-9200.

A Walk in the Forest

Bringing Together Teachers, Foresters and Tree Farmers



Imagine a day when every student in the state has a chance to visit a nearby Tree Farm, learning about the many benefits of forests from foresters and landowners. This is the vision of a new joint effort by Project Learning Tree, the NH Tree Farm Program, and the Granite State Division Society of American Foresters.

A Walk in the Forest offers half-day workshops for teachers of preschool through grade 12, designed to raise teachers' awareness of the dynamic nature of our forests and the important role of foresters and Tree Farmers in maintaining our forested landscape. The training sessions are led by local foresters and Tree Farmers, who welcome the teachers to bring their students to nearby forest lands. In addition to those who lead the workshop, another 100 foresters and Tree Farmers have volunteered to work with teachers and are listed in a directory distributed at the workshops.

For information about the Walk in the Forest Program, contact Beth at 603-226-0160 (beth@nhplt.org), the Extension office at 863-9200, or the PLT website nhplt.org.

PLT is celebrating its 25th anniversary this year. The "Walk in The Forest" program is just one of the many great activities they have.

Tree and Shrub Seedlings

Tree and shrub seedlings are available for purchase from the New Hampshire State Nursery for reforestation, Christmas tree, and wildlife purposes. White Pine, Norway Spruce, White Spruce, Red Spruce, Blue Spruce, Douglas Fir, Red Pine, Scotch Pine, Balsam Fir, Hemlock, and Fraser Fir are available conifers. Arrowwood, Crabapple, Fragrant Sumac, Grapes, Highbush Cranberry, Dogwood, Rose, Wild Raisin, Beach Plum, Elderberry, Winterberry Holly, Bayberry, Hazelnut, Red Oak, Cedar, Sugar Maple and White Ash seedlings are some of the other species usually available in quantities of 25. Also, a Christmas Tree sampler package of 25 trees and special Wildlife/Songbird, Wetlands, Native Species, and Winter Survival packages are available that contain 25 assorted trees and shrubs. The catalog can be accessed at their website www.nhnursery.com. Catalogs and order blanks for 2005 are also available at our office.

The seedlings can be ordered starting in January with delivery being made to a county drop off point in late April or early May. To be put on the mailing list for a catalog contact the NH State Nursery, NH Division of Forest and Lands, P.O. Box 1856, Concord NH 03302-1856, or call their office at 603-271-3456.

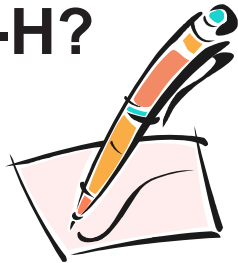
4-H and Youth



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Did you forget to re-enroll in 4-H?

Every fall returning, as well as, new members and leaders **must** submit an enrollment form to the UNH Sullivan County Cooperative Extension Office to be considered a current 04-05 participant in 4-H. **This will be your final issue of the newsletter** if you have not yet submitted a completed enrollment form. Blank forms can be obtained from your club organization leader or at the Extension office in Newport.



Join the Fun at Teen Winter Day!

If you are 13 years old or older and belong to 4-H, you are invited to the NH 4-H Teen Winter Day on **Saturday, January 22 at Arrowhead Ski area in Claremont**. This is a great chance to meet other 4-H teens! All 4-H teens in the state are invited to an afternoon of outdoor fun including tubing, skiing, snowboarding or ice skating. (We'll also have indoor board games available for those who choose to play.) After the outdoor activities from noon to 4 p.m., we will walk 2 doors down to the Claremont Middle

School for more socializing, dinner and a dance. The dance will end at 8 p.m. so that 4-H teens from around the state can get home at a reasonable hour.

The registration cost for the Teen Winter Day is \$7 per person. Ski or snowboard rentals are also available for an additional \$10. You can also bring your own equipment if you have it. (Only Arrowhead tubes will be allowed on the tubing hill this year and they are included in your registration

fee.) For a packet of registration materials, call our office at 863-9200 and ask for Sandy Rumrill or email sandy.rumrill@unh.edu. Be sure to give her your mailing address.



This event was lots of fun last year so call now so you don't miss out on the excitement!

County Activities Day is Closer Than You Think: March 12

All presenters **MUST** register by February 17 to participate

(Please note the event date has changed to MARCH 12)

Activities Day is the "4-H Public Presentation Event" for Sullivan County. The Public Presentation Program is one of 4-H's most beneficial and rewarding experiences. It is the one event most often credited by 4-H alumni as having given them an edge above peers in both college and professional careers. Participation in this event provides youth with a unique opportunity to develop a positive self-concept and poise, gain confidence before a group, learn to express ideas clearly, respond spontaneously to questions, and gain subject matter knowledge.

The types of oral presentation categories include: Demonstration, Illustrated Talk, Formal Speech, and Action Exhibit.

Demonstration - The presenter teaches a skill by the "Show How" method (how to juggle, do basic

CURRENT NEWS

Celebrate World diversity during International Foods Day Saturday, January 29th



International Foods Day is a county favorite. It provides opportunities for learning, tasting unfamiliar foods and swapping ideas with 4-H members & leaders countywide. International Foods Day is scheduled for January 29th from 11:00 a.m. to 2:00 p.m. in the cafeteria of the Newport Middle High School.

The basic steps for club participation follow:

1. **Choose a country** to learn about. Work together to plan a menu using foods & recipes commonly eaten during a meal in your country.
2. **Plan a presentation** to share a tradition, dance, music, clothing, or a ceremony that stands out as being unique & interesting. Keep club presentations short, focused, simple and fun. Rehearse at least twice so you can be sure the presentation is not longer than 2 or 3 minutes. Your audience includes people

of a wide age spread, some with limited attention spans. Ask members with speaking parts to use the microphone. The room used is very large and it is a challenge to hear what is being shared.

3. **Attend Event:** Saturday January 29th.

Arrive at 11:00 a.m. with a precooked meal from your country. Bring dishes, silverware, napkins, serving spoons, and pots & pans if food needs reheating. Members set tables while leaders and parents warm food to be served at noon. Bring a bit more of one item to share. Milk and coffee will be provided for everyone so you don't need to bring a beverage.

Please call the Extension office as soon as you decide which country to represent. As the event gets closer we also need to know the approximate number of people planning to attend from your 4-H club. As always, call with questions.

dance steps, build a kite, make scrambled eggs, care for a pet, etc.). Models or illustrations are used as needed to explain information, show steps of a process, show a larger scale replica of something that is too small for the audience to see or reveal a finished product. It can be done individually or in teams. Time limits vary by age.

Illustrated Talk - The presenter uses visual aids to tell about a topic. The effective use of charts, pictures, poster, slides, Power Point slides, overheads, graphs, models, etc. play a major role in communicating the presenter's message. An illustrated talk often teaches a concept or skill that would be impractical to demonstrate in a classroom setting.

Public Speech - The presenter aims to persuade, motivate or inform the audience about a topic **without the use of visuals**. Note cards or an outline can be used by the presenter. A speech is written in

the presenter's own words; however, poetry, quotations, humor or imagery may be incorporated to command attention or emphasize a point.

Action Exhibit - The presenter teaches and tells about a topic over a much longer period of time (50 min. at the state level). An action exhibit is brought to life when the presenter(s) utilizes a combination of motion, color, design, conversation, demonstration and illustration to explain their topic to the audience (which changes from moment to moment).

Every 4-H member is encouraged to give a presentation each year. Choose the style that best fits you for your first presentation. Then challenge yourself to try other styles as you advance in 4-H. Call our office at 863-9200 to request specific information about the type of presentation you would like to do. You might also want to see a scoresheet in order to better prepare your presentation. (This article is adapted from Cornell's and California's 4-H public presentation material)

4-H MEMBERS' CORNER



Teen Club Officers for 2004-05 are l-r President Carey Crossman, Vice President Emily Shackett, Treasurer Karl Collise, Secretary Caroline Mailhot, Photographer Nick Shackett, and Officer Michelle Ash.

Award Correction

In the last newsletter we mistakenly recognized the wrong person as Novice Champion for the 4-H Horse Show at Cornish Fair. **Angelique Watts** of the Sugar River Naturalists earned that honor. Congratulations Angelique!

Start sewing for Fashion Revue or try Fashion Selections!

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

Please help us spread the word about this new opportunity to your members, both boys and girls, **age 12 or older.** We have an excellent 4-H curriculum called "Discovering Choice: Clothing Decisions" that will help project leaders work with youth on the consumer decisions used in purchasing clothing. Members may still choose to sew an outfit and also put together a purchased outfit this year. They will be judged on both on **Saturday, April 9 and model in the Fashion Show on Friday evening, April 15.** Both events take place at the Claremont Middle School and gifts will be given to everyone who participates.

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

Fashion Selections categories include:

- Best Bargains for under \$25**
- Sports / Leisure activities**
- School**
- Special Occasions**
- Makeovers**
- Interview Outfits**
- Career Fashions**

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

SPECIAL AWARDS PRESENTED AT FALL RALLY

Creativity, achievement, enthusiasm for 4-H club membership and leadership are examples of the areas in which members and/or leaders are recognized each year at 4-H Rally and Awards Night. Horse Hugger 4-H member **Amanda Jones** and Sullivan County Teen club member **Laura Harthan** served as commentators, introducing presenters and narrating the program. Members of a brand new Newport club "The Clever Cardinals" conducted the flag ceremony. The Golden Clovers club members greeted guests. The stage decorations were provided by the Fun 4-H'ers. Newly elected 4-H club officers were sworn into office by 4-H alumnus and Sullivan County Commissioner Ben Nelson.

Congratulations to Fun 4-H'er **Shannon St. Pierre**; 4-H Horse Hugger **Amanda Jones** and Sullivan County Teen club member **Laura Harthan**, who were recognized with the 2004 Ivan Head Outstanding 4-H'er award. This is the highest honor presented to a Sullivan County 4-H member. The award recognizes youth who have a strong combination of qualities including leadership, service to others, outstanding project accomplishments, active participation in community, county, and state 4-H events, and of course an enthusiasm for the 4-H youth development program.

This year the Acorn Kids members and leaders were recognized as the 2004 Outstanding 4-H Club. This Sunapee 4-H club may be small in size but they are large in spirit. They have participated in the 4-H cookie sale, Rally, International Foods Day, Activities Day, Fashion Revue and Cornish Fair. They are active in community events and enjoy caroling for elderly citizens each December.

County medals of honor recognizing outstanding 4-H project accomplishments were presented to: **Michelle Ash** of the Country Kids, **Ashley Bailey**, **Amanda Jones** & **Dominique Rondeau** of the Horse Huggers, **Jason Heath** of the Lempster Country Clovers,

Bethany Prussman of the Oak Hill Riders, **Bethany Decker**, **Megan & Sarah McPherson** and **Shannon St. Pierre** of Fun 4-H, **Shelby Pillsbury** of the Crafty Kritters and **Laura Harthan** of the Sullivan County 4-H Teen Club. In addition, Honorable Mention certificates were awarded to **Karl Collise** of the Claremont Golden Clovers, **Miara Beauregard & Amanda Jean Hagar** of the Hemlock Hi-Toppers, **Andrew Rondeau** of the Upper Valley Livestock Club and **Shelby Pillsbury** of the Crafty Kritters. Each recipient submitted a record of their accomplishments in 4-H. Individual records were reviewed by a committee of volunteers from which members were selected for project recognition.

Nine 4-H members were honored for reaching their ten year membership anniversary. That has to be a record breaking number. The names of our 10 year members are: **Emily Adams**, **Sarah McPherson & Shannon St. Pierre** of Fun 4-H, **Crystal Bascom** of The Acworth Hill Climbers, **Justin Clark** of the Sullivan County Dairy Club, **Shelby Stormann & Shanna Sullivan** of the Horse Huggers and **Justin & Timothy Whitman** of the Sullivan County Teen Club. Each were presented with their 10 year pin.

Pumpkin Decorating Contest winners included: Bunny Bunch members **Amanda Towne**, **Rebecca Mailhot & Samantha Burden**, Golden Clovers **Teagan Mitchell & Angelika Seaman**, Teen Club member **Laura Harthan**, Crafty Kritter **Shelby Pillsbury** and Fun 4-H'er **Ryan McPherson**.

The Ruth Bascom and N. H. Antique Tractor Club scholarships were awarded to 4-H members **Emily Adams**, attending Claremont NH Vocational Technical College enrolled in the child care program, and **Sarah McPherson** who is attending Quinnipiac College in Connecticut.

4-H LEADERS' UPDATE

Come to the Leader's Banquet!

Friday, February 11 at 6:00 p.m. is your chance to treat yourself to a nice meal as our way of saying "thank you" for all you do for young people in 4-H.



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

The meal is **FREE** for all currently enrolled 4-H volunteers and there is a small charge for spouses or guests who attend. We will have door prizes and a surprise for your entertainment enjoyment as well. Your invitation was already mailed so call us if you didn't receive one. It's always an enjoyable evening.

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



Sandy Mercier Recognized for 25 Years of Leadership

Sandy Mercier started as a 4-H organization leader back in 1979 when her daughter's club leader was giving up the job. Sandy took over the reins of the Smiley 4-H Club in Claremont when Arlene Head gave up her position as club leader. Sandy's daughter Valori was a young club member at the time and Sandy wanted her to benefit from the 4-H club experience. Over the years, Sandy has been an active arts and crafts project leader. She has willingly shared her skills with others by teaching workshops at the county and state level. She has also served as a judge at the Cornish Fair for many years. Sandy enjoys reading all of the 4-H club records that are submitted each year. She also likes judging club exhibits and scrapbooks.

Another joy for Sandy has been serving as an action exhibit judge at County Activities Day and seeing all

of the wonderful things that 4-H members do. She was able to watch their speaking and presentation skills improve from year to year. Sandy served several terms on the Extension Advisory Council and was a "Salute to Excellence" volunteer, an honor which also required Sandy to "give back" to the local 4-H program. Sandy's family members have also been active 4-H volunteers. Husband Ed has been a 4-H Foundation board member, daughter Jody Race has had a 4-H club of her own, and daughter Valori Petrin judges at Fashion Revue and the fair.

In recent years Sandy has volunteered with the Hemlock Hi-Toppers 4-H club in Charlestown. She enjoys making evergreen centerpieces for their annual Holiday Sale. The Sullivan County 4-H community applauded Sandy at the 4-H Rally in October as she received flowers and a 4-H basket made in Peterborough, NH.

UNH 4-H Camps gearing up Help is Needed

UNH 4-H Camps are gearing up for the new 2005 season. Here are some dates to mark in your calendar:

Camp Green Up days —Come help camp get ready for the summer!! There is lots to do and many different skill sets are needed. Clubs can attend as a group and be given a project and/or people can come and help out individually. More information will follow:

- May 7th and 8th (Rake & Paint)
- May 14th and 15th (Nuts & Bolts)
- May 21st and 22nd (Clean and Varnish)

Spring Family Weekend June 3-5, 2005. Come to camp and spend a fun filled weekend with your family enjoying camp activities and the natural splendor of Bear Brook State Park. Call the camp

office at 862-2184 for information and an application.

Camp open house June 5, 12:00-3:00 p.m. - Come tour Bear Hill Camp, meet staff and enjoy a guided tour of camp facilities. Attending camp open house is strongly recommended for first-time camp families. Additional tours can be arranged after May 1 by calling 603-862-2184.

Camp Opens June 26th and ends August 12th. Seven weeks of programming will be offered this year. Look for the brochure to be printed and out to counties around the first of the year.

If you would like to use the camp for a county or club event, please contact Chris Conlon at 862-4871 to discuss your options. Also, if you wish to have Chris join you for a county event, please contact him. He would be happy to attend your event to promote camp.

Sewing Skills Workshop

A sewing workshop for adults and members age 13 and older is being held on **Saturday, January 8 from 9 a.m. - 4:30 p.m. at Plymouth State University in the Hartmann Union Building. Registration is from 8:30 - 8:45 a.m.** Snow date is January 15.

Some of the hands-on workshops being offered include "Fun with Fleece", "Bound Buttonholes and Welt Pockets", "Making a Sweatshirt Jacket", "Pattern Fitting", "Zippers", "Sewing Machine Care" and much more! Participants should bring their own sewing machine and pre-register **immediately** by calling the Grafton County Extension office at 787-6944.

GENERAL 4-H NEWS AND INFORMATION

4-H project animals must be registered every year

4-H project animal approval form deadlines for the 2005 fairs

Are you planning to show your 4-H project animal at the fairs during the summer of 2005? If so, your project animals must be registered with the Sullivan County Extension office. Call to request a current animal or horse project approval form or download a copy from the Extension website ceinfo.unh.edu in 4-H youth development section/publications/project resources. These forms must be completed and submitted before or on the most appropriate deadline date listed as follows:

February 1: **Beef Steers to be shown at Eastern States.**

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

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

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



N.H. Scholarship Opportunities

Scholarship	Amount	Contact	Due <small>(approximate dates, please check source for actual dates)</small>
Abbie Sargent Memorial Scholarship	?	Farm Bureau 224-1934	March 15
Charles W. Buck The award is given to any candidate who is at least a senior in high school. Candidates will preferably be planning on a course of study in agricultural studies, including pre-veterinary	\$400	Jolee Chase 641-6060	Application and resume is due May 30,
Eastern States Trustees	\$1000	Lisa Townson 862-1031	March 1
Morris 4-H Scholarship Must have been a program participant at the Big E for at least 1 year.	\$500	State 4-H Office 862-1031	August 1 – Every odd numbered year
New England Sheep & Wool Growers Youth Award for children that are 12-18 years old and it awards a \$50.00 cash prize. Our second award is a Harry Hardwick award for a student 1/2 of their way through college or doing their master's studies, we award a agriculture award (someone studying in the field of agriculture) and a non-agriculture award both awards are for \$500.00.	\$500	Kim LaBlanc 588 Longmeadow St., Longmeadow, MA 01106 (413) 755-4365	April 30
New Hampshire Rural Rehabilitation Scholarship	up to \$500	Suzanne J. Booska Taylor Hall, Durham 862-1450	June 1
Wayne S. Rich Scholarship Application available on our website at: http://ceinfo.unh.edu/4H/Docs/4HProgs/05pinetr.doc For more information visit: http://www.umaine.edu/4hfoundation/	\$1000	Michele King Moiles House, Durham 862-2199	March 1

Be the best you can "BEE": Enter the 4-H Beekeeping Essay Contest

Each year the Foundation for the Preservation of Honey Bees sponsors a 4-H essay contest. The 2005 essay theme is "The Use of Honey Bees and Honey in Symbolism". Honey and honey bees have been used as symbols to communicate a hidden message throughout history. One example is Utah, the Beehive State; its motto is "industry". It also has been used in the English language with phrases like "As busy as a bee" or "Honey, I'm home". The challenge is to identify and describe how bees have been used as symbols and why. The contest rules are described on the ABF website <http://www.ABFnet.org/resources>. We also have copies at the Extension Office. Essays are due to the county office by April 4th. Who knows? You may win a cash prize for having one of the top three essays in the nation. Each state winner will receive a book about honey bees, beekeeping or honey.

CLUB HIGHLIGHTS

Clever Cardinals

October 20, 2004 - We elected Monica Stout as President, Lizzy Robertson as Secretary, and Mary Robertson as Treasurer. We made finger puppets from felt and ate a snack. The three oldest members practiced the flag ceremony and did well. Tina Chasse helped with the Cloverbuds.

November 11, 2004 - Mary Robertson thought of a cheer. For community service we thought about Christmas Caroling, cards, cookies and gifts for soldiers in Iraq. We all agreed on Mexico for International Foods Day. Today we went on a nature walk and made Thanksgiving bookmarks. We made Christmas crafts to sell at 'Twas Just Before Christmas.

Bunny Bunch

September 28, 2004 - Today we have talked about the Cornish Fair and the parade. We also talked about Rally Night, awards night and elected officers. We also made rabbit treats.

October 19, 2004 - We had to elect a new secretary. The new secretary is Holly. Sam and Holly accepted the secretary's report, Sam and Chloe accepted the treasurer's report. We worked on our pumpkins.



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Snack for Health

Grabbing an afternoon snack is very much a part of kids' routines, and adults can benefit from healthy snacking as well. Snacks can make a healthful eating plan even better. You'll find controlling portions at meals gets easier. Snacks can shorten the time your body goes without fuel and keep you from overeating at meals.

Here are some snacking tips provided by the Produce for Better Health Foundation:

- Drink 100% fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces, or $\frac{3}{4}$ cup.
- Have cut-up raw vegetables with a small amount of dip for an afternoon snack. Broccoli, carrots sprinkled with dill, and cauliflower are nutritious choices.

(See "Snack for Health" on page 8)

January is National Soup Month

Source: American Institute for Cancer Research

Try these warm soups during the cold winter months:

Delicious Bean Soup

- 1 pound Great Northern beans
- 1 pkg. (12 oz.) frozen chopped spinach
- 3 garlic cloves
- 1 tsp. salt (optional)
- $\frac{1}{4}$ tsp. pepper
- 8 cups water
- 6 cubes chicken bouillon

1. Soak beans in large pot of water overnight. Drain beans and leave in pot.
2. Add the rest of the ingredients to the pot of beans.
3. Cover and bring to a boil.
4. Simmer about 1 to $1\frac{1}{2}$ hours or until beans are tender.

Makes 8-12 servings. Per serving: 123 calories, 2g fat, 16g carbohydrates, 11g protein, 1mg cholesterol, 1095mg sodium.



Tomato and Shredded Cabbage Soup

- 1 Tbsp. extra virgin olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 bag (8oz.) shredded cabbage and carrots
- 1 can (14 oz.) diced tomatoes, drained
- 1 qt. fat-free, reduced sodium vegetable broth
- $\frac{1}{2}$ tsp. cumin
- 1 Tbsp. lemon juice
- 1 tsp. honey
- Salt and freshly ground black pepper, to taste
- Cayenne pepper, to taste (optional)

In soup pot or Dutch oven, heat oil over medium heat. Add onion and sauté until onion begins to brown lightly, about 5 minutes, stirring frequently. Add garlic and continue to sauté another minute. Add cabbage, carrots and tomatoes. Sauté 3 minutes. Add broth and cumin. Bring to boil. Reduce heat to low. Cover and simmer 10 minutes. Stir in lemon juice and honey. Season to taste with salt, black pepper and cayenne pepper, if using.

Makes 6 servings. Per serving: 74 calories, 2g total fat (<1g saturated fat), 13g carbohydrates, 2g protein, 2g dietary fiber, 607mg sodium.

Family Development

Gail P. Kennedy
Extension Educator
Family Development
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UNH Cooperative Extension & the SAU #43 Early Childhood Support Program is offering

"Parenting The Young Child"

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

When: Wednesday evenings
January 12, 19, 26 & February 2, 9, 16, 2005
6:30 - 8:00 p.m.

Where: SAU#43
Early Childhood Support Program
167 Summer Street, Newport, NH 03773

Family Focus Presenters: Kathie Sarles, M.Ed.
Early Supports & Services Director
and
Elaine Frank, MHS
Director of the Injury Prevention Center at CHaD

Registration: Pre-registration is required by January 7 and is open to the first 12 parents who call. The workshop is free and child care is available. Please call 863-9200 to register.



WHERE: Claremont Chamber of Commerce
Moody Building, Tremont Square

WHEN: Tuesdays, January 11, 18 and February 1, 8, & 15, 2005 from 12:30 to 2:30 p.m.

COST: \$12 individual/couple, scholarships available

Call UNH Cooperative Extension at 863-9200 to register.

Make Family Mealtime a Top Priority

With long work days, complicated school schedules and extra-curricular activities, family members are often pulled in different directions. Many parents find it difficult to keep up with their children's lives, not to mention their own. Days may go by without the whole family spending any time together at all. One important way families can stay connected is by sharing a meal. Finding time each day when everyone can sit down together goes a long way toward strengthening family bonds.

According to recent surveys, less than half the families in the United States actually sit down to a meal on a regular basis. Yet, studies report family meals are strongly related to the development of adolescent mental health and stability. A Harvard Medical School study found there are nutritional, as well as social, emotional and academic advantages that occur in children when families share meals together.

Eating together regularly promotes adult-child communication skills such as listening patiently to each other and expressing one's opinion in a respectful manner. Since children thrive on routines, family meals foster a sense of security and stability. Mealtimes also provide a time for shared learning about family traditions, cultural heritage, and family values. So how are busy families expected to fit this important "to-do" item on their daily list? Consider it a New Year's resolution for everyone to make family mealtime a priority. Choose a time and put it on the calendar. Just as you would schedule basketball practice or time for dance lessons, plan ahead for family mealtime.

Think creatively and make adjustments to fit your family's schedule. Family mealtime doesn't always

need to be at dinnertime. You could plan a Saturday breakfast or Sunday lunch. A picnic on a blanket before or after a ball game counts too. It could also be enjoying pizza at a local restaurant.

If your family usually watches television during mealtime, decrease the habit slowly. Begin with one or two television-free meals a week and gradually increase the number. By turning off the television, you eliminate the distraction that can interfere with mealtime conversations. Let the answering machine pick up calls or turn off the phone ringer to avoid interruptions. A phone call can always be returned after the meal.

The Food Guide Pyramid recommends serving a variety of foods, but that doesn't mean you need to prepare an elaborate five-course meal every night. Keep meals simple and easy. You may decide to serve the same favorite food on a certain day of the week. For example, Friday is pizza day. Family meals are a perfect time to teach children about making nutritious food choices as well as a time for modeling good table manners.

To keep the family coming back to the table, make mealtimes pleasant and fun. Focus on positive table conversations by asking questions such as, "What was the best thing that happened to you today?" Everyone should listen attentively and avoid criticism or rude behaviors. Involving children in the planning, preparing and serving of meals helps build teamwork and cooperation. Listen to their meal suggestions and invite them to help create holiday foods and decorations. For a special treat, light candles on the table or use flowers to create a pleasant atmosphere.

Source: Alice Mullen, MS, RD
UNH Cooperative Extension, Hillsborough County

“Agricultural Focus”

from page 2

Valley for both NH and VT producers. This same workshop series will also be held in the Concord area on February 22, 25 and March 1 & 4.

The final element of my whole farm planning program will be to offer education on risk management. This education will focus on crop and other insurance options for growers, and ways to consider and minimize both market and production risks.

Promoting Local Agricultural

A major new program is beginning this year. I am working with a group of farmers and farmers' market coordinators to organize and implement a "Buy Local" effort. On December 18 our steering committee held an organizational meeting. Our first educational program will be held on January 8

from 10:00 a.m. to 3:00 p.m. and will feature Mark Lattanzi from CISA who will talk about his research on marketing locally produced goods, including effective and ineffective marketing techniques. Gail Jellie from the NH Department of Agriculture, Markets & Food will educate participants on the efforts of the state and collaborative organizations to market and promote NH agricultural products and services. Jack Potter, head of the NH Farmers' Markets Association, will speak about the work his group is doing to promote farmers' markets. The last speaker of the day will come from Vital Communities; this speaker will discuss their efforts to market local agriculture in the Upper Valley.

After the January meeting our group will use this education to look at how we want to invest our

time and financial resources to increase local consumption of agricultural products in Sullivan County. This may include radio, print media efforts and public access television shows.

Compost Tea Research

I received a \$2,000 grant to work with farmers to explore the efficacy of compost tea as a fungicide for tomatoes. Pooh Sprague of Edgewater Farm in Plainfield has been instrumental in helping put this project together. We are working with Dr. Cheryl Smith, the UNHCE Plant Health Specialist, to design an experiment that can statistically determine the effectiveness of this potential alternative fungicide. The experiment will also explore potential plant health and yield impacts of compost tea, particularly those discussed in various farm magazines and other literature. If you are interested in participating in this research please call my office at 863-9200.

Farm Visits and Other efforts

As mentioned previously, the major programs described above will be in addition to helping producers meet their production needs and conducting programs so growers can learn about pest management issues and receive pesticide recertification credits here in county. If you have any other needs or requests, please feel free to contact me at my office. My phone number is 863-9200. You can also email me at seth.wilner@unh.edu.

Extension Calendar

January

- 1/5-2/2 **Making Money Work For You**, 5:30-7:30 p.m., Community Improvement Associates, 30 Crescent Street, Claremont. Call 863-9200 to register.
- 8 **Promoting Agriculture & Locally Produced Goods in Sullivan County**, 9:00 a.m.-2:00 p.m., Student Conservation Association, 689 River Road, Charlestown. Call 863-9200 to register.
- 8 **4-H Sewing Skills Workshop**, 9:00 a.m. to 4:30 p.m., Plymouth State University. See page 5 for details.
- 1/11-2/15 **Making Money Work For You**, 12:30-2:30 p.m., Claremont Chamber of Commerce, Moody Building, Tremont Square. Call 863-9200 to register.
- 1/12-2/16 **Family Focus: Parenting the Young Child**, 6:30-8:00 p.m., SAU #43 Early Childhood Support Program, 167 Summer Street, Newport. Call 863-9200 to register. See page 7 for details.
- 1/13-3/3 **Strengthening Families Program 10-14**, 5:30-8:00 p.m., Claremont Middle School Library. See page 1 for details.
- 19 **4-H Teen Club and Leaders' Association Meetings**, 6:30-8:30 p.m., Goodwin Community Center, Claremont.
- 22 **4-H Teen Winter Day**, Arrowhead Ski Area, Claremont. See page 3 for details.
- 29 **4-H International Foods Day**, 11:00 a.m.-2:00 p.m., Newport Middle High School. See Page 3 for details.

February

- 1 **4-H Approval Forms Due for Beef Steers to be shown at Eastern States.**
- 4 & 5 **New Hampshire's Farm & Forest Expo**, 9:00 a.m., Center of NH - Radisson Hotel, 700 Elm Street, Manchester. See page 2 for more information.
- 8, 11, 15, 18 **Agriculture Business Management Course: Introduction to Computer Bookkeeping**, 10:00 a.m.-2:30 p.m., Connecticut River Valley area. Call 863-9200 for more information or to register.
- 11 **4-H Leaders' Banquet**, 6:00 p.m., Teal Room, Sugar River Technical School, Claremont. For details, see page 5.
- 16 **4-H Teen Club and Leaders' Association Meetings**, 6:30-8:30 p.m., Extension Office, Newport.
- 17 **4-H County Activities Day Registration Deadline**. See page 3 for details.
- 2/17-3/10 **Pasture Management Training Program**, 10:00 a.m.-3:00 p.m., Forest Society's Conservation Center, Concord. Call 863-9200 for more information or to register.
- 2/22-3/4 **Agriculture Business Management Course: Introduction to Computer Bookkeeping**, 10:00 a.m.-2:30 p.m., Central NH area. Call 863-9200 for more information or to register.

“Snack for Health”

from page 7

- Keep things fresh and interesting by combining fruits of different flavors, like red grapes with pineapple chunks.
 - Snack on grab-n-go foods: fresh apples, oranges, pears, ripe plums, celery. Have these foods on your refrigerator shelf, washed and ready for eating .
 - Try dried fruits like dates, figs, dried plums, raisins, apricots.
- Visit www.5aday.org web site for more healthful and fun snacking and eating.



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