

Online Support for New England Food Entrepreneurs

The New England Extension Food Safety Consortium announced their new gateway website designed to meet the information and resource needs of the region's specialty food industry last fall. The URL for the Online Support for the New England Food Entrepreneurs' website is: <http://www.umass.edu/nefe/>

The website includes information and resources on:

- Starting a Food Business
- Business and Marketing
- State Specific Information for the Six New England States
- Food Regulations
- Product Development
- Training and Education
- Resources

The website is designed to help food entrepreneurs answer their questions and locate resources about a variety of topics related to food businesses through one gateway location.

The website was made possible with funding from the New England Extension Consortium. UNH Cooperative Extension and UMass Extension were co-directors of the project along with the other New England states. Visit the website for a complete listing of the New England Extension Food Safety Consortium members and all the other agencies and food entrepreneurs who made the website possible.



Sullivan County Educators met with UNH President Ann Weaver Hart at the Red Elephant Cafe during her visit to Sullivan County on April 11, 2005.

Looking to Find Local Farm Products?

The New Hampshire Department of Agriculture, Markets & Food commissioned a project to examine the purchasing patterns of people buying local agricultural goods and services. Three major studies were done, two by the Institute for New Hampshire Studies (INHS) and one by UNH Cooperative Extension. Several similar findings provide good news and helpful hints for NH producers.

Both studies showed that people wanted to purchase local agricultural products and were even willing to pay more for these products. These studies found that people considered locally grown products a better value because of their freshness. The UNH Cooperative Extension study

(see "Selling Locally" on page 2)

Soil Testing Remains Available - Forms Online

UNH Cooperative Extension will continue to provide soil testing and recommendations to New Hampshire farmers and home gardeners. Following an announcement from the UNH College of Life Sciences and Agriculture that it will close its testing lab by May 1, New Hampshire farmers and home gardeners will still get their soil recommendations from UNH Cooperative Extension based on laboratory analyses.

Logistically, nothing will change for gardeners and farmers. Sampling and mailing procedures remain the same. Costs won't change. After April 1, when growers send samples to UNH, Extension staff will forward them to a state-of-the-art facility at Pennsylvania State University for analysis.

Not only will Cooperative Extension continue making soil recommendations, an improved reporting system reflects new research findings, including the latest research on environmental risks from nitrogen and phosphorus movement. All reports will contain the results of a lead screening test, with guidelines for minimizing risks to children.

UNH Cooperative Extension staff also improved the readability of the new reporting format. Each report refers clients to the latest fact sheets related to the crops produced.

Another plus for farmers and home gardeners is the option of receiving their lab reports and recommendations by email. Those who don't wish to receive their results online or who don't have access to a computer can continue receiving their results by direct mail.

(see "Soil Testing" on page 8)

What's Inside

Selling Locally Produced Agricultural Products.....	2
Caring for Your Forest.....	2
4-H Team Won State Competition.....	3
Do I Have to Eat That?.....	7
Upcoming Workshops.....	7
Extension Calendar.....	8

UNH COOPERATIVE EXTENSION
24 MAIN STREET
NEWPORT, NEW HAMPSHIRE 03773

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

Agricultural Resources



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“Selling Locally”

from page 1

also found that people valued keeping farms viable and felt that they could help accomplish this through buying local farm products.

Of the people surveyed who did not plan to purchase a local agricultural product, over 60% cited not knowing where to find local products as the primary reason. Many said they would increase their purchases if local products were more available and more clearly labeled.

The studies performed by INHS also showed that open space was very important to people visiting NH. Farmland and orchards offered scenic beauty and were valued by out of state visitors. In fact the Division of Travel and Tourism Development found that scenic drives are one of the leading activities among visitors.

One of the conclusions from these three studies was to increase the exposure people have to locally grown products. Some of the ideas to achieve this included farmer's markets, farm stands, and agricultural fairs. In addition to these ideas anyone looking for local agricultural products can go to Vital Communities' searchable database at www.vitalcommunities.org. Growers can also contact Vital Communities and add their farms, farm stands, or markets to this web site and/or to their printed Locally Grown Guide which is part of their Valley Food and Farm Program.

In addition to the Vital Communities resources, the NH Department of Agriculture, Markets and Food has a number of publications available to help people find locally produced goods. Consumers looking to find products, farm stands, farmers markets, as well as other related information can visit their website at <http://www.agriculture.nh.gov/publications/index.htm> or call them at 271-3788. Growers are also welcome to contact the department and list their farms or events.

Two other resources for growers are New Hampshire's Own program, and the NH Seal of Quality. The NH Department of Agriculture, Markets & Food, a founding member of the organization, uses the “New Hampshire's Own, A Product of Yankee Pride” theme to market the New Hampshire agricultural industry and encourages Granite

State agricultural businesses to join and participate. For more information about New Hampshire's Own Program or the NH Seal of Quality, contact the NH Department of Agriculture, Markets and Food at the number above.



Tractor Safety Workshop



In response to a growing demand for tractor safety education, Sullivan County Farm Bureau is sponsoring a tractor safety course on Saturday May 7. The course will be held at Fall Mountain High School from 9:00 a.m. to 3:00 p.m. with registration beginning at 8:30. A free lunch will be provided.

Keith Short is organizing this daylong course and has worked to bring in professional educators from the N.Y. Center for Agricultural Medicine and Health. The agenda includes a mix of presentations, demonstrations and hands-on (see “Tractor Safety” on page 8)

Registration is required and cost is \$15 per session. For NHTOA members registration is \$10. Please contact Debra Anderson at 862-1028 to register.

June 4 “Getting to Know Your Woodlot “

This should be especially helpful for newer owners. It will help you think through all the items you should be aware of and includes exploring and mapping your woodlot, setting objectives, working with professionals, and developing long range plans. We will be using information developed for the “Women and the Woods” project and all are welcome.

June 11 “Choosing the Trees to Cut (and the trees to grow)”

Whether you cut your own firewood, or have a forester make those choices, this session will demystify how those choices are made. Starting with woodlot assessment and setting objectives, learn how to develop general recommendations and how to pick the trees to cut and leave.

June 18 “Identifying Trees and Shrubs”

We will be in the great outdoors as we identify the most common trees and shrubs. Appropriate for beginners to intermediate levels. Expect to learn over a dozen different species.

Questions about the program? Call Karen Bennett at 862-4861 or Chuck Hersey 863-9200

Questions about registration? Call Debra Anderson at 862-1028

Hubbard Brook Experimental Forest

From Interstate 93, take exit 30. At bottom of ramp go south on Rt. 3 about 1.1 miles. Take a right at small grass triangular island with a sign for “The Hubbard Brook Experimental Forest”. Follow Mirror Lake Rd about 1.2 miles. Stay on the paved surface (forks with a gravel road on the left). Go by barn, and then up to the parking lot to the headquarters.

Fox State Forest, Hillsborough

From the east: Rt. 202/9. Take the Henniker St./W. Main St. Hillsboro exit. Go left at stop sign at end of exit ramp. Go 1.8 miles to traffic light in the center of Hillsboro. Go right onto School Street. Fox Forest is about 2 miles on the right.

From the west: Rt. 9. Take the Hillsboro/Peterboro exit. Go right at stop sign at end of exit ramp. Go left at traffic light (by McDonald's). Go 1.4 miles to traffic light in the center of Hillsboro. Go left onto School St. Fox Forest is about 2 miles on the right.

Forest Resources



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Caring for Your Forest

Workshops for Landowners

Interested in taking better care of your woodlot? Sharpening your forestry skills? UNH Cooperative Extension and the New Hampshire Timberland Owners Association are cosponsoring a series of workshops to help you. Come to one, two or all three.

Each workshop is repeated on the same day in two convenient locations so you can choose the one nearest to you. The cost will cover refreshments and handout materials. UNH Cooperative Extension County Foresters will teach the classes. They will be “in the field” for at least part of the day. Come prepared for weather and bugs.

All workshops run from 9:00 a.m. - 12:30 p.m. with an option to bring your lunch and picnic with the presenters until 1:00 p.m. The workshop locations are Fox State Forest in Hillsborough and Hubbard Brook Experimental Forest in Thornton.

4-H and Youth



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Teens to Attend Teen Conference at UNH



The 27th annual 4-H Teen Conference will be held June 26-29 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 their leadership skills and do some community service. They also get to try out dorm life and "college living."

The theme for the 2005 NH 4-H Teen Conference is "Stand Out!"

The following Sullivan County 4-H teens will attend Teen Conference: **Amy Barriger** - Golden Clovers, **Rebecca Mailhot** - Acworth Hill Climbers, **Kelsey Monahan**, Sullivan County Teen Club, **Laura Harthan** - Sullivan County Teen Club, **Tainy Abendroth** - The Abendroth Family Club, **Ashley Sicard** - Sullivan County Teen Club, **Rachel Shklar** - Sullivan County Teen Club and **Devin Wilkie** - Horse Huggers.

CURRENT NEWS

Sullivan County 4-H Team Won State Competition

The Sugar River Rapids 4-H Homeschool Team of Sullivan County won the 2005 statewide LifeSmarts competition in March.

LifeSmarts, sponsored by the NH Jumpstart Coalition, is a consumer knowledge competition designed for high school-aged youth. The competition's first stage requires youth to compete online. At the end of the online competition, only six teams with the highest online scores remained for the statewide competition held at Southern New Hampshire University.

The winning team, coached by Nancy Berry, her daughter Allison Berry as assistant coach, and four home-schoolers, Steven Woods, team captain, and Isaiah Prever, both from Claremont, Megan McKone, Lempster, and Lexi Sweet, Charlestown,



l-r Steven Woods, Isaiah Prever, Lexi Sweet, Megan McKone, Coaches Allison Berry and Nancy Berry, NH Life Smarts Coordinator Kathleen Belanger

beat five teams for the victory. The other teams competing came from Inter Lakes, John Stark Regional, Mascoma Valley Regional, Newfound Regional and Raymond High Schools.

Nancy Berry, in commenting on her team, said, "This team of teens worked very hard in practicing with the buzzer boards, and all their hard work paid off in helping them win the state competition. We're proud of them and excited to be going to San Francisco."

The Sullivan County 4-H team then competed at the national LifeSmarts competition in San Francisco. NH Jumpstart Coalition paid all expenses for the team to attend the competition. Team members enjoyed exploring San Francisco, visiting Alcatraz and riding the cable cars. There also was a \$5,000 yearly Southern New Hampshire University scholarship given to each member of the statewide LifeSmarts team if they attend the university, and many other prizes.

LifeSmarts concentrates on several crucial areas of real life: personal finance, health and safety, environment, technology and consumer rights and responsibilities. By working together to learn about these key topics and test their knowledge through the Internet and in live competition, LifeSmarts' participants have fun while becoming well-informed consumers.

To learn more or to start a team for 2006, contact Nancy Berry at 863-9200 or by email at Nancy.Berry@unh.edu

Help us at the County Home: Fashion Show

We need volunteers to model outfits you have sewn or purchased at the annual County Home Pancake Breakfast in Unity on **Sunday, June 12**. The Fashion Show will be very informal and is usually held outdoors. It starts at **10:30 a.m.** but we ask

participants to be at the County Home by 10 a.m. so we can line you up for the show and be sure we have a script card for your outfit. If you want to be part of the show, please call Nancy Berry at 863-9200 or email nancy.berry@unh.edu

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

Mark your calendar and join the parade at Cornish Fair August 20

Cornish Fair is August 19 - 21.

There are so many different ways to get involved. 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 Power of Youth t-shirts. **The parade is planned to begin at 11:00 a.m. on Saturday, August 20.** Creating a float is challenging and requires a team effort by 4-H member families but it's lots of fun! This year's fair theme is "*Celebrate the American Spirit.*"

4-H members love to see their project work on display in the 4-H exhibit rooms. It does require some advanced planning and action. 4-H exhibits must arrive at the Cornish School on Thursday, August

18 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 handy maker award, etc.).

Those 4-H members who have submitted "Animal Project" approval forms will receive entry information in the mail. If you have not received an entry, be sure to get one from our office well before the entry deadline of August 1. **Late entries will not be accepted. All animals to be shown in NH 4-H fairs must be vaccinated for rabies.** To participate in other 4-H fairs statewide,

you need to write or call the appropriate Extension office to request entry information. We have a list of contacts and addresses. Let us know if you would like a copy.

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

4-H MEMBERS' CORNER

Teen Exchange Orientation is June 15

If you are one of the 4-H teens or adults who is hosting a Wisconsin 4-H teen or an adult in July, mark your calendar for **June 15 from 6:30-8 p.m. for the Teen Exchange Orientation at the Extension office in Newport. A parent is required to attend with the teen.** At this time, we will discuss all the hosting arrangements including day trips for the week, the welcome potluck dinner and expectations and finances.

4-H Records due June 30, 2005

All 4-H records are due in our office Thursday, June 30.

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



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

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

If you want to understand our 4-H records better, please volunteer to be a member of our county Records Judging Committee. This is a mixed group of experienced and newer leaders who will meet on **Monday, July 11 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.



All of the 4-H members above will be in the State 4-H Fashion Show June 4.

4-H Fashion Show Winners Recognized

Over Seventy Sullivan County 4-H members completed sewing projects and had them judged this year. Many of them also modeled their creations in the recent "Spotlight on 4-H Fashions" show held at the Claremont Middle School.

Six advanced sewers competed for the honor of representing Sullivan County at the NH 4-H Fashion Show on June 4 at the University of New Hampshire in Durham. The top finishing advanced sewer was **Laura Harthan** of Sullivan County 4-H Teen Club. She won a \$25 gift certificate donated by Frank's Bargain Center in North Charlestown. Other top scoring members also received gift certificates in varying amounts. Second place went to **Megan McPherson** of Fun 4-H, while third place went to **Shannon St. Pierre** of Fun 4-H. Fourth place went to **Simone Chuda** of Fun 4-H. Fifth place went to **Lindsay Adams** of Fun 4-H and sixth place went to **Dominique Rondeau** of Covered Bridge 4-H.

Intermediate II sewer **Chloe Fleming** of Acorn Kids took the top award in her category. She was followed by **Rachel Baker** of Fun 4-H, **Dolly Rose Rondeau** of Covered Bridge, **Amy Barriger** of Golden Clovers and **Daphne Rondeau** of Covered Bridge.

Intermediate I sewer **Monica Stout** of Clever Cardinals was the top winner in this category.

Twenty-Eight 4-H members entered the Novice I and II contests. Novice I winners were **Alyssa Barker, Amanda Rogers, Lindsey Ferland, Jen Ostrowski,** and **Marissa Tewksbury** of Jim Dandies, **Julia Heroy** of Covered Bridge and **Ivy Grenier** of Jim Dandies

Novice II winners were **Giselle Barton** of Jim Dandies, **Mary Jelliffe, Abby St. Pierre** and **Josh Baker** of Fun 4-H, **Grace Peters, Aliza McCarthy** and **Fatima Orogi** of Covered Bridge.

Thirteen first year 4-H sewing members also entered aprons or items. **Cathryn Gallione** of Clever Cardinals was recognized for her apron, **Dorian Rondeau** of Covered Bridge was recognized for his polar fleece outdoor set, **Andrew Rondeau** of Covered Bridge was recognized for his denim gun case, **Jennifer Caouette** of Golden Clovers was recognized for her apron and **Cassandra Bachand, Sarah Paseka** and **Katrina Desmarais** of Washington Generals were recognized for their aprons. Another twelve Cloverbud 4-H members aged 5 to 7 also sewed. They were not judged but they enjoyed showing off their skills on stage during the fashion show.

Twenty-six volunteers taught sewing to over 70 4-H clothing members around the county. They each received a flower and a round of applause for the time and talent they shared with the young people in their club.



Apron and Item winners

4-H LEADERS' UPDATE



President Abe Lincoln (aka Steve Wood, former Extension Forester) was the special guest at the 4-H Leaders' Banquet in February.

Plan club achievement program

Members look forward to receiving pins and certificates of completion at the end of each 4-H year. Many clubs plan achievement meetings for late spring or early summer.

If organization leaders mail us a club summary and call us at least two weeks before you would like to schedule your awards day, Robin or Nancy will try to be there to give out awards.

We encourage clubs to invite parents to achievement meetings so they can see what other members

have been involved in during the year. Ask each member to bring or talk about a favorite 4-H project!

Since food always brings out people, you might want to plan your meeting around a family cookout or potluck supper or even an ice cream party. In any case, call us when you choose a date. We will try to come to your program to give out awards in person. We always enjoy these end of the 4-H year celebrations.

Teen and Adult Representatives Sought For The NH 4-H Youth Development Advisory Committee

Are you willing to be actively involved in providing information and recommendations to strengthen and enhance our state 4-H program? Would you like to take a look at the overall 4-H program in our state and determine how 4-H is doing in keeping up with changing demographics, youth interests and issues? Do you have thoughts on how 4-H can maintain and

even grow as a positive influence on young people, despite staffing and funding challenges? Would you like to see a youth-adult partnership in action? Each county has been asked to nominate one teen and one adult representative who would be willing to serve on the State 4-H Advisory Committee. Group members will meet three times a year, be involved in

e-mail discussions, and sub-committee work that will move 4-H in a direction to meet the growing demand for positive youth development opportunities in our state. If you would like to take a look at the complete volunteer service description for a State 4-H Advisory committee member get in touch with Robin or Nancy.

Make time to listen Take time to talk

The 15 Minute Make Time to Listen . . . Take Time to Talk campaign is based on the premise that parents who talk with their children about what is happening in their lives are better able to guide their children toward more positive, skill-enhancing activities and friendships. The campaign provides practical guidance for parents and caregivers on how to strengthen their relationship with their children by spending at least 15 minutes of daily, undivided time with them and focusing on them.

It is critical that parents do all that they can to sustain good relationships with their children. Research has shown that children whose parents are highly involved with them attain higher levels of education and economic self sufficiency than do other children. This campaign encourages strong adult/child relationships in order to increase youth resilience and decrease youth violence.

Taken from the National Mental Health Center's website <http://www.mentalhealth.samhsa.gov>

New Hampshire 4-H Shooting Sports Leader Training May 21-22, 2005 Barry Conservation Camp, Berlin, NH



The New Hampshire 4-H Shooting Sports program will host a workshop to certify volunteer leaders in either archery, black powder, pistol, rifle, shotgun, advanced shotgun or wildlife & hunting. Once enrolled as 4-H volunteers, adults will be certified to teach that specific discipline to youth participating in a formal 4-H Shooting Sports Program.

When:
May 20 - optional early arrival
May 21 - workshops all day
May 22 - 8:00 - 3:00 p.m.

Where: Barry Conservation Camp in Berlin. A map and directions will be sent with confirmation.

Who: This training is for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting ability is not essential, but a willingness to learn about how to work effectively with

youth is. Teen leaders, 16 and older, are welcome to attend. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from out-of-state are welcome.

Training: There will be approximately 12 hours in the disciplines and 6 hours on youth development.

Cost: The registration fee is \$60 and this includes food, lodging and materials. Scholarships are available.

Registration: Registration forms and full payment must be received by May 6 in the Coos County Extension Office. Please note that deposits are not refundable if cancellation is made after May 6.

More Information: Contact Robin Luther, Extension Educator, 4-H Youth Development at 603-863-9200 or robin.luther@unh.edu

Get out and Golf in support of 4-H Youth Development

The State 4-H Foundation is hosting a Golf Tournament to raise money to support 4-H programming state wide. We are on the look out for potential golfers and tournament sponsors. You can register as a team of four or as an individual who will be matched with other team mates. The tournament will be held at the Canterbury Woods Golf Course on Friday, May 20, 2005 (Rain date May 27, 2005) To get the details on registering as a golfer or becoming a sponsor visit the following web: <http://ceinfo.unh.edu/4H/Docs/4HFoundn/foundglf.htm>

Sponsorship and Registration information is located on line. If you prefer a hard copy just give our office a call at 863-9200.

Players will enjoy an exciting day of golf, as well as:

- * Continental breakfast & BBQ lunch
- * Silent auction
- * Golf Contests: hole-in-one, longest drive, straightest drive, closest to the pin, & longest putt
- * Awards ceremony

Why play? The Tournament Supports:

- * 25,000 New Hampshire youth
- * 2,250 volunteers
- * UNH 4-H Camps and the 1,200 participating youth
- * National opportunities for youth and adults
- * State 4-H Teen Conference
- * Dairy, Horse & Livestock events
- * Because you value what 4-H has done for you, your children and community



Be part of the fun — golf "fore" 4-H.

GENERAL 4-H NEWS AND INFORMATION

Bear Hill 4-H Camps, Bear Brook State Park, Allenstown NH



Date of Events:

May 7th · May 8th Rake & Paint

May 14th May 15th Nuts & Bolts

May 21st & May 22nd Clean and Varnish

What Kind of Volunteering is needed?

Bring your tool belt, cleaning supplies and bug spray, of course! Cabins must be cleaned, walking paths raked, docks put in, and general repairs made following a New Hampshire winter. If your talents include carpentry, plumbing or landscaping, your expertise is greatly needed.

Work gloves, cleaning materials, paint and garden tools necessary for the days' work will be provided for you. And to sustain our hard working friends, our staff will prepare a gourmet lunch, lots of iced tea and lemonade.

New Hampshire 4-H Camps believe summer

camping experiences provide children of all backgrounds the opportunity to learn and interact with other children and the outdoors. How many of you have a special memory from a camp experience you had? These remembrances have a lasting positive impact on a child's development: social, physical, intellectual and emotional development.

Join our family of volunteers to clean Bear Hill 4-H Camp to a shine. With your help and your generous gift of time, our camp will be ready when we open the doors to over 800 campers in June.

Please join us! For more information call Chris Conlon, Camps Manager at (603) 862-4871. To reserve your work date please call 603-862-2184 or you can email me at chris.conlon@unh.edu. I look forward to seeing you there.

4-H Focus on Fashions Trip to New York City



It's not too late to take the career trip of a lifetime to New York City August 10-13 if you are a 4-H teen who will be 13 or older by August 10. Travel to the city via a comfortable coach bus, stay 3 nights in the Edison Hotel which is located just off of Times Square. Attend seminars by clothing designers, costumers, shop owners, and fashion industry trade magazine publishers. You will learn a lot and have lots of opportunities to ask questions about different careers available in the fashion and design industries. You will also have a chance to explore New York City with tours of the Metropolitan Museum of Art, Radio City Music Hall, the Fashion Institute of Technology, the Statue of Liberty, Ellis Island, the Empire State Building, a Broadway Show and the Staten Island Ferry. If you have not yet registered, call Nancy Berry today at 863-9200 to receive the registration materials. Partial scholarships will be given to each Sullivan County 4-H member or leader who goes on the trip.

Youth learn critical oral communication skills through the 4-H

Learning critical oral communication skills is something that will be useful throughout a 4-H members lifetime. Have you heard the saying "good public presenters are made not born"? Developing public presentation skills is an important part of the 4-H experience. Members who feel comfortable speaking in front of others appear self-confident. The 4-H program is unique in its emphasis on teaching youth these skills as well as providing the opportunity for them to showcase their skills and abilities at county and state events.

Fourteen clubs had members involved in doing a demonstration, speech or action exhibit. We had forty three youth participate in the poster design contest and six youth gave the photography contest a try. All youth receive verbal compliments and suggestions from their evaluators as well as written comments to use as a reference for future presentations.

4-H members age 12 can earn the opportunity to compete in the State Activities Day at the University of New Hampshire on June 4th. Six action exhibits were selected to move on to the state competition; they are as follows: "Pyramid Boxes" by **Lindsay Adams** of Fun 4-H; "Crafty Clowning" by **Amy Barriger** of the Golden Clovers; Exercise by **Chloe Fleming** of the Acorn Kids; "Pressed Flowers" by **Fatima Orog** of the Covered Bridge 4-H club; "Preserving flowers with wax" by **Rebecca Mailhot** of the Acworth Hillclimbers and "Mosaic Madness" by **Rachel Shklar** of the Sullivan County Teen Club.

Four demonstrations and two public speeches received top honors and will proceed to the state competition. Demonstrations receiving top honors were as follows: "Egg-cellent Seed Starting" by **Nicole Brodeur** of the Valley 4-H family club,

"Diabetes, Insulin and the Pump" by **Shelby Pillsbury** of the Crafty Kritters; "Gene Splicing" by **Jordan McCarthy & Dan Drye** of Covered Bridge 4-H and "Building a Waddle Fence" by **Drew Rondeau** of the Upper Valley Livestock Club. The two public speeches to compete at the state event are: "The Re-introduction of the Wolves" by **Rebecca Mailhot** of the Acworth Hill Climbers and "The Preamble to the Constitution" by Covered Bridge 4-H'er **Michael Drye**.

Only the three top posters created by youth age 12 and above are eligible to move on to the state competition. Posters created by **Chloe Fleming**, **Caroline Mailhot**, and **Dominique Rondeau** were selected to receive this honor. We also awarded rosettes to the top scoring entries from our eight to eleven year olds. These posters were created by **Jessica Blom**, **Abby St. Pierre** and **Monica Stout**. The photograph submitted by **Amanda Jones**, of the Horse Huggers 4-H and **Megan McPherson** of Fun 4-H will also compete in the state competition. **Ryan McPherson's** photo submission was also recognized with a rosette at the county level.

We also recognized youth age 8-11 for their top public presentations during the county competition. First year member **Aliza McCarthy** was awarded a rosette for her demonstration on making paper flowers. Country Kids 4-H'er **Alyssa Adams** and Clever Cardinal 4-H'er **Monica Stout** each received rosettes for their action exhibits entitled "How to Make Whirley Gigs" and "Doll House Mini's" respectively.



10 Suggestions to get along better with people

1. Guard your tongue. Say less than you think.
2. Make promises sparingly. Keep them faithfully.
3. Never let an opportunity pass to say a kind word.
4. Be interested in others, their pursuits, work, and families.
5. Be Cheerful.
6. Keep an open mind. Discuss don't argue. Disagree without being disagreeable.
7. Discourage gossip. It's destructive.
8. Be careful of other's feelings.
9. Pay no attention to ill-natured remarks. Live so that nobody will believe them.
10. Don't be anxious about getting credit. Just do your best and be patient.

CLUB HIGHLIGHTS

Hemlock Hi-Toppers

January 10, 2005 - Talked about sewing projects and when they had to be finished and when the 4-H Fashion Show was. The next meeting we will work on recipes, skits and posters.

February 14, 2005 - We made a \$5.00 donation to the Easter Seals Society. We also donated \$10.00 to the NH State 4-H Foundation. We talked about 4-H camp and posters for County Activities Day.

March 14, 2005 - Talked about roadside litter pick-up and camp scholarships



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Do I Have to Eat That?

Parents often ask me, "what can I do if my child won't eat the foods I offer?" There are several tips to help your child make healthy food choices. Remember, the parent's job is to decide what to serve, the child's job is to decide how much or whether to eat.

When you are making your shopping list, plan snacks as well as meals. Have your child look through flyers for colorful fruits and vegetables they like, adding something new to try. Plan a variety of choices of frozen, fresh, or canned. Check to see what foods you have on hand. Are they foods you want your kids to eat? If not, not having them available is easier than having to say no.

Don't force! Kids fear anything new. It may take several times before they even taste a new food, and a few more before they like it. I remind students of the Dr. Seuss book *Green Eggs and Ham*, and how many attempts were made before the green eggs and ham were tasted, and, guess what, *liked!*

Be creative, serve food in fun shapes and new ways, thinking about colors and texture. To introduce whole grain bread, try making a sandwich of one slice of white and one slice of whole wheat, with cut outs from each switched in each slice.

Let kids help when preparing food. During the pyramid lesson at Bluff school, students either didn't know what tofu was, or had a negative reaction when it was mentioned. This led to a classroom cooking demonstration, where all the students helped in preparing a recipe using tofu. All but three students tasted it and the majority liked it.

Kids' appetites vary, some days they eat everything in sight and other days they eat very little. IT'S NORMAL! Keep portions small, they can always ask for more.

Eating together as a family is very important to a child's attitude about food. Make mealtime pleasant and comfortable, letting your child help with planning and preparing. You might be surprised at the ideas they come up with!

For more tips, look for the brochure "Do I have to eat that?" on our website, or call the office for a list of publications.



Students at the Sarah Porter Elementary school in Langdon prepared "whole pyramid" snacks as part of the Nutrition Connections lessons in March. Cheshire County Program Associate Christine Parshall joined me in presenting the series of sessions to this combined county school.

Family Development

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Making Lifestyle Changes & Healthier Choices

Do YOU —

- ◆ Know what you should do to eat better and get more activity in your life BUT wonder why you haven't taken action yet? Would YOU like to learn why?
- ◆ Know that people don't just mysteriously change their behavior or spontaneously solve their problems?
- ◆ Believe good health is important because it can make YOU more confident, energetic and productive, which leads to more happiness and satisfaction with your life?
- ◆ Believe good health means eating well and getting enough exercise?
- ◆ Want to make more healthy choices that fit YOUR lifestyle so YOU can do the things you want to?



This series is for YOU!

It's about making small changes over time in what you eat and the level of activity you do.



After all, small steps work better than giant steps. This series is about taking the next steps that fit your stage of change and your lifestyle.

Even if you don't think you are ready to take steps but want to learn about change and making changes. That's a first step!

To learn more and to take steps that fit your stage of change, plan to attend *Making Lifestyle Changes & Healthier Choices*.

When: Wednesday afternoons from 1:00-2:30 on May 4, 11, 18 & June 1, 2005
Where: Sullivan County Nursing Home, Ahern Building, Unity, NH
Educator: Gail P. Kennedy, Extension Educator, Family & Consumer Resources

Call 863-9200 for more information or to register for this **FREE** series by May 2, 2004

TAKE THE ROAD TO FINANCIAL SECURITY IN LATER LIFE

PLAN For a long and vital life
ACT Do it now!
EVALUATE As changes are needed
ACHIEVE Financial Security for yourself and others

When: 3:30-5:00 on June 15, 2005
Where: Sullivan County Nursing Home, Ahern Building, Unity, NH
Educator: Gail P. Kennedy, Extension Educator, Family & Consumer Resources

If you are interested in attending this **FREE** workshop, please call Sullivan County UNH Cooperative Extension at 863-9200

"Soil Testing"

from page 1

To access a soil test form on the web with instructions for taking and mailing soil samples, go to <http://ceadmin.unh.edu/soils/form/index.cfm>. The samples will be mailed to the Plant Biology Department at UNH according to the instructions on the form.

If you don't have computer access and you wish to receive a form, stop by or call the Sullivan County UNH Cooperative Extension office at 863-9200.

"Tractor Safety"

from page 2

driving experience. Topics include tractor and PTO safety, safe uses of tractor attachments, and three separate driving courses, one for any level tractor driver.

Tractors, attachments and lunch will be provided. We ask that you call Keith Short at 835-2909 to register so we can get an idea for lunch. Registration is not required though.

4-H meetings that motivate

One of the greatest challenges you may face as a 4-H leader is to work with your club officers to plan exciting, active meetings that positively impact club members and inspire greater participation in 4-H learning experiences. All leaders want good things to happen in their 4-H clubs, but this will happen only if thought and effort is given to planning. One key is the active involvement of members in club program planning.

In 4-H clubs where families are excited about 4-H, where members and adults willingly volunteer to work and where members are eager to join, good planning has been the key to success. A primary focus should be on what happens at club meetings. There are many ways to incorporate active, fun learning into the 4-H club experience. Club meetings should really be divided into three primary sections: Group Building, Group Decisions and Program or Activity Time.

Group Building includes recreational and social activities. Strive to have 15-20 minutes of Group Building time in a typical meeting. It may occur at the beginning of a meeting as a gathering activity or mixer, and/or at the end of the meeting as of a recreational activity.

Group Decisions focuses on the business portion of the meeting. During this time members should be actively involved in discussing future club plans, presenting committee reports, making motions and voting. Consider using active methods of voting. For example, all members in favor of a certain motion could move to the left side of the room, while those members opposed of the motion move to the right side of the room. Allow 15-20 minutes for this component of the meeting.

Program or Activity Time is the portion of the club meeting when new knowledge or skills are offered and can take 40-60 minutes. Examples of programs include: a guest speaker, a hands-on project learning activity led by a resource person, a project leader, or 4-H members; or community service activity; and members' presentations.

These descriptions and time frames should be viewed as a guide for the planning process. Each club meeting will be unique and the model adapted to make it a positive learning experience for club members.

(From Illinois State 4-H Newsletter)

Extension Calendar**May**

- 1 **4-H Approval Forms Due for Beef Heifers Showing at ESE.**
- 1 **4-H Approval Forms Due to 4-H Office for Horses (not showing at ESE), Working Steers, Dogs, Dairy Cattle, Llamas, Beef Heifers going to ESE.**
- 4, 11, 18 & 6/1 **Making Lifestyle Changes & Healthier Choices, 1:00 to 2:30 p.m.,** Ahern Building, Sullivan County Nursing Complex, Unity. See page 7 for details.
- 7-8, 14-15, 21-22 **4-H Bear Hill Camp Clean-up,** Bear Brook State Park, Allenstown, NH. See page 6 for details.
- 7 **Tractor Safety Workshop, 9:00 a.m. - 3:00 p.m.,** Fall Mountain High School, Langdon. Call Keith Short at 835-2909 to register.
- 12 **Safety Awareness in the Food Environment (SAFE) Workshop, 9:00-11:00 a.m.,** Sugar River Savings Bank Community Room, Newport & 2:00-4:00 p.m., Claremont Saving Bank Community Room, Claremont.
- 14-15 **29th Annual Sheep and Wool Festival,** Hopkinton State Fairgrounds, Contoocook.
- 18 **4-H Teen Club and Leaders' Association Meetings, 6:30-8:30 p.m.,** Goodwin Community Center, Claremont.
- 20 **4-H Golf Tournament,** Canterbury Woods Golf Course. See page 5 for details.
- 20-21 **4-H Camp-In at Montshire Museum.**
- 21-22 **4-H Shooting Sports Leader Training,** Barry Conservation Camp, Berlin, NH. See page 5 for details.
- 26 & 6/2 **ServSafe® Food Protection Certification Course and Examination, 9:00 a.m. to 4:00 p.m.,** Sugar River Savings Bank, Newport. \$125 per person, includes coursebook, exam, and refreshments. Contact Deb Maes, Grafton County Extension Educator at 787-6944.

June

- 4 **4-H State Activities Day,** UNH, Durham, NH.
- 4 **Getting to Know Your Woodlot Workshop, 9:00 a.m. to 12:30 p.m.,** Hubbard Brook Experimental Forest and Fox State Forest, Hillsborough. See page 2 for details.
- 11 **Choosing the Trees to Cut (and the Trees to Grow) Workshop, 9:00 a.m. to 12:30 p.m.,** Hubbard Brook Experimental Forest and Fox State Forest, Hillsborough. See page 2 for details.
- 12 **Sullivan County Open House and Pancake Breakfast, 7:30 a.m. - noon,** County Home, Unity.
- 15 **4-H Approval Forms Due for All Sheep, Goats, Swine, Small Animals, Poultry and Other Beef (not showing at ESE).**
- 15 **4-H Teen Exchange Hosting Orientation for Teens & Parents, 6:30-8:00 p.m.,** Extension Office, Newport.
- 15 **Take the Road to Financial Security in Later Life, 3:30-5:00 p.m.,** Ahern Building, Sullivan County Nursing Complex, Unity. See page 7 for details.
- 18 **Identifying Trees and Shrubs Workshop, 9:00 a.m. to 12:30 p.m.,** Hubbard Brook Experimental Forest and Fox State Forest, Hillsborough. See page 2 for details.
- 26-29 **NH 4-H Teen Conference,** UNH, Durham.
- 30 **4-H Records Due to 4-H Office.**

July

- 18-24 **4-H Teen Exchange from Wisconsin.**

August

- 10-13 **4-H Fashion Career Trip to New York City.**
- 18 **Cornish Fair Exhibit Set-up.**
- 19-21 **Cornish Fair.**



UNIVERSITY of NEW HAMPSHIRE

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