

The Sullivan County Extension Connection

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

MARCH / APRIL 2005

Join us at 4-H County Activities Day on March 12

See 4-H'ers share their enthusiasm and project skills with others. Come watch the action exhibits and demonstrations and see the posters and photographs on display at the Claremont Middle School. Most of the action occurs between 9:00 & 10:30 a.m.

STRENGTHENING *families* PROGRAM

“Strengthening Families Program” for parents/caregivers and youth ages 10-14 will begin on March 31, and run through May 19, 2005 from 6:00-8:30 p.m. at the Plainfield Elementary School in Plainfield, NH. Call Stephanie Schell at 469-3527 before March 25 for more information or to register.

Strengthening Families 10-14 (SFP 10-14) is a program for families and their youth ages 10-14 who are interested in strengthening their close ties as their children transition into the teen years.

The program meets 2½ hours every week for seven weeks. Pizza dinner starts at 6:00 p.m. Parents/caregivers and youth meet separately for one hour. Families work together for the next hour.

New faces to UNH Cooperative Extension



l-r: Laura Trow, Support Staff and Chuck Hersey, Extension Educator, Forest Resources

Free Tax Preparation Assistance in Sullivan County

Tax preparation assistance for Sullivan County residents will be provided by AARP at the following locations from February 1 to April 15, 2005. Call the numbers listed below to arrange for an appointment.

Claremont Senior Center
5 Maple Heights, Claremont, NH
Telephone: 543-5998

Newport Senior Center
76 South Main Street, Newport, NH
Telephone: 863-3177

Richards Free Library
58 North Main Street, Newport, NH
Telephone: 863-3430

Earned Income Tax Credit

*by Suzann Enzian Knight, MOE,MS,CFP
Extension Specialist, Family Resource Management
UNH Cooperative Extension, Durham, NH*

Do you qualify for the Earned Income Tax Credit?

The Earned Income Tax Credit for Tax Year 2004 lets some working families with children and some workers without children pay less federal income tax or get money back. This money can then be used for anything.

There are two types of families who can qualify for the earned income credit. One type is for workers between ages 25 and 65 with no children. The other type is for workers with qualifying children. This child can be a son, daughter, adopted child, grandchild, stepchild, your brother, sister, stepbrother, stepsister whom you cared for as you would your own child; or a foster child placed by a government or private agency. The child had to live with you for more than six months in 2004. This child must be under age 19, or under age 24 and a full-time student, or any age if the child is permanently disabled.

The money you receive varies on your earnings in 2004, whether you have qualifying children and how many qualified children you have. If you have no children and are between the ages 25 and 65 and earned less than \$11,490 you can receive up to \$390. If you have one qualified child and earned less than \$30,338, you can receive up to \$2,604. With more than one qualified child and earned less than \$34,458 you can receive up to

(see “Earned Income” on page 2)

What's Inside

Get Free Help to Prepare Your Taxes.....	2
Get a Taste for Nutrition.....	2
27th Annual 4-H Teen Conference.....	3
UNHCE Fruit Recommendations for Sullivan County.....	7
Special Federal Funding for Woodland Owners.....	7
Extension Calendar.....	8

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Get a Taste for Nutrition

The National Nutrition Month campaign reinforces the importance of nutrition as a key component of good health, along with physical activity. **Be adventurous and expand your horizons.** Variety is the “spice of life” in your food choices and is key to good nutrition and health. Choose foods based on flavor, texture and colors that are tasty and healthy. Explore the wide world of nutrition by trying a variety of foods.

Treat your taste buds. You decide how much and how often. Choose foods sensibly by looking at the big picture; it’s what you eat over several days, not just one meal or day that counts. So enjoy all your favorite foods, just try eating them in moderate amounts.



Maintain a healthy weight. Managing your weight plays a vital role in achieving and maintaining good health and quality of life. Carrying excess weight may put you at greater risk for health problems. The good news is that healthy eating and regular physical activity make it easier to achieve lifelong weight management and long-term health!

Balance food choices with your lifestyle. Choosing the right balance of foods helps you get the right combination of nutrients. So balance your food choices with your physical activities to achieve and maintain a healthy weight and lifestyle.

Be active. Be creative and enjoy a variety of ways to stay active to feel your best. There’s no need for expensive equipment or complicated fitness programs. Start by making a list of physical activities that fit into your lifestyle and schedule one every day.

Eat Healthier and Save Money

To learn shopping tips, how to cook healthy low-cost meals, serve nutritious foods and snacks that children will eat, and more, call our office to be involved in one of three ways: home visits, home study course through the mail, small group workshop. These programs are offered at no cost. If you qualify for food stamps, WIC, Assisted Housing, Medicaid or other types of assistance then you qualify for Nutrition Connections.

School Programs Continue

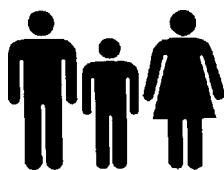
Preschool children at Head Start in Newport have participated in nutrition and physical activity lessons each month, often related to their monthly theme. These lessons will continue through the end of the school year. The lessons introduce the food groups, with the “go, glow, grow” concept. Through stories and activities, the children learn about making healthy choices. In the fall, they discovered the star inside an apple and tasted apple slices with peanut butter. In December, as part of their “World Celebrations” they tried dried fruits like the children in Russia eat as part of their New Year celebration, and danced like the dancing bears entertainers of that country’s holiday activities. The Center’s cook, Carol Angelotti, prepared cabbage soup for lunch.

Relating my presentation to their dinosaur theme in January, I showed the students pictures of bones and skeletons, and talked about the importance of foods from the dairy group. This activity included showing egg shells soaked in cola to demonstrate the effect of too much sugar on teeth. Using a toothbrush and toothpaste the students saw how brushing removed the brown

(see “School Programs” on page 8)

Family Development

Gail P. Kennedy
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Get Free Help to Prepare Your Taxes

Don’t miss out on the opportunity to electronically file your taxes for free. The IRS site (<http://www.irs.gov/app/freeFile/jsp/index.jsp>?) provides links to numerous free services. There was frustration by many last year because the income requirements were often very restrictive. This year, you’ll see that many of the online tax prep and free e-file services are now open to everyone. A couple things to keep in mind:

(1) You need to enter the tax service site through the link on the IRS page in order for the service to be free (can’t go to the site directly).

(2) The free service is for filing your federal taxes.

Other helpful tax links:

<http://www.irs.gov/app/freeFile/jsp/wizard.jsp>? (IRS Search Tool to help in selecting a free service for which you qualify)

<http://www.irs.gov/faqs> (Frequently asked tax questions)

<http://apps.irs.gov/app/eitc/SetLanguage.do?lang=en> (Determine if you are eligible for the Earned Income Tax Credit)

http://www.irs.gov/newsroom/article_0..id=130215.00.html (2004 Tax Changes)

<http://www.irs.gov/taxtopics/tc456.html> (Deducting Student Loan Interest)

<http://www.irs.gov/taxtopics/tc351.html> (Do I have to file a return?)

<http://www.irs.gov/pub/irs-pdf/p970.pdf> (Education Tax Benefits)

<http://www.fool.com/taxes/taxcenter/topics/topics.htm> (Tax Topics)

Source: ISU Financial Counseling Clinic
Dr. Mark Oleson, Clinic Director &
Doug Borkowski, GSB-Funded Financial Counselor

“Earned Income”

from page 1

\$4,300. The income limits for married workers are \$1,000 higher than the amounts listed above. Your investment income during 2004 can’t be more than \$2,650.

To get your earned income credit if you have a qualifying child, file Form 1040 or Form 1040A and attach Schedule EIC for the Earned Income Tax Credit. To get your earned income credit if you don’t have a child, file Form 1040, Form 1040A or Form 1040EZ. These forms are available at libraries, some post offices and banks. If you need help filling out the forms, call NH Helpline at 1-800- 852-3388 (TYY/TDD 603-225-9000) to find out where the nearest free IRS certified tax preparation site is located. IRS certified volunteers are trained to help you fill out the tax forms. These sites are operational in late January.

For more information about the earned income tax credit, contact your local UNH Cooperative Extension office and request the free publication titled “Need More Money to Pay Your Bills”. If you’re interested in receiving your earned income tax credit in your paycheck during the year, request the free publication titled “2005 Advance Earned Income Tax Credit”.

4-H and Youth



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Be ready for our 4-H Fashion Show

It's time to finish sewing your clothing for Fashion Revue. Fashion Revue Evaluation Day is planned for the morning of **Saturday, April 9** at the Claremont Middle School. Please mark your calendar and be sure your Garment Description Form is in the Extension office by **March 25**. The theme for this year's show is "**Spotlight on 4-H Fashions**". Try to write your script to include this theme in some way. Scripts should have your full name in the first line. Write your script in the third person as if someone else were describing your outfit. Example: Susie Smith made this beautiful bright blue dress featuring a scoop neckline and side pockets. Susie plans to wear her festive dress to Teen Conference and church. Susie enjoys roller blading and skiing in her free time.

We need adult and teen volunteers to:

1. Judge garments on April 9
2. Prepare and set up a buffet lunch for volunteers on April 9 (we provide the money!)
3. Be show commentators on April 15

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



Some of last year's 4-H Fashion Revue participants also showed off their sewn creations and Fashion Selections at an outdoor fashion show at the Sullivan County Nursing Home.

Front l-r Ryan McPherson, Abby St. Pierre, Dorian and Dolly Rondeau, Max and Rose Abendroth
 Back l-r Daphne, Drew and Dominique Rondeau, Megan McPherson, Amy Barriger and Shannon St. Pierre

Fashion Show

This will also be held at the Claremont Middle School on **Friday, April 15 at 7:00 p.m.** If you are a new 4-H family or club and want more information about the Fashion Revue, please give Nancy a call. Sewing notions are given to every 4-H member who models in the show. Being in the Fashion Show is not required, but it is highly recommended. Members build self esteem and confidence each year they go on stage!

CURRENT NEWS

Try the new Fashion Selections Program

If you are a boy or girl, age 12 or older, who likes to shop and put together outfits, try the 4-H Fashion Selections program on Saturday, April 9 at the Claremont Middle School.

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

Best Bargains for under \$25
 Special Occasions
 Make Overs
 Sports/Leisure Activities
 Career Fashions
 School
 Interview Outfits

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

Sewers and Fashion Selections 4-H'ers will be judged / interviewed during the morning on Saturday, April 9 at Claremont Middle School. You can then model your outfit in our Fashion Show on Friday, April 15 at 7 p.m. at the Middle School.

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

Discovery is a key ingredient for Foods Day Success

The recipe for 2005's International Foods Day success included a mix of enthusiastic participants, creativity, friendships and fun. Twelve 4-H clubs came together to share tasty foods from all over the world and learn something special about each country represented. We enjoyed watching a Mexican Hat Dance, listening to a favorite Irish song, watching an Italian Folk tale and playing a fun fact quiz to gain entry into the Taj Mahal.

We always appreciate the help of our teen members during 4-H events. **Amy Barriger** of the Golden Clovers and **Rachel Shklar** of the Sullivan County Teen club served as event commentators. We were also pleased to have **Lindsay Adams**, and **Kayla King** share some of their favorite experiences while attending 4-H camp last year. Chris Conlon, the director of NH's 4-H Camps, came to promote a 4-H camp experience to families attending. He also involved youth in a variety of active games. Walking was promoted as a simple way to incorporate physical activity into everyone's daily routine. 4-H'ers were encouraged to wear pedometers during the event. At the days end, youth accumulating the highest number of steps were identified and awarded a small prize.

Save the Date

Members age 8 and older, parents and leaders are invited to **Camp-In at the Montshire Museum May 20-21**. Information will be sent to all enrolled 4-H families soon.

Have fun at the 27th Annual 4-H Teen Conference

Mark the **June 26 - 29**, on your calendar and plan to attend NH 4-H Teen Conference on the UNH campus in Durham. This is the 27th annual Teen Conference planned by teens for teens! The conference is open to all teens completing the 8th grade (or age 14 by June 26, 2005) up through 12th grade.

The theme is "In a world that expects you to fit in, 4-H teaches you to Stand Out!" You can expect dynamic speakers, fun workshops, a banquet and semi-formal dance and lots of fun making new 4-H friends from around New Hampshire. Some of the all day workshops planned include a tour at Pease Tradeport, canoeing, Christa McAuliffe Planetarium, a Whale Watch, Shooting Sports, self defense, Forestry, and trips to the Museum of Science and the New England Aquarium in Boston. Lots more fun workshops are planned as half-day sessions.

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

Your cost for meals, lodging, workshops will only be **\$65**. (The total cost is \$165, but our 4-H Foundation generously gives each Sullivan County 4-H teen a \$100 scholarship after completion of a personal interview in April.)

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



Covered Bridge 4-H'ers Alireza and Fatima Oroggi are modeling typical clothing worn in Bahrain during foods day.

4-H MEMBERS' CORNER

Girls learn about Auto Mechanics

Since the response to Girls Incorporated of New Hampshire's popular "Girls Under the Hood" program at Newport's Sugar River Valley Technical Center last fall was so overwhelmingly positive, it will run again this March. Funding from New Hampshire Charitable Foundation will allow the program to be offered **free** of charge. The program begins on **Tuesday, March 1, and continues for seven weeks.** For more information call Liza Draper at 542-8687 or SRVRTC at 863-3759.

Girls Under the Hood is designed for girls and women with an interest in learning the basics of auto mechanics and potential careers in the automotive field. Some of the topics that will be covered include: changing a tire, changing the oil, basic tune up and more. The sessions go from 2:30 to 4:45 p.m. with a break for pizza and refreshments, followed by a guest speaker at 5 p.m. Girls aged 14 or over may participate and moms are welcome too. Space is limited, so early registration is encouraged.

4-H Values

- **Community volunteers** as a vital key to success
- **Respect for the individual** and fostering a caring attitude toward others
- **Continuous development of Head, Heart, Hands, and Health** to achieve full potential
- An appreciation of **human diversity** to encourage respect for cultural diversity
- **Teamwork** to achieve objectives
- **Lifelong and hands-on learning**
- Developing **leadership** in youth
- **Research and knowledge**, using the best research-based methods for working with youth
- **Partnerships** as essential to successful youth and adult development, educational programs, and resource development

Teen says it was worth writing a 4-H Resume

Amanda Jones was one of four New Hampshire 4-H teens who was chosen to attend National 4-H Congress in Atlanta last November on the basis of her 4-H resume and an interview. Here are some excerpts from her thank you note to Robin Luther.

I want to thank you for encouraging me to write my 4-H resume. I had a wonderful time in Atlanta. National Congress was a lot of fun.

At Congress I met people from all over the United States and Puerto Rico. Each night there was some sort of 4-H entertainment, from singing to salsa dancing. My favorite was Drew Peppelreiter from Mississippi; he sang the country song "Good Morning Beautiful". He was so talented that I purchased his CD.

I participated in community service activities as well. The group I was in prepared crafts for the Christmas Tree festival. I got to make magic wands.

Each person participated in three workshops. The required one was about leadership (I dreamt I was a leader), then two of their choice. The choices

ranged from anorexia and bulimia to yoga. I went to "Who's watching you" and "Objects in the mirror". The first one was about hackers on the internet and the second about safe driving habits.



We had a guest speaker each day; some of them included Miss America, Dr. Rick Rigsby from Texas A&M, and Dan Thurmon. I enjoyed the message that Dan Thurmon conveyed. Life is a balancing act. You're not doing many things at once; you're simply doing many things for short periods of time and changing them frequently. He was probably the most entertaining and enthusiastic. One thing I found interesting was that he juggled during probably 60% of his talk.

Overall, Congress was a lot of fun. I'm trying to encourage some people in my club to try it. Again, thanks for your support and I couldn't have done it without you.

Sincerely,
Amanda Jones

NYC 4-H Focus on Fashion Career Trip April 10-13....Don't miss out

The every four years journey to New York City to see the world of clothing and textiles and gain insights to the fashion industry and related careers will depart on August 10th by a coach bus. 4-H youth ages 13 by August 10, 2005 and older and adult volunteers will have 4 days and 3 nights at the Edison Hotel located just off Times Square. Seminars by designers, costumers, shop owners, and fashion industry trade magazine publishers will expand your knowledge and give you opportunities to ask questions. Special opportunities to explore the city with tours of the Fashion Institute of Technology, Metropolitan Museum of Art, Radio City Music Hall, Ellis Island, Statue of Liberty, Empire State Building, Broadway shows and the Staten Island Ferry are being planned too. If you are a teen, be looking for the Focus on Fashion information that will coming to your mailbox soon.

Approximate cost of this educational trip of a lifetime is \$650/person based on four people in a room and the generous grant from the 4-H Foundation of NH. With help from the Sullivan County 4-H Foundation, your actual cost will be \$400. Extra room supplements apply for triple, double or single rooms. A deposit of \$250 will be due with the

application in early May. A benefit raffle with prizes of a sewing machine, quilted wall hanging and quilt books has been organized to help youth earn money for the trip. If interested in learning more about the details contact Lynn.Garland@unh.edu or Dorothy.Burrows@unh.edu.

Hannah Joy Waechter, North Hampton, was a teen delegate on the 2001 Focus on Fashion Career Trip. She reflects on the experience: "The Focus on Fashions trip to New York City was an incredible opportunity for me. It was the first time I had been to NYC and I had a wonderful time walking around with my group and seeing everything there was to offer. While we were there, I had the chance to visit clothing designers, see Rockette costumes at Radio City Music Hall, examine a costume exhibit at the Metropolitan Museum of Art, go to my first Broadway show, and overall have a lot of fun. On this trip I saw an amazing number of things I never would have gotten the chance to see if I hadn't been with the 4-H program (such as backstage at the "Lion King") and got to know many kids from my own state that I never would have met before. Looking back, I would recommend this trip to anyone who is interested in the clothing and textiles project and loves to travel. It's an experience I will never forget."

4-H LEADERS' UPDATE

Why Do We Have 4-H Clubs?

As we review research on transitions of young people to adulthood, the question might change to, "What does it take for young people to become healthy, problem solving, constructive adults?" Based on that research, the answers might be: a valued place in a constructive group, building close relationships, gaining a sense of worth, expressing constructive curiosity, being useful to others, believing in a future, cultivating skills for lifelong learning, respecting democratic values, being a responsible citizen, and building a healthy lifestyle.

WOW! These are some of the same reasons used to argue that the 4-H club program provides the most positive impact for our youth. Your youth development efforts are more productive at the club level, so be sure to give it your greatest attention. Enjoy the opportunities that youth take to show off their accomplishments in 4-H!

-Cathann A. Kress, Director, Youth Development, National 4-H Headquarters, USDA

Youth experience belonging and ownership

Research has identified 8 key elements that are important in helping youth develop into capable adults. Here are some ideas for how to strengthen the key element of creating a sense of belonging within your club.

Youth need to feel included and motivated in 4-H clubs. Participants and leaders within the group need to feel they have significant roles. Some ways to do this are to:

- Involve youth in the initial planning of the program.
- Brainstorm ideas, have members form committees to plan the activities.
- Allow plenty of time for discussion, questions, and making decisions.
- Encourage creativity and consideration of everyone's ideas.
- Confront cliques and behaviors that exclude some of the group.
- Use T-shirts, buttons, hats, etc. to symbolize group belonging.
- Encourage skills and create products youth can take home.
- Use ceremonies and traditions to build group pride.
- Encourage diversity of membership without regard to ethnicity, creed, religion, sex, age, disability, family status, or sexual orientation.



We are all aware that intimidating behavior like bullying, name calling, and physical harassment make youth feel unwelcome and excluded, but also pay attention to the hidden messages that youth sometimes send. Making fun of someone's idea, laughing at someone when they participate, and unkind comments also make individuals feel that they are not part of or wanted in the group.

One way to help build group identity is to let the young people create their group rules and standards of behavior. In some states, the role of Sergeant at Arms is used to enforce the group rules while building pride in their self management. This officer not only reminds members when their behavior is not up to par but also rewards members who make an outstanding effort to build group harmony and cohesiveness. Remember that team building takes extra time, but pays big dividends in the long run.



Get Active and Feel Better

As the days are getting slightly warmer, it is time to add more activity into your day and your children's days. Exercise not only improves your health and reduces stress, but it also relaxes tense muscles, improves mental functioning and helps you sleep better too! So here are a few tips to improve your overall health and to help you feel happier:

Take short walking breaks throughout your day.

Take stairs as often as possible.

Play music and dance around the house.

Challenge yourself to do stretching exercises during TV commercials.

Hide your TV remote and change channels by getting up. Or better yet, substitute a walk or playing outside for an hour of TV each day!

Walk on your lunch hour or at recess at school.

Park farther away from store entrances.

If the weather is bad outdoors, you can walk inside your own house or at a large store.

Use a cordless phone and walk while you talk.

Walk the dog.

Use a pedometer to track how many steps you walk each day. Slowly try to increase to 10,000 steps a day! We guarantee you'll feel and look much better!

UNH 4-H Camps gearing up



UNH 4-H Camps are gearing up for the new 2005 season. Here are some dates to remember in planning for our upcoming season.

Camp Green Up Days - Come help camp get ready for the summer! There is lots to do and many different skills 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 7 and 8 (Rake & Paint)

May 14 and 15 (Nuts & Bolts)

May 21 and 22 (Clean and Varnish)

Spring Family Weekend June 3-5 - 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 state office for information or an application, 603-862-2184.

Camp starts June 26 and will run until August 12. We will offer 7 weeks of program this year. Call 863-9200 for a camp brochure.

If you would like to use camp for a club event, please contact Chris Conlon, at 603-862-4871 to discuss your options. Also, if you wish to have Chris join you for a community event please contact him; he would be happy to attend your event to promote camp.

New Hampshire 4-H Shooting Sports Leader Training



May 21-22, 2005

**Barry Conservation Camp
Berlin, NH**

**Call 863-9200 for a
registration brochure**

GENERAL 4-H NEWS AND INFORMATION

Experiential Learning



The style of learning used throughout 4-H is referred to as "experiential learning." Teaching is a cooperative relationship between leader and learner. The learning comes from the thoughts and ideas created as a result of the activity or experience.

Steps to Experiential Learning:

- 1. Experience** - Begin with project or activity. Have the members explore the topic on their own or in groups.
- 2. Share** - Get the group to talk about the experience by sharing reactions or observations.
- 3. Process** - Talk about the specific questions or issues that came from the activity. Have members talk about what they have learned in their own experiences.
- 4. Generalize** - Draw out the principles that are important.
- 5. Apply** - Discuss how the learning can be applied to real life. Talk about how issues raised in the activity can be useful in the future.

Some things to remember when teaching youth



Combine teaching methods that allow members to use all five senses.

Encourage individual expression within the group.

Praise and reward good work, interest, cooperation and the acceptance of responsibility.

Try to avoid over-competitive situations.

Avoid comparing efforts of one child to another.

Encourage inquisitiveness, show members where and how to find answers to questions.

Encourage members to become more independent and make their own decisions.

Get parents and youth leaders involved in helping.

Adapted from a fact sheet by: Melissa Persing, Extension Educator, University of Minnesota Extension Service, 1998.

Get Healthier!

Many of you know that 4-H is trying to help families and individuals to eat and exercise their way to a healthier lifestyle. We are trying to incorporate physical exercise into our county 4-H events and we hope you are also adding active games, hikes, etc. into your club meetings and weekend events. Colder weather sometimes makes it harder to stay fit and healthy but it is important to keep up good habits. Here are two terrific websites that will help you eat and stay healthy all year round!

www.smallstep.gov - There are great tips about small choices you can make daily.

<http://www.shapeup.org/10000steps.html> - This one explains how to work up to walking 10,000 steps a day in a safe way.

If you'd like to borrow our 25 pedometers for a club activity, just call the Extension office at 863-9200.



Two Sullivan County 4-H teens sewed well enough to be recognized as one of the "top 10 in the NH 4-H Fashion Show". At back left are Laura Harthan and Sarah McPherson.

CLUB HIGHLIGHTS

Acworth Hill Climbers

January 8, 2005 - We decided to join the Bunny Bunch in doing Italy for International Foods Day. We also decided to do a skit on Roman Gods and Goddesses. We learned there were Gods and Goddesses for wisdom, love, war, the earth, etc. They even had a King and Queen.

Covered Bridge



January 25, 2005 - Finalized plans to study and present Bahrain as our International Foods Day country. Past member, Mark Drye is serving our country as a Marine in Bahrain. Cooking classes and sewing classes are planned to take place simultaneously with leaders and Junior leaders at Plainfield's Grange in February. Craft ideas will be presented at February meetings as well. Rocketry will be a winter project this year. Posters and County Activities Day were discussed. We made more plans for younger 4-H'ers and using buddy system of seasoned 4-H'er with younger 4-H'er to promote County Activities Day with such a large age range.

Bunny Bunch



November 30, 2004 - We learned how to identify male and female rabbits.
December 15, 2004 - We talked about delivering baskets and about International Foods Day. We also talked about classes for Cornish Fair. We did a live breeding of a rabbit.

Hemlock Hi-toppers

September 13, 2004 - We elected officers
November 8, 2004 - Ann got a duck quacker while she was in Lancaster, Pennsylvania. We talked about the shut-ins and which country we were doing for International Foods Day.
December 13, 2004 - Talked about their holiday bazaar. We made \$70.35. We talked about going caroling.

Upper Valley Livestock



January 9, 2005 - After pledges, Rachel Legg read a thank you note from David's House, thanking us for our recent donation. David's House provides a home away from home for families who stay there while their children are treated at DHMC. Tom Carter explained a new identification ID procedure that will be used for the Fryeburg Fair Steer classes and steer sale. A microchip will be required to participate. We discussed caring for the expecting heifer and cow-preparation and how to's. We played "Breeds of cattle ID/match" and made decoupage key organizers.

Agricultural Resources



Seth A. Wilner
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UNHCE Fruit Recommendations for Sullivan County

Apples

We recommend that orchard owners take stock of their apple varieties and determine which to keep, which to replace, or whether to add to the mix if space allows. To help guide your decisions you will find your records to be a valuable resource. Specific records documenting your sales, production amounts, quality information, as well as customer surveys will be extremely beneficial in helping you make these management decisions. It is important to examine your records for trends over time, not just the performance of a single season.

Following good management practices such as accurate record keeping, controlling production

costs, and replanting 5-10% of your orchard acreage annually will help increase your orchard's survival and viability. When replanting, consider removing older blocks of trees and examine your records to see what the demands of your consumers are now and where you think the market will move to in the future.

After you have addressed these issues, prepare your site thoroughly before planting. You will want to test your soils so you can address soil fertility and pH issues. You will also want to examine your site and make any necessary changes to address soil drainage or compaction issues, build up organic matter and eradicate perennial weeds.

The UNH Cooperative Extension website has fact sheets on fruit tree cultivars, root stocks, growing fruit trees, and fertilizing fruit trees. To download these for free go to www.ceinfo.unh.edu and visit the agriculture section. If you do not have access to the internet at home you can go to your local library or call your county UNH Cooperative Extension office copies of these fact sheets.

Red Raspberries

Recommended varieties for summer fruiting red raspberries include, Boyne, which has early season fruit, medium size and is very hardy. Lauren is another variety with early season fruit and has large berries but is marginally hardy. Kilarney is an early to mid season fruit bearing raspberry with medium to large berries and is very hardy. Nova offers mid

season fruit, with firm and bright berries and is very hardy. Encore (NY7) is a newer variety which features late season fruit, large, firm berries, great flavor.

For fall fruiting red raspberries, a highly recommended variety for Sullivan County is a variety called Polana. Two other recommended varieties for our county are Autumn Britten and Caroline. Other suggested varieties include Redwing, Heritage and Prelude.

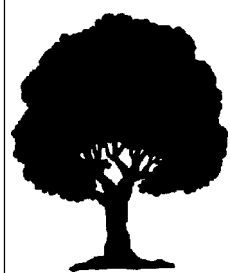
Blueberries

When considering which blueberry varieties to plant, it is important to pay attention to winter hardiness. Here in Sullivan County, your high bush blueberry varieties should be tolerant to -20 to -25 °F. If you are planting half-highs, these should be tolerant to -35 °F. Varieties that have a tolerance for temperature fluctuations and winter desiccation will have a greater survival rate and be more productive.

Highbush Blueberry Recommendations for Sullivan County

Blueray and Patriot are the hardiest varieties but their lower limit is -25 °F. Northland is a highbush/lowbush cross that is an older cultivar that does well in colder areas such as ours. Its lower limit is -30 °F and it produces small dark berries. St. Cloud and Friendship are also highbush/lowbush crosses hardy to -35 °F. These are newer varieties but Bill suggests they are worth trying.

(see "Fruit Recommendations" on page 8)



Forest Resources

Chuck Hersey
Extension Educator
Forest Resources
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New County Forester

Hello, my name is Chuck Hersey and I am the new Sullivan County Forester. I am a New Hampshire native and am excited about being able to help the residents of Sullivan County learn and engage with the most abundant natural resource in the county: our forests. Being the County Forester I am available to answer your phone calls on forest issues, walk your woodlot and discuss management options for your land, arrange for workshops and informational sessions on a variety of topics relating to forests and wildlife, work with communities on forest and natural resource conservation, help our working forests and the forest products industries that rely on them remain a viable component of our landscape and provide environmental education for youth. Please feel free to contact me at any time with any questions, concerns or ideas relating to our forests and natural resources. I look forward to working with you.

Workshops

Current Use Workshop, March 15, 2005 at Sugar River Valley Regional Technical Center in Newport from 6:30-8:30 p.m. An informational session on the state's property tax strategy to help landowners keep their forest and farmland undeveloped. Presented by UNH Cooperative Extension. For more information, call Chuck Hersey at 863-9200.

Inventorizing and Monitoring Wildlife on Your Land, April 9, 2005 at Harris Center for Conservation Education in Hancock, NH from 9:00 a.m. to 3:00 p.m. Learn tips for observing wildlife and wildlife inventory techniques. For more info call Debbie Anderson at 862-1028.

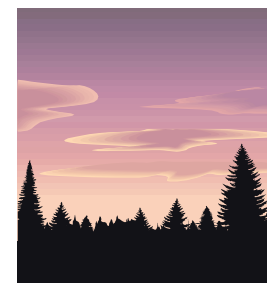
Special Federal Funding for Woodland Owners

Deadline: March 18, 2005

The USDA Natural Resource Conservation Service (NRCS) has available cost share and incentive funds for woodland owners to help fund conservation practices on their land. The assistance is offered through the national USDA Environmental Quality Incentive Program (EQIP). UNH Cooperative Extension, Sullivan County Conservation District and NRCS work together on the practices and projects to insure that the conservation goals of the funding are being met. EQIP financial assistance to woodland owners is available for the following

practices: forest stewardship plans, access roads, site preparation, tree planting, forest stand improvement and road, trail and landing stabilization.

The deadline for applying for these funds is March 18, 2005. For more information contact either Jan Heighes at the Sullivan County Conservation District at 863-4297 or Chuck Hersey, Sullivan County Forester at 863-9200.



“Fruit Recommendations”

from page 7

Patriot and Northland are early season varieties recommended for Sullivan County. Blueray and Bluecrop are midseason varieties recommended for our county, but it is important to note that Bluecrop does not like wet soils. Jersey is a late season variety recommended for our county. Other varieties will do well here too, including Duke and Spartan. If you have a question feel free to call your county Extension office.

Extension Calendar

March

- 12 **County Activities Day**, Claremont Middle School, 9:00 a.m. - noon
- 15 **Current Use Workshop**, Sugar River Valley Regional Technical Center in Newport from 6:30 - 8:30 p.m.
- 16 **Leaders Association & Teen Club**, Newport
- 31 **Strengthening Families Program**, 6:00-8:30 p.m., Plainfield School. Call Stephanie Schell at 469-3527 to register.

April

- 1 **Approval forms due** for horses going to ESE
- 9 **Inventoring and Monitoring Wildlife on Your Land**, Harris Center for Conservation Education, Hancock, NH, 9:00 a.m. - 3:00 p.m.

April (continued)

- 7-28 **Strengthening Families Program**, 6:00-8:30 p.m. every Thursday until May 19, Plainfield School.
- 9 **Fashion Revue Evaluation Day**, Claremont Middle School, starts at 9:00 a.m.
- 15 **4-H Fashion Show**, Claremont Middle School, 7:00 p.m.
- 20 **Leaders Association & Teen Club**, Claremont

May

- 1 **Approval forms due for Dogs, Working Steer Yearling, Sheep, Beef to be shown at ESE, Dairy Cattle, and Horses**
- 18 **Leaders Association & Teen Club**, Newport

“School Programs”

from page 2

stain from the shells. They learned they can take care of their teeth by eating 2-3 servings of milk, cheese and yogurt, very little foods from the tip of the pyramid like candy and soda, and brushing regularly. They enjoyed tasting cheese.

Students at Bluff School in Claremont are participating in the Nutrition Connections program. Along with learning about the food guide pyramid, students compared the tastes and textures of fresh, dried, and canned fruits, while others tested their senses by holding their noses and closing their eyes while drinking orange juice and grapefruit juices. They discovered next that drinking orange juice before the grapefruit juice made the grapefruit juice taste more “sour” or “bitter” than drinking it before the orange juice. We can make healthy changes by eating fewer foods from the sweets and fats at the tip of the pyramid, and more from the fruits, vegetables and grains groups from the lower half of the pyramid. As a result of these lessons, Jolene Austin’s fourth grade class voted to have healthier snacks for Valentine’s Day.



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