



NH Delegation Attends the National 4-H Congress

Five 4-H members from New Hampshire recently attended the National 4-H Congress in Atlanta, GA. National 4-H Congress is a five-day conference where 4-H youth from around the nation gather to develop their leadership and citizenship skills. Peter Attisano from Lee; Mark Cook from Brookline; Brandie Rice from Fremont; Josiah Robertson from Contoocook, and Kristin Sarvai from Manchester were selected through a resume and interview process to represent the New Hampshire 4-H program.

National 4-H Congress is one of the premiere experiences in which 4-H members from across the country may participate. For ninety years, members of the 4-H program have been gathering to celebrate the successes and accomplishments of 4-H at this event. National 4-H Congress provides a life-changing experience for youth to meet other 4-H members from across America, as they participate in leadership and team development. The conference theme this year "Become a Catalyst of Change" was demonstrated throughout the conference via large scale community service projects, cultural enrichment opportunities, workshops, and multiple motivational speakers.

Chaperone Regina Smick-Attisano said of the experience, "Attending National 4-H Congress with the five New Hampshire 4-Hers was truly a high point for me this year. The experience showcased the true spirit of 4-H as the youth from around the nation came together to celebrate their achievements. As a 4-H alumni myself, I can say that 4-H is standing the test of time as a youth organization that develops the leaders our country will need for tomorrow."

4-H is the youth program of UNH Cooperative Extension and has the mission to help youth acquire knowledge, develop life skills and form attitudes to enable them to become self-directing, productive and contributing members of society. The role of 4-H Youth Development program is to help communities create positive youth



Chaperone Regina Smick-Attisano stands with Kristin Sarvai, Brandi Rice, Josiah Robertson, Peter Attisano and Mark Cook.

experiences though community clubs, afterschool programs and special programs. Through experiential learning youth can explore a number of subject areas based on interest. 4-H has a rich history and tradition working with youth in agriculture, family and consumer sciences, science, engineering and technology, shooting sports, health and nutrition, the arts, citizenship, leadership and much more.

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NH Farms & Forests:
Opening Doors To Our Future
February 3 & 4, 2012

2012 NH Farm & Forest Expo
Radisson Hotel/Center of New Hampshire
700 Elm Street
Manchester, NH

<http://www.nhfarmandforestexpo.org/>

Looking for 4-H Members To Participate in the NH Farm and Forest Exposition

Come join the fun at the NH Farm and Forest Exposition! Would you like to come and talk about your 4-H animal science project? Bring your animal (sorry, no horses); do your presentation, or show your action exhibit for the public who attend Farm and Forest. The 4-H Kids program will be in the main exhibit hall again for 2012.

We are looking for members who would like to bring their poultry, sheep, goats, rabbits, calf, ducks, dog, etc, and talk about them; do a 4-H presentation, or help out by scooping ice cream at the NH 4-H Foundation Booth.

The dates for the 2012 Farm and Forest Expo are February 3 and 4, 2012. The Friday time slots are: 8:30 am – 12:30 pm; 12:30 pm – 4:30 pm, and 4:30 pm – 7:30 pm. Saturday times are: 8:30 am – 12:30 pm, and 12:30 pm – 3 pm. If you would like to join the group but can not fill the whole time spot, let us know so we can accommodate your availability.

For more information or to volunteer, please call 603-641-6060 to speak with Janell or Jolee. For information on the New Hampshire Farm & Forest Exposition, visit <http://www.nhfarmandforestexpo.org/>

Family & Consumer Resources NEWS

New Hampshire Housing Home Buyer Seminars

New Hampshire Housing Finance Authority is sponsoring a free two part First Time Home Buyer Seminar. Sharon Cowen, Family and Consumer Resources Educator, UNH Cooperative Extension will be teaching how to develop a spending/savings plan and using credit. The seminar provides an opportunity for anyone who wishes to buy a home to learn.

Date: Tuesday, January 10 & Thursday, January 12, 2012
Time: Part one takes place on January 10 @ 5:30 pm - 8:30 pm.
Part two will take place on January 12 @ 5:30 pm to 8:30 pm.
Location: 32 Constitution Drive (East Entrance) Bedford, NH

Date: Tuesday, February 7 & Thursday, February 9, 2012
Time: Part one takes place on February 7 @ 5:30 pm to 8:30 pm.
Part two will take place on February 9 @ 5:30 pm - 8:30 pm.
Location: call for information

Date: Monday, March 12 & Wednesday, March 14, 2012
Time: Part one takes place on March 12 @ 5:30 pm to 8:30 pm.
Part two will take place on March 14 @ 5:30 pm to 8:30 pm.
Location: call for information

For more about the seminar and to register, call 1-800-640-7239, ext. 7393 or visit the New Hampshire Housing Finance Authority at <http://www.gonewhampshirehousing.com/learn-how/home-buyer-events>.

Making Money Work For You

Dates: Thursdays, January 26, February 2, 9, 16, 23, and March 1, 2012
Time: 6 pm - 8 pm

Location: This is a webinar class, accessed via Internet.

A six-part workshop series is designed for people who need to manage debt and begin saving, repair their credit history, or make it from paycheck to paycheck. The series covers goal setting, credit, insurance, stretching resources, spending choices, and making a spending and savings plan. This program is a collaboration of More Than Wheels and UNH Cooperative Extension.

Cost: \$15 for materials for individuals and couples. Participants should attend all class sessions. For more information, contact Sharon Cowen, UNH Cooperative Extension, Hillsborough County office at 603-641-6060.

Event Flyer

Responsive Discipline

Date: Wednesdays, February 15 & 22, 2012

Time: 6 pm - 7:30 pm

Location: Boys & Girls Club of Greater Nashua, 47 Grand Avenue, Nashua, NH

Cost: Free

Sponsored by Family Resource Center of Greater Nashua

Topics include:

- Finding a parenting style that fits with your values.
- Balancing limits and nurturing.
- Difference between punishment and discipline.
- Understanding children's development and age-appropriate expectations.
- Using discipline strategies that teach.
- Why children misbehave and dealing with misbehavior.

Presented by Sharon Cowen, UNH Cooperative Extension.

Limited child care is available for all ages. Children age 8 and over are invited to participate in Boys & Girls Club activities. Child care pre-registration is required. Call 603-883-0523 ext. 215 to make arrangements for child care or club usage.



Sign up to receive Just in Time Parenting eNewsletters.
<http://www.extension.org/pages/15369/subscribe-and-receive-parenting-newsletters-by-email>

Read More...

SAFE programs

Date: Wednesday, January 11, 2012
Time: 10 am – 12 pm
Location: NH Food Bank

Date: Thursday, January 19, 2012
Time: 1:30 pm – 3:30 pm
Location: Southern NH Services

Date: Wednesday, February 15, 2012
Time: 10 am – 12 pm
Location: NH Food Bank

To register for these classes, please call Alice Mullen at 603-629-9494 x150.

The SAFE program is an interactive, two-hour workshop for food workers. This introductory program focuses on the importance of personal hygiene and controlling time, temperature, and cross contamination as food flows through your food service operation.

SAFE programs are provided free of charge to both participants and food service facilities. For more information or to inquire how you might schedule a program for your facility, please contact Alice Mullen, Family and Consumer Resources Educator at 603-629-9494 x150.



4-H NEWS

Drawing For 4-H Garden Patch Quilt



Tickets are \$1 each or 6 for \$5 and are available in the Goffstown 4-H Office. The drawing will be held at the NH Farm & Forest Expo on February 4, 2012 (need not be present to win). Proceeds to benefit the 4-H Children's Teaching Garden at Massabesic Audubon Center (an initiative of the NH 4-H Common Ground Garden Project). The quilt measures 56" x 56" as a twin-bed coverlet or couch throw. Contact the 4-H office at 603-641-6060 for ticket information. The Garden Patch Quilt was inspired by a specially designed garden bed in the 4-H Children's Teaching Garden at Massabesic Audubon Center in Auburn, NH.

As a program of UNH Cooperative Extension, the Teaching Garden provides opportunities for youth participating in several afterschool programs to learn gardening and gardening science.

In the Spring of 2011, 4-H Youth from Nashua, NH Salvation Army Afterschool, guided by Artist Laura Campbell, designed a patchwork quilt garden using paper and other craft supplies. At the end of June, the youth planted their Patchwork Quilt Garden based on that design. A far-away Friend of the Garden and wonderful quilter, RoseMary Connell, used photographic images of the different patch designs to create this beautiful fabric quilt. This Quilt was made possible by the generosity & talents of those mentioned above as well as the NH State Council on the Arts.



Hillsborough County Teens Receive Citation From Governor John Lynch

Eight 4-H teens received a citation from Governor John Lynch at the Hillsborough County Awards program held on October 21, 2011 at the Milford Middle School. Governor Lynch was unable to attend. Fredericka Kazo, 4-H leader of the Hillsborough County Shepherds, worked with the governor's office to make this happen and handed out the citations which read:

*"State of New Hampshire John Lynch Governor Citation.
Be it hereby known that I, John Lynch, Governor of the State of New Hampshire, join with my fellow citizens in extending my personal best wishes and sincerest congratulations to, (the name of the teen) who has been nominated as a delegate to the 2011 Big E in the category of (their project area). The State of New Hampshire is fortunate to have a citizen like you in our state. On behalf of the citizens of New Hampshire, I commend you for your commitment, dedication, and hard work, and wish you all the best in the future."*

Brian Edmonds, a member of the Pony Express 4-H Club placed first in the Public Speaking category at the 4-H Horse Roundup, held in Louisville, KY. Over 336 contestants from 31 states tested their horse knowledge and communication skills in Public Speaking, Presentations, Horse Bowl, Hippology and Horse Judging.



Eight teens were honored with a citation from Governor John Lynch at the Hillsborough County Award program held on October 21, 2011. Pictured above, from left are Katie Zintel, Alicia Parker, Lara Kazo, Rebecca Dean and 4-H Leader Fredericka Kazo. Not pictured, Natalie Lewis, Travis Cook, Holly Lewis and Emmett Craggy.



Members of the Hoofbeats 4-H Club in Goffstown had a great time participating in the Christmas Parade in Manchester.





SAVE THE DATES

General Use Core Training

Core Training

Tuesday, January 24, 2012
8 am to 5:30 pm
NHDES, 29 Hazen Drive
Concord, NH

Turf Pest Control (G2)

Wednesday, January 25, 2012
8 am to 5:30 pm
Manchester Community College
1066 Front Street
Manchester, NH

Right of Way (B)

Thursday, January 26, 2012
8 am to 5:30 pm
UNHCE Hillsborough County Office
329 Mast Road
Goffstown, NH

Core Training

Tuesday, February 14, 2012
8 am to 5:30 pm
NHDES, 29 Hazen Drive
Concord, NH

Turf Pest Control (G2)

Wednesday, February 15, 2012
8 am to 5:30 pm
NHDES, 29 Hazen Drive
Concord, NH

Right of Way (B)

Wednesday, February 16, 2012
8 am to 5:30 pm
Brookside Congregational Church
2013 Elm Street
Manchester, NH

Dear Applicator,

New Hampshire requires that anyone applying pesticides commercially must be certified as a commercial pesticide applicator. This certification is required regardless of whether the applicator gets paid for the service or whether the pesticide would be classified as general use, including over the counter home owner type pesticides, or restricted use.

In May of 2011, the New Hampshire Department of Agriculture, Markets and Food, Division of Pesticide Control put forth a change in the existing Rules and Regulations. With this change an individual can apply for a "Supervisory Registration Certificate for General Use" for Right of Way (B) and Turf Pest Control (G2). To be eligible for this new Supervisory Registration Certificate a person needs to have completed 8 hours of category-specific training for each category and an additional 8 hours of general use instruction. This training is the first step in the process to obtaining the Supervisory Registration Certificate - General Use.

UNH Cooperative Extension and John Deere Landscapes are sponsoring a training to all potential applicators interested in applying for this new Supervisory Registration Certificate. We will be hosting a series of three face to face meetings scheduled for either January or February to satisfy this requirement. The cost of participation will be \$95 per session plus the cost of study materials.

Information on fees, deadlines, and terms and conditions will be available soon. *Space is Limited. Pre-registration saves you a place in the class. It does not commit you to attend or pay fees. You are encouraged to make a tentative reservation before the course (sooner is better) to let UNHCE know that you would like to attend.

Please contact us with any questions by phone at 603-629-9494 ext. 130 or email answers@unh.edu.

Course on QuickBooks Accounting

UNHCE is tentatively planning a four day QuickBooks course for agricultural producers. Participants will learn how to use QuickBooks software to computerize farm financial records.

The course is scheduled for Wednesdays, January 18, 25, and February 1, 8, 2012, 10 am - 3 pm each day at the NH Farm Bureau office in Concord, NH.

The estimated fee for the course is \$150 per student but it will be lowered if more than 10 people register. Enrollment is limited to a minimum of 10 and maximum 15 participants per session. The participants need bring their own computers and QuickBooks software (2007 and newer version is required). The course fee will also include an instruction packet.

First come first serve pre-registration is required by January 11, 2012. Contact Michal Lunak at 603-787-6944 if you are interested.

Risk Management Agency Meetings

Growing Small Grain and Forage Meeting in Northern NH

Date: Monday, February 13, 2012
Time: 10 am - 2:30 pm
Location: Cabot Inn, Lancaster, NH.
Featured speakers: Heather Darby, UVM Extension. For more information, contact Steve Turaj (Coos County) at 603-788-4961

Raising Small Grains for Livestock (morning) and Human Consumption (afternoon)

Date: Tuesday, February 14, 2012
Time: 9:15 am - 2:15 pm
Location: Urban Forestry Center
Portsmouth, NH
For more information, contact Nada Haddad (Rockingham County) at 603-679-5616.

New Ways in Collaborative Milk Marketing

Date: Wednesday, February 22, 2012
Time: 9:30 am - 3 pm
Location: Makris Restaurant, Concord, NH
Featured Speakers: Sam Simon, Hudson Valley Fresh, NY; Robin Chesmere, The Farmers Cow, CT; Louie Escobar, Rhody Fresh, RI.
For more information, contact Michal Lunak at (Grafton County) 603-787-6944.

2012 Pesticide License Training for Private Applicators in Hillsborough County

Date: Mondays, March 12, 19, 26, & April 2, 2012
Time: 6 pm - 9 pm
Location: UNH Cooperative Extension
329 Mast Road, Goffstown, NH
Contact: George Hamilton at 603-641-6060 or by email at george.hamilton@unh.edu.

This training is free, but participants will need to purchase a manual for the training and to take the state exam. Please note: no re-certification credits will be issued for attending this workshop series. To order your study materials, please contact Rachel Maccini, Pesticide Safety Education Program Coordinator at 603-629-9494, ext. 130, or by email at rachel.maccini@unh.edu. To register for the training, contact Marlene Turcotte at 603-641-6060 or by email marlene.turcotte@unh.edu.

USDA Risk Management Agency Workshop New Hampshire Small Farm Conference Energy Efficiency and Alternatives

Date: January 5, 2012
Time: 9:30 am - 3:30 PM
Location: Holiday Inn
172 N. Main Street
Concord, NH
Cost: \$25. Per person
Deadline is 1/3/12
Online Registration is encouraged at:
https://www.events.unh.edu/Registration-Form.pm?event_id=9470
For more information, please contact Mike Sciabarrasi at 603-862-3234 or mike.sciabarrasi@unh.edu.

[Event Flyer](#)

USDA Risk Management Agency Workshop 2012 NH Women in Agriculture Conference Empowering women in Agri-business today

Date: Friday, February 3, 2012
Time: 12 noon - 5 pm
Location: NH Farm & Forest Expo
Radisson Hotel & Conference Center
700 Elm Street, Manchester, NH 03103
For more information, please contact Gail McWilliam Jellie at 603-271-3788 or by email at Gail.mcwilliam.jelli@agr.nh.gov.

[Event Flyer](#)

Forestry & Wildlife

Informational Workshop on NH Current Use Tax Rules

Date: Monday, March 5, 2012
Time: 7 pm
Location: UNHCE Hillsborough County
329 Mast Road, Goffstown, NH

Rural landowners of 10+ Acres can enroll their property in the state "Current Use" program, and lower their property taxes. However, this protected property also has restrictions on its future use. Also, remember that a detailed written management plan is now required for forestland enrolled in the "Stewardship" category.

This workshop is sponsored and conducted by UNH Cooperative Extension and the New Hampshire Division of Forests and Lands. We will be there to explain Current Use assessment and the different aspects of the program so you can decide if this land conservation opportunity is right for you. If your land is already in Current Use, this will be a good refresher course to remind you of the regulations.

For more information, please contact Jon Nute, Extension Educator, Forestry & Wildlife, or George Hamilton, Extension Educator, Agricultural Resources at 603-641-6060.

HILLSBOROUGH COUNTY

329 Mast Road, Room 101
Goffstown, NH 03045-2422
Phone: 603-641-6060
Fax: 603-645-5252
email: hillsborough@ceunh.unh.edu



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A website rich with information and resources:
extension.unh.edu

A toll-free Info Line at our Education Center
1-877-398-4769 Weekdays 9:00 a.m. to 2:00 p.m.

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UNH EXTENSION

go ahead, ask us...

- How can I grow better fruits & vegetables at home?
- Can I make money selling timber from my land?
- How can I start my own small farm?
- How can I eat healthier and still save on food?
- How can I manage my debt and save money?
- How can my kids join 4-H?

and many more questions

Extension provides practical education you can trust, to help people, businesses, and communities solve problems, develop skills, and build a better future.

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Mission Statement

“UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy.”

Education Center and Info Line

UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

**WE HAVE
Answers
TO YOUR
Questions**

1-877-EXT-GROW



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Congratulations to the 2011 Natural Resources Steward Program Graduates!

Volunteers: Laura Beard, Pauline Bogaert, Alana Boies, Dan Dubreuil, Ryan Ferdinand, Brenda Frye, Robert Lyon, Donna Miller, Suzanne Moore, Jenna Moore-Kulp, Krista Rand, John Wallace, Candis Whitney; Students: Angela Fae Bailey, Julia Dugas, Andrew Frost, Brian Henry, Silas Morency, and Andrea Pickett