



## HILLSBOROUGH COUNTY 4-H ACTIVITIES DAY

### Hillsborough County 4-H Activities Day

was held on Saturday, March 19, 2011 at Milford Middle School. There were over 125 youth, leaders and volunteers involved in the success of this year's event. Mike Koski, Jolee Chase, Julia Steed Mawson, and Janell George would like to thank all of the 4-H leaders, members, volunteers, and parents for their help and support.

State Activities Day will be held on June 4, 2011 in Durham at the UNH Memorial Union Building. The public is invited to attend. If you would like information or directions, please call the 4-H office at 641-6060 or email [jolee.chase@unh.edu](mailto:jolee.chase@unh.edu).

#### Photography:

There were 35 photos in the photography competition. The three photos chosen for **State** were taken by Daniel Makowski, member of **Hoofbeats 4-H Club**; Nicole Nanof, member of **Mini Hoofbeats 4-H Club**, and Elizabeth Roberts, member of **Farming Fun 4-H Club**. Sophie Mikkelsen, member of **Saddlehackers 4-H Club**, received **Honorable Mention** for having the top photo taken by a member under 12.

#### Posters:

There were 28 members who entered the poster competition. The three posters chosen for **State** were done by Madeleine Bergeron, Sarah Clements, and Daniel Makowski, all members of **Hoofbeats 4-H Club**. Jakob Smith, member of **Hooves, Hens, Heifers & Happiness 4-H Club** received an **Honorable Mention** for his poster.

#### Demonstrations/ Illustrated Talks:

There were eight seniors, six juniors and five Cloverbuds participating. Seniors invited to **State** are: Hannah Welch, member of **Saddlehackers 4-H Club** and Natalie Lewis, member of **Silver Stirrups**; Amber Edmonds and Kyle Edmonds, members of **Pony Express 4-H Club**; Joshua Craig member of **Hooves, Hens, Heifers and Happiness 4-H Club**; Emily Bailey member of **Souhegan 4-H Club**, and Emmett Craggy, **Independent 4-H Club** member. The top junior demonstration was done by Lily Ciofrone, member of **NH Cluckers 4-H Club**.

#### Action Exhibits:

There were six senior action exhibits, twelve junior exhibits and one Cloverbud exhibit. Seniors invited to **State** are: Rebecca Dean, Alicia Parker, Katie Zintel, members of **Just Kiddin' Around 4-H Club**; Angelena Leal, Olivia Bianchi, Alex Martineau, members of **Saddlehackers 4-H Club**; Travis Cook and Gabe Chase, members of **Goats R Us**, and Hannah Welch, member of **Saddlehackers 4-H Club**. The top junior action exhibit was done by Brittney Spooner, member of **Dropspindles 4-H Club**.

#### Public Speaking:

Of the six public speakers, all seniors, the two invited to go to **State** are: Dagny Hedberg, member of **Souhegan 4-H Club** and Quincy Raymond from the **Raymond Family 4-H Club**.

Trying for a spot on the National Horse Round-Up Team going to Louisville, Kentucky, in November, are Brian Edmonds, member of **Pony Express 4-H Club** and Victoria Dow, member of **Silver Stirrups 4-H Club**.

#### Fashion Revue:

Six 4-H members participated in Fashion Selections this year including Cloverbud Adrianna George, member of **The Quackers 4-H Club**; Novices, Rachel VanOlmen, member of **The Adventurers 4-H Club**, and Carolyn Opre, member of **Souhegan 4-H Club**; and Seniors, Anna Barlow and Nina Hedberg, members of **Souhegan 4-H Club**, and Sarah Koski, member of **Dropspindles 4-H Club**

Qualifying for 4-H State Activities Day in Fashion Selections were Anna Barlow, Nina Hedberg and Sarah Koski.



Alex Martineau, Angelena Leal, and Olivia Bianchi present an Action Exhibit on "Easy and Nutritional Homemade Horse Treats" at County Activities Day. Their exhibit was chosen to go to State Activities Day to be held at UNH in Durham on June 4, 2011.

Twelve 4-H'ers participated in Fashion Construction. They included Cloverbuds Emma Koski, member of **Dropspindles 4-H Club**; Olivia Powers and Eternity Van Valkenburg, members of **Sewing Bees 4-H Club**, and Novice Staci Cook, member of **Goats R Us 4-H Club**; Intermediates Jarrett Patch, **Independent** member, Abbie Brooks, Jane Koski and Rebecca Lehmann, members of **Dropspindles 4-H Club**; and Seniors Travis Cook, member of **Goats R Us 4-H Club**, Sarah Koski, member of **Dropspindles 4-H Club**, and Samantha Patch, member of **Weston 4-H Club**.

Qualifying for 4-H State Activities Day in Fashion Construction were Travis Cook, Sarah Koski and Samantha Patch. In addition, Jane Koski and Rebecca Lehmann qualified to model their outfits at 4-H State Activities Day.

**Congratulations to the 4-H members, ages twelve and older, who will be asked to go to State Activities Day. What a great job!**

A big thank you to our judges for all their hard work.



Judges Commissioner Carol Holden, Marlene Turcotte and Lexe Turcotte make positive and constructive comments during Fashion Revue.



Judges, Ronda Gregg and Maggie Decker interact and discuss Travis Cook's garment construction with him.

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In the "What's New" column,  
please click on:

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### 35th Annual New Hampshire Sheep & Wool Festival

**Date:** May 14 & 15, 2011  
**Not Mother's Day Weekend This Year!**  
**Location:** Hopkinton State Fairground  
Contoocook, NH  
**Admission:** \$5/day per person  
\$4 for seniors, 62 & over  
Children under 12 are free  
**Directions:** Take exit 7 off I-89 - For a map, visit:  
[www.NHSWGGA.org](http://www.NHSWGGA.org).

#### Some of the happenings:

Special Workshops, Educational Programs, Dog Herding Demos, Fleece to Shawl Presentation, Sheep Dog Trial, Fiber Show, Youth Sheep & Alpaca & Llama Shows, Fleece Show & Sale, Vendor Auction, & Commercial Exhibitors

Come & spend the day, bring your family.  
**EWE** will have a really good time!

For a festival book, call Jolee Chase at 641-6060 or visit the the New Hampshire Sheep & Wool Growers Association web site at: [www.NHSWGGA.org](http://www.NHSWGGA.org).

# What's Happening in Extension?

## Wild Urban Plants: The Future is Now

Date: Tuesday, May 3, 2011

Time: 7 pm

Location: New Hampshire Technical Institute, Concord, NH  
Cost: Free

The ecology of the city is defined not only by the cultivated plants that require maintenance and the protected remnants of natural landscapes, but also by the spontaneous vegetation that dominates neglected areas. Greenery fills the vacant spaces between our roads, homes, and businesses; sprouts in sidewalk cracks and atop neglected rooftops. These plants can provide important social and ecological services at very little cost to taxpayers, and if left undisturbed long enough they may even develop into woodlands. Come listen to Dr. Peter Del Tredici discuss how plants considered to be invasive have adapted to the conditions provided by humans, and the ecological role they may play in our future. Co-sponsored by the NH Landscape Association. For further information, please call 271-7186.

## Rain Garden Workshop

Date: Wednesday, June 1, 2011

Time: 8:30 am - 4 pm

Location: Urban Forestry Center, Portsmouth, NH  
Cost: \$10

Residents and community leaders are expressing interest in the use of rain gardens as an attractive and innovative way to manage stormwater. This workshop will cover how rain gardens work to treat stormwater, factors to consider when evaluating a site, how to design a rain garden and choose appropriate plants, how to plant and maintain the garden, and assessment of a potential site at the Urban Forestry Center. For more information, please contact Margaret Hagen at 641-6060.

## UMass Turf Research Field Day

Date: Wednesday, June 15, 2011

Time: 8:30 am - 1 pm

Location: UMass Joseph Troll Turf Research Center, South Deerfield, MA

Research Field Day participants will have the opportunity to meet and speak with UMass staff and to view projects underway. Turf research includes studies on the biology and integrated management of turf-damaging insects, short- and long-term weed management, pesticide exposure, fertility, drought management, as well as a range of National Turfgrass Evaluation Program fine turf trials. Field Day will also feature displays and demonstrations from turf industry vendors. A barbecue lunch will be served, and pesticide recertification contact hours will be available for all New England states. For more information, contact the UMass Extension Turf Program at (508) 892-0382 or e-mail fieldday@umass turf.org.

## GIS Workshops

**GIS 101: Learning to Map in the Digital Age**

Date: Tuesday, May 17, 2011

Time: 9 am - 12 pm

Location For both workshops: Nashua RPC, Merrimack, NH

## Making Maps the Google Way

Date: Tuesday, May 17, 2011

Time: 1 pm - 4 pm

For more information, please call Sharon Hughes at 862-1029 or email sharon.hughes@unh.edu.

Register online at:

http://gisworkshops.org ==>click on "Register Now!"



Administrative Assistant, Janell George cheerfully greets visitors to the UNHCE Hillsborough County office.



**Thank you** to the Tractor Supply Company Store in Merrimack who participated in the paper clover campaign to help support the 4-H programs- national and state wide. Presenting a certificate of appreciation to store manager, Cathy Thompson, are 4-H members and Merrimack residents, pictured left to right, Holly Lewis, (Cathy, holding certificate), Ronald Miner, Elyse Morano, Alicia Parker, and Emma Miner.

## 4-H Animal Approval Forms Reminder

All dog and horse approval forms are due in the office by May 1, 2011. Horses trying to go to the **Big E** were due April 1. Beef heifers going to the **Big E** are also due May 1. Sheep, goats, swine, rabbits, poultry and non **Big E** beef animals are due in the office by June 15. Approval forms are available at <http://extension.unh.edu>. To have the forms mailed to you, please call the office at 641-6060.



Dana DeMore and her black lab, Abby wish to remind all 4-H friends that animal science approval forms are due in the 4-H office soon if they plan to show at any of the 4-H fairs in 2011.

## The Tom Fairchild Friend of 4-H Golf Tournament Friday, May 20, 2011

Come to Candia Woods Links for a great day of golf and fun while supporting the fund raising efforts of the 4-H Foundation of New Hampshire. The cost to play for a team of four is \$400, an individual is \$125. Registration starts at 7:30 am, followed by a continental breakfast and a bucket of balls on the driving range. Players will enjoy an exciting day of golf beginning at 8:30 am with a Shot Gun Start, lunch begins at 1 pm and ends when all golfers are served. Stick around for the silent auction and awards. For more information or to learn how you can be a sponsor, visit <http://extension.unh.edu/4H/4HFoundn.htm> or email Wendy Brock at [wendy.brock@unh.edu](mailto:wendy.brock@unh.edu). **Sign Up Now!**



## New Hampshire 4-H Shooting Sports Program



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. Minimum enrollments are required in order to offer each discipline. Once enrolled as 4-H volunteers, adults will be certified to teach one specific discipline to youth participating in a formal 4-H Shooting Sports Program. All NH 4-H volunteers must complete an orientation with their local county Extension office before being officially enrolled and it is recommended that volunteers do this before attending this training.

### Dates & Times:

Friday, May 20, 2011 optional early arrival

Saturday, May 21, 2011- 9 am start

workshops all day & evening

Sunday, May 22 8 am - 3 pm

Location: 4-H Youth Center, New Boston, NH

**Training:** All sessions will be conducted in the 4-H way - "learn by doing." Lessons will include approximately 12 hours in the disciplines and 6 hours on youth development. This training is for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from other states are invited to attend. If enrollments are high, then priority will go to NH 4-H volunteers.

**Cost:** The fee is \$45 for NH volunteers and \$65 for leaders from other states. This includes food, lodging, and materials. We have received generous support for this training from the 4-H Foundation of New Hampshire, and Federal Cartridge. Additional scholarships may be available from county 4-H foundations.

**Registration:** A registration form is available at:

<http://extension.unh.edu/Counties/Coos/Docs/brochure1final.pdf>.

Full payment must be received by Friday, May 6, 2011.

For more information please contact Larry Barker, Extension Educator, 4-H Youth Development, Coos County at 788-4961 or [larry.barker@unh.edu](mailto:larry.barker@unh.edu).

## Tree Fruit Growers Twilight Meeting

Date: Wednesday, May 18, 2011

Time: 5:30 p.m. - 7:30 p.m.

Location: Lavoie's Farm, 172 Nartoff Road, Hollis, NH

Host: Adrien Lavoie and Family

Web site: <http://www.lavoiesfarm.com>.

The New Hampshire Fruit Growers' Association is sponsoring a commercial tree fruit growers' twilight meeting. University of Massachusetts Extension and UNH Cooperative Extension Specialists will be discussing pest management options and orchard management. Pesticide Applicator recertification credits will be available. For more information, please contact George Hamilton at 641-6060.

## Tree Fruit Growers Twilight Meeting

Date: Wednesday, June 8, 2011

Time: 5:30 p.m. - 7:30 p.m.

Location: Appleview Orchard, 1266 Upper City Road, Pittsfield, NH

Host: Dennis Straight

Web site: <http://www.applevieworchard.com>.

The New Hampshire Fruit Growers' Association is sponsoring a commercial tree fruit growers' twilight meeting. UNH Cooperative Extension Specialists will be discussing pest management options and orchard management. Pesticide Applicator recertification credits will be available. For more information, please contact George Hamilton at 641-6060.

## Fundamentals of Forestry

Date: Wednesday, May 25, 2011

Time: 8 am - 3 pm

Location: New England Forest Products  
315 Sawmill Road, Route 31, Greenville, NH 03048

Cost: \$90.

This workshop will give loggers a better understanding of the theory behind forest management and the application of silviculture for sustainable forest resources. This Course is Required FOR PLP CERTIFICATION (8.0 Certification Credits). To register or for more information, please call 224-9699.



Leader Joanne Gelinias, Project Leader Allison Fortin, and members of Hooftbeats and Mini-Hooftbeats 4-H clubs invite you to help raise funds for Make A Wish Foundation.

Since 1980, the Make-A-Wish Foundation has granted the wishes of more than 177,000 children - one wish every 40 minutes. Please support the efforts of the Make-A-Wish Foundation. Your gift will delight wish kids, their families, and their entire community.

The 4-H motto is:



The 4-H program has always taught all 4-H members to make a difference in their life, community, country, and their world. The 4-H program would like to make a difference in a child's life with the Make-A-Wish Foundation of NH.

The goal in Hillsborough County is to raise funds to grant the wishes of children with life-threatening medical conditions, and to enrich the human experience with hope, strength, and joy. Please help us to make a difference. Even a donation of \$1.00 can help make a difference in a child's life.

Donations can be made at:

<https://secure.wish.org/ourfriends/058-000/4-h.htm>

or mail to:

Jo Gelinias- Hooftbeats 4-H Club Leader

365 Worthley Hill Road

Goffstown, NH 03045

[mssjojo@aol.com](mailto:mssjojo@aol.com)

603-660-1032

Please make checks out to Hillsborough County 4-H.

## Top Ten Reasons to Garden

It wasn't that long ago that a shovel, a patch of soil and a bag of seeds were the only tools needed to provide sustenance and satisfaction. Gardening was a part of daily life. Ask any gardener today why they garden and you'll get a variety of reasons why it's important to them.

### 1. *Garden for safe, healthy food.*

Start your own garden and know the food you're eating is fresh and safe with fantastic flavor not always found in grocery store produce. It's estimated that during WWII, home Victory Gardens produced close to 40% of the fresh vegetables consumed in the United States.

### 2. *Garden for exercise.*

Tired of the gym routine? Get a good workout without even thinking about it. Gardening activities provide both cardio and aerobic exercise. Studies show that an hour of moderate gardening can burn up to 300 calories for women, almost 400 calories for men.

### 3. *Garden to add beauty.*

A house with a nice yard is a pleasure to look at and satisfying to live in. Think of the garden as another room to be enjoyed whether you are inside or outside the house.

### 4. *Garden to learn.*

Gardeners find that the more they learn about plants and gardening, the more they want to know. There are a variety of ways to increase gardening know-how such as seminars, Master Gardener programs, vo-tech courses and formal degree programs at a college or university.

### 5. *Garden to make money.*

Whether you live in your dream home or plan on moving soon, gardening adds value to your property. Real estate agents estimate that attractive landscaping increases a home's value by as much as 15%.

### 6. *Garden to meet people.*

Gardening is a great way to expand your social circle. Whether it's with someone who lives down the street or halfway around the world on the internet, gardeners love to talk about plants.

### 7. *Garden to be creative.*

Gardening provides an outlet for creative and artistic expression. A garden's design can reflect a personal sense of style as well as provide a showcase for art and sculpture.

### 8. *Garden to win.*

For people with a competitive streak, gardening is a friendly way to show off their skills. Garden clubs regularly have shows that highlight the best flowers grown by local gardeners. County and state fairs provide an opportunity to show everyone the giant pumpkin, beautiful beans or luscious tomatoes harvested from the garden.

### 9. *Garden for emotional needs and spiritual connections.*

Gardens play an important part in our well being. A garden might serve as a tranquil retreat or private escape from the demands of everyday life. The beauty of flowers can lift spirits, while pulling weeds can be a great release for stress and excess energy.

On a higher level, gardening provides a spiritual connection to life. It's a miracle to take a tiny seed, nurture it, and watch it grow into a beautiful flower or delicious food for your table. Tending a garden also contributes to improving your own living space, the environment and our planet.

### 10. *Garden for lasting memories.*

Today's kids are missing the joy of cutting a bouquet of flowers for their mom or tasting the sweetness of a cherry tomato picked right from the plant. Gardening is a fun activity that can be shared with children and grandchildren. And a garden provides a beautiful way to remember a special person or time of life.

*Excerpted from an article by The National Garden Bureau*

## Gardening for Exercise

I always feel better in the summer when I'm outside working in the yard and flower beds, but I always thought it was because I thoroughly enjoy gardening and it's therapeutic for me. Gardening is also a good form of exercise. I read an article recently detailing the number of calories burned and the muscle groups used doing various yard and gardening activities. As with most exercise programs, the activity must be maintained for a period of at least 30 minutes to be beneficial. Fitness terms such as endurance, resistance, flexibility, and strength are applicable to gardening activities.

Digging and spading in the garden gives a moderate to heavy intensity workout. It involves muscles in the upper body, back, and legs. Women doing this activity burn 150 calories in a 30 minute period, men burn 197. This activity improves muscle strength and endurance as well because a great deal of resistance is involved.

Mowing the lawn is also a good workout. Of course it depends on what type of mower you use. Mowing with a push reel mower gives a high intensity workout involving the whole body. Women burn 181 calories in 30 minutes, men burn 236. Mowing with a rotary power mower gives the whole body a moderate workout. Women burn 135 calories in 30 minutes, men burn 177. Sorry, riding mowers weren't involved in the study.

Planting transplants, shrubs, and trees gives the whole body a moderate workout. Women burn 135 calories every 30 minutes, men burn 177. After planting, the trimming and pruning of trees and shrubs also keeps us in shape. Our hands, forearms, shoulders, and upper back receive a moderate workout. Women burn 135 calories and men burn 177 calories every 30 minutes.



Weeding the flower beds and vegetable garden gives the legs, hips, buttocks, and hamstrings a moderate workout if we stoop while we weed. Women burn 138 calories every 30 minutes, men burn 181. Using herbicides to help control weeds didn't fit in with this definition of weeding.

Raking the yard, though it seems like a lot of work, provides a moderate or light workout of the arms, shoulders, back, hamstrings, and buttocks. Women burn 120 calories every 30 minutes, men 157. Gee, it looks like the kids and the dog burn more calories jumping in the leaf piles than adults do raking them!

Shoveling snow (think of December, January, February, and March) provides a very heavy workout for the shoulders, arms, back, and legs. Women burn 256 calories, men burn 334 every 30 minutes. It might be a great idea to put the snowblower away, especially during the holiday season with its overabundance of food.

If you're an active gardener, you may be getting as good a workout as the neighbors who regularly jog or walk by your house. If only we burned as many calories leafing through all those garden calendars every winter!

*Adapted from an article by by Sherry Rindels, Department of Horticulture, Iowa State University.*



The Nutrition Connections Program provides life-skills education to limited income individuals, seniors, groups and youth to teach the basics of nutrition, food safety, shopping wisely for food, menu planning, physical activity and reading food labels. People are reached through home study courses, groups or in-home classes, TV commercials and newsletters. Nutrition Connections also assists schools in improving the nutrition environment.

Awilda Muniz provides the instructions in the Spanish and English languages in the Greater Nashua area and Heidi Bennett provides the instructions in English in the Greater Manchester area.

- \* Stretching food dollars to eat better for less.
- \* Preventing illness by handling food safely.
- \* Fitting more physical activity into your life.
- \* Reading food labels to choose healthier foods.
- \* Helping children develop healthy eating habits.
- \* Cooking quick, low cost meals and snacks that are tasty and healthy.
- \* Eating healthier to help prevent chronic disease.
- \* Planning healthy meals.
- \* Using concepts from the Dietary Guidelines and MyPyramid to make healthy changes in nutrition and physical activity.

For more information, please call 641-6060.

Looking for some great recipes in English and Spanish?

[http://extension.unh.edu/resources/files/Resource000315\\_Rep337.pdf](http://extension.unh.edu/resources/files/Resource000315_Rep337.pdf)



<http://extension.unh.edu>

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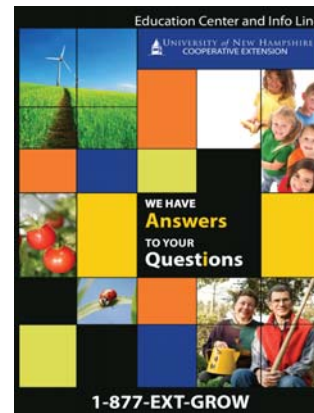
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**Mission Statement**  
"UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources,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

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**Just in Time Parenting: Resources for Parents**

With all of the publications and online articles available to parents, it can be tough to find reliable information. As a parent, how do you know who and what to trust?

UNHCE is part of eXtension, a network of experts from the nation's land-grant universities providing "objective, research-based and credible information you can use every day to improve your life." The website <http://www.extension.org> provides resources for all of Cooperative Extension's program areas, including information for families.

One of those resources is **Just in Time Parenting**, designed over 25 years to bring information to families at the time when it can be most useful. Monthly "just in time" newsletters are delivered over the web, based on the age of the parents' child. Newsletters can also be "snail mailed" to the home. Families just need to sign up for either option by going to the eXtension site <http://www.extension.org/parenting>. These age-paced newsletters deliver information just in time, providing parents with guidance to support the development and growth of their child at the point in time it's needed.

A team of 30 land-grant university experts contribute to this national web resource on parenting. Although the newsletters are currently available only from prenatal to age 5, other resources on the site include information for parents of school age children and teenagers. These resources include articles, fact sheets and access to experts across the country to answer questions. Current articles on the site include "Bullying, Resources for Parents," "The Truth About ADHD", and "Parenting During and After Divorce".

**Month 1**



**You and Your Baby Are Learning Together**

You and your baby are spending a lot of time getting to know each other.

Most of the baby's time is spent crying, eating, and sleeping, while most of your time is spent figuring out the best way to meet your baby's needs.

Do you feel as if you will never sleep through the night again? Are you a little nervous about taking care of this helpless but demanding baby? Do you feel tired a lot but excited, too? If you answered yes to any of these questions, then you are like most new parents.

There are new things to learn when you become a parent. If you have questions or doubts, call your doctor. It is better to get the correct information from a professional than to worry whether you're doing the right thing. Taking care of a newborn is a challenging job, especially the first time around.

**Place Babies on Their Back to Sleep**

Put your baby on his back to sleep. This will help prevent breathing problems and Sudden Infant Death Syndrome (SIDS), according to the American Academy of Pediatrics.

Do not use soft bedding materials such as waterbeds, soft mattresses, pillows, blankets, and stuffed animals. Your baby cannot move them if they happen to get on his face and he may not be able to breathe.

Use a firm mattress, and clothe your baby in a one-piece sleeper outfit to keep him warm while sleeping.

**Read More...Just in Time Parenting Newsletter Month 1**

Credits: This newsletter was adapted from Extension Just in Time Parenting Newsletters in California, Delaware, Georgia, Iowa, Kentucky, Maine, Tennessee, Nevada, New Hampshire, New Mexico, and Wisconsin.

- Agriculture/Home Gardening
- Family & Consumer Resources
- Forestry and Wildlife
- Food Safety and Nutrition Education
- 4-H Youth Development
- Community Development

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