



UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

Sullivan County
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<http://extension.unh.edu/Counties/Sullivan/Sullivan.htm>

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The Sullivan County Extension Connection

January & February 2010

Resolve to Become a Better Money Manager in 2010

Need an idea for a New Year's resolution? Have you considered getting a better handle on your finances as one possibility? If the past year's economic challenges created stress for you and your family you may benefit greatly from the resources available through Cooperative Extension. Learning positive money management techniques can help you and your family adapt to tough economic times while still protecting your future financial security.

UNH Cooperative Extension Educators offer numerous workshops throughout the year to help individuals and families improve their money management skills. Call our office at 863-9200 for more information and check our web site <http://extension.unh.edu/> for a schedule of our upcoming programs, on-line materials and publications.

Managing Money in Tough Times - Participants in this workshop discover strategies for setting priorities, distinguishing between needs and wants, and finding the money to increase savings and decrease debt - two important steps toward reducing stress and anxiety about money. There is no cost to attend this workshop.

Making Money Work For You - A five-part workshop series designed for people concerned about their money, just starting out, or struggling to make it paycheck to paycheck and who are looking to manage debt and begin saving. The workshop series covers goal setting, credit, insurance, stretching resources, spending choices, and making a spending and savings plan. Cost is \$12.00 per individual/couple - scholarships are available upon request.

Credit Check Up - A workshop on assessing credit worthiness, reading your credit report, and understanding your credit score.

Don't Get Crushed By Debt-Take Charge - A workshop on managing consumer debt and increasing your savings. *(continued on page 2)*

Bird Photo Calendar Contest

Do you photograph birds? If so, USDA's Animal and Plant Health Inspection (APHIS) invites you to enter your best poultry or pet bird photos in the Biosecurity for Birds Calendar Photo Contest. APHIS is interested in photos of all kinds of birds - including poultry, game birds, wild birds, shorebirds, and pet birds. Photos should show the bird(s) in a clean environment and without people in the photo.



People of all ages are encouraged to enter their photos. Photos should accurately reflect the subject matter. The main image should not be digitally altered beyond removing dust, cropping, cleaning up the background, and/or making reasonable adjustments to exposure, color, contrast, etc. All photos will be credited with the photographer's name. A maximum of 3 photos per person will be accepted. The deadline for submitting contest entries is January 31, 2010. Winners will be notified via e-mail by February 28, 2010.

The winning photo(s) will be featured in the 2011 Biosecurity for Birds calendar and the Biosecurity for Birds web site (<http://healthybirds.aphis.usda.gov>) and may be featured as screensavers. Entries can be submitted through the official online entry form: <http://healthybirds.aphis.usda.gov>

Be The Best You Can "BEE"

Enter The 4-H Beekeeping Essay Contest

Each year the Foundation for the Preservation of Honey Bees, Inc. sponsors a 4-H essay contest. The 2010 essay theme is "Is My Community Honey-Bee Friendly?" In recent years many beekeepers have experienced colony losses to the yet unexplained Colony Collapse Disorder or CCD. These unexplained losses have caused some people to wonder "What can I do to help?" For this essay, you should survey your community to see what is being done, or could be done to help honey bees. Are there classes for new beekeepers; does your town allow roadsides and open land to grow up in blooming plants in the spring? Does the NH state highway department have a wildflower seeding program; are insecticides chosen with bee protection in mind? Complete contest rules are available at the Extension office. Entries are due to the Sullivan County office by February 1. You may win a cash prize (1st place \$750.00, 2nd place \$500.00 and 3rd place \$250.00) for having one of the top three essays nationwide. A Sullivan County member has won the national competition before! Each state winner will receive a book about honey bees, beekeeping or honey.



Celebrate Your Family!

Attend the upcoming

STRENGTHENING FAMILIES PROGRAM

For Parents and Caregivers
and Their 10-14 Year Olds

Wednesday Nights

January 20 thru March 10

Dinner from 5:30 - 6:00 p.m.

Program from 6:00 - 8:00 p.m.

Newport Middle High School
245 North Main St., Newport

To Register:


Call Gail Kennedy @ 863-9200

Weekly Drawings for a \$25 Gift Card

FREE Childcare

FREE Dinner

FREE Family Fun!



Sandy Trybulski
Program Associate
Nutrition Connections
sandy.trybulski@unh.edu

Being Physically Active is Important

Do you lead a sedentary or active lifestyle? Sedentary is a lifestyle that includes only the light physical activity that is common with day-to-day life. Active is a lifestyle that includes physical activity equivalent to walking more than 3 or 4 miles per day at 3 to 4 miles per hour, in addition to the light physical activity that is common with day-to-day life. Are you getting enough?

The Dietary Guidelines for Americans recommends:

- For health benefits, get at least 30 minutes of moderate to vigorous physical activity on most days.
- To prevent unhealthy weight gain, get 60 minutes of moderate to vigorous physical activity on most days.
- To lose or maintain weight loss, get 60 - 90 minutes of moderate to vigorous physical activity daily.

Your 30-60 minutes does not have to be all at once. Three to six 10-minute activity breaks throughout the day can add up. Pick a time and activity that is best for you. Activities that do not increase your heart rate such as walking while shopping do not count toward the 30 minutes or more.

Tips for a Healthier You

- Listen to your body—eat when you're hungry and stop when you're full!
- Eat a variety of foods to get the nutrients you need.
- Watch your calorie intake.
- Make at least one of your daily vegetable choices dark green or orange.
- Choose whole fruit over fruit juice.
- Make water your beverage of choice.
- Try to get at least 30 minutes of physical activity for a healthy body and mind.
- Get plenty of sleep.
- Wash your hands.
- Keep food safe to eat.

(Source: NCES Foundation for a Healthier You adapted from USDA's MyPyramid.gov)



Hearty Chicken Stew

This stew is just the thing for cold winter nights.

- 2 Tbsp. canola oil
- 6 chicken thighs or legs, skinless
- 2 med. onions, diced
- 6 sm. potatoes, peeled and cut into chunks
- 6 c. chicken broth, low-sodium
- 1 cup corn, (fresh, canned or frozen)
- 3 Tbsp. capers
- ¾ c. 1% milk

1. Heat the oil in a large pot. Add the chicken and the onions, saute until the chicken is golden on both sides. While the chicken is cooking, prepare the potatoes.
2. Add the stock to the pot. Cover and cook until the chicken is done, about 40 minutes.
3. Remove the chicken and add the potatoes. Cook for 15 minutes.
4. While the potatoes are cooking, bone the chicken and return the meat to the pot.
5. Season to taste with salt and pepper, add the potatoes, corn and capers, simmer for 5 minutes longer.
6. Add the milk and continue cooking just long enough to heat it through.



Family & Consumer Resources

Gail P. Kennedy

Extension Educator

Family & Consumer Resources

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Earned Income Tax Credit

by Suzann Enzian Knight, MOE,MS,CFP
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UNH Cooperative Extension, Durham, NH

Do you qualify for the Earned Income Tax Credit?

The Earned Income Tax Credit for Tax Year 2009 lets some working families with children and some workers without children pay less federal income tax or get money back. This is the first year that the Earned Income Tax Credit has been expanded to include 3 or more qualified children. 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. These children can be a son, daughter, adopted child, grandchild, stepchild, your brother, sister, stepbrother or 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 2009. 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 2009, 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 \$13,440 (\$18,440 for married filing jointly) you can receive up to \$457. If you have one qualified child and earned less than \$35,463 (\$40,463 for married filing jointly) you can receive up to \$3,043. With two qualified children and earnings less than \$40,295 (\$45,295 if married filing jointly) you can receive up to \$5,028. If you have three or more qualified children and earned less than \$43,279 (\$48,279 for married filing jointly) you can receive up to \$5,657. Your investment income during 2009 can't be more than \$3,100.

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. There are a number of free tax preparation sites throughout New Hampshire where IRS certified volunteers are trained to help you fill out the tax forms. These sites are operational in late January. By going to an IRS certified free tax preparer, your refund will come to your bank account in 10 to 14 days.

For more information about the earned income tax credit, contact your local UNH Cooperative Extension office and request the free publication titled "Earned Income Tax Credit for Tax Year 2009". To locate the New Hampshire free tax preparation sites visit <http://www.nheitc.org> or call 1-877-398-4769 or 2-1-1.

Better Money Manager - (Cont'd from pg. 1)

Take the Road to Financial Security - A workshop developed to increase knowledge of issues regarding financial security and to help people assess their preparedness for later life financial security then create a plan of action to meet their personal needs and goals.

Legally Secure Your Financial Future - A two-part seminar series designed to educate participants to evaluate their legal status related to later life issues, develop a personal action plan, and take important steps to safeguard their families' financial future. **(Legal Issues: Are You Prepared? and Advance Care Directives: Who Will Decide?)**

Power Pay - PowerPay is a computer program that creates a repayment plan to reduce debt load. To complete your own data entry and analysis on-line go to: <https://powerpay.org/> or contact your county Cooperative Extension office and request the PowerPay service for \$5.00.

Getting A Grip On Your Money - GRIP is a seven-part newsletter series mailed to your house on a bi-weekly basis. Newsletter topics cover setting goals, implementing a financial record keeping system, understanding credit and insurance, and developing and following a spending/savings plan. Subscription cost is \$8.95.

Investing For Your Future - An 11-unit learn-at-home self-study designed for beginning investors with small dollar amounts to invest at any one time. The series assumes participants are investing for the first time and/or selecting investment products for personal or a 401(k) or 403(b) - available online at www.extension.org/pages/Investing_For_Your_Future

4-H and Youth



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Fashion Revue is Coming Soon!!



It's time to start planning to participate in our fashion programs in April. April 10 is "evaluation day" during the morning at the Claremont Middle School. Friday, April 16 is the fashion show at 7 p.m. at the Claremont Middle School.

For members planning to sew an outfit, don't wait until the last minute! Choose your pattern and fabric and start sewing soon so that you have plenty of time to finish your project. We still have a few patterns at the Extension office that you can borrow. We also have guidelines to help you choose appropriate patterns and fabric for each year in the sewing project. Sewing leaders are encouraged to contact Nancy Berry for more information.

If you don't want to do a sewing project, and you are 12 or older, you can participate in "Fashion Selections." Since not everyone likes to sew, but everyone buys clothes, we can include more 4-H members in this fun annual event!

Fashion Selection categories include: School, Makeovers, Interview Outfits, Career Fashions, Special Occasions, Sports/Leisure Activities, and Best Bargains for less than \$25.00

Get R.E.A.L. Workshops

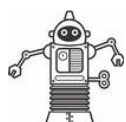
Get Ready! Get Energized!
Get Active! Get Leadership!

Saturday, February 13
 8:30 a.m. to 12:15 p.m.

Charlestown Middle School

Watch your mail in the coming weeks for a brochure describing all of the exciting hands-on workshops being offered to Sullivan County volunteers and teens. Workshops that are planned include "Introduction to Robotics", "Inside Secrets of a Fashion Judge", woodburning, jewelry making, print making, and more!!

To view the workshops and register online go to: https://www.events.unh.edu/RegistrationForm.pm?event_id=6533



CURRENT NEWS

Bear Hill 4-H Camp Closes

Providing a high quality camping program has long been a tradition in the New Hampshire 4-H Youth Development program. Over the past 70 years, we have offered many youth and camp counselors an exceptional experience at the Bear Hill 4-H Camp facility at Bear Brook State Park. Despite the positive aspects of operating a traditional, residential camp at Bear Hill, the camp has consistently operated at a deficit for many years.

Following an extensive review and financial analysis, it has been determined that it is no longer possible to offer camp at a reasonable cost to families. Even with a significant increase in the camper fee, we would just "break even" and we simply do not have sufficient resources to maintain the facility and provide the quality camping experience at an affordable cost. The difficult decision has been made to close the Bear Hill 4-H Camp.

At the same time, New Hampshire Fish and Game also announced activities at Barry Conservation Camp will begin a one-year hiatus through 2010 to address infrastructure problems. Operated in partnership with UNH Cooperative Extension's 4-H Youth Development Program, the summer youth camp has been offered by Fish and Game since 1984.

We are exploring opportunities for NH 4-H members to attend other 4-H camps. Watch the 4-H Camp section of the UNH Cooperative Extension web site <http://extension.unh.edu/4H/4HCamps.htm> for further information as it is made available.

Our sincere thanks to everyone who has supported 4-H camps through the years. These camping programs have received a great deal of support from county conservation groups, 4-H foundations, 4-H leader councils and 4-H clubs. This support has helped with facility upgrades and provided scholarships for youth.

If you have questions please do not hesitate to contact Wendy Brock at 603-862-2187 or email wendy.brock@unh.edu.

News from the Rogue Robots of 4-H: "On your mark, Get set, LEGO®!"



The Rogue Robots of 4-H is a newly formed science, engineering and technology club in the Charlestown area. Their first project was to participate in the FIRST (For Inspiration and Recognition of Science and Technology) Lego® League robotics competition. The teams were judged in three areas: their robot's design and ability to complete missions, their research project, and their teamwork. The qualifying event at Dartmouth College's Thayer School of Engineering was Saturday, November 7 and while the team was not chosen to go on to the state competition, they were awarded 2nd place in the teamwork category. Their research project, which focused on how to encourage people to leave their cars at home for short trips and bike or walk instead, was also very well received. You can check out the club's Facebook page (Rogue Robots of 4H) if you're interested in checking out their research, or the club's upcoming community service plans. Many thanks to Omega Optical in Brattleboro, DGM Optics of Charlestown, the 4-H Leaders Association and Fun 4-H in Charlestown for their sponsorship this fall. Congratulations to the other Sullivan County 4-H team, the Claremont Middle School team, for winning the Most Courageous Team Award!

Teen Club Tubing at Arrowhead!



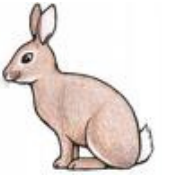
Come join the 4-H Teen Club members at Arrowhead Ski Area in Claremont for an evening of snow tubing fun on Friday, February 19, 2010 from 6:30-9:00 p.m. Arrowhead is behind the Sugar River Technical High School on South Street in Claremont. The cost is only \$8 per person. There are four lanes for innertubing. It will be a lot of FUN!

To participate you will need to submit a completed 4-H Activity Youth Permission and Release/Code of Conduct form as well as a Youth Medical Care and Treatment form. These forms can be downloaded from the internet at <http://extension.unh.edu/4H/4Hforms.htm>.

For more information, check out the Arrowhead website at www.arrowheadnh.com. Inexpensive refreshments will be on sale at the ski area. Other family members are welcome to ski, ride or tube at their own risk. Parents must sign a release form at the ski area.

4-H MEMBERS' CORNER

Getting Started with a 4-H Animal or Poultry Project



So, you have decided to explore a 4-H Animal Science Project for the first time. There are so many options to explore: Goat, Dairy, Rabbit, Beef, Sheep, Dog and several more. Recently added to the 4-H section of the UNH Cooperative Extension web site are fact sheets on how to get started with the animal project of your choice. The following link <http://extension.unh.edu/4H/4-HAnimalScience.htm> will take you to the spot where you can see the possibilities and download the fact sheet of your choice. Each fact sheet describes the basic steps to get off to a good start in every animal science project available in New Hampshire.

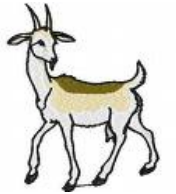
The opportunities for advanced learning, health requirements, deadline dates often vary from one animal project to another. You do not need to own an animal to explore the projects available or show an animal at a summer fair. However, if you think showing is a possibility be sure you become familiar with the 4-H Animal Approval form project animal registration process that follows.

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4-H Animal Approval Forms



Members with 4-H animal projects must register their project animal(s) with their County Extension Office annually. Forms must be requested from your leader, the Extension Office or can be downloaded from the web at <http://extension.unh.edu/4H/4Hforms.htm>. Scroll to Animal Science Project Resources and click on the appropriate form. If you are thinking of showing your 4-H project animal(s) at the fairs during the summer of 2010, be sure to submit these forms to the Sullivan County Cooperative Extension office before or on the appropriate deadline dates as follows:



- February 1:** *Beef Steers to be shown at Eastern States. * A special ear tag is required to be in place before February 15. Contact Robin Luther to let her know you are interested in participating.*
- April 1:** *Horses to qualify for Eastern States.*
- May 1:** *Beef Heifers to be shown at Eastern States, Working Steers, Dogs, Dairy Cattle, Llamas and Horses.*
- June 15:** *All Sheep, Goats, Swine, Small Animals, Poultry, and other Beef not being shown at Eastern States.*

All 4-H project animals must be at least three months old by show day to be exhibited, shown or brought to any given 4-H event. For instance, a lamb born on May 31, 2010 could not be exhibited at a 4-H event before August 31, 2010.

Outstanding Accomplishments Recognized During 4-H Rally 2009

Creativity, achievement and enthusiasm for 4-H youth development was evident during our fall Rally and Awards Night. This event marks the end of one 4-H year and the beginning of the next. At this event we celebrate member and leader accomplishments. Sullivan County Teen Club member, **Shelby Pillsbury**, and Horse Hugger 4-H member, **Heather Stockwell**, served as commentators. Newport's Barnyard Bunch conducted the flag ceremony and the stage decorations were provided by the Acworth Hill Climbers. To benefit area food shelves, we thank Fun 4-H for their yearly sponsorship of a food raising raffle.

Congratulations to **Daniel Drye**, a member of the Covered Bridge 4-H Club of Plainfield, **Shelby Pillsbury** of the Creative Clovers 4-H Club of Claremont and **Heather Stockwell** of the Horse Huggers 4-H Club in Cornish who were each recognized as 2009's Ivan Head Outstanding 4-H'er award winners. This is the highest honor presented to a Sullivan County 4-H member. To achieve this honor candidates submitted a Senior County 4-H record and participated in an interview process. This honor recognized 4-H members who have developed a combination of qualities including leadership, service to others, outstanding project accomplishments, active participation in community, county and state 4-H events, and enthusiasm for the 4-H program.

This year's outstanding 4-H club "The Jim Dandies" keeps service to others, as well as their community of Charlestown, among their top priorities. This club has established a much anticipated community tradition called the "Elves workshop". Club members, parents and leaders plan and facilitate this incredible community service project that involves volunteers and families way beyond their own club membership. This family-focused event gives children a chance to make or buy inexpensive, holiday gifts for their parents and siblings. It takes a full year to select the crafts to be taught, obtain supplies, decorate the facility and recruit adults and teens to help younger children make their gifts. This group has been going full force for 46 years and since its start has been involving youth in sewing, crafts, gardening and, most recently, the dairy project. The creativity and generosity of Marjorie Putnam and her daughter, Elaine VanVelsor, have kept Jim Dandies 4-H club membership strong and connected to their community.

County medals of honor were presented to: **Jacob, Joshua and Rachel Baker, Abby St. Pierre, and Taylor Seymour** of Fun 4-H; **Bethany Denton, Annie, Benjamin, and Daniel Drye** of the Covered Bridge 4-H Club, **Shelby Pillsbury** of the Creative Clovers and Teen Club; **Heather and Katherine Stockwell and Cassy Young** of the Horse Huggers; **Brigitte Taylor** of the Acworth Hill Climbers, and **Emily Whittier** of the Bunny Bunch. In addition, Honorable Mention Certificates were awarded to **Dayna Bellefeuille and Ian McShane** of the Fun 4-H Club, **Linnea Rock** of the Horse Huggers; **Jeremy Rumrill** of the Jim Dandies; **Dan Chute, Amanda and Holly Towne** of the Bunny Bunch. Each recipient submitted a county record describing their accomplishments in 4-H and were selected to be recognized for their individual 4-H achievements.

4-H T-Shirt Reminder

We will be placing a 4-H t-shirt order for our newest members very soon. They are FREE for all enrolled 4-H members. They are also available for \$7 each for adults who wish to order one. Call Dawn at 863-9200 now with orders for your new members. Please make checks payable to the "Sullivan County 4-H Foundation."

4-H LEADERS' UPDATE

International Foods Day to be held on January 30

Now is the time for your club to start planning for this favorite county event! International Foods Day provides a wonderful opportunity for members and leaders to learn about other cultures, taste unfamiliar foods and swap ideas with 4-H members and leaders county wide. International Foods Day will be held on Saturday, January 30 at the Newport Middle High School. The basic steps for club participation are as follows:



1. **Choose a country to learn about;** then work together to plan a menu using recipes and foods commonly eaten in the chosen country.
2. **Plan a short presentation** that will be unique and interesting which also incorporates a tradition, a dance, music, a ceremony and/or clothing from your chosen country.
3. **Attend the event on January 30th!** Plan to arrive at around 11:00a.m. with a precooked meal that is representative of the country your club chose. Bring dishes, silverware, napkins, serving spoons, pots and pans to re-heat food if necessary.

Members set the tables and play fitness games while leaders and parents warm the food to be served at noon. Bring a bit more of one food item to share!
New this year: Make your own fruit salad at Foods Day. Try new fruits!

Milk and coffee will be provided. During this year's fitness activities, we will explore some of the new "Are You Up for the Challenge?" curricula. As soon as your club has decided which country to represent, call the Extension Office to let us know. As the event gets closer, please let us know how many participants are expected to attend from your 4-H club so we can put together a seating plan. As always, if you have any questions, please call!!



E-Learning Opportunities for 4-H Volunteers

New Hampshire 4-H is offering a series of interactive online training modules developed specifically for 4-H volunteers. The series, called E-Learning for 4-H Volunteers, currently includes four modules entitled "About 4-H, Positive Youth Development, Getting Started with 4-H, and Leadership and Teaching". The modules provide information and resources that all 4-H leaders need to know. The E-Learning modules can be accessed from any computer with an internet connection at this address <http://extension.unh.edu/4H/4HVolunt.htm>. To make it convenient for 4-H Leaders with tight schedules the modules are available at any time, day or night. A certificate of completion can be printed after completing each section. However, to be officially recognized for completing a module you must remember to hit the submit button. Only after clicking on submit will the state & county 4-H office be notified of your success.



Leaders' Banquet is March 12 at Common Man



Mark your calendar now! We want you to attend our annual Leaders' Banquet at the new Common Man Restaurant in Claremont. This is your chance to experience this lovely restored mill building on the Sugar River and to taste their delicious food!

The March 12 Banquet is our way of saying "Thank you" for all you do for young people in 4-H. Only enrolled 4-H volunteers will receive an invitation in the mail so this is a reason to get your enrollment forms into the Extension office if you haven't yet done so. Each leader may invite a spouse or friend as well but you will need to pay for their dinner. We will be having some musical entertainment by local teens.

Join Us for "New Leader Orientation" on January 25

This is your opportunity to start the new year off right by joining "The 4-H Family"! Come learn about what volunteers can do in 4-H. Attend a New Leader Orientation on Monday, January 25 from 6:30 - 9:00p.m. at the Extension office. As a 4-H volunteer you will be a coach for your 4-H club. During this session, we will share the basics on how to develop successful 4-H team experiences. We will review the play book sections: Inside 4-H, Club Management, Learning the 4-H Way, Working with Club Members, Family Involvement and Risk Management. We will make sure the evening is interactive, informative and fun. Please call the office at 863-9200 to register and feel free to invite other adults considering 4-H leadership.

4-H Family Camp-In Planned for May 2010



It's every curious child's dream to be in a science museum for the night. So, here is an affordable opportunity to make those dreams come true. Save the date Saturday, May 1 to join the Sullivan County 4-H Camp-In at the Montshire Museum. Registration information will be available in March so please let us know if you are interested in attending. With help from our 4-H Leaders Association we hope to make it possible for all interested families to attend.

Money Fun-damentals!

No matter what you choose to do with your life, you will need to learn how to manage money to be successful. Did you know that 4-H Youth Development has project materials that can help you get your 4-H'ers started? We have the "Money Fun-damentals" curriculum that includes two youth manuals and a helpers guide. Youth can further explore the fundamentals of money by playing the Financial Champions Web game at: <http://pa4h.cas.psu.edu/FinancialChampions/index1A.htm>



Another supplementary resource is Hands on Banking® a web based program from Wells Fargo Bank. Hands on Banking® provides interactive learning opportunities designed for children (4th & 5th graders), teens, young adults and adults. It can be found at the following address: <http://www.hands-onbanking.org/en/>. The program covers all the basic money tools and skills from opening your first bank account, to buying a car, saving for higher education, building credit, shopping for loans and more.

GENERAL 4-H NEWS AND INFORMATION

Planning for County Activities Day

March 6, 2010

Claremont Middle School

(Registrations, poster and photo entries due February 12)



Every day you listen to others and they listen to you. When sharing your ideas with your parents or friends you try to be as clear as possible so they understand what you mean. That is what demonstrations/illustrated talks are all about; learning to organize and present ideas so others will understand what you are saying.

A good demonstration/illustrated talk involves planning, organizing, visual aids and delivery. Here are some tips to get you started:

Choose a topic: Select a subject you know well, find interesting, and want to learn more about.

Ideas: A favorite 4-H project or hobby.

- Pick a well-defined skill or activity that can be demonstrated in a short time. Can the topic be broken down into steps that can be illustrated or demonstrated?
- Research your topic. Find as much information as you can from 4-H project books; check out the library or “surf the web”. Ask your leaders or teachers for ideas about resources.

What do you want to accomplish with your demonstration?

- Decide if your purpose is to educate, inform, persuade, stimulate thought, or a combination of these. In one sentence describe what you would like your audience to be able to do after viewing your presentation.
- Use an outline to organize the important points of your presentation.
- This is a good time to begin developing a title. Make it an attention getter, something short and to the point.

There are three parts to a presentation: The introduction - the “why” of it; the body or the “show and tell” portion; and the summary or the “wrap-up”, the reminder of important points.

Introduction: Greet your audience. Include who you are, what your presentation is about and why it is important. This is a chance to creatively capture attention, focus interest on your topic and hook the audience into listening for more. Use an “attention getter” to introduce your topic and theme. It could be a quote, relevant story, a statistic or interesting fact.

Body: This is the main part of your talk. Present your information step-by-step, explaining key points as you go. Tell the audience what you are doing and why. Think about what graphics, props or posters will help get your message across.

Summary or Conclusion: Summarize the steps and restate the purpose of the presentation. You might show a finished product to make a closing statement.

Plan for Questions: Expect to be asked some questions related to your topic. Before answering, restate the question so the entire audience can hear what has been asked. This also gives you a chance to make sure you understand what is being asked.

Visual Aids: Once you have your presentation planned out, you will want to gather the materials, supplies and equipment you will need. Posters or other visual aids are used to illustrate the points you want to make. Remember, lettering needs to be neat and large enough to be seen by the group. Visuals should be simple and bold, not cluttered with detail.

Practice, Practice, Practice!!!

Do it out loud about six times with props in front of the mirror, for family or your 4-H club members. Time it so you know if you need to remove or add information (stay within the time limit).

CLUB HIGHLIGHTS

Acworth Hill Climbers - The 4-H year has begun with a flurry of activity. Our club volunteered to decorate the stage for 4-H Rally and several members entered the pumpkin decorating contest. Woodworking has been our first project for the year, thanks to 4-H parent Grant Taylor. He has been helping each member make a recipe box. Hopefully by fair time we will have learned enough new, tasty and nutritious dishes to begin filling the box. Any Acworth area youth age 8-18 interested in becoming a member is welcome. For information contact Robin Luther at 835-2239. Soon we will begin planning for International Foods Day.

2010 Photography Themes

1. New Hampshire at it's best.
2. 4-H at it's best/4-H promotion.
3. Open category

Photographs must have been taken since May 31, 2009. Only 2 photo entries per member. Prints must not exceed 9"x12".

Photography Tips

Follow these tips to improve the composition of photos taken with any type of camera.

1. Hold your camera steady or use a tripod.
2. Get close to your subject (fill the view finder with the subject).
3. Keep the background simple and uncluttered.
4. Change the angle from which you shoot to make your pictures more interesting.
5. Place your subject off center instead of in the middle of the photo. This is using the rule of thirds.
6. Use leading lines to guide the viewer's eye to your subject.
7. Include something in the foreground to help frame your subject within the photograph.
8. Review the photography contest scoresheet to see how the entries are judged.
9. Know the rules of the contest and follow them!

Photography Rules:

When entering a photo exhibit, be sure it is correctly labeled on the back and includes the required information. Include your full name, address, county and age as well as the equipment used (ie: flash, filters, etc.) the type of processing (ie: commercially printed or otherwise) and/or any enhancements made.

2010 Poster Themes

1. Make the 4-H connection.
2. 4-H, The power of youth
3. 4-H Healthy Living
4. Persuasion to action (seniors only)
5. Open category

Poster Rules:

A criteria checklist has been added to the poster score sheet. All posters entered in this contest must meet the following criteria:

1. Poster board is 14" x 22".
2. 4-H Clover is used according to regulations.
3. No copyright or trademark materials may be used.
4. If poster is 3-D, it is no more than 1/4" thick.
5. Only one poster entry per 4-H member.
6. Design must communicate one idea (No Collages).

Photos and Posters submitted by youth 12 and older will be considered for entry in the state contest. All poster entries must have the 2010 Entry Form completed and attached to its reverse side (except Cloverbuds). The entry forms can be downloaded from the following website: http://extension.unh.edu/resources/resource/937/State_&_County_4-H_Poster_Contest_Rules/Entry_form

Agricultural Resources



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Growing for Others

During this off season it may well serve us to think about expanding our gardens or organize ways to grow food for those who are less fortunate. Food pantries and soup kitchens are always happy to pass on fresh, nutritious, local foods to their clients.

In 2009, Sullivan County UNH Cooperative Extension teamed up with Sullivan County Department of Corrections (DOC) to plant a 25 foot by 30 foot garden. Over 845 pounds of fresh produce was harvested and delivered to the Newport and Claremont Food Pantries. This produce included cucumbers, lettuce, broccoli, cabbage, eggplant, scallions, peppers and tomatoes.

Edgewater Farm and Gypsy Meadows Farm in Plainfield, NH donated an abundance of plants to this project. When nature (critters) pre-harvested some plants Blue Ox Farm in Enfield, NH provided replacement crops at a very affordable rate.

New Hampshire Farm and Forest Exposition

"NH Agriculture & Forestry: Deep Roots and A Solid Future"

February 5 - 6, 2010

Center of NH - Radisson - 700 Main Street, Manchester, NH

The Equine Challenge will be held on Saturday, February 6 from 9:00 a.m. - 1:00 p.m. in the Pierce Room. Come join the fun! All youth (including 4-H and Pony club members) between the ages of 8 and 11 are welcome to participate in a friendly, novice level quiz bowl event designed to showcase their knowledge of horses. Questions can be given verbally or visually for youth to answer using a buzzer board. Youth participants in this event do not have to be 4-H or Pony club members. Pre-registration is required on or before February 1, 2010 by contacting Mary Davis at (603)742-3712 or via email at mcdavis511@comcast.net.

There is something for everyone at the Expo! A winter standard since 1984, "New Hampshire's Greatest Winter Fair," offers commercial exhibits, educational sessions, student and exhibitor demonstrations, animals, an auction, and many activities for attendees of all ages!

The presenting sponsors of the 2010 NH Farm & Forest Expo are the University of New Hampshire Cooperative Extension, the NH Division of Forests & Lands and the NH Department of Agriculture, Markets & Food. As a non-profit organization, a volunteer board of directors representing agriculture and forestry interests statewide oversees the annual operation of the Exposition.

Admission is \$7.00 - Children 15 and younger are FREE! For more information go to the website: <http://www.nhfarmandforesexpo.org/>

Officer Maher, Sergeant Gokey (Sullivan County DOC) and Seth Wilner (Sullivan County UNH Cooperative Extension) provided oversight for the program. Once the plants were in the ground, Officer Maher worked with a group of inmates to weed, water, harvest and deliver the produce. It was a good example of how collaboration can result in high yields for all!

So this off season, perhaps you can think of ways to share your bounty with those in need.



State Forest Nursery

Order your tree and shrub seedlings now!



Each spring the State Forest Nursery makes available to the public large numbers of low cost tree seedlings and shrubs to be used for beautification, reforestation, erosion control and wildlife habitat enhancement. Individuals can order the seedlings from January 1 through March 30 each year, with the seedlings distributed for planting at the end of April. The seedlings are ordered in quantities of 10, 25 or 100 per bundle and cost 25 cents to \$1.00 per seedling. Seedlings can be picked up at the state nursery in Boscawen, at one of the 10 county Cooperative Extension offices on a specific day in April, or can be shipped directly to you.

"This is a very popular program", says Hillsborough County Cooperative Extension Forester Jon Nute. "The seedlings are usually 2 to 4 years old, up to 24" tall, including the roots, and you can easily hold about a dozen in one hand. Some first-time buyers come expecting to pick up large potted landscape-type shrubs and are a little shocked when you hand them a bundle of 50 pine seedlings that can easily fit into a shopping bag. However, these small seedlings

are hardy and easy to plant and just great to use in reforestation projects as well as establishing Christmas tree plantations. There are even special packages of 25 fruiting shrubs for wildlife for only \$25."

Some of the species available are balsam fir, white pine, Norway spruce, crabapple, hawthorn, dogwoods, bayberry, highbush cranberry, elderberry and beach plum.

More information:

- View the State Nursery catalog and order at: <http://www.dred.state.nh.us/nhnursery/>
- To receive a catalog, contact the N.H. State Nursery, N.H. Division of Forests and Lands, P.O. Box 1856, Concord, NH 03302-1856, or call 603-271-3456.

By Karen Bennett, UNH Cooperative Extension Forest Resources Specialist

Backyard Maple Sugaring Workshop

How to Make Your Own Maple Syrup!



Have you thought about making your own maple syrup? Do you want to know what is needed and learn how to do it? Attend this workshop if you do, it will cover all the steps from the tree to the table plus the equipment needed. This special workshop is geared to first-timer and beginner maplers hav-

Forest Resources

Chuck Hersey
Extension Educator
Forest Resources
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ing less than 75 taps. All aspects of maple sugaring will be covered, including tree identification, tapping, collecting, boiling sap, finishing, filtering and packing syrup. This program is presented by Steve Roberge of the University of New Hampshire Cooperative Extension.

Tuesday, February 16, 2010
6:00 p.m. to 8:00 p.m.

Richards Free Library
58 North Main Street, Newport, NH

This program is free of charge, but pre-registration is requested. To register or for more information contact Chuck Hersey at 863-9200 or email chuck.hersey@unh.edu



EXTENSION CALENDAR



January

- 11 Extension Advisory Council meeting, 6:00 - 8:00 p.m.
- 13 Horse Quiz Bowl Entries Due
- 13 4-H Teen Club & Leaders Association Meeting, Extension Office, Newport 6:30 - 8:30 p.m.
- 20 Strengthening Families Program 10-14, Jan. 20 thru March 10, Newport Middle High School 5:30 - 8:00 p.m.
- 25 New 4-H Leader Orientation, 6:30 - 9:00 p.m., Extension Office, Please pre-register at 863-9200.
- 30 International Foods Day, Newport Middle High School, 11:00 a.m. - 2:00 p.m.
- 30 Horse Quiz Bowl, Belmont Middle School, 9:00 a.m. - 5:00 p.m.

February

- 1 Approval Forms due for Beef Steer going to Eastern States Expo
- 5 Farm & Forest Expo, Center of NH - Radison Hotel, Manchester, NH 9:00 a.m. - 7:00 p.m.
- 6 Farm & Forest Expo, Center of NH - Radison Hotel, Manchester, NH 9:00 a.m. - 4:00 p.m.
- 12 Registrations, Posters and Photos for County Activities Day due
- 13 Get R.E.A.L. Workshops, Charlestown Middle School, 8:30 a.m. - 12:15 p.m.
- 17 4-H Teen Club & Leaders Association Meeting, Claremont Savings Bank, 6:30 - 8:30 p.m.
- 19 Teen Tubing at Arrowhead Ski Area, South St., Claremont, 6:30 - 9:00 p.m., \$8 per person.
- 27 Horse Advisory Annual Meeting

March

- 6 County Activities Day, Claremont Middle School, 9:00 a.m.
- 10 NH 4-H Dairy Quiz Bowl Entries Due
- 12 4-H Leaders Banquet, Common Man Restaurant, Water St., Claremont, NH, 6:30 p.m.
- 17 4-H Teen Club & Leaders Association Meeting, Extension Office, Newport, 6:30-8:30 p.m.
- 20 NH 4-H Dairy Quiz Bowl
- 26 Horse Judging/Hippology Entries Due



Last Call For 4-H Enrollment Forms

This may be your final issue of the newsletter, if your club has not yet submitted completed enrollment forms for the 2009-2010 4-H year. Enrollment forms were due back to the Extension office in October. If you have misplaced yours, you can be obtain a blank enrollment form your club organization leader or from our office in Newport.

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