

The Sullivan County Extension Connection

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

OCTOBER / NOVEMBER / DECEMBER 2007



Help Your Children Have a Bright Future

Want to spend some special time with your 10-14 yr. old having fun and learning skills that can help them reach their goals in the future? Consider attending the **Strengthening Families Program 10-14 (SFP 10-14)**. Classes are starting in Newport on October 2nd, and in Claremont on October 9th.

SFP 10-14 consists of seven sessions that help:

- Parents build on their strengths in showing love and setting limits
- Youth develop skills in handling peer pressure, communicating and building a positive future
- Families grow together.

Classes are FREE, and include *free* babysitting for younger children and dinner for the whole family. After dinner, youth interact with each other in group activities, role playing and games while parents meet in a video based discussion group for one hour to learn effective strategies for parenting young teens. Then youth and families come back together for the final hour of family activities and games.

Try it out for a session and see if you like it. Attend 6 of 7 sessions and get a \$25 gift card! (one per family) Need more information contact: gail.kennedy@unh.edu or call 863-9200.

Learn About 4-H

If you would like to know more about 4-H in Sullivan County, bring your family to the 4-H Rally and Awards Night on Saturday, October 19 at 7:00 p.m. at the Claremont Middle School. See decorated pumpkins on display, watch clubs do cheers, and see 4-H members and leaders receive awards and prizes for their 4-H involvement during the past year. Rally is a great place to meet new people and see how active 4-H is in Sullivan County! New members are always welcome in 4-H!



STRENGTHENING FAMILIES PROGRAM 10-14

Newport

Tuesdays, October 2 - November 13, 2007

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

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

Location: Sugar River Valley

Regional Technical Center

North Main Street - Newport, NH

Co-Sponsor: Newport Out-of-School Time

Claremont

Tuesdays, October 9 - November 20, 2007

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

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

Location: Claremont Middle School

South Street - Claremont, NH

Co-Sponsor: Claremont Middle School

TO REGISTER CALL: 863-9200



Taking CHARGE of Your Finances

When: Nov. 27 & Dec. 4, 11, 18, 2007
Time: 5:00 - 7:00 p.m.

Where: UNH Cooperative Extension
24 Main Street - Newport, NH 03773

Cost: \$20/individual or \$25/couple
Scholarships are Available

To Register: Call UNH Cooperative Extension
Telephone: 863-9200



When: October 22, 29, &
November 5, 12, 26, 2007
Time: 5:00 to 7:00 PM

Where: Claremont Savings Bank
145 Broad St. Claremont, NH

Cost: \$12/individual or couple,
Scholarships are Available

To Register: Call UNH Cooperative Extension
Telephone: 863-9200

What's Inside

| | |
|---|---|
| 4-H Rally Night..... | 2 |
| Curb the Urge to Splurge..... | 2 |
| Creating the Magic of 4-H Regional Conference..... | 3 |
| Conservation Workshops..... | 7 |
| Extension Calendar..... | 8 |

UNH COOPERATIVE EXTENSION

24 MAIN STREET
NEWPORT, NEW HAMPSHIRE 03773

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



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

Family Food Shopping: Spend Less, Get More

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It might even cost less! Can MyPyramid help to plan your shopping, if yes go to: www.healthsource.org

Deciding What to Buy

Buy a variety of food from all food groups of MyPyramid. Grains, cereals, breads, pasta and rice tend to cost less than other foods. Your family needs the most amounts from the grains group each day, and try to make at least half of the amount whole grain foods.

Choose smaller amount of more costly protein foods.

Beans cost less than other foods from the Meat and Beans group. Look for recipes in cookbooks at your local library for suggestions.

Go easy on foods you buy from the top section of MyPyramid. These foods contain the highest added fats and sugar. Eat more foods from the base of MyPyramid, eat less from the middle, and a lot less from the tip.

Buy the amount you need. Then you won't throw away food. Wrap and store portions in the freezer of some foods you can't use within a few days.

Figuring Out Food Costs

- Check unit prices on store shelves—usually below the food. They show the price per ounce, pound, quart or some other amount. Unit prices let you compare brands and sizes to get the best buy. The size of the container doesn't always mean the best buy.



Smart Shopping Tips

To save you money, time, and energy:

- Make a shopping list and stick to it!
- Group foods on your list to match the store's layout. You'll shop faster. It's easier to remember everything too.
- Try to shop after eating, not before. You may buy more when you are hungry.
- Leave your child with a friend or sitter if you need to. Stores put many foods that are tempting to children, such as candy and products with prizes, where they can see and reach them.

- Shop when you have time to read labels and compare prices.
- Try to shop just once a week. It's easier to shop smart if you shop less often.
- Take food home right away. Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.

Check (✓) what you already do.
Circle tips you can try right away.

A few timesaving steps can help you prepare an easy family meal. Use the time you save to enjoy your family.

- Plan ahead.
- Cook when you have more time.
- Do some tasks ahead (wash and trim vegetables or make fruit salad. (Your child can help.) Cook noodles for pasta salad, cook lean ground meat for tacos.)
- Stock your kitchen. Have on hand foods that you can make and serve in a hurry, such as:
Canned fruit, canned or frozen vegetables and beans, canned meat, poultry, and fish
Canned soups or stews, whole-grain bread, pasta, brown rice, cheese, non-fat yogurt.

Website for MyPyramid: www.healthsource.org

Source: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Family & Consumer Resources

Gail P. Kennedy
Extension Educator
Family & Consumer Resources
gail.kennedy@unh.edu



Curb the Urge to Splurge

Let's start with the basics: The holidays aren't the time to pay back, impress or splurge on gifts.

Too often, holiday shoppers try to deal with guilt, neglect, and a thousand other sentiments that have little to do with the spirit of the season, by buying far more than they can afford.

As a result they drain family resources, overextending credit accounts and reducing savings accounts. Many splurge shoppers end up having to cope with a serious financial burden long after the holidays.

A plan, a budget, and a list can help you curb the urge to overspend at the height of the holiday buying season. You may even enjoy the process of preparing without the panic, and maybe even without the guilt.

Here are some tips that may help:

* Make your shopping list now and include only those family and friends with whom you want to exchange gifts. Send cards to others. You can't give gifts to everyone, but you can share holiday greetings.

* Decide how much money you have to spend and estimate how much of that total amount you will spend on whom. Then think about an appropriate gift for each within your price range before you set out to shop.

* Planning now gives you time to buy the materials and to create homemade gifts for a less expensive holiday, adding a personal touch to your giving. Making gifts at home during the next few weeks is an excellent opportunity to involve your whole family in the process.

* Many retailers have pre-season sales. On-line retailers often offer free shipping for a short period. Once you have a clear idea of what you need to buy, shop now to take advantage of these sales and early season selection.

* After each shopping trip write down how much you've spent. Keep your list up to date. Some shoppers buy early and forget what they have, risking needless panic buying at the last minute.

Remember, stress and fatigue often lead to poor buying decisions. Start early to avoid overspending, to avoid the mad rush, and to enjoy the process. You may find that being prepared will curb your urge to splurge.

By Suzann Enzian Knight, UNH Cooperative Extension Family Resource Management Specialist

Money Management Series Scheduled

Making Money Work For You

A five-part workshop series designed for people concerned about their money, just starting out or struggling from paycheck to paycheck and are looking to manage debt and begin savings. The workshop series covers goal setting, credit, insurance, stretching resources, spending choices and making a spending and savings plan. Cost is \$12/person or couple.

October 22, 29, November 5, 19, 26, 2007, 5:00 to 7:00 p.m. Claremont Savings Bank, 145 Broad Street, Claremont, NH.

Taking Charge of Your Finances

A four-part workshop series designed for people wanting to achieve financial goals (retirement, vacation, college education, etc) by gaining financial management skills. The workshop series covers reducing debt, increasing savings, communicating about finances within your household, understanding your insurance coverage and setting up and following a spending/savings plan. Cost is \$20/person or \$25/couple.

November 27, December 4, 11, 18, 5:00 to 7:00PM, UNH Cooperative Extension Office, 24 Main Street, Newport, NH

4-H and Youth



Robin R. Luther
Nancy G. Berry
 Extension Educators,
 4-H & Youth Development
robin.luther@unh.edu
nancy.berry@unh.edu

CURRENT NEWS

Learn about Thailand January 26 is International Foods Day

If your club would like to learn about Thailand from a fellow Sullivan County 4-H member, you can contact Tucker Poitras at 802 869-6304. He spent 5 weeks there this past summer doing community service. He has some great pictures to share and can tell you all about water buffalo and rice cultivation. Tucker could come talk to your club especially if you are considering learning about Thailand for International Foods Day.

Put January 26 on your calendar and begin talking about which country your club would like to explore and share as part of International Foods Day. Next, choose recipes and plan a menu. Club members then work together to plan and practice sharing information of interest about the country selected. Keep presentations simple and short. They can take the form of a dance, song or skit; just let your imagination go wild. Please encourage members to use our microphone during the event. We all like to learn from information being shared but need to be able to hear what's being said.

Creating the Magic of 4-H Regional Conference

Are you a youth group or 4-H club leader? Learn about new curriculum kits available that can be used to add depth to member project learning experiences during club meetings. Plan to attend one of the conferences scheduled in November: Littleton - November 3rd, **Newport - November 10th**, Pembroke - November 17th.

Each full day conference will include workshop a special session for Club Organization Leaders, as well workshops on Animal Science, Circle of Courage,

GPS, Food & Fitness, Aerospace, Youth Ventures and Operation Military Kids.

The conference will help leaders of any youth group, after school group or 4-H club learn more techniques to work effectively with youth in a positive environment.

Registration information will be sent to all 4-H volunteer leaders and after-school programs soon.



Teen Club members Lynzee Baronoski, Chloe Fleming and Caroline Mailhot enjoyed making and tasting Greek food at last year's International Foods Day.

Don't miss Rally & Awards Night: Saturday, October 20



Claremont Middle School



Note that Rally is now on Saturday due to a dance at the Middle School on Friday.

This is an exciting evening when all 4-H members and leaders in our county gather at the **Claremont Middle School at 7 p.m.** to celebrate member and leader accomplishments.

Wear a crazy hat or costume if you wish and bring the whole family. We'll have a Costume Parade in the middle of the awards program!

Bring your club banner and sit together so you can shout out your club cheer. Your spirit could earn special recognition!

Other highlights of the evening:

- 4-H Record Award given to each member who submitted a complete County Record for 2006 - 2007
- County Medals
- Pumpkin decorating contest and prizes
- Club officer installation
- Cornish Fair premium checks
- Ivan E. Head Outstanding 4-H'er Award

Pumpkin Contest: 4-H'ers may decorate in 3 theme areas.

- 1) Book Character
- 2) Sports Pumpkin
- 3) Animal



Food Raising Raffle: Bring a non-perishable food item to be shared with area emergency food shelves and be eligible to win a prize. Ideas: cereal, dried milk, pasta, canned or dried fruit, applesauce, rice or noodle mixes, canned meat, tunafish or soups.

4-H MEMBERS' CORNER

4-H Youth Venture

Have you ever dreamed about starting your own club at school? Or maybe...for the longest time you've been batting about an idea for a service that would make a positive difference in your community? Well, now you can do it with the help of NH 4-H Youth Venture.

NH 4-H and Youth Venture have teamed up to create this exciting new program. Its goal is simple – empower

young 4-H changemakers. Who are these young changemakers? Changemakers are teams of 4-H members, aged 12-18, who have a desire to create, manage, and sustain their own social ventures. 4-H adults also play a vital role. Each 4-H Youth Venture team must have at least one adult partner who will serve as an advisor, but not play a direct role in managing the venture.

A powerful indication of how committed this program is to empowering young changemakers is the fact that each qualifying 4-H Youth Venture team will receive up to \$1,000 in start-up money to fund approved ventures.

A qualifying 4-H Youth Venture:

- Is a new initiative started by young people called Venturers, ages 12-18



- Is led, created, and managed by a strong, energetic team of Venturers who are committed to long-term success
- Has clear, attainable goals, a credible plan and budget
- Has an adult partner willing to support, but not control the venture
- Leaves a lasting benefit to the community

For information on how to make your NH 4-H Youth Venture dream a reality, or to become an adult partner, please email Cayla at 4hventure@unh.edu or visit <http://www.extension.unh.edu/4H/4HPubs/4HYVBroc.pdf> or www.youthventure.org.

Join Teen 4-H Club

If you would like to meet other teens from around the county, why not join the Sullivan County 4-H Teen Club? The group meets on the third Wednesday evening of each month. One month the meeting will be at the Extension office in Newport and the next month it is held at the Goodwin Community Center in Claremont. You don't have to come to every meeting. To make it easier to find a ride, the 4-H Leaders' Association meets the same night at the same place, so just ask your leader or parent to give you a ride. They are all welcome to meet other leaders at the Leaders' Association.

The next Teen Club meeting will take place on **Wednesday, October 17 from 6:30 to 8:30 p.m.** at the Goodwin Community Center on Broad Street in Claremont (next to the post office). Members will be electing officers and planning the calendar of events and activities for the year. **Members will also be offering face painting and games Saturday, Oct. 6 at the Claremont Fall Festival on Pleasant Street. Come join us!**

Anyone age 12 or older is invited to join the Teen Club. New members are always welcome. Bring along a friend

if you want. You might also want to travel to Texas next summer as part of our 4-H Teen Exchange program. Call Nancy Berry at 863-9200 or email nancy.berry@unh.edu for more information.



Travel Opportunities for 4-H Teens

Are you a 4-H teen? If so, read on to learn more about three existing opportunities for travel and leadership development.

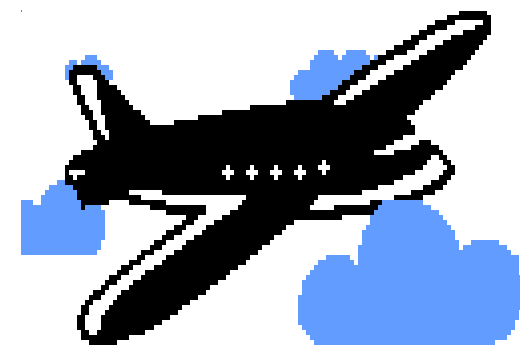


National 4-H Conference takes place at the National 4-H Center, just outside of Washington, D.C. March 29 - April 3. The conference program is designed to build capacity among, and provide rich and meaningful professional development opportunities for, conference delegates. Delegates attend workshops and engage in round table discussions. Information from these discussions results in recommendations to guide the 4-H Youth Development Program nationally and in local communities.

National 4-H Youth Congress is the flagship event of the 4-H program. The Congress provides a quality, educational and cross cultural experience that exceeds what any state individually provides. This event happens in November and most recently has been held in Atlanta, Georgia.

National 4-H Dairy Conference is an event designed to assist 4-H youth in learning more about the dairy industry. Youth explore dairy careers, debate contemporary issues facing the dairy industry, share ideas, interests and concerns with peers nationwide. This event takes place in September - October at the same time as the World Dairy Expo in Madison, Wisconsin.

Submitting a 4-H resume and story is the first step toward being selected to attend the trips described above. **Senior level 4-H members age 14 or older with an interest in applying should contact Robin Luther or Nancy Berry for help getting started.** Resumes are due in the county Extension office by November 26. (Earlier would be even better!)



Two Sullivan County Equestrians Qualify to show at Eastern States

Congratulations to Oak Hill Rider 4-H members **Ella Littlefield** and **Joleen Leonard**. Both girls were among the twenty delegates from the State 4-H Horse

Show qualifying to represent New Hampshire in the 4-H Show at Eastern States. Ella Littlefield, placed 4th and Joleen Leonard placed 18th. Dur-

ing the Eastern States Exposition they competed with youth from each of the New England States.

4-H LEADERS' UPDATE

Tom Fairchild 4-H Dairy Endowment

The Thomas Fairchild family and the 4-H Foundation of New Hampshire have renamed the New Hampshire 4-H Dairy Endowment to the Tom Fairchild 4-H Dairy Endowment. This memorial opportunity with the 4-H Foundation is in addition to the UNH Foundation Fairchild Scholarship Fund for Animal Science.

Tom Fairchild, former dean of UNH's College of Life Science and Agriculture, as well as interim president of the university, died July 3, after a long battle with cancer. When reflecting on Tom's career as a Cooperative Extension Dairy Specialist, 4-H Program Leader Wendy Brock said, "Tom took 4-H members

under his wing, teaching them not only about the dairy industry, but about being a good team member, supporting the efforts of others and understanding the importance of agriculture to New Hampshire and the world. Several generations of 4-H families have been touched by the wisdom and magic of Tom Fairchild."

As chair of the 4-H Foundation Board in 2002, Tom led the foundation through a successful Centennial Campaign, raising \$100,000 for the New Hampshire 4-H Youth Development Program.

In recognition of his support to the UNH Cooperative Extension 4-H dairy program and the 4-H Foundation

of NH, the renaming of the existing 4-H dairy endowment to the Tom Fairchild 4-H Dairy Endowment provides an opportunity for friends to remember Tom and support 4-H. The annual income from the endowment will be used to support 4-H dairy events and activities without touching the endowment principal.

Those who would like to remember Tom and his impact on 4-H can contribute by making checks payable to: 4-H Foundation NH-Dairy Endowment, and mail to Wendy Brock, Moiles House, 180 Main Street, Durham, NH 03824-2536. For questions, call 603-862-2187.

Health Rocks teens did a great job

Last spring 29 local teens and 10 adult mentors were trained to teach a 4-H curriculum called "Health Rocks!". The teens learned how to go into classrooms and after-school programs to help 4th-6th graders make healthy choices about tobacco, alcohol and other drug use. For 6 weeks, the teens presented activities to the younger students to help them learn skills such as decision-making, critical thinking and stress management. Most of all, the teens made the activities FUN.

Teens worked in teams of 2 or 3 along with an adult

mentor to present the Health Rocks lessons. In some schools, they went into classes during the school day. This worked well according to the classroom teachers. In other cases, the teens taught Health Rocks as part of an after-school or summer program. The 29 teens reached 151 Sullivan County 4th-6th grade students with 3-9 hours of programming in prevention.

Teens were paid \$20 each time they taught a lesson. (Funding comes through a prevention grant.) Some of the teens have graduated so we will be looking for new teens to teach Health Rocks during the coming

school year. If you are in 8th- 12th grade, are committed to a substance-free life and you enjoy younger children, let Nancy Berry know if you want to learn more about Health Rocks. A training day is tentatively scheduled for Saturday, January 12 in Claremont.



4-H CALENDAR 2007-2008

OCTOBER

- 7-13 National 4-H Week
- 11-14 Healthy Lifestyles Volunteer Forum, Portland, Maine
- 17 Teen Club Meeting 6:30 - 8:30 p.m.
Goodwin Community Center, Claremont
- 20 4-H Rally & Awards Night,
7 p.m. at Claremont Middle School
- 27 Make A Difference Day

NOVEMBER

- 3 Creating the Magic of 4-H Regional Conference, Littleton,
Saturday 9:00 a.m. - 4:00 p.m.
- 10 Creating the Magic of 4-H Regional Conference,
Newport Middle High School, Saturday 9:00 a.m. - 4:00 p.m.
- 14 Leaders Association & Teen Club
6:30 - 8:30 p.m., Extension office, Newport
- 17 Creating the Magic of 4-H Regional Conference, Pembroke Academy,
Saturday 9:00 a.m. - 4:00 p.m.
- 26 Resumes for National Conference, Congress and Dairy Conference
due to county office

DECEMBER

- 19 Teen Club meeting or caroling activity, 6:30 - 8:30 p.m.,
Meet at Claremont Savings Bank, Claremont

JANUARY

- 12 National Conference, Congress and Dairy Conference Interviews
- 12 Health Rocks Training (Tentative)
- 16 Leaders Assoc. & Teen Club 6:30 - 8:30, Newport
- 26 4-H International Foods Day, Newport High School

FEBRUARY

- 1 Approval form deadline for beef going to Eastern States Expo
- 8-9 Farm & Forest Expo Center of NH - Manchester
- 9 Horse Quiz Bowl
- 20 Leaders Assoc. & Teen Club 6:30 - 8:30, Claremont Savings Bank

MARCH

- 7 4-H Leader Banquet (Tentative)
- 15 4-H County Activities Day
- 19 Leaders Association & Teen Club, Newport

APRIL

- 1 Approval forms due for horses going to ESE
- 5 Horse Judging/Hippology Contests, Durham
- 12 Fashion Revue Evaluation Day,
Claremont Middle School
- 18 4-H Fashion Show, Claremont Middle School, 7 p.m.
(Tentative)
- 16 Leaders Association & Teen Club, Claremont Savings
Bank, Claremont

MAY

- 1 Approval forms due for dogs, working steer, yearling,
sheep, beef, dairy cattle, and horses.
- 21 Leaders Association & Teen Club, Newport
- 31 State 4-H Activities Day, Pembroke Academy

JUNE

- 18 Orientation for Teen Exchange hosts,
Claremont Savings Bank (Tentative)
- 30 4-H Records due in Extension office

JUNE / JULY

- June 29 - July 2 State 4-H Teen Conference, Durham

AUGUST

- 15-17 Cornish Fair

GENERAL 4-H NEWS AND INFORMATION

4-H Members Proudly Exhibited Their Project Animals During Cornish Fair 2007

A big thanks to all volunteers, 4-H members and families that worked together to help showcase NH Agriculture during Cornish Fair. Sullivan County 4-H hosted 4-H Beef, Dairy, Dairy Goat, Horse, Sheep and Rabbit Shows throughout the three day event. There was a lot of behind the scenes work shared by many volunteers to prepare the barns for the arrival of the 4-H member project animals. Each show had a volunteer superintendent who played a key role in welcoming 4-H families to our county fair. Superintendents assisted in judge selection, became familiar with fair board and 4-H policies and procedures, organized show entries, assigned exhibitor space and recruited additional help to assist with setup, take down and many other details related to facilitating the show and education of fair attendees. This year our 4-H show superintendents were: **Tom & Candy Carter/Beef; Marcia Clark/Dairy; Barbara & Larry Gaskell/Dairy Goat; Jeff Robbins/Horse; Jamie Towne/Sheep and Sandy Hodskins/Rabbit.** The youth life skill building opportunities that took place during the fair were made possible through the combined efforts of all these key volunteers. THANK YOU!

Congratulations to Each 4-H Winner!

Each year 4-H members from all over New Hampshire travel to Cornish Fair hoping their hard work, continued project animal management and care will be recognized by the judges in a big way. To earn rewards in 4-H animal project shows, every participant must participate in Fitting and Showmanship. During this class the member is the primary focus. Judges look for the member who does the best job of presenting their project animal to its' very best advantage.

4-H Beef Show

In the Fit and Show competition the following 4-Hers placed top in their class: Cheshire County 4-H'er Megan Holland was the Novice Champion and **Arianna Carter** was Junior Champion and **Sarah Carter** was the top placing individual in the Senior Division. The Carter sisters are from Grafton County but also belong to a Sullivan County 4-H club. This year a Breed champion rosette was awarded to Upper Valley 4-H Livestock club member **Arianna Carter** - Hereford; Cheshire County members Ashley Chase - Beefalo and Laura Thompson - Scotch Highlander. A Supreme Champion banner was awarded to **Sarah Carter's** crossbred steer.

4-H Dairy Show

Thirty-nine 4-H youth exhibited their dairy project animals during Cornish Fair. In the Fit and Show competition Rosettes were awarded in the Intermediate class to **Brooke Clark** of Cornish and Novice class participant **Lindsay Ferland** of Charlestown. Several Sullivan County youth excelled in the breed classes. **Erin Woodman** was recognized for showing both the Grand and Reserve Grand Champion Ayrshires and received a trophy for having the Best

Bred and Owned animal among Sullivan County exhibitors. **Lindsey and Brooke Clark** were recognized for exhibiting the top Brown Swiss cattle. **Lindsey Clark** showed her Grand Champion three year old and Reserve Champion spring calf and Brooke showed the Jr. Champion, which was also recognized as as the Reserve Grand Champion. The **Clark** sisters also took the top spots in the Milking Shorthorn division. **Brooke Clark** exhibited both the Grand Champion and Reserve Grand Champion and **Lindsey Clark** showed the Junior Champion and Reserve Junior Champion. This year the Emery Fisher award went to Abby Patch; Zachary Mason received the Sportsmanship award.



Andrew, Jack & Jeff Taylor had fun showing their milking shorthorns at the 2007 Cornish Fair.

4-H Horse Show

During Friday's 4-H show fourteen youth competed for top scores in Fitting and Showmanship. The top exhibitors in each division were as follows: Horse Hugger member **Katelyn Mitchell** was Senior Champion, Junior Champion was Megan Ballou of Cheshire County, and the Novice Champion was Oak Hill Rider member **Danyelle Davis**. At the end of the day scores from five classes, Fitting and Showmanship, Trail/Obstacle Driving, Equitation/Reinsmanship and Pleasure were added together to determine Champion and Reserve Champion award winners. This years Senior Champion was **Katherine Stockwell** and Reserve Champion was **Katelyn Mitchell**; they are both members of the Horse Huggers. Junior Champion went to Megan Ballou and Reserve Champion went to Oak Hill Rider **Charles Barry** and our Novice award winners were Oak Hill Riders **Danyelle Davis**, Champion and **Alicia Barry** Reserve Champion. A big thanks to alumni 4-H members **Ashley Bailey** and **Amanda Jones** for serving as show announcer and secretary!

Sheep Success at Cornish

There were nineteen 4-H sheep exhibitors participating in this years show. Alumni 4-H member Kate Sartell of Temple was the show judge. On Saturday evening, Kate teamed up with Marnie Rondeau to judge the leadline competition.

In a 4-H livestock show every member must compete in the Fitting and Showmanship competition. This year the following youth were recognized as Champions in their division: Novice Erva Barnes, Junior Samantha Patch, Intermediate **Holly Towne** of Lempster and Senior Taylor Clark.

Preparing a sheep for the show ring is no easy task. Animals must be washed, clipped and blocked to look their best. We had two new Sullivan County Sheep project members; **Rex Miller** of Meriden and **Emily Whittier** of Lempster tried their hand at blocking and trimming a sheep. In the Junior Division participants from Sullivan County 4-H were **Morgan Ferland**, Charlestown, **Gregory Surgenor** of Meriden and **Amanda Towne**, Lempster. In the Intermediate Division participants were **Daniel Chute** and **Holly Towne**, both from Lempster.

In the leadline competition participants are evaluated in two areas. Each exhibitor models a garment made from woolen fabric while leading their best fitted sheep. The scores from the sheep and clothing judge are added together to determine the top scoring participant in each member age division. This year **Amanda Towne**, was recognized as the Junior Champion and **Holly Towne** was the Intermediate Champion.



Greg Surgenor gets his Tunis lamb ready to participate in the 2007 Leadline Competition during the Cornish Fair

4-H Rabbit Show

Rabbits are always a favorite exhibit for families of young children visiting the fair. Our Sullivan County 4-H exhibitors **Daniel Chute**, **Jack Hodskins**, **Amanda Towne** and **Emily Whittier** did a terrific job sharing their knowledge and excitement about the rabbit project with the public. We were pleased to have Wayne Hall Sr. as our judge. Trophies were awarded to **Amanda Towne** for her champion buck and **Daniel Towne** was awarded reserve champion. The Bunny hopping contest was great fun for exhibitors as well as spectators. Each member entered their best jumper and the 4-H member who had the rabbit with the fastest time and highest number of jumps cleared was **Jack Hodskins**. **Jack's** rabbit also won the costume contest, dressed as a baby. Contact the Extension Office if you would like to find out more about becoming a member of the Bunny Bunch 4-H Club.

Agricultural Resources



Seth A. Wilner
Extension Educator
Agricultural Resources &
Environmental Stewardship
seth.wilner@unh.edu

GRANTS AVAILABLE for SUSTAINABLE AG

The Northeast Sustainable Agriculture Research and Education (SARE) program offers three different competitive grant programs, all with application deadlines in the late fall and early winter. These grants are capped at \$10,000 and should offer innovative approaches to sustainable agriculture.

Farmer grants are for commercial farmers who would like to explore a new practice or idea, often by conducting an experiment, trial, or on-farm demonstration. Projects can explore a wide range of topics such as pest management, soil health, adding value, marketing, or new production techniques, and funds can be used to pay for the farmer's time and for materials specific to the project. The application deadline is **December 18**.

Partnership grants are for Cooperative Extension, NRCS, and other agricultural service providers who work directly with farmers. Partnership Grants support on-farm research and demonstration projects in sustainable agriculture and funds can be used to pay for personnel, materials, sampling, supplies, testing, and to compensate cooperating farmers for their time. The application deadline is **December 4**.

Sustainable Community grants are for projects that connect farming and rural economic development. Projects can address issues like finance, marketing, land and water use, enterprise development, adding value to farm products, or farm labor. Applicants must be affiliated with an organization such as a community nonprofit, Cooperative Extension, local government, an educational institution, a planning board, a farming cooperative, or an incorporated citizens' group. This grant is offered in partnership with the Northeast Center for Rural Development, and the application deadline is **November 27**.

Applications are posted on the NESARE website at www.uvm.edu/~nesare.org, or call 802-656-0471 to request a printed copy.

The following examples explore recent projects funded by SARE grants.

NH Farmer Grower Grants

Mary Ellen Sheehan: This project compared several weed-management strategies for cost, effectiveness, time, and impacts on soil structure and ecological processes. Outreach was through field days, newsletters, workshops, articles, and conferences.

SARE Funding
\$3,885



Courtney Haase: The farmer developed a handbook of safe and efficient handling practices, applicable state regulations in the northeast, and ways of safely displaying and selling cheese and other dairy products in a market setting. The overall goal was to fill a knowledge gap and encourage value-added dairy development. Outreach was through the handbook which was marketed through newsletters, other publications, and a web site. **SARE Funding** \$8,703

Fred Sullivan: Two farmer experimented planting winter rye by adding nitrogen, which gave good germination rates and dense winter rye stands. They tracked germination rates and estimated stand density. They also eliminated one tractor pass over the fields that the old technique required, thus reducing soil compaction. **SARE Funding** \$4,378

NH Sustainable Community Grants

Nada Haddad: The project will research and develop a local governance tool, the Agricultural Commission (Ag Com) that can represent the municipality's agricultural community and interests, support a sustainable agricultural industry, promote ag-based economic development, act as mediators, advocates, educators and or negotiators on agricultural issues, policies and or conflicts, serve as agricultural advisors to town boards and commissions (bringing in outside agricultural experts as needed), work for the preservation of agricultural land and facilitate communication among farmers. It will get farmers and non-farmers thinking and talking about agriculture in communities and create an awareness of agriculture as a business as well as a cherished view or open space. It will give farmers and communities a means of institutionalizing agricultural needs into local governance. The end result will be communities that are ag conscious and ag friendly. **SARE Funding** \$10,000

(see "Ag Grants" on page 8)



Forest Resources

Chuck Hersey
Extension Educator
Forest Resources
chuck.hersey@unh.edu

CONSERVATION WORKSHOPS 2007



Check out the free Conservation Workshops 2007 series. Workshops being offered are:

Critical Habitats from the Wildlife Action Plan, September 14. Will visit Duck Hole in Marlow to discuss wildlife habitats designated in the newly published Wildlife Action Plan for New Hampshire.

Migratory Birds and Their Habitats, September 28. Pam Hunt of NH Audubon Society will discuss the habitat requirements for migratory birds and what species we can expect to find as you explore wetlands and fields around the Keene, NH area.

Conservation Strategies for the Moudanock Region, October 12. This forum will help landowners, town officials and others interested in estate planning and tools for permanently protecting open space. Topics will include: how local land trusts help you protect your land, basic estate planning guidelines, introduction to conservation ease-

ments, new income tax incentives and qualified conservation easement contributions.

Forest Stewardship & Management Planning, October 26. This workshop will be held at the newly conserved Robb Reservoir property in Stoddard, NH to discuss the forest management plan and the process used to develop the recommendations for long term forest stewardship.

Wildlife Habitat & Forest Management, November 2. This workshop will be lead by Geoff Jones of SPNHF through the Taves Reservation in Roxbury to discuss past forest and wildlife management.

To register for one or more of these workshops you can call the Cheshire County UNH Cooperative Extension at (603) 352-4550, or email at diane.dugray@unh.edu.

Sponsored by: Harris Center, Monadnock Conservancy, NH Audubon, NH Fish & Game Department, Society for the Protection of NH Forests and UNH Cooperative Extension.

Our Hills - Our Lakes - Our Future

Land Summit
Saturday October 27, 2007
Kearsarge Regional High School, North Sutton
Ausbon Sargent Preservation Land Trust

Join us for a day long series of workshops designed to bring decision makers and interested citizens from towns in the Mt. Kearsarge/Lake Sunapee region together to learn, discuss and plan how to balance land conservation, growth and development.

The Land Summit is designed specifically for decision makers (selectmen, planning board, and conservation commission, zoning board) in the 12 town region of the Ausbon Sargent Preservation Land Trust. Nine workshop topics are based on a survey of the needs of the Boards and Commissions in our region. Workshops topics will include: regional impacts of development, land conservation, class VI roads, protecting water resources and more.

The Land Summit is a great opportunity to network with decision makers in nearby towns, who face similar opportunities and challenges. Special discussion tables will be available at lunch for Selectmen, Planning Board members, Zoning Board members and Conservation Commission members to relax and enjoy lunch together – further facilitating connections between towns. Join us for a great opportunity to learn in a local setting. Keynote Speaker will be Lorraine Stuart Merrill on Preserving Rural Character.

For more information please call ASLPT offices at (603) 526-6555, or email aslptld@tds.net



“AG Grants” from page 7

Farm Transfer Planning Network of New England: The lack of farm transfer planning in New England is a major factor in the loss of working farms and farmland. This loss detracts from New England’s rural character and quality of life. To address the unavailability of this essential service, the Farm Transfer Planning Network of New England proposes to promote the practice by involving, informing and linking three groups; owners of farmland, professionals engaged or becoming engaged in farm transfer planning, and community development practitioners positioned to support farm preservation efforts.

The project will create Ag Com information materials, conduct workshops for farmers and municipalities, monitor results and share findings. It uses a participatory bottom-up networked approach to involve stakeholders in project design, decisions and outcomes and assure project success. **SARE Funding \$10,000**

The project’s objectives are to develop the Farm Transfer Planning Network of New England website’s community development section and databases for both professional referral and downloadable resources. The website will focus on those aspects of farm transfer planning.

NH Partnership Grants

Seth Wilner: This project is part of a larger effort to help develop markets for farmers throughout the northeast region. Organizations such as Vital Communities, Beginner Farmers, NOFA-NH, Farm Bureau, Community Involved in Sustaining Agriculture (CISA), and others are teaming up with State Departments of Agriculture to help develop markets for regional farm products and services, reduce barriers to direct farm sales, and educate consumers about the benefits of purchasing locally produced goods and supporting local agriculture. **SARE Funding \$4,581**



Carl Majewski: Silage corn is a popular crop among New Hampshire dairy producers since it has the potential to produce high yields of digestible dry matter. However, production practices are typically input-intensive, and many NH dairy farms are not located in areas well-suited for growing the crop. One crop that shows potential as an alternative forage is brown-midrib sudangrass-sorghum hybrid (BMR-SS).

This project entails establishing BMR-SS plots at four cooperating farms. We will compare BMR-SS with silage corn, measuring dry matter yields, feed quality, cost of production, and calculating feeding costs to maintain production. Outreach will involve a field day at one of the cooperating farms, presentations made at field crop producer meetings, and a fact sheet summarizing the results from the project. **SARE Funding \$4,064**

Caring for Your Forest Workshops for Landowners

Interested in taking better care of your woodlot? Sharpening your forestry skills? UNH Cooperative Extension and NH Timberland Owners Association are cosponsoring a series of workshops to help you. Come to one, two or all three. The cost will cover refreshments and handout materials.

Each workshop will include an outdoor component in the woods to discuss the topic in the field. Please dress to be outdoors.

October 19, 2007: Selling Timber 12:30 pm to 4:30 pm

Plainfield Library Rt. 12A Plainfield, NH

Learn the basics of selling timber including: setting goals and objectives, role of loggers and foresters, how to protect your interests with a timber sale contract, timber harvesting laws, timber tax and more.

November 2, 2007: Woods Roads and Trails 12:30 to 4:30 pm

Plainfield Library Rt. 12A Plainfield, NH

Topics to be covered will include: layout and design of roads, proper installation of erosion control devices, road maintenance and more.

November 9, 2007: Wildlife Habitat Management 12:30 to 4:30 pm

Plainfield Library Rt. 12A Plainfield, NH

Join us as we look at different wildlife habitats such as fields, forests, wetlands and riparian areas and discuss the wildlife that utilize them and how the habitats can be managed to benefit wildlife.

Cost: \$10 per person per session

**To register please contact: Chuck Hersey
Sullivan County Extension Forester at 863-9200 or
chuck.hersey@unh.edu**

Sponsored by: UNH Cooperative Extension and NH Timberland Owners Association.

Extension Calendar

October

- 1 **Starting Over: New Choices...New Direction,** 2-4 p.m. at Newport Extension Office
- 2-Nov 13 **Strengthening Families Program,** 7 Tuesdays from 5:30 - 8:00 p.m. at Sugar River Valley Regional Technical Center (SRVRTC - Newport).
- 9-Nov 20 **Strengthening Families Program,** 7 Tuesdays from 5:30 - 8:00 p.m. at Claremont Middle School.
- 7-13 **National 4-H Week**
- 12 **Conservation Strategies for the Monadnock Region,** 1-4 p.m., Keene Library, Keene, NH
- 13 **Take 10 Community Walk,** 10 a.m., meeting at Arrowhead Ski Area, Claremont, NH
- 11-14 **Health Lifestyles Volunteer Forum,** Portland, ME.
- 17 **Leaders Association & Teen Club Meeting** 6:30 - 8:30 p.m., Goodwin Community Center
- 20 **4-H Rally & Awards Night** 7 p.m. at Claremont Middle School
- 22-Nov 26 **Making Money Work for You,** Claremont Saving Bank, 145 Broad Street, Claremont
- 25 **ServSafe Food Protection Certification Course** at Valley Regional Hospital, Claremont, NH
- 26 **Forest Stewardship & Management Planning,** 1-4 p.m., Robb Reservoir, Stoddard, NH
- 27 **Make A Difference Day!**
- 27 **Land Summit,** Kearsarge Regional High School, North Sutton.

November

- 2 **Wildlife Habitat & Forest Management,** 1-4 p.m., Taves Reservation, Roxbury, NH
- 3 **TBA - Fall 4-H Leader Conferences** repeated at 3 locations on 3 Saturdays, 8:30 a.m. - 4:00 p.m.
- 10 **4-H Leader & After School Program Staff Training,** Newport Middle School.
- 17 **Pembroke Academy**
- 21 **4-H Leaders Association & Teen Club Meeting,** 6:30 - 8:30 p.m., Extension Office, Newport, NH
- 26 **Resumes for National Conference, Congress and Dairy Conference** due to county office.
- 27-Dec 18 **Taking Charge of Your Finances,** UNH Cooperative Extension, 24 Main St., Newport, 4:00 - 7:00PM



December

- 8 **Merchants Xmas Walk in downtown Claremont.** Meet at Braod Street Park, Claremont.
- 19 **Teen Club meeting, or Caroling activity,** 6:30 - 8:30 p.m., meet at Claremont Savings Bank



UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

SULLIVAN COUNTY
24 Main Street
Newport, NH 03773
(603) 863-9200
FAX 863-4730
sullivan@ceunh.unh.edu

Support Staff
Pam Joslin, *Layout*
Sandy Rumrill, *Layout*
Susan Mills, *Layout*

Professional Staff

Nancy G. Berry
Extension Educator, 4-H & Youth Development
Gail P. Kennedy
Extension Educator, Family & Consumer Resources
Robin R. Luther
Extension Educator, 4-H & Youth Development
Sandra J. Trybulski
Program Associate, Nutrition Connections
Seth A. Wilner, Co-Office Administrator
Extension Educator, Agricultural Resources & Environmental Stewardship
Charles Hersey, Co-Office Administrator
Extension Educator, Forest Resources

Advisory Council

Sara Poisson, Claremont
Sandy Hodskins, Lempster
Richard Scheuer, Cornish
Pauline Bailey, Sunapee
Judith Kaufman, Cornish
Bard Flanders, Goshen
Steve Hammond, Newport
Don Clarke, Claremont
Debbie Hall, Goshen
Marilyn Brannigan, Newport
Carla Skinder, Delegation Rep.
Commissioner Ben Nelson