



# UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

**Sullivan County**

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# The Sullivan County Extension Connection

October, November, December 2010

## Beetles in Boston:

### What This Means for New Hampshire

By Karen Bennett, Extension Forestry Specialist, UNH Cooperative Extension



The recent find of Asian longhorned beetles (ALB) near the famed Arnold Arboretum just outside Boston has entomologists and tree-lovers scrambling. The beetle was found on six trees which were cut down and removed in July. Now the work of looking for more beetles begins.

#### Kills many hardwoods

ALB attacks and kills many hardwood trees including maple, elm, horsechestnut, ash, birch, poplar, willow and many more. The pest could significantly disrupt the forest ecosystem if it became established over a large area.

Stan Swier, a UNH Cooperative Extension entomology specialist, says the find is very serious, but he isn't panicking "We don't know if the infestation is more widespread than the six trees. Hopefully, the infestation was caught early enough, but that will only be known by surveying the area."

In New Hampshire, the Forest Health Office of the N.H. Division of Forests and Lands regularly surveys for the beetle. New Hampshire residents are asked to be on the lookout for these beetles. You can find photos and a lot of other information on our ALB web page: <http://extension.unh.edu/ALB/>

#### Check your trees and even your swimming pools

The beetles are easiest to see when they are most active in late July through late August. Kyle Lombard, entomologist with the Forest Health Office says, "We will be reminding New Hampshire  
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## The Food Safety Paradox

By Chuck Souther for the Concord Monitor

(Excerpt reprinted with permission by the author and the Concord Monitor)

Food safety is a hot topic these days, and with one food safety crisis after another in recent years it is no surprise. Is our food really that bad? Or is this interest in food safety a product of slow news days, greater connectivity or a desire by some to create a totally risk-free existence?

The answer is complex. As growers and sellers of fruit and vegetables, we have been keenly aware of food safety since we started farming. If our products are not safe, we are in big trouble. Our livelihood depends on customers trusting us to provide them with safe, wholesome food. As a result of this new interest in food safety, it is not surprising that there are several food safety trains barreling toward our farm. Whether we can keep them from crashing into each other and whether our farm will stay on the right track remains to be seen.

In the past couple of years, chain stores have required, as a condition of selling to them, a third-party food safety certification. This certification requires that your farm meet certain criteria and take certain actions. Trouble is, there are several third-party certifiers. If you are selling to several different customers, you could easily spend considerable dollars getting several certifications, no two exactly alike. Most of the supermarkets in New England have staffers who will help growers through the certification process.

At Apple Hill Farm the bulk of our wholesale fruit goes through one brokerage company, J.P. Sullivan Co., which hired a certifying company to develop a food safety plan specifically for the farmers whose apples they sell. The plan was designed with the Northeast apple industry in mind. Many of the requirements we already complied with. We have always labeled each bin of apples with the date, the particular orchard the apples came from and who

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## "Managing Money in Today's Times"

### "When Your Bills Pile Up!"

**Having trouble paying your bills? Are you getting overdue notices from your creditors? Are your accounts being turned over to debt collectors? Are you worried about losing your home or your car?**

UNH Cooperative Extension will conduct a three part series of money management workshops at Claremont Savings Bank on Tuesdays, October 19, 26 & November 2, from 6:00 to 8:00 p.m. in the Community Room.

**October 19** - Faced with reduced income, increased expenses or financial hardship, families need to develop a spending plan and a course of action to help avoid a financial crisis. This workshop will help you assess your current financial situation, figure out where your money is currently going and where you want it to go. Families who quickly put a plan into action report feeling more in control and satisfied with how they are managing their finances in tough times.

**October 26** - When you realize you don't have enough money to cover your family's basic living expenses and pay all your bills, you face some difficult financial decisions. It's important to assess your debt, consider the choices you have in reducing your debt and learn how to communicate with your creditors. Linda Purdy, Housing Coordinator for CCCS NH-Vt, will help to present this workshop.

**November 2** - Looking for more money to pay down debt? When faced with the reality of losing a home or another asset, families can commit to finding ways to stretch their resources as well as their dollars. This workshop will help you to consider ways to cut expenses thereby freeing up some dollars to pay down debt and begin saving for the future.

The workshop series is free and child care is available. Seating is limited so please register by October 8, by contacting Carolyn Mackenzie at 542-7711 ext. 2713 or [cmackenzie@claremontsavings.com](mailto:cmackenzie@claremontsavings.com). Please indicate child care needs when registering.

## Trying, Sharing, Enjoying DIFFERENT Foods

For breakfast, Sisi had rice cakes filled with beans. Timmy ate cheese grits. At Juan's house, he ate a scrambled egg wrapped in a soft tortilla, and Sondra munched on a waffle with ham. They all drank milk and nibbled on fruit—orange, peach, mango, or berries. What is on your family table for breakfast?

Every family has its own customs and culture, no matter how long they have lived in a place. Your family foods reflect your culture. Some may differ from foods that others eat and enjoy. Some foods are about the same. That is true about people, too. We are alike. We are different. And we are special!

With the holiday season upon us, this is a good time to think about your family and what makes it special.

### Sharing family foods with others helps your child...

- Learn about your family's customs and culture
- Feel proud of who he or she is.

### Trying foods of other families and cultures helps your child...

- Learn about and enjoy new foods.
- Get the health benefits from different kinds of foods.
- See how people are alike and different.
- Know and respect others.

### Share Your Family Foods

Get involved in your child's day care or school. Being a parent volunteer helps your child, the staff, and you. Pick one or more ways you can help.

- Share your family food customs and traditions. That helps staff and other adults understand your child better.
- Talk in Circle or Sharing time about your family foods if you can. Bring ingredients, perhaps a fruit or vegetable. Show special cooking equipment, dishes, utensils, or table coverings, too.

### Family Recipes Memories of Family, Food and Fun



Sandy Trybulski  
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- Encourage your child to tell others about a family food and/or use pictures. That also helps build self-esteem.
- Learn to make foods from other families and offer them at home.
- Cook with kids. Do a "show and tell" about the ingredients. Let children help with simple, safe tasks, like pouring or stirring. Talk about the taste, color, aroma, and look of the food.
- Make a family food to share with other families at events.
- Create your own family cookbook.
- Your idea:

Source: Nibbles for Health, USDA, Food and Nutrition Service, Recipe for fried plantains QEM cookbook.



## Family & Consumer Resources

Gail P. Kennedy

Extension Educator

Family & Consumer Resources

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Parents attend weekly sessions for five weeks. Youth in grades 4-8 attend Session 3 with their parents.

This research-based course teaches how to:

- set clear guidelines
- manage conflict
- help kids resist peer pressure
- strengthen family bonds

The program has been shown to really make a difference!

**FREE** child care and snacks will be available.

A Guiding Good Choices® Family Guide and certificates of completion will be provided to parents who complete all five sessions of the Guiding Good Choices program.

The program is made possible through a grant from the State of NH to CUFSA, the local substance abuse prevention coalition in Sullivan County.

### Starting Over...

### New Choices, New Directions

This 2-hour course is presented to New Hampshire bankruptcy filers in order to meet the necessary requirements for personal financial education, as specified by federal bankruptcy law. Upon completion of this course and submission of evaluation form, a certificate of completion will be provided to each participant. Class dates are as follows: Oct. 7, 3:30-5:30 p.m., Nov. 9, 5:00-7:00 p.m., or Dec. 6, 5:00-7:00 p.m. For more info, or to register please call 863-9200.

## Guiding Good Choices Program Series Workshops will be scheduled this Fall



If you are a parent or guardian of children in 4-8th grades you will be interested in knowing that the Guiding Good Choices Program is coming soon to Sullivan County. Workshops will be offered in several locations around the county to make it easier for parents to attend the programs. Call UNH Cooperative Extension at 863-9200 or check our web site at: <http://extension.unh.edu/Counties/Sullivan/Sullivan.htm> for a listing of dates, times and locations of the series.

Guiding Good Choices is a FREE, interactive ten-hour course that gives parents and guardians tools and strategies to meet the challenges of guiding their teens through adolescence into healthy, responsible adulthood.

## Making Money Work FOR YOU

### Are you working but still struggling to make ends meet?

This 5-part workshop series is for people concerned about their money, just starting out or struggling to make it paycheck to paycheck and are looking to manage debt and begin saving.

What you will learn by attending this series:

- Why you make the financial decisions you do and how you might do things differently.
- Ways to stretch the dollars you have while gaining more control over spending.
- Strategies on reducing debt and your debt load.
- How insurance protects you and the amount of insurance you may want to buy.
- To set and reach goals by developing a spending/savings plan that can work for you.

Classes will be held at Claremont Savings Bank, 145 Broad Street, Claremont, NH from 6:00-8:00 p.m. on Tuesdays, November 16, 23, 30, and December 7 and 14. The cost is \$12.00 per individual or couple and scholarships are available. To register or for more information, contact Gail Kennedy at 863-9200 or [gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu)

# CURRENT NEWS

## Livestock Shows at Cornish Fair a Big Success

Volunteers are the key to a fun, safe, and powerful learning experience for all 4-H youth attending the fair. I would like to thank the Cornish Fair Association for the careful thought, planning, fundraising, and many hours of physically demanding work they spend each year putting together a successful fair. From the 4-H dairy booth, to the breakfast nook, supervising 4-H exhibit rooms, to running each livestock show, it takes volunteers. To each and every volunteer please know that I appreciate every minute you contribute!

There is a lot of work that happens behind the scenes getting barns and tents ready for the arrival of 4-H members and their project animals. This year our 4-H show superintendents were Kim Hudson/Beef; Marcia Clark/Dairy; Larry and Barbara Gaskell/Dairy Goat; Jeff Robbins/Horse; and Sandy Hodskins/Rabbit& Cavy. Several key volunteers help organize and manage the 4-H Dairy Booth, Diane Callum, Betty Reavis, Ann McKane and Bill McKane. These volunteers help paint the booth floor, put up the awnings, flags, price lists, purchase and inventory supplies, set up and cleanup the booth. In addition, they help hourly volunteers during the three days of the fair learn the various procedures involved in waiting on customers. Thank you so much!

Awards earned by 4-H youth exhibiting beef, sheep, cows, rabbits, horses and goats during Cornish Fair are the culmination of a full years worth of hard work with each of their project animals. 4-H members from Sullivan County and beyond travel to the fair hoping their hard work, continued project animal management and care will be favorably recognized by each show judge. To earn rewards in 4-H livestock competitions, youth must participate in Fitting and Showmanship. Exhibitors spend many hours before the show fitting (i.e. washing, clipping, combing, braiding, polishing) so their animal looks the best in the show ring. The exhibitor must be at their best as well, clean and neatly dressed, able to move their animal forward, to a full stop and quickly set up their animal to look its best.

### 4-H Dairy Show

Fifty-Six youth exhibited their dairy project animals at the fair. Top awards presented to Sullivan County youth are as follows:

Fitting and Showmanship Senior Champion:  
**Brooke Clark**

At the conclusion of this year's fair **Brooke Clark** was chosen to have her name engraved on the S. Emery Fisher Sportsmanship Award Plaque. This is a prestigious award presented to one 4-H member for outstanding herdsmanship, sportsmanship and knowledge of the dairy industry.

#### Breed Class Champions: Ayrshire

Senior & Grand Champion: **Erin Woodman** with her Sr. Two year old

#### Brown Swiss

Jr. Champion: **Brooke Clark** with her summer yearling

Sr. and Grand Champion: **Lindsey Clark** with her dry cow

#### Holstein

Jr. Champion: **Brooke Clark** with her fall yearling

#### Milking Shorthorn

Junior Champion: **Lindsey Clark** with her fall yearling

Reserve Jr. Champion: **Brooke Clark** with her Jr. yearling

Sr. and Grand Champion: **Brooke Clark** with her four year old and older

### 4-H Sheep Show

Nineteen youth exhibited their sheep project animals. While exhibiting at Cornish Fair, **Dan Chute**,

**Amanda and Holly Towne and Emily Whittier** qualified to exhibit their sheep at the Eastern States Exposition.

#### Fitting and Showmanship Champions

Senior: **Holly Towne**; Intermediate: **Amanda Towne**; Junior: **Julia Surgenor** and Novice: **Adele Towne**

#### Champion Market Lamb and Overall Champion

#### Ewe Dan Chute

#### Leadline Champions

Senior: **Holly Towne**; Junior: **Julia Surgenor**; and Novice: **Adele Towne**

Sheep Promotion Award: **Hannah Falcone**

### 4-H Horse Show

#### Fitting and Showmanship Champions

Senior: **Danyelle Davis**; Junior: **Alicia Barry**; and Novice: **Hannah Hastings**

#### Overall Champions and Reserve Champions

Senior Champion: **Danyelle Davis**; Junior Champion: **Alicia Barry**; Res. Champion: **Monica Newton**; and Novice Champion: **Hannah Hastings** and Res. Champion: **Jazmyn Durgin**

### 4-H Rabbit Show

#### Fitting and Showmanship

Senior Champion: **Katelyn Kretowicz**

Junior Champion: **Jack Hodskins**

Novice Champion: **Breanna Swan**

Fancy Class Champion: **Elisha Butcher**

Meat Class Champion: **Jack Hodskins**

Angora Class Champion: **Katelyn Kretowicz**

Overall Champion Rabbit: **Jack Hodskins**

Res. Champion Rabbit: **Elisha Butcher**

Bunny Hopping Contest Winner (fastest time and highest jump): **Jack Hodskins**

## 4-H and Youth

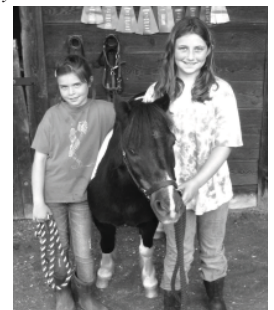
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*Brooke Clark, pictured above, of the Cornish 4-H Dairy Club. Brooke was the recipient of this year's S. Emery Fisher Sportsmanship Award.*



*Adele Towne, pictured above, was the Novice winner in the 4-H Sheep Show Fitting and Showmanship competition. Adele is a member of the Bunny Bunch 4-H Club of Sullivan County.*



*Jessica and Hannah Hastings of the Horse Huggers 4-H Club in Plainfield, pictured above, competed in the 4-H Horse Show at Cornish Fair. Hannah Hastings won in the Fitting and Showmanship Novice competition and was the Novice Overall Champion.*



*Tyler and Erin Woodman of Claremont, pictured above, get ready to enter the ring for the 4-H Dairy Show during Cornish Fair.*

## 4-H MEMBERS' CORNER

### 4-H Members did well at Cornish Fair

At the 61st annual Cornish Fair, over a hundred and fifty Sullivan County 4-H winners exhibited their project work. The following members took home some of the top awards and rosettes for their high quality work.

**Annie Drye** of the Covered Bridge 4-H club won the prestigious Angela L. Smith Memorial Homemaker Award. Her display consisted of a colonial dress and bonnet she sewed, a cross stitch sampler, a pound cake with a lime glaze, a dipped candle and two jars of raspberry jam.

**Brigitte Taylor** of the Acworth Hill Climbers 4-H Club won the competition for the James Reavis Memorial 4-H Handymaker award. Her outstanding display included a wooden garden bench, a wildflower collection, a pottery vase with flower motif, a handblown egg mobile, and a photograph of flowers. Brigitte's garden bench was also given a rosette for woodworking.

**Virginia Drye** was awarded the Frank and Mabel LaVanture Award for her advanced arts and crafts project: a colonial cross stitch sampler. **Nathaniel Van Velsor** of the Jim Dandies was awarded a rosette for his tin cast Civil War figures.

The Jack Harding memorial Natural Resource Award of Excellence went to **Alison Numme** for her leaf collection. **Alison** is a member of the Upper Valley Homeschoolers 4-H.

Garden rosettes went to **Abby St. Pierre** of Fun 4-H for her butternut squash, **Samantha Woodman** of the Disnard Clovers for her eggplant and **Abby Chellis** of the Helping Hands club for her "vanilla flower milkshake" arrangement.

**Sarah Heiskell-Mann** was recognized for her outstanding educational display about rabbits. **Sarah** is a member of the Bunny Bunch 4-H club. **Brigitte Taylor** of the Acworth Hill Climbers won a rosette for her scrapbook. The Hemlock Hi-Toppers club of Charlestown also had an outstanding club scrapbook.

Rosettes for 4-H posters went to Jim Dandies members **Kayla Putnam**, **Jeremy Rumrill**, and **Joshua Rumrill**, Fun 4-H'ers **Taylor Seymour** and **Mariah Vaillancourt** and **Adelyn Nelson** of the Maple Monkeys.

Earning rosettes for their photography were **Henry Hamilton** of the Barnyard Bunch, **Sarah Provencher** of the Maple Monkeys, **Rette Solomon** of the Bunny Bunch, **Ian McShane** of Rogue Robots, **Heather Stockwell** of Horse Huggers and **Brigitte Taylor** of Acworth Hill Climbers.



Virginia Drye, pictured above, of Covered Bridge 4-H with the Frank and Mabel LaVanture Award for her advanced arts and crafts project, a colonial cross stitch sampler.



Pictured above is Alison Numme of the Upper Valley Homeschoolers 4-H Club with the Jack Harding Memorial Natural Resources Award for her leaf collection.



Pictured above is Annie Drye of Covered Bridge 4-H with her Angela Smith Memorial Homemaker Award display



Above, Brigitte Taylor of the Acworth Hill Climbers 4-H Club proudly displays her James Reavis Memorial 4-H Handymaker Award.

## Taking the Lead National 4-H Week October 3-9, 2010

Look at your local 4-H, you will find young people taking the lead in addressing today's challenges. 4-H is where young people explore, learn, and discover in a safe environment. In 4-H, youth find their true passions, gain confidence, and give back to their community. Celebrate 4-H's efforts in helping today's kids become tomorrow's leaders!

National 4-H Week is the perfect time to promote 4-H, increase awareness and visibility of 4-H in Sullivan County as well as letting your community know about your 4-H club activities!

There are many ways clubs can promote 4-H; here are just a few ideas:

- Write about your experiences in 4-H for your local and school newspapers.
- Make posters to put up in your local stores, libraries, schools and meeting halls.
- Display a 4-H Flag on your town common.
- Invite someone new to your next meeting.
- Create a 4-H display for a local storefront.
- Have a 4-H Family Fun Night in your community.
- Do a Service Learning Project with your club.

## Teen Recognition, Travel and Leadership Development Opportunities

### Application Deadline is November 3rd

There are several opportunities open to youth ages 14 and/or 15 and above, that you may want to learn more about. They include: the state achievement award, National 4-H Conference, Youth Congress and National 4-H Dairy Conference. Each trip has a slightly different purpose and are described in more detail on the NH 4-H web site <http://extension.unh.edu/4h/> (information can be located in the events and opportunities section and is called NH 4-H resumes/state and national awards). You may also request a hard copy of the information by contacting Dawn, our 4-H secretary. To be considered for one of these opportunities a 4-H member must create and submit a 4-H resume to meet the county and state 4-H application deadline. Help in getting started is just an e-mail ([robin.luther@unh.edu](mailto:robin.luther@unh.edu)) or phone call away 863-9200.

# 4-H LEADERS' UPDATE

## Rally and Awards Night - October 15

This is an exciting evening when all 4-H members and leaders in our county gather at **Claremont Middle School at 7p.m.** to celebrate their accomplishments. Wear a costume or a crazy hat if you wish and bring the entire family. **Instead of a costume parade this year, we will have a magician entertain us!** Don't forget to practice your club cheer and bring your club banner; your spirit could earn you special recognition! Other highlights of the evening include Club Officer installations, County Medals, the 4-H Record Award for each member who submitted a complete County Record, Cornish Fair premium checks, the Ivan E. Head Outstanding 4-H'er Award and the Pumpkin Decorating Contest too!

This year the Pumpkin Decorating categories are Pumpkin Animals, Pumpkins Under the Sea and Outerspace Pumpkins. Let's see how creative our 4-H'ers can be! The annual Food Raising Raffle will also be held so bring a non-perishable food item to donate.

## 4-H International Foods Day will be held on January 29, 2011

**Save the Date!** It's time to start planning for the annual International Foods Day which will be held on Saturday, January 29, 2011 at the Newport Middle High School. International Foods Day is a favorite county event, so gather together to choose a country to learn about, plan a menu of dishes native to the country of your choice to cook and bring, and prepare a stage presentation to share which explores the culture of your chosen country! The presentations should be kept short and simple and can take the form of a song, dance or skit! Have fun and be imaginative!

### Online Volunteer Training



Volunteer training is critical to delivering a quality 4-H program to our young people. We now have an online web course to help you in your volunteer role! The web address is <http://extension.unh.edu/4H/4HVolunt.htm> - Scroll half way down the page and find the 4-H On-line Volunteer Training: eLearning.

There are 4 modules in all: About 4-H; Positive Youth Development; Getting Started in 4-H; and Leadership and Teaching

Each module takes approximately 20 minutes to complete and you can do them when you have the time. If you are new to 4-H, we recommend you take these in the order listed. The training is also excellent for tenured volunteers to increase their skills. Please take a few minutes and complete the 4 modules today!



## 4-H Calendar 2010-2011

	October	February	
6	National Youth Science Day	1	4-H Teen Club and Leaders Association meetings, Claremont Savings Bank, 6:30-8:30 p.m.
15	Rally and Awards Night, 7 p.m., Claremont Middle School	4-5	May
20	4-H Teen Club and Leaders Association meetings, Goodwin Community Center, Claremont, 6:30-8:30 p.m.	1	Approval forms due for Beef Heifers going to ESE, Working Steer, Dogs, Dairy Cattle, and Llamas
	November	16	7-8 State 4-H Dairy Judging Contest
3	Deadline for Applications for National 4-H Conference, Youth Congress, and National 4-H Dairy Conference to be submitted to Extension Office.	19	18 4-H Teen Club and Leaders Association meetings, Extension Office, Newport, 6:30-8:30 p.m.
17	4-H Teen Club and Leaders Association meetings, Extension Office, Newport, 6:30-8:30 p.m.	25	June
21	4-H Family Bowling Day, Sunset Lanes, Newport, 1:00-3:00 or 3:00-5:00 p.m.	26	4 State 4-H Activities Day
	December	March	15 Orientation for Teen Exchange Hosts, Orientation for Teen Conference, Claremont Savings Bank, 6:30-8:30 p.m.
15	4-H Teen Club Community Service, Heritage Apts, Main Street, Claremont	5	26-29 State 4-H Teen Conference, Durham
	January	16	30 4-H Records due in Extension Office
19	4-H Teen Club and Leaders Association meetings, Extension Office, Newport, 6:30-8:30 p.m.	19	July
29	4-H International Foods Day, Newport Middle High School, 11:00 a.m.-2:00 p.m.	April	4-H Teen Exchange
29	State 4-H Horse Quiz Bowl	1	11-12 Focus on Finance Career Trip
		2	15-17 State 4-H Horse Show, Lancaster Fairgrounds
		8	August
			19-21 Cornish Fair

## GENERAL 4-H NEWS AND INFORMATION

### Want to try a Woodburning Project?

If your club members would like to try a fun 4-H project, here's your opportunity! Bruce Fairbank, a screened 4-H volunteer from Charlestown, is willing to come to your club meeting to teach your members about woodburning or woodcraft. It's a lot of fun and the projects make great exhibits at the fair! Contact Bruce by calling 826-5568 or via email at bigbrucef@comcast.net.

### 4-H Family Bowling Day

**Sunday, November 21**  
1:00-3:00 p.m. OR 3:00-5:00 p.m.

All 4-H family members are invited to enjoy an afternoon of candlepin bowling on **Sunday, November 21** at Sunset Lanes in Newport. Our 4-H Leaders Association has generously reserved the bowling alley for us to use. The lanes will be closed to the public from 1-5 pm. Bowling, bowling shoes and balls will be provided. We'll even have a couple of lanes with bumpers for bowlers age 6 and younger.

Snacks will be available for purchase from the bowling alley snack bar if you wish. The bowling alley is smoke free.

**You must pre-register!!** Please call Dawn at 863-9200 to register your family or club members for either 1-3 pm **OR** 3-5 pm. Only sixty bowlers can be accommodated in each time period. First come, first served!

### 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 Claremont Savings Bank on Broad St. 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.

The next meeting will take place on Wednesday, October 20 from 6:30-8:30 pm at the Goodwin Community Center on Broad Street in Claremont. Officers Members will be planning the calendar of events and activities for the year.

Anyone 12 or older is invited to join the Teen Club. New members are always welcome. Bring along a friend if you want. We will be hosting teens from Minnesota as part of our Teen Exchange program next summer! Call Nancy Berry at 863-9200 or email nancy.berry@unh.edu for more information.

## CLUB HIGHLIGHTS

### The Rogue Robots of 4-H

After what seemed like a VERY short summer break, the Rogue Robots of 4-H are hitting the ground running this fall. We are helping to mentor the FIRST Lego League team at the Family School Connections program, and preparing to present our Lego robotics workshop at NERVF in November.

Also, we are recruiting students aged 14-18 to participate with us in the FIRST Robotics Competition (FRC), called "the varsity sport for the mind." FRC combines the excitement of sport with the rigors of science and technology, where we will be challenged to raise funds, design a team "brand," sharpen our teamwork skills, and build and program robots to perform prescribed tasks against a field of competitors. It's great fun, and there are over \$12 million in college scholarships available for FRC alumni! Check out [www.usfirst.org](http://www.usfirst.org) for more information.

Congratulations to our club members who showed at the Cornish Fair. Ben Pennell earned a blue ribbon for his ink drawing (our club t-shirt design), and Ian McShane was honored with a Best of Show for his photo of a sweet violet. Our Cloverbuds, Luke Pennell and Aidan and Shane Morse all shared some of their crafts as well.

### The Helping Hands 4-H Club

At the 2010 Cornish Fair, Helping Hands 4-H did very well. The club exhibit got a blue ribbon, and we will receive money for the club because of that. All of the members worked very hard on their stepping stones, and they turned out great! Thanks to all who helped with the project. It is pleasing how we did, considering that this is our first year. Everyone should be happy and proud of their ribbons! Premiums will be given at Rally on October 15. Submitted by Abby Chellis, Secretary.

### The Charlestown Dairy Club

#### **Wins Award for Agricultural Excellence**

There was much excitement and pride shared by members and leaders of the Charlestown Dairy Club when they discovered that they had been chosen to receive the Commissioner of Agriculture's Award for Agricultural Excellence during Cornish Fair 2010. At each of the New Hampshire Fairs one display is selected that best promotes agriculture and NH's rural lifestyle and heritage. The big blue rosette presented was proudly displayed on the red barn they created to hang in front of their tack room.

Another goal Charlestown Dairy club members set for themselves was to do all they could to promote the NH Dairy Industry. During Charlestown's Old Home Day celebration the club spent the entire day whipping up Maple Frappes and shared free samples and recipes. To thank individuals and businesses that helped the group pull together equipment needed for club members to show their cattle at the 4-H fairs, the group hosted an open barn celebration. Youth, parents and leaders were on hand to give tours, and members had a mock show to get themselves ready for their first show of the season. Congratulations on your accomplishments.



## Congratulations to 4-H Alum Theresa Fairbank Adams

Theresa Fairbank was a 10 year member of the Hemlock Hi-Toppers 4-H club in Charlestown from the mid 80's to the mid 90's. She did a wide variety of projects including arts & crafts, citizenship, community service, child care, clothing, foods, food preservation, cake decorating, flower gardening, and woodburning. She also won county medals in many of these projects, took part in county and state activities days and the fashion show. Theresa Fairbank was recognized as the Ivan Head Outstanding 4-H'er in 1994. Now she is a MD!



Theresa Marie Adams received her degree as a Doctor of Medicine from Rush University on June 12th 2010. Theresa is a 1995 graduate of Fall Mountain Regional High School. She received a B.S. from Seton Hall University and a M.S. from University of Medicine and Dentistry of New Jersey. Mrs. Adams is a member of the Alpha Omega Alpha Honor Medical Society and received The Glasgow-Rubin Citation for Academic Achievement. She was also awarded the James G. Clark, M.D. and Ruth E. Schmidt, R.N. Endowment Fund for Medical Education Scholarship.

Theresa is the daughter of Bruce and Gail Fairbank and is married to Joshua Adams. Theresa and Josh are now living in Nashville, Tennessee where Theresa is a Resident at Vanderbilt University Hospital in Emergency Room medicine.

Congratulations Theresa! You are an excellent example of how far hard work and persistence can take you in life! The 4-H community salutes you!

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picked them. New Hampshire farmers have for decades been required to keep extensive records of pesticide applications. An the New England apple industry has for decades used a stable harvest labor source that comes into the state with all necessary documentation as to their legal and health status. Workers return each year.

But there were some troubling aspects of this plan that we had to work through. The thought that wild animals or any animals might be present in our fields drove food safety analysts crazy. Initial drafts required that we remove or exclude any animals from our orchards. Birds, deer, pets, no exceptions: remove or exclude them!

Just-picked fruit would have to be immediately covered with a plastic cover, because a bird just might happen to fly over. Forget that those same apples had enjoyed a happy existence exposed to nature for the previous 120 or so days. A worker with a cut finger would have to wear rubber gloves or take the day off. Wooden apple bins? No, no, no. In the end we worked out a reasonable food safety plan that our broker, its customers and we could live with.

All these requirements have been market-driven. Willing seller and willing buyer. If growers don't want to go the third-party certification

route, they don't have to but they must find another market for their products.


Now enter the federal government. The U.S. Senate is debating sweeping revisions to food safety regulations that would give broad rule-making authority to FDA to regulate farms. In an election year, no lawmaker can refuse to support an issue like food safety; it's better than kissing babies (we won't talk about the issue of sharing germs with that practice). But sweeping reforms in Washington make me nervous.

The debate is being influenced by large agriculture that admittedly has a greater number of dollars at risk than we do. But they ignore the fact that the risk of food safety problems is greater on their large farms. Their mantra is, multimillion-dollar industries should not be put at risk by small farmers like us.

Lost in the debate is the fact that from a risk-analysis point of view, and actual data, the greatest food safety concerns occur on very large operations where attention to detail is lost. In addition, Acme Farming of California can afford a food safety compliance officer to do the paperwork on its one-crop mega-farm. On our 40-plus crop small farm, we cannot. There is also a turf war over who should regulate our food: the Department of Agriculture or the Food and Drug Administration.

The USDA has an obvious connection with

## Agricultural Resources



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farmers. The FDA is more closely connected with food processors. Farmers have a legitimate concern about finding themselves under a new set of regulations and a new set of inspectors. The FDA tells us they would likely regulate farms as "food production facilities." The problem is that our farm is not like other FDA food production facilities, where letting the public in would be forbidden. What would this do to the pick-your-own trade that is vital to our financial survival and ultimately our ability to keep this land undeveloped?

We are surrounded by trees and wood products, but will there be plastic apple bins made in China that will be sanitized with bleach before each use in our future? Where are the real risks to food safety on our farm?

The issue is one that we should all be interested in. It begins on the farm, but relying on top-down federal regulation of farms will only

*Continued on page 8*

## Speaking for Wildlife



Trained volunteers from the NH Coverts Project, a wildlife volunteer program, are available to deliver wildlife presentations and lead walks, with support from UNH Cooperative Extension

staff. Programs are free and available to community groups in Grafton & Sullivan Counties (NH). Funding for the Speaking for Wildlife project was provided by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation.

Speaking for Wildlife volunteers offer two presentations: Backyard Wildlife and New Hampshire's Wild History: 350 Years of New Hampshire Wildlife.

The Backyard Wildlife slide presentation highlights a dozen wildlife species commonly seen in the Upper Valley. Participants will learn cool animal facts and find out about how the diverse mix of habitats in our region support species such as American woodcock, painted turtle, pileated woodpecker, wood frogs, little brown bats and other captivating creatures. The presentation includes handouts and other helpful materials. The program length is 1 hour, including time for discussion.

The Wild History slide presentation takes participants on a virtual journey through New Hampshire's past, focusing on changes in the land and how wildlife populations have responded over time. You'll learn why changes in habitat in our past are behind the decline of many of our rarest species today, and why others are more abundant than in the past. You'll also learn what you can do to help. The presentation includes handouts and other helpful materials. The program length is 1 hour, including time for discussion.

To schedule a wildlife presentation for your group please contact Chuck Hersey, Sullivan County Extension Forester at 863-9200 or via email at [chuck.hersey@unh.edu](mailto:chuck.hersey@unh.edu)

For more information, visit the Speaking for Wildlife website at <http://extension.unh.edu/Wildlife/SFW.htm>

### ***Beetles in Boston:***

#### ***What This Means for NH***

*(continued from page 1)*

residents to look for them in their trees and even in their swimming pools this summer. We need as many people as possible looking for the beetle."

#### **Don't transport camp fuel and firewood from infested areas: Buy local!**

Asian longhorned beetles don't fly very far, probably less than a mile at a time. Brad Simpkins, director of the N.H. Division of Forests

## Forest Resources

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and Lands and State Forester says, "We can keep these infestations local only if we don't transport the wood out of the infested areas."

Simpkins asks people to buy their firewood for summer camping and winter heating locally. "Eighty-four percent of New Hampshire is covered in forests. We have plenty of wood here. The primary way these beetles move is by people carrying them around in firewood."

#### **Learn more**

UNH Cooperative Extension, the N.H. Department of Agriculture, the USDA Forest Service and the Animal and Plant Inspection Service (APHIS) are pooling their efforts to inform homeowners and landowners about Asian longhorned beetle. To learn more, contact the N.H. Division of Forests and Lands, Forest Health Office at 464-3016.

*Photo credit: Adult and larval forms of Asian longhorned beetle, by James E. Mario Jr.*

# EXTENSION CALENDAR

## October



- 3-9 National 4-H Week
- 6 National Youth Science Day
- 7 Starting Over...New Choices, New Directions, 3:30-5:30 p.m., Extension Office, Newport.
- 15 Rally and Awards Night, 7:00 p.m., Claremont Middle School
- 19 Managing Money in Today's Times, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 20 4-H Teen Club and Leaders Association meetings, Goodwin Community Center, Claremont, 6:30-8:30 p.m.
- 26 Managing Money in Today's Times, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 27 ServSafe, Claremont Savings Bank, 145 Broad St., Claremont, 8:30 a.m.-4:30 p.m.

## November

- 16 Making Money Work for You, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 17 4-H Teen Club and Leaders Association meetings, Extension Office, Newport, 6:30-8:30 p.m.
- 21 4-H Family Bowling Day, Sunset Lanes, Newport, 1:00-3:00 or 3:00-5:00 p.m.
- 23 Making Money Work for You, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 30 Making Money Work for You, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.

## December



- 2 Managing Money in Today's Times, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 9 Starting Over... New Choices, New Directions, 5:00-7:00 p.m., Extension Office, Newport.

- 6 Starting Over... New Choices, New Directions, 3:30-5:30 p.m., Extension Office, Newport.
- 7 Making Money Work for You, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 14 Making Money Work for You, Claremont Savings Bank, 145 Broad St., Claremont, 6:00-8:00 p.m.
- 15 4-H Teen Club Community Service, Heritage Apts, Main Street, Claremont

## November



## Caring for Your Forest Workshops for Landowners

Interested in taking better care of your woodlot? Sharpening your forestry skills? Come to one, two, or all four of these workshops. The cost of each workshop is \$10 per person. UNH Cooperative Extension county foresters and specialists will teach the classes. All workshops run from 12:30-4:30 p.m. at the Merrimack County UNHCE office in Boscawen. Call Debra Anderson at 603-862-1028 or email [debra.anderson@unh.edu](mailto:debra.anderson@unh.edu) to register!

- October 29* - GPS on Your Woodlot
- November 5* - Roads and Trails on Your Woodlot
- November 12* - Silviculture for Landowners
- November 19* - Selling Timber

*Continued from page 7*

further congregate food production into larger and larger farm units. This is something we in New England are running away from. Instead, I sense real support of local agriculture farms that are diverse, responsive and responsible to customers.

The Centers for Disease Control and Prevention, (yet another federal agency with a dog in this race) estimates that up to 97 percent of food-borne illnesses are linked to improper handling in the home or restaurants. Education of safe food handling practices needs to happen for all.

U.S. Department of Agriculture, University of New Hampshire, and New Hampshire county government cooperating.

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