University of New Hampshire
Cooperative Extension
http://extension.unh.edu/Counties/Sullivan/Sullivan.htm

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The Sullivan County Extension Connection

March/April 2011

Food Safety Modernization Act Now Law

Over the past several years, there has been an increasing focus on local foods. The recent passage of the Food Safety Modernization Act is going to impact farmers of all sizes. As of early January, a new law governing food safety was signed by President Obama. I had the unique opportunity of working with Senators Gregg and Shaheen's staff to help shape this legislation.

The new law is definitely a game changer for farmers; however, we won't truly know how for at least a year, until the Food and Drug Administration (FDA) defines the rules and specific aspects of the law. Yet it is feared that the new law will result in higher administrative burdens and potential higher costs for farmers. Below is a short description that hits on some of the major aspects of the law.

As Rob Johnson writes, "The (FDA) authority over the nation's food supply is greatly expanded under the new law. Food facilities (facilities are defined as businesses that store, hold, manufacture or process food) are required to put together Hazard Analysis and Critical Control Point (HACCP) plans. These plans require them to examine their processing systems and identify ways that food products can be contaminated. They will have to develop detailed written plans setting out how they will do this and keep their food safe. The plans will be required to be shared with the FDA, along with records. The law also enables the FDA to establish produce safety standards, in which the agency would regulate growing and harvesting practices."

If a farm is considered a "food facility" then it would have a far higher regulatory burden to meet than if it was considered a "retail establishment." One of the aspects this new legislation addresses is when a farm is considered a food facility. Currently, the Bioterrorism Act of 2002 defines a list of actions that constitutes a farm as a food facility. Senator Sanders (I-VT) had an amendment added that instructed the FDA to use a risk based, scientific method, to come up with a system to determine when a farm is considered a food facility. The FDA will review the current provisions and modify these using a risk based analysis. This will definitely help many NH farms. Senator Sander's amendment also provides FDA the author-

(Continued on page 7)

Celebrate National Nutrition Month® - Help Your Kids Eat Right with Color

When it comes to food and nutrition, even the most knowledgeable parents can use help making sure their children are eating healthy meals. Each March, the American Dietetic Association celebrates National Nutrition Month®, and this year's theme, "Eat Right with Color," encourages parents to take time to make sure their children are getting all of the nutrients they need to grow and thrive. The good news is that shopping, cooking and eating healthfully have just gotten easier with assistance from www.kidseatright.org a new website from ADA and its Foundation.

The 2010 *Dietary Guidelines* Advisory Committee recently reported that children, teens and adults have diets deficient in dietary fiber, vitamin D, calcium and potassium, and the Kids Eat Right campaign calls for increased attention to the alarming nutrient deficiencies in children's diets.

"Weight is not the only measure of good nutrition and health. Any child — whether they are of normal weight, overweight or obese — can be undernourished," says registered dietitian Dr. Katie Brown, national education director for the American Dietetic Association Foundation.

"Quality nutrition requires a total diet approach that goes beyond calorie counting alone, to focus on including those nutrients critical for a child's healthy growth and development," Brown says. "This year's National Nutrition Month® theme is a great reminder for parents to focus on that total diet approach by including a variety of foods and colors in every meal, every day." Brown offers the following guidance for helping your kids "Eat Right with Color":

- Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks, and whole-grain pastas for dinner.
- Eat more fruits and vegetables at every meal. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate.
- Most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings children and teens need. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.

Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with egg or bean burritos. For snacks, provide peanut butter or sliced deli meat.

(Continued on page 2)

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Nutrition Connections

(Continued from page 1)

Designed around a SHOP, COOK and EAT theme, the Kids Eat Right website provides parents with practical tips, articles, videos and recipes from registered dietitians to help families shop smart, cook healthy and eat right.

Interactive kids games for National Nutrition Month® will be available, including:

- Sudoku: Tackle these popular puzzles using food rather than numbers.
- Word Search: Find the words that represent the bold and vibrant colors associated with eating right!
- Rate Your Plate Quiz: Find out how you rate when it comes to making daily meal choices.

Whether speaking with a registered dietitian about essential nutrients and healthier cooking, or visiting www.kidseatright.org/ for tips and recipes, Kids Eat Right provides families with knowledge as well as ideas and tools to transform their eating behaviors.

Source: www.eatright.org

Eat Right with Color

Crunchy Vegetable Wrap

Serves: 4
Serving size: 1 tortilla, 3/4 cup vegetables and lettuce.
Preparation time: 15 minutes
Tips: Experiment with different raw vegetables to find the combination you like best. Wrap leftover vegetables with the dressing and heat in the oven at 350 degrees for 5 minutes for a hot wrap.
Menu idea: Serve with fruit salad or a fruit smoothie.

Wrap

1/2 cup carrots, shredded
1/2 cup broccoli, chopped
1/2 cup cauliflower, chopped
2 green onions, thinly sliced or 1 small yellow onion
4 oz.. low fat cheddar cheese, shredded
1 cup lettuce, torn into bite sized pieces
4 flour tortillas, 8 inch

Dressing

1/4 cup low-fat ranch salad dressing
1/2 tsp. chili powder

1. Wash and chop vegetables.
2. Combine chopped vegetables with cheese, dressing, and chili powder. Mix well.
3. Spoon 1/2 cup vegetable mixture and 1/4 cup lettuce into the center of each tortilla.
4. Wrap each tortilla around the vegetable mixture.

Part of Choices: Steps Toward Health developed by University of Massachusetts Nutrition Education Program.

Nutrition Facts

Serving Size (143g)
Servings Per Container

Amount Per Serving
Calories 270 Calories from Fat 120

	%Daily Value*
Total Fat 14g	22%
Saturated Fat 6g	30%
Cholesterol 25mg	8%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 14g	
Vitamin A 50%	Vitamin C 30%
Calcium 25%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Family & Consumer Resources

Gail P. Kennedy
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America Saves NH Saves

America Saves is a nationwide campaign in which a broad coalition of nonprofit, corporate, and government groups helps individuals and families save and build wealth. This year UNH Cooperative Extension is very fortunate to have been approved as an official *NH Saves* campaign under the America Saves social marketing campaign being led by Consumer Federation of America. Cooperative Extension Service offers workshops, seminars, mail and e-mail outreach and broad marketing efforts to promote the savings message. Topics include debt repayment, and savings for emergencies, home ownership, education and retirement. Check our website for a complete list of upcoming programs.

People who enroll in *America Saves-NH Saves* will receive the *American Saver* newsletter which offers information on a wide variety of savings topics. It will also introduce ***Enrolled Savers*** to other Savers who are achieving their financial goals. E-mail access to free financial planning advice will also be provided. Best of all, *America Saves-NH Saves* will hopefully motivate community members to discover the peace of mind that accompanies having money in the bank!

The enrollment form below can completed and returned to the Extension Office at 24 Main Street, Newport, NH 03773 or it can be accessed online at: http://www.americasaves.org/enroll/default.asp More information about *America Saves* can be found on the web at: http://www.americasaves.org

Please contact Gail Kennedy if you have any questions at 603-863-9200 or gail.kennedy@unh.edu

Enrollment Form

YES! I want to be a New Hampshire Saver.

I pledge to save $ _____ a month to reach my goal of _____
(homeownership, emergency fund, debt repayment)

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Understanding Bullying

A workshop for parents to learn real strategies for helping their children deal with bullying and its effects will be held on Tuesday, March 15 at Newport High School in the cafeteria from 6:00-7:30 p.m. This workshop is sponsored by Newport Out of School Time (NOST). Pre-registration is required. Please call 603-865-1515 or email ccarley@newport.k12.nh.us to register.

CURRENT NEWS

Get Ready for Fashion Revue - April 2

It's time to finish sewing your clothing for Fashion Revue! Evaluation Day is planned for the morning of Saturday, April 2, 2011 at the Claremont Middle School. The theme for this year's 4-H Fashion Show is "Seaside Fashions".

Please mark your calendar and be sure your Garment Description Form is sent to the Extension Office by **March 18**. Scripts should have your full name in the first line. Write your script in the third person (as though someone else were describing your outfit). ***Sample:*** Susie Smith looks ready for exercise with this practical 2 piece jogging outfit which features pants with side pockets. Susie plans to wear her outfit on summer vacation. Susie enjoys soccer and swimming.

Community Service Opportunity

David's House needs volunteers to help with a special event they are busy planning for this summer. The event is called "Sundae at the House". It is an annual event geared towards bringing former guests back to the house for a fun-filled day of activities and entertainment. This year it will happen on Sunday July 24th at David's House in Lebanon . The event is free for guests, and $5 a carload for the general public. There's a BBQ, ice cream, a bounce house, etc.

David's House would like help from 4-H in providing fun kids' "make it and take it" type activities. It could be as simple as bracelet making or as complicated as tie-dye shirt making (and everything in between). The event starts at 11:00 a.m. and goes until 2:00 p.m.

This is a perfect opportunity to promote 4-H and provide an important service to the community. If you are interested in getting additional information or you would like to volunteer to help during the event as a club or family please contact Jaye Olmstead. He can be reached at 643-2298 or by e-mail Jaye.Olmstead@davids-house.org . You can also learn more about the wonderful service this home provides to families with seriously ill children by visiting their web site at davids-house.org

4-H Day at NH Fisher Cats Game

Saturday, July 9, 2011
7:05 - 10:00 p.m.

NH Fisher Cats vs. Portland Sea Dogs

The annual 4-H Day at the New Hampshire Fisher Cats stadium is a great way to have fun while supporting a worthy cause, the New Hampshire 4-H Foundation! For every ticket sold, the foundation will receive $3. There will be a fireworks show following the game too!

The New Hampshire Fisher Cats is the Double A minor league team affiliate of the Toronto Blue Jays. The Portland Sea Dogs is the Double A minor league affiliate of the Boston Red Sox.

Tickets are $8 each. To purchase tickets, you can go to: https://www.ticketreturn.com/prod2/Buy.asp?EventID=55827 and use Promo Code: "NH4H" (all caps) and select section 102. Or you can call the Extension Office at 603-863-9200.

Sewing Patterns Available

Just a REMINDER, that we have available FREE to Sullivan County 4-H Clubs some sewing patterns. We also have the following items available to borrow: Leather Tools, Nature Kits (compasses, tracks, etc.), Curriculum books, Fitness games and supplies (hula hoops, parachutes, etc.)

4-H and Youth

Robin R. Luther
Extension Educator
4-H Youth Development
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Fashion Show April 8

Everyone is welcome to watch the 4-H Fashion Show at the Claremont Middle School on **Friday, April 8 at 7:00 p.m.** It's a fun event! The theme of this year's show is "Seaside Fashions".

If you are a new 4-H family or club and want more information about the Fashion Revue, please give Robin or Dawn a call at 863-9200.

Sewing supplies are given to every 4-H member who models in the show. Being in the Fashion Show is not required, but it is highly recommended! Members build self-esteem and confidence each year they go on stage!

Pictured above is Acworth Hill Climber member, Maria Luther-Houghton proudly modeling her very first sewing project at last year's fashion show.

Focus on Finance Career Trip

Fun, Fabulous and Focused … On Finance! Join teens ages 12 and over on July 12 and 13 for a fun, eye-opening trip to learn more about finances: careers in the field, lessons you as a consumer should learn, and how the "real world" of money works.

We'll start in Concord, spend the night on or near the UNH campus, and tour a savings bank, a credit union, an investment company, an auto dealership and more in southern New Hampshire. At each stop, you'll be learning information you will need to know to operate a savings account, a checking account, how to take out a loan, making investments for your future, buying a car … and lots more! Tuesday night, we'll have a fun adventure, some place in the greater Seacoast area.

Watch for details on the 4-H page of extension.unh.edu and from your Extension Educator.

4-H MEMBERS' CORNER

Teen Club to Host Minnesota Teens

Fifteen teens and two adult chaperones from Winona County, Minnesota will be guests of Sullivan County 4-H Teen Club members from July 20-26. We want to show them how special New Hampshire is!

Our teens and their families have been busy planning fun day trips for our Minnesota guests. They've also been busy raising money to pay for the trips around the state. Our thanks to those of you who have supported them in their fund-raising efforts!

Barry Conservation Camp to Open in 2011

Great news! Thanks to the inspired work of many, Barry Conservation Camp will be open for the summer of 2011 and promises to be better than ever! Facilities have been substantially upgraded and the camp staff is looking forward to a terrific summer.

Barry Conservation Camp is operated by the UNH Cooperative Extension 4-H program in cooperation with the N.H. Department of Fish and Game. It is located in the White Mountain National Forest at the Berlin Fish Hatchery. This camp provides a close-knit community for its 38 campers and 11 staff. There are 6 cabins, each housing up to 7 campers and a counselor. Campers are grouped by age and gender. There are central toilets, shower facilities and a dining hall complete with kitchen.

Barry Conservation Camp is a great program for kids who love the outdoors, enjoy hands-on learning in environmental and conservation programs and can benefit from participating in a small camp. Staff take pride in creating a special place where kids can discover their individual strengths. Campers and staff work together as a team in the hope that everyone leaves camp with a greater awareness of themselves and the world around them. For current information and to enroll for one of the following camps, check out the website at http://extension.unh.edu/4H/4HCamps.htm

Camperships are available through the Sullivan County 4-H Foundation. For more information or to request a scholarship application, contact Robin Luther at 603-863-9200.

Natural Leaders, June 26-July 1, Ages 14-17
This camp is designed to inspire emerging environmental and community leaders. Teens are actively engaged in fun, outdoor recreational and educational experiences and develop leadership skills.

Mini-Camp, July 5-8, Ages 8-12
This abbreviated session is perfect for the first time camper and younger children. During this 3 night and 4 day program, campers will learn about nature, try camp crafts, explore outdoor games, and sing around the campfire.

Hunter Education, July 10-15, Ages 12-16
Join NH Fish and Game Department Hunter Education staff, volunteer instructors and camp counselors to learn and practice safe, responsible and ethical hunting. Campers who successfully complete an online Hunter Education Course prior to coming to camp are eligible to earn a hunter safety certificate.

4-H Shooting Sports, July 17-22, Ages 10-16
Certified instructors will help youth learn marksmanship, the safe and responsible use of firearms, and the basic principles of hunting. Previous shooting sports experience is preferred, but not essential.

4-H on the Wild Side, July 24-29, Ages 10-16
In America's technology-based culture, the gap between youth and nature is growing. Experience nature and reunite with the great outdoors. Create a meal from gathered plants, fillet a fish and cook it over an open fire, sleep under the stars, climb a mountain, swim in a pond, create nature crafts, and more. Truly experience the great outdoors. Sounds like fun!

Aquatic Adventures Program, July 31-August 5, "Let's Go Fishing", Ages 10-16
Come along and catch the big one! Novice anglers will learn the basic skills and equipment needed to get started with fishing. Campers with more experience will improve their fishing skills and explore the finer details of the angling world.

2011 4-H Teen Conference

The theme of this year's Teen Conference is "Take a Chance". It will be held June 26-29 at UNH Durham. Teen Conference is available to all youth age 14 and older or who have completed the 8th grade through 12th grade.

Teen Council has been planning fun new workshops along with the classic favorites. Some highlights will include shooting sports, fencing, a visit to Monkey Trunks climbing course, ballroom dancing, fly fishing, video production, and print making. This super fun conference will feature an opening night costume ball, a trip to Hampton Beach for a BBQ, and a closing dance complete with light show!

The cost will be $230 for the entire four days. Room, Meals, Activities and T-shirt are included (some workshops carry an additional fee). Come learn a new skill or investigate a career interest. The Teen Council can't wait to see you there! Scholarships will be available from the Sullivan County 4-H Foundation.

4-H'ers Compete at State Horse Quiz Bowl

Sixteen youth from the Horse Huggers and Oak Hill Riders 4-H clubs took part in the 2011 State 4-H Horse Quiz Bowl competition in January.

We are pleased to announce Horse Hugger member Heather Stockwell placed fourth in the senior division earning her the opportunity to compete as part of the NH 4-H Quiz Bowl team in Kentucky.

We are also proud to report that Alicia Barry and Olivia Henriques' junior team placed fifth. Alicia was also recognized for having the sixth highest individual score. Congratulations on a job well done!

4-H LEADERS' UPDATE

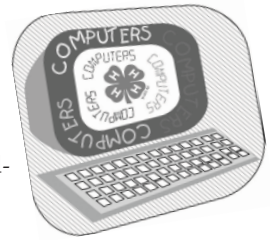
Volunteer Training is *CRITICAL* for Continued Success!

Are you new to 4-H or would you like to update your understanding of positive youth development? This e-Learning course is designed to acquaint you with basic volunteer information and is divided into four modules. Each module will only take approximately 20 minutes to complete and can be completed at different times.

The modules "About 4-H"; "Positive Youth Development"; "Getting Started in 4-H", "Leadership and Teaching" and can be found online at:

http://extension.unh.edu/resources/files/Resource001265_Rep1627.pdf

Here is what other volunteers are saying about the course:



- Very interesting – able to learn new info about 4-H that I had not known
- Very well done, quick training method!
- Helped my confidence knowing what I am responsible for providing to members
- Format easy to understand

So pull up a chair, get comfortable and have fun learning how you can get the most from 4-H right at home!

Expecting the Best

Marianne Bird, 4-H Youth Development Advisor - (Reprinted with permission)

Often we hear the adage, **"Attitude is everything".** It almost sounds trite. Certainly the attitude we bring to our work, our relationships, and our situation in life colors our perception. We may tell our own children and the youth we work with to adjust their attitude and we are sometimes reminded that shifting our thinking is important in approaching challenges or lifting ourselves out of ruts. But I say that attitude colors not just how we see our world; it influences how we build it.

We fashion our experience by what we envision, and we have far more power to create what happens in our lives than we realize. If you expect to have a good day at the office or at school, you find you do. If you expect the best from people, usually they deliver the best they have to give. So what if we *intentionally* build the 4-H experience through our positive approach?

Think of this: It's your first community club gathering of the year. As leader, you know it's going to be a full, fun and engaging year. As the members and families enter the room, you and your officers welcome them warmly, chat with them briefly to re-connect with those returning and learn a bit about those wanting to join. You're especially sensitive to new faces, helping them to feel comfortable in the group. You realize most parents, like yourself, are busy, but you also know in your heart that they have an interest in their children (otherwise, why would they be there?). Parents are happy to help if the job and the timing are right.

The officers are well prepared. They know you believe in them. They don't want to disappoint you, and when sometimes they do, they're not afraid to approach you – or you them—because your relationships are rooted in trust and support.

Kids are engaged in the meeting. Members and leaders showcase projects for the coming year. The group brainstorms service ideas and decides to plant trees in a nearby park. A group of youth forms to investigate the idea and create a plan. As the evening winds down and folks are visiting over refreshments, many parents sign up to volunteer for tasks --- from providing snacks to assisting with paperwork. One parent inquires if he might assist the group working on the tree planting project. Everyone leaves energized.

We can create this scenario; we just have to see it in our minds. We need to expect it. It's not the kind of expectation, however, that we say aloud. While there are places to state and make sure expectations are understood, the focus on creating positive energy begins from within. We check our own attitude. How am I feeling about my project group or club? Do I have a positive perception of *all* the youth I serve? What kind of energy am I bringing to the task at hand? Do I expect good things to happen? **This is where good things begin. You have the power to make them happen.**

NH 4-H Shooting Sports

Volunteer Certification Training
May 21-22, 2011

If you're interested in the 4-H Shooting Sports project, then save the weekend of May 21! This is when the New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders at the 4-H Youth Center in New Boston. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from out-of-state are invited to attend as well. However, priority will be given to NH 4-H volunteers.

The shooting sports project is a little bit different than most other 4-H projects because leaders must be officially certified before they can teach youth. During this weekend workshop, leaders will be trained to teach in one discipline. Choose from archery, black powder, pistol, rifle, shotgun, advanced shotgun, or wildlife and hunting. Once enrolled as 4-H leaders, adults will be certified to teach their discipline to youth participating in a formal 4-H shooting sports program. All NH 4-H leaders must complete an orientation and background check before being officially enrolled. It is highly recommended that interested adults complete the volunteer screening process. Please obtain a volunteer application through the Sullivan County 4-H Program.

All sessions will be conducted in the 4-H way-"learn by doing." There will be approximately 12 hours of discipline-specific instruction and 6 hours focusing on youth development and how to work effectively with youth. The registration fee is $45 for New Hampshire volunteers and $65 for those from other states. This includes food, lodging, and materials. We have received generous support for this training from the 4-H Foundation of New Hampshire, and the Monsanto and Federal Cartridge companies. Scholarship assistance may be available through the Sullivan County 4-H Leaders Association. Contact Robin Luther, Extension Educator, with your questions and for registration information. Registrations are due by May 6th.

GENERAL 4-H NEWS AND INFORMATION

4-H International Foods Day A Big Hit

Sean Petrin of the Clover Buddies 4-H Club dressed as a Mariachi player in the club's stage presentation.

On the final Saturday in January, ten 4-H clubs came together to share foods and facts from the country of their choice. The parts of the world represented were as diverse as Morocco, Peru, Uganda, the Netherlands and Egypt. However, some of our yearly favorites, Mexico, China, Italy, and France, were mixed in as well. Adult volunteers, parents and teens enjoyed experimenting with new and different foods and flavors, and even younger members try at least one new food.

We asked each parent attending to respond to the following question "What difference has 4-H made to your family?" Two of the most common responses were "We can do things with others, as a family" and "increased community participation".

Above, Caleigh Plunkett of the Fun 4-H Club runs through the obstacle course at International Foods Day.

It is always a pleasure to have the help of our teens. This year Daniel Drye and Mary Robertson of the Covered Bridge 4-H club filled the role as event commentators.

Promoting good health is another important part of 4-H. This year several members of the 4-H teen club helped demonstrate and encourage younger 4-H'ers to take turns running through an obstacle course; just another fun way to get some exercise. It's an activity that could easily be planned for members as part of a 4-H club meeting.

Brigitte Taylor (back) and Griselda Luther-Houghton of the Acworth Hill Climbers represented Egypt at Foods Day.

Club Highlights

The Blood Brook Bale Busters

We kept very busy this fall. During our kick-off meeting at the beginning of October, we decided to do a community service project. We thought we could all do yard work/wood stacking for people who needed assistance.

In order to find people who needed help, we put ads in the Cornish Connect (on-line service) and PlainFacts (a local paper) and wrote a letter to a person in town who is involved with some senior citizens.

We received a lot of responses and were able to help everyone who asked. Some of the jobs we did included leaf raking, yard maintenance, and wood-stacking.

We closed the loop on our community service project by doing an indoor project at the Meriden Library assisting the librarian to recycle old card catalogs and place bar codes on books to help begin the new system. It felt good to all of us to help others in the community.

The Rogue Robots

Team #3585

Eleven teens and three adults attended the two day F.I.R.S.T. (For Inspiration and Recognition of Science and Technology) kickoff in Manchester, NH on Jan. 7th and 8th. The weekend consisted of several workshops that helped explain design for robots and drive systems, compatible computer programs to use and what to expect at state and regional meets. Dignitaries speaking at the event included Dean Kamen, Segway inventor and founder of FIRST as well as Governor Lynch and Senator Shaheen.

Above, Rogue Robots of 4-H member, Ian McShane explains to Senator Shaheen the details of their robotics program.

Rogue Robot 4-H'ers took the opportunity to meet several other teams at the kickoff and were thrilled to be welcomed into the FIRST family. All the veteran teams were very happy to assist our rookie group.

The robot is progressing rapidly and is on the move. The build team has the chassis built, the motor up and running and the wheels on. The robot is drivable, the minibot is almost finished, and the secondary arm is progressing nicely. The website is also up and running and looks awesome; check us out at the www.roguerobotsof4h.webs.com

The younger Rogue Robots of 4-H made fleece blankets in December. They each made one for themselves and one for a church, Trinity Episcopal Church in Claremont. The church gave the blankets to needy families with babies. These members are also in a robotics group called the Blockheads and are making Sumobots.

Pictured above are members, leaders and mentors of the Rogue Robots of 4-H with the robot they have designed, built and programmed. The team will compete at FIRST Robotics Competition March 3-5.

(Continued from page 1)

ity to either exempt farms engaged in low or no risk processing or commingling activities from new regulatory requirements or to modify particular regulatory requirements for such farming operations. This will minimize the administrative load.

Farm organizations, including NH Farm Bureau, NOFA-NH, and the National Sustainable Agriculture Coalition, worked hard to have the law differentiate between farms of varying sizes. This was very important to the NH farmers I spoke with. As such, when Senators Gregg and Shaheen's staff asked about our view on the Tester-Hagen Amendment, we all highly endorsed its inclusion. This amendment put forth by Senators Jon Tester (D-MT) and Kay Hagan (D-NC) instructs the FDA to define small farms and very small farms in order to determine the regulatory system a farm would fall into. Very small farms have a lighter regulatory system, as do farms whose gross sales are less than $500,000 per year averaged over the past three years, sell within their state or within 275 miles of the farm, and sell more than 50% directly to consumers. If a farm does qualify for the alternate regulatory system it can use an existing qualified state system. Yet the FDA has to come up with the protocol to establish if an existing state's system in place meets their standards.

Another key and helpful amendment was added by Senator Bennett (D-CO). Senator Bennett's amendment instructs the FDA to reduce unnecessary paperwork and excess regulation required under the preventative control plan and the produce standards sections of the bill. This includes instructions to the FDA to minimize the number of different standards that apply to separate foods, to make requirements scale appropriate, and to prohibit the FDA from requiring farms and other food facilities to hire outside consultants to write food safety plans.

Sherrod Brown (D-OH) added an amendment to exempt farmers from extensive and expensive traceability and record-keeping requirements if they sell food directly to consumers or to grocery stores, therefore allowing labeling that preserves the identity of the farm through to the consumer to satisfy traceability requirements, and to (in most cases) limit farm record keeping to the first point of sale when the product leaves the farm.

Senator Debbie Stabenow (D-MI) was

Agricultural Resources

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able to get an amendment, supported by many NH organizations and farmers, to authorize funding for USDA-NIFA for a competitive grants program to offer food safety training for producers. No money has been authorized for this yet, but many believe it may be one of the most impactful elements of the law to keep food safe.

Senator Barbara Boxer (D-CA) added an amendment that requires the FDA to apply sound science to any requirements that might impact wildlife habitat in an attempt to avoid wildlife-threatening enforcement against animal encroachment of farms.

There is also language in the law which directs the FDA to coordinate with NRCS and other USDA organizations to make sure there are no contradictions between environmental and conservation actions (such

(Continued on page 8)

Habitat Stewardship Brochure Series

Do You Recognize Important Wildlife Habitat When You See It?

UNH Cooperative Extension has just published a new brochure series to help landowners learn about and help conserve important wildlife habitats found on their land.

The New Hampshire Wildlife Action Plan: Habitat Stewardship Series brochures cover a variety of habitat types critical for wildlife species at risk in New Hampshire. The first four brochures, published in March 2008, focus on grasslands, marsh and shrub wetlands, floodplain forests, and vernal pools. New brochures published in June 2009 focus on peatlands, lowland spruce-fir forests, shrublands, and Appalachian oak-pine forests.

The colorful brochures include practical information for landowners. Pictures and text explain how to identify habitat types, describe the major threats to the health of those habitats, and offer information about wildlife species that depend on each habitat. The brochures also provide specific recommendations for landowners interested in helping protect and conserve the wildlife that depend on each critical habitat type.

The brochures are produced by UNH Cooperative Extension with support from the Sustainable Forestry Initiative, N.H. Fish & Game Department, the NH Natural Heritage Bureau, and private contributions by NH Coverts Project volunteers. The brochures can be downloaded for free at: http://extension.unh.edu/Wildlife/HabitatStewardshipSeries.htm

Land Conservation Options Workshop

The Ausbon Sargent Land Preservation Trust, the Upper Valley Land Trust and UNH Cooperative Extension are offering an informative land conservation workshop to landowners and families. Phil Auger, a Land and Water Conservation Educator with UNH Cooperative Extension, will provide detailed information on a variety of permanent options with an emphasis on conservation easements.

Forest Resources

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The presentation will also include information on new conservation-related income tax benefits and Federal Estate Tax, as well as news on state and federal programs that provide funding for conservation projects.

The program is being held on Wednesday, April 27 from 7:00-9:00 p.m. at the Grantham Town Hall, 300 RT 10 South, Grantham, NH. The meeting will be held in the lower level meeting room.

Pre-registration is required. Call Deb at 603-679-5616 or email deb.stevens@unh.edu. The deadline for registration is Tuesday, April 26. There is no fee for this workshop.

EXTENSION CALENDAR

MARCH

5 4-H County Activities Day, Claremont Middle School, 9:00 a.m.

9 Fruit Production Workshop, Part 1 SRVRTC, 245 N. Main St. Newport, 6:00-8:30 p.m.

14 4-H Horse Judging/Hippology Entries due to Extension Office

16 4-H Teen Club & Leaders Assoc. mtgs, Claremont Savings Bank, 6:30-8:30p.m.

19 State 4-H Dairy Quiz Bowl, Walpole Elementary School, 10:00a.m.

19 Poultry Workshop with Dorothy Perkins, SCA, Charlestown, 10:00a.m-2:00p.m.

23 Fruit Production Part II, Plainfield Town Hall, 10:00a.m.-12:30p.m.

29 Athletic Fields Conference, SCA, Charlestown, 10:00a.m.-3:00p.m.

31 A Crop Year in Review, SCA, Charlestown, 10:00a.m.-3:00p.m.

APRIL

1 Approval form deadline for all Horses going to ESE due to Extension Office

2 4-H Horse Judging/Hippology

2 4-H Fashion Revue Evaluation Day, Claremont Middle School, 9:00a.m.

4 Vertebrate Crop Pest, Birds & Voles, with Dr. Alan Eaton, Extension Office, Newport, 6:00-8:30p.m.

6 Ruminate Nutrition with Dorothy Perkins, SRVRTC, Newport, 6:00-8:30p.m.

8 4-H Fashion Show, Claremont Middle School, 7:00p.m.

15 Understanding Bullying Presentation, Newport High School cafeteria, 6:00-7:30p.m.

16 Fruit Pruning Workshop, Riverview Farm, Plainfield, 10:00a.m.-12:30p.m.

27 Land Conservation Options Workshop, Grantham Town Hall, 7:00-9:00p.m.

27 ServSafe Food Protection Course, Claremont Savings Bank, 8:30a.m-4:30p.m. (Downstairs Community Room)

MAY

1 Approval form deadline for Llamas, Dogs, Steer, Dairy Cattle, Beef Heifers, going to ESE

20 SAFE (Safety Awareness in the Food Environment) 9:30-11:30a.m., Extension Office, Newport, **AND** 1:30-3:30p.m. Claremont Savings Bank (Downstairs Community Room)

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as buffers) in the food safety legislation and other existing programs.

Finally, the committee that helped draft the bill also added language for a small farms and processor compliance guide to be produced as well.

As mentioned before, it is very difficult to assess the true impact of this new law until the FDA has written the rules and developed the protocols and standards described above. So stay tuned and stay in touch with your farm organizations who will help to influence the rule making process. This is a very important piece of legislation that will likely impact your farm and your local food sheds.

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

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Sullivan County Extension Connection

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