

# The Sullivan County Extension Connection

May, June, July 2011

## 4-H Study Proves Positive Outcomes, Powerful Impact

4-H makes a positive and powerful difference in the lives of young people, according to the latest findings from the fifth year of the 4-H Study of Positive Youth Development (PYD). Researchers report that youth who participate in 4-H are:

- Nearly two times more likely to get better grades in school
- Nearly two times more likely to plan to go to college
- 41 percent less likely to engage in risky behavior
- 25 percent more likely to positively contribute to their families and communities



With support from National 4-H Council, well-known youth development scholars from the Institute of Applied Research in Youth Development, Drs. Richard M. Lerner and Jaquelyn V. Lerner are leading this ground-breaking longitudinal study. Faculty from 21 land-grant universities across the nation are also collaborating. Since 2001, researchers have surveyed 6,885 adolescents from 45 states in the U.S. The adolescents are diverse in every aspect – race/ethnicity, region of the country, gender, parent education, and family income. Because the sample of youth includes matched samples of 4-H and non-4-H youth, researchers are able to assess and compare the impact of 4-H participation on diverse young people. Overall, the study found that the advantages of 4-H participation include higher educational accomplishment and higher motivation for future education. In addition, youth in 4-H are more civically active and make more community and civic contributions than youth in other out-of-school activities.

Source: <http://www.4-h.org/about/leadership/national-4-h-council/>

## Getting Excited for an Agricultural Spring!

By Sherrie LaClair

As a new member of the support staff at the UNH Cooperative Extension office in Newport, I am amazed at the amount of information available to Sullivan County residents. When I started working for Seth Wilner, Extension Educator, Agricultural Resources, one of my first projects was to create and mail out several fliers for his agricultural workshops this spring. Did you know that most of these workshops are free, include useful information, and have exceptional speakers?

Like many of you, I have become motivated to start raising some of my own food. My first endeavor was to educate myself enough to grow my own blueberry bushes. I purchased bare root bushes through the Sullivan County Conservation District Office when they had their sale. I was amazed to learn how many types of bushes there are! I had to research what type of bush was suitable for my needs, so I turned to the UNH Cooperative Extension website and found a fact sheet entitled, "Blueberry Varieties for NH Growers," which can be downloaded at: [http://extension.unh.edu/resources/files/Resource000003\\_Rep5.pdf](http://extension.unh.edu/resources/files/Resource000003_Rep5.pdf).

Next, I found a great Highbush Blueberries fact sheet at [http://extension.unh.edu/resources/files/Resource000009\\_Rep9.pdf](http://extension.unh.edu/resources/files/Resource000009_Rep9.pdf).

(Continued on page 7)

## Reney Memorial Forest Timber Harvest Tour

Saturday, June 25, 9 a.m.-12 p.m.  
Reney Memorial Forest  
Grantham, NH

Join the Forest Society on a free tour of an active timber harvest at the Donnas J. and Margaret Reney Memorial Forest in Grantham, NH. Meet logging contractors, Consulting Forester Jeremy Turner from Meadowsend Timberlands and Chuck Hersey, Sullivan County Extension Forester; learn about sustainable forest management in relation to improving timber quality, wildlife habitat, and recreation; and get the latest news about logging practices, equipment, wood products, and the timber markets where products are shipped and sold.

Bring warm clothes (layers), waterproof footwear and drinking water. To register, contact Tina at 224-9945 x 313 or email: [signup@forestsociety.org](mailto:signup@forestsociety.org).

## Pancake Breakfast Sunday, June 12, 2011

Please join us for a free breakfast at the Sullivan County Complex in Unity on Sunday, June 12 from 7:30-11:00 a.m. Our County Commissioners will serve a free pancake breakfast to approximately 400 residents to enjoy. If you have never gone to the annual breakfast, you are missing a good time and good food too!

A 4-H Fashion Show will also be held at 10:30 a.m. If you missed the Annual 4-H Fashion Show in April, this is your chance to see the garments 4-H members, ages 5-16, created as part of the Clothing and Textiles project. These 4-H members will show off their talents and skills with pride. Everyone is welcome so come join the fun!!

## Nutrition Connections Teaches Local Students Healthy Habits

The last few months were busy for the **Nutrition Connections** program. I visited five grades in eight classrooms at three different schools, in addition to the four classrooms at both Newport and Claremont Head Start Centers. The lessons included learning about the importance of all the food groups of MyPyramid. The students tasted whole grain crackers, mangoes, apple and pear wedges with cinnamon, and red bell peppers. Some made fruit smoothies as they learned about how calcium is important for bones and teeth. Activities also incorporated physical activity and the importance of moving their whole bodies every day for 60 minutes or more.

Several people are enrolled in the six-lesson home study course, **Eat Healthy, Stay Fit**. I am also working in homes to help participants plan healthy low-cost meals.



*Students created a plants part snack, (shown in photo at left) using a whole grain cracker for the base. They added shredded carrots for the roots, celery for the stem, lettuce and baby spinach leaves for the leaves, broccoli for the flower, and cucumber or red pepper for the fruit of the plant. Good timing allowed the students to add grapes and green beans from their snack which were provided by the Fruit and Veggies, More Matters program.*

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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*Students in Ms. Kidder's first grade class at Richards School found there are a lot of colorful fruits and vegetables as they created these rainbows (pictured above) with KSC dietetic intern Carey Page. Carey planned the lesson as part of her internship while working with Sandy Trybulski and the Nutrition Connections Program. Also as part of Carey's internship, Ms. Sinclair's third grade class created the Eat A Rainbow display, as they learned to "fill half your plate with fruits and veggies."*

### Family & Consumer Resources



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**Making Money Work For You** is a five part series of money management workshops which will start in June. The sessions will be held at Claremont Savings Bank, 145 Broad Street, Claremont. Please check the calendar on our website at <http://extension.unh.edu/Countries/Sullivan/Sullivan.htm> for specific dates.

Participants taking this five-week series will learn how to gain control over spending while developing a plan to achieve their financial goals, reduce expenses, manage credit, reduce debt, and understand the basics of savings and investing for your future.

If you are just starting out, struggling paycheck to paycheck, or looking to manage debt and begin savings, you can't afford to miss this series. There is a \$12 materials fee per person or couple. Scholarships are available. No one will be denied based on inability to pay. Call UNH Cooperative Extension at 603-863-9200 to register or for more information.

## Take Control of Your Money

### Free Financial Education Seminars

Join UNH Cooperative Extension and Lake Sunapee Bank for a three part educational series on money management, getting out of debt and saving money for the future.

#### *Are you having trouble paying your bills?*

Wednesday, May 11, 2011

Then the **Managing Money in Tough Times** workshop is for you! This workshop offers strategies for individuals and families to use in setting priorities, distinguishing between needs and wants, and finding the money to increase savings and decrease debt; important steps toward achieving present and future financial security.

#### *Want to find more effective ways to manage your money?*

Wednesday, May 18, 2011

Join us for the **Debt Management Strategies** workshop! Debt can sometimes get away from you. This workshop will help consumers recognize debt warning signs and provide a range of debt management strategies. It will also provide you with tools to avoid financial pitfalls, offer guidance to find a reputable agency for assistance and to know what to expect when accessing services.

#### *Are you worried about saving for your future?*

Wednesday, May 25, 2011

Once you've developed a debt management plan, the **Develop a Spending/Savings Plan** workshop will offer the information you need to prepare for the future and build sound money management strategies to remain debt free. This workshop will help you to develop a realistic spending and savings plan tailored to your situation and designed to reach your short and long-term goals.

All three workshops will take place at Lake Sunapee Bank, 9 Main Street, Newport, in room 1868 on the third floor. Space is limited for these workshops and registration is required. Please contact UNH Cooperative Extension at 603-863-9200 or email [sullivan@ceunh.unh.edu](mailto:sullivan@ceunh.unh.edu) to sign up for one, two or all three sessions. Light refreshments will be served.

# CURRENT NEWS

## 4-H Members Applauded at the 2011 4-H Fashion Show

Approximately sixty 4-H members participated in this year's 4-H Fashion Revue showing off the outfits they created during our recent "Seaside Fashions" 4-H Fashion Show at the Claremont Middle School. These members presented their creative talents on stage to an audience of several hundred family members and friends.

The advanced sewers were **Abby St. Pierre** and **Jacob Baker** of Fun 4-H, **Bethany Denton**, **Mary Robertson**, **Helen Smith**, **Annie Drye** and **Kelsey Woods** of the Covered Bridge 4-H Club. These sewers will have their garments judged at the state level and will represent Sullivan County as they model what they have sewn in the Fashion Show at State 4-H Activities Day on June 4<sup>th</sup> at UNH.

The Intermediate II category winner was **Virginia Drye** of the Covered Bridge 4-H Club.



Cayla Carpia (pictured above) of the Claremont Jaguars 4-H Club in the sundress she created.

Intermediate I category winners were **Lindsey Best** of Fun 4-H, and **Patrick** and **Rebecca Robertson** of Covered Bridge 4-H.

Novice II winners were **Anna** and **Clara Avery** and **Cayla Carpia**, all are members of the Claremont Jaguars 4-H Club.

In the Novice I category, the following members were recognized: In first place was **Makayla Yake** and in second place was **Hailey King**, both are members of the Fun 4-H Club.

The winners in our Aprons and Other Items category were **Kassi Bugbee** of the Creative Clovers and **Meghan Wilder** of the Country Kids 4-H Club.

**Patrick Robertson** of Covered Bridge has been invited to model his garment in the State 4-H Fashion Show in Durham on June 4<sup>th</sup>.

In Fashion Selections, youth are evaluated on their consumer skills. Participants put together a purchased outfit to meet a specific wardrobe need spending no more than \$50.00. In first place: **Abby St. Pierre** of Fun 4-H; in second place, **Brigitte Taylor** of the Acworth Hill Climbers; in third place, **Sarah Wilder** of the Cornish Equestrians; and in fourth place, **Emily Whittier** of the Bunny Bunch.



Pictured above from left to right, Emily Whittier, Brigitte Taylor, Abby St. Pierre and Sarah Wilder. These young women were the winners of the 4-H Fashion Selections program.

Volunteer sewing leaders were also recognized on April 8<sup>th</sup> for the time and talent they shared with 4-H members in teaching them how to sew. Each sewing leader received a flower. The members of Fun 4-H did an outstanding job of decorating the stage in "Seaside Fashion"! Commentators for the show included **Bethany Denton** of the Covered Bridge 4-H Club, **Abby St. Pierre** of Fun 4-H, **Emily Whittier** of the Bunny Bunch and **Sarah Wilder** of the Cornish Equestrians. They all did a terrific job narrating the show!



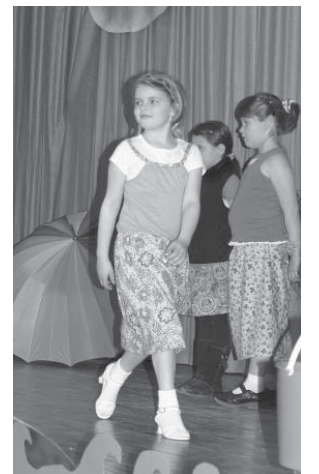
Hailey King and Makayla Yake (pictured at right) of Fun 4-H in Charlestown proudly wear the shorts they made with t-shirts to which they added pockets to make a coordinated outfit.

## 4-H and Youth

**Robin R. Luther**  
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Pictured above are (from left to right) Bethany Denton, Annie Drye, Kelsey Woods, Helen Smith, Abby St. Pierre, Jacob Baker and Patrick Robertson. These 4-H members will be representing Sullivan County at State 4-H Activities Day at UNH.



Pictured above is six-year old Jennifer Homol of the Clover Buddies 4-H Club in Newport modeling her first sewing project, an elastic waist skirt.

## 4-H MEMBERS' CORNER

# 4-H Public Presenters Recognized During County Activities Day

How often have you admired those who command the attention of their audience by making public presentations with ease and confidence? Being able to communicate your thoughts effectively is a skill necessary for success in the workforce. We are proud of the 43 youth representing nine different 4-H clubs who chose to participate in Sullivan County's annual public presentation event. Four separate contests were held to select those youth who will have the honor of competing in the State Event on June 4th at the University of New Hampshire in Durham.

Out of 42 poster entries, three created by youth age 12 and older were selected to compete in the State Contest. **Dayna Bellefeuille** and **Abby St. Pierre** of the Fun 4-H club and **Jeremy Rumrill** of the Jim Dandies created those rosette winning poster designs. In the 8-11 year-old poster division, rosettes were awarded to **Sarah Putnam** and **Joshua Rumrill** of the Jim Dandies and **Rebecca Robertson** of Covered Bridge 4-H. The top three rosette winning photography exhibits selected for the state competition were taken by **Abby St. Pierre** of Fun 4-H, **Brigitte Taylor** of the Acworth Hill Climbers and **Nate Van Velsor** of the Jim Dandies. In the 8-11 year old photography division rosettes were awarded to **Caleigh Plunkett** of Fun 4-H, **Eric Robicheau** of No Strings Attached 4-H and **Rette Solomon** of the 4-H Bunny Bunch.

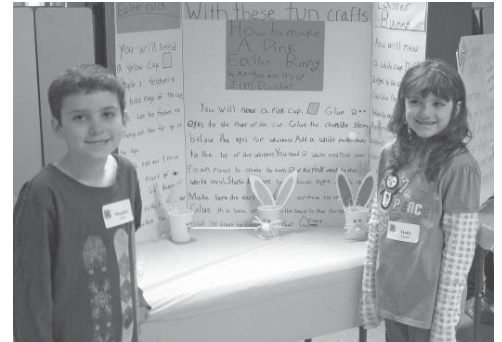
Six action exhibits will represent Sullivan County at the State Competition. These rosette winning exhibits included "Buzz Saw" by **Jeremy Rumrill**, "Pizza Burritos" by **Troy Putnam** and **Zach LeDrew**, "Sailor Valentine" by **Kayla Putnam** and **Jenna Ostrowski**, "Believe It or Knot" by **Nate Van Velsor** of Charlestown's Jim Dandies 4-H Club; and "Miniature Carmel Apples" by **Abby St. Pierre** of Fun 4-H and "Making Jazzy Holiday Pens" by **Brigitte Taylor** of the Acworth Hill Climbers 4-H Club. Two rosette winning demonstrations were also selected for the state competition "Tasty Truffles" by **Annie Drye** of Covered Bridge and "How to Wax and Tune a Snowboard" by **Brigitte Taylor** of the Acworth Hill Climbers.



Jim Dandies 4-H members, **Julie Maxim** and **Caitlyn Beneat** showed visitors how to create "Chinese Birds Nests" with their Action Exhibit.

Five youth were honored with top awards in the younger member division for Action Exhibits and Demonstrations. Youth recognized for

Action Exhibits included: Jim Dandies members **Meaghan** and **Molly Taylor** with "Easter Treat Holders" and **Emma Desilets** with "Flashy Fish" as well as Acworth Hill Climber members **Ellen Beck** and **Maria Luther-Houghton** with "Rainbow Rub Creations". **Skye Robicheau** of No Strings Attached and **Hailey King** of Fun 4-H were recognized for their demonstrations entitled "Karate" and "Sunshine Salad."



**Meaghan** and **Molly Taylor** of the Jim Dandies 4-H Club tried their hand at an Action Exhibit for the first this year.



**Kara Quimby** (left) and **Leah Kimball**, members of the Hidden Brook 4-H Club in Lempster practiced their public speaking skills with their Action Exhibit, "Making Bracelets".

## Did You Know?

- We had six Sullivan County youth register and attend the first Science Ambassador workshop at UNH in February. The group included **Henry Hamilton**, **Matt** and **Patrick Hennig** of the Barnyard Bunch; **Isabella Kenyon** and **Samantha Woodman** of the Claremont Jaquars, and **Hannah Falcone** of the Blood Brook Balebusters. Accompanying the group were JoNell Hamilton and Linda Davies.
- Sullivan County Senior Hippology team members; **Danyelle Davis**, **Monica Newton** of the Oak Hill Riders and **Regan Stillwell** of Hidden Brook placed fourth in the State 4-H competition. **Alicia Barry** participated in the Jr. Hippology contest earning a blue ribbon for her individual score.
- Nationally, 4-H has a goal to engage one million new young people in science programs by 2013. How is your club participating?

## 4-H LEADERS' UPDATE

### Wired for Wind is named the 2011 National Science Experiment



4-H National Youth Science Day, in its 4<sup>th</sup> year, is the premiere rallying event for 4-H Science programming. This event brings together youth, volunteers and educators from the nation's 109 land-grant colleges and universities and the Cooperative Extension System to simultaneously complete the National Science Experiment.

Get ready to engineer your own renewable energy technologies as you build and test your own turbine in Wired for Wind, the 2011 National Science Experiment! 4-H National Youth Science Day will take place on Wednesday, October 5, 2011. To see how your club can get involved visit <http://www.4-h.org/4-h-national-youth-science-day/nysdhome.aspx>, Kits designed to reach 15 youth scientists will be available for pre-purchase sometime in June.

### Barry Conservation Camp Ready For Re-opening Day 2011

Are you looking for a summer camp where your kids will have fun while getting outdoors and active? Be sure to check out Barry Conservation Camp. Barry is a weekly, overnight summer camp operated by the UNH Cooperative Extension 4-H Program in cooperation with the N.H. Department of Fish and Game. Located in the scenic White Mountain National Forest, at the Berlin Fish Hatchery, this camp provides a close-knit community for 38 campers and 11 staff. Small cabins house up to seven campers and a counselor. Facilities have recently been remodeled through a statewide effort undertaken and funded by Fish and Game clubs and interested individuals. To select camp programs and register, visit <http://extension.unh.edu/4H/4HCamps.htm> or contact [4Hcamps@unh.edu](mailto:4Hcamps@unh.edu) or 603-788-4961. Registrations are limited and beginning to fill up fast, so sign up soon for the 2011 camping season.

Larry Barker, 4-H Educator in Coös County, serves as the Camp Administrator. Larry describes Barry Conservation Camp as "an absolute jewel of a resource". It's a special place for kids who love the outdoors and enjoy hands-on learning in environmental and conservation programs. The camp staff are enthusiastic and caring. Larry indicates they work extremely hard to create a camp environment perfect for friendships, learning, adventure and FUN!

### Sullivan County Health Care Fashion Show June 12<sup>th</sup>, 2011

We need members to model outfits they have sewn or purchased at the Sullivan County Commissioner's annual Pancake Breakfast in Unity on Sunday, June 12<sup>th</sup>. The Fashion Show will be very informal. It starts at 10:30 a.m., but we ask participants to be at the Sullivan County Health Care by 10:00 a.m. so we can line up for the show and be sure we have script cards for each outfit. You can even model last year's outfit if it still fits! If you want to be part of the show, please call Dawn Bozogan at 863-9200 or email [dawn.bozogan@unh.edu](mailto:dawn.bozogan@unh.edu).

If you or your family have never gone to the annual Commissioner's Pancake Breakfast at the Sullivan County Complex in Unity, you are missing a fun time! The Commissioners serve a FREE breakfast to about 400 people each year from 7:30 a.m. until 11:00 a.m. Everyone is welcome!!

*Pictured at right are 4-H members who participated in the 2010 4-H Fashion Show at the annual Commissioner's Pancake Breakfast held at the Sullivan County Complex in Unity.*



### Let's Begin the Count Down to Cornish Fair 2011



Mark your calendars for this year's Cornish Fair, August 19<sup>th</sup>-21<sup>st</sup>. Youth members love to see their project work on display in the 4-H exhibit rooms. However, it does require some advanced planning and action. 4-H exhibits must be brought to the Cornish School on Thursday August 18<sup>th</sup>, between 2:00 and 8:00 p.m. Exhibits are evaluated on Friday morning. The exhibit rooms open to the public around noon (or when judging is completed).

"New" this year the complete Cornish Fair premium book will be available online at: <http://www.cornishfair.org/>. The 4-H section of the premium book will be sent to each club organization leader. It will also be sent to those Sullivan County 4-H members who have submitted an animal project approval form for 2011. As always the deadline for entering 4-H livestock/small animal shows at Cornish Fair is August 1<sup>st</sup>. Each 4-H fair in New Hampshire has its own entry procedure and deadline dates. This information can be found online at <http://extension.unh.edu/4H/4-HAnimalScience.htm>. Look for the NH 4-H Fair Schedule.

**VOLUNTEERS** are needed in a wide variety of ways, and every adult and youth that finds time to lend a hand is sincerely appreciated. Don't be shy --- give us a call and say "I'd be glad to help".

We need help setting up and taking down exhibit rooms, supervising exhibits, scooping and serving ice cream in the 4-H dairy booth or assisting with our 4-H animal shows. A great fair experience happens when everyone finds a way to contribute their time, energy and positive spirit!

### REMINDER

July 9<sup>th</sup> is 4-H Day at the Fisher Cats ball game. Game time is 7:05 p.m. and there will be a fireworks show following the game! A portion of the ticket price will benefit the 4-H Foundation of New Hampshire. Tickets are \$8.00 and can be purchased by going to: [http://extension.unh.edu/resources/files/Resource001771\\_Rep2497.pdf](http://extension.unh.edu/resources/files/Resource001771_Rep2497.pdf) or calling the Extension Office.

## GENERAL 4-H NEWS AND INFORMATION

### CLUB HIGHLIGHTS

## The Rogue Robots of 4-H

We've come to the end of our busy build and competition season, and we had a fantastic rookie year! We competed in Manchester in March, and we learned a lot about how a FIRST FRC competition goes. We started the weekend off by getting a shout out from Senator Shaheen in the opening ceremonies. Three weeks later, we competed at the Hartford, Connecticut competition and ended the competition seeded 28th out of 58 teams. We were the second highest rookie seed! We had a fantastic competition and are jazzed up for what's coming next. We have a team retreat planned this summer. We are also recruiting for the FIRST Lego League (the Blockheads) team for the fall. In addition, Team 3585 will be holding Java and pneumatics workshops this September in preparation for next year's competition. Applications to join Team 3585 are available from Carol McShane at [magicschoolyak@yahoo.com](mailto:magicschoolyak@yahoo.com)

We have also secured a weekly 4-H table at the Claremont Farmers Market. We will be using it some weeks for recruitment and fundraising, but we encourage other clubs to reserve a week to promote your 4-H clubs! It's a great way to recruit kids all summer long! Contact Carol for more information!

## Charlestown 4-H Dairy Club

To start the year, club members spent the day at the Animal Science Bonanza for sheep, beef and dairy cattle held at Keene State College. Participants learned about judging cattle and the quality of hay, how to make rope halters and how to keep our cattle healthy. We will utilize knowledge gained that day while working on the Hoard's Dairyman cattle judging contest. After our day in Keene, our older club members helped with the Claremont Sportsmen's club game dinner.

The Charlestown Dairy Club would like to welcome new leaders Brenda Maxim and Michelle Desilets and new club members Emma Desilets and Laura Pingree. Kayla and Troy Putnam, Rachel Putnam and Nate VanVelsor are starting to earn their way towards becoming junior leaders. We are hoping they are ready to take on the responsibilities of their new leadership position.

As part of the February winter carnival the Charlestown Dairy Club hosted the first annual Chili Cook Off appropriately called "Fire & Ice" on the Swan Common. Members helped selling voting tickets and running cornbread to the tables. This event was a great success and our club was able to make a monetary contribution to the Charlestown Recreation Dept.

The Charlestown 4-H Dairy Club has new bright red tee-shirts and a variety of colored sweatshirts to show off our club spirit. We will soon get started training new calves. We will continue the year learning more about the care of our project animals.

Written By: Rachel Putnam, Junior Leader in Training

## 4-H Science Ambassador Workshop Report

On the first day of February break, I went to the Science Ambassador Day program at UNH. I chose the animal science group and learned about different animal furs and how they help the animal, as well as about the heart cycle of these animals. We observed the wild animal furs and noted how they help the animal in cold climates or rushing rivers, etc. For the heart cycle, we listened to our heartbeats with a stethoscope and found the range of heart beats in the room (61-100). Then we pretended that we were helping the heart deliver red blood cells and get rid of carbon dioxide. We also took a short field trip to an organic dairy farm. At the farm, we listened and learned about their organic milking cows and why they can't use medications for their sick cows. After that, we listened to the cow's heartbeat. I would recommend this program for other people. I loved learning about animal furs and the Jersey cows.

Reported by Hannah Falcone, Secretary

## "NEW" 4-H Family Picnic

We hope every 4-H club in Sullivan County will join the fun planned for July 9<sup>th</sup> at Patch Park in Charlestown. The 4-H year flies by in a flash – with the hustle of preparations for 4-H Rally, Foods Day, Activities Day, Fashion Revue and Cornish Fair. Let's just take a moment to kick back, fire up the grills, cook some burgers and dogs, share a potluck of salads and just have some fun playing together for an afternoon! The event will happen from 11:00 a.m. to 3:00 p.m. leaving time for families to take in the "Fisher Cat's" Ball game in Manchester. We would like each club attending to share a favorite game with the group. Every 4-H'er in attendance is certain to leave with a prize! More details to follow.

## 4-H Records Due by June 30, 2011

All 4-H records are due in the Extension office by **Thursday, June 30<sup>th</sup>**. If your club or family did not attend Rally and Awards Night last October, chances are you still need blank record forms. When requesting forms, keep in mind there are junior records for youth ages 8-10, intermediate records for youth ages 11-13, and senior records for youth 14 and older. There is also a Cloverbud record. Records can be obtained from your club organizational leader, the internet at <http://www.extension.unh.edu> (click on 4-H youth, 4-H forms and then on Record Keeping forms) or contact our 4-H secretary, Dawn, at 863-9200.

We love to recognize 4-H members for their project accomplishments. We start by recognizing each 4-H'er with a special item at Rally and Awards Night in October just for completing a 4-H record. Youth ages 11 and older who are active in a project for at least two years may also win county project medals after records are judged.

If you want to understand our 4-H records better, please volunteer to be a member of our county Records Judging Committee. This is a mixed group of experienced and newer leaders who will meet on Monday, July 18<sup>th</sup> at the Extension Office to read and comment on all of the records submitted. The committee will also choose the county medal winners to be recognized at Rally and Awards Night in October. It is always an enlightening process! We welcome and encourage new leaders to join us.



(Continued from page 1)

This fact sheet tells me full sunlight all day long is essential for maximum production. It also tells me that blueberries like a well-drained soil; other recommendations are also on this fact sheet. Next, I'm told how to actually plant the bush in the ground and how far apart bushes should be. Will I need to use fertilizer? Three to four weeks after planting, I should apply a fertilizer and the table tells me how much and how often fertilizer is needed. Other things to know about include; mulch, weed control, and irrigation. There's information on pruning, and to supplement this fact sheet, I attended the apple and blueberry pruning workshop which is offered annually on a local farm. Attendance at this workshop is high and increases every year! I learned a lot about apple tree and blueberry bush pruning.

Harvesting, insect control, disease control and bird control are other topics of information I found on the UNH Cooperative Extension website. I now feel that I am well-informed and I'm ready to tackle this new project.

I have found the Cooperative Extension's website to be a valuable resource. I also know that if I have any questions,

I can go to [www.extension.unh.edu](http://www.extension.unh.edu) to find other resources, fact sheets, as well as who to call for specific questions.


If you choose to grow vegetables, fact sheets can be found on our website. Do you need your soil tested? If so, there are forms available on the website that you can print out and send in with your sample. These forms tell you all you need to know on how to take and submit a soil sample. Do you have a pest or possible disease that you can't identify? There are services listed on the website to help you with that, too. If there is something you have difficulty finding, don't hesitate to give us a call at (603) 863-9200, we will gladly assist you.

For those who aren't able to, or choose not to grow or make your own fresh foods, you can find local foods by going on-line to the Vital Communities Farm Finder website at <http://www.vitalcommunities.org/>.

You can also find local foods at three farmers' markets in Sullivan County: Claremont, Cornish, and Newport.

In addition to Farmer's Markets, there are CSA's (community supported agriculture or "farmshares") where a group of people prepay a farm in exchange for

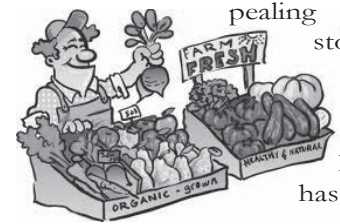
## Agricultural Resources



**Seth A. Wilner**  
Extension Educator  
Agricultural Resources &  
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a share of the harvested produce. This benefits the farmer as well as the consumer. The farmer has a plan for his crop sales, has cash flow when needed, and is able to meet with those benefiting from his crops. The consumer has a steady flow of very fresh produce, knows their food is local, and usually can even visit the farm. Quite often, new foods are tried and recipes are shared. There is a sense of community when farmers and consumers can get together with a common goal.

If a Farmer's Market or CSA is not appealing to you, try stopping by a local farm stand, of which Sullivan County has several.



## Caring for Your Forest Workshops for Landowners

### *The Schwaegler Family Tree Farm at Indian Pond*

Are you interested in taking better care of your woodlot? Sharpening your forestry skills? Come to one, two or all four of these workshops! All workshops run from 12:30 – 4:00 p.m. Eat your lunch before the workshop, or come early and enjoy your picnic lunch by Indian Pond.

Individual chapters of the just-published, second edition of *Good Forestry in the Granite State: Recommended Voluntary Forest Management Practices in New Hampshire* will be provided as handouts during relevant sessions. The book will also be available for purchase.

The cost of each workshop will cover refreshments and handout materials. You will be "in the field" for at part of the day, so come prepared for the weather.

#### **June 3rd – GPS on Your Woodlot \$10.00**

Learn the basics of using GPS to navigate and do simple mapping. GPS units will be supplied. This workshop is geared toward beginners and attendance will be limited to 20 participants so register early!

#### **June 10 – Roads and Trails on Your Woodlot \$10.00**

Learn the basics of woods roads and recreation trail design, construction, and maintenance from Mike Lynch, with the Natural Resources Conservation Service (NRCS) and Jennifer Codisoti, NH Division of Parks and Recreation. Sources of financial assistance will be covered.

#### **June 17 – Your Woodlot and Wildlife \$10.00**

Learn techniques you can use to create and maintain foraging, nesting, denning and cover for native birds, mammals, reptiles and amphibians. We will also introduce you to a variety of financial assistance programs (EQIP, WHIP, NH Small Grants) that can help pay for habitat programs.

## Forest Resources

**Chuck Hersey**  
Extension Educator  
Forest Resources  
[chuck.hersey@unh.edu](mailto:chuck.hersey@unh.edu)



### **June 24 – Chainsaw Safety for Weekend Woodcutters \$35.00**

Instructor Spencer Laramie, experienced logger and trainer for the NH Professional Logger Program, will demonstrate safety equipment, chainsaw maintenance, hazard evaluation, and safe felling techniques. Hard hats will be provided.

All workshops will meet at the Pond-side Lodge at Indian Pond. These workshops are being co-sponsored by NH Division of Forest and Lands, NH Timberland Owners Association, NH Tree Farm and UNH Cooperative Extension.

For questions about the program, please contact Karen Bennett at 862-4861.

For questions about registration or to register, contact Debra Anderson at 862-1028. You can also register online at [https://www.events.unh.edu/RegistrationForm.pm?event\\_id=8368](https://www.events.unh.edu/RegistrationForm.pm?event_id=8368)



## Cooperative Extension

<http://extension.unh.edu/Countries/Sullivan/Sullivan.htm>

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

## Extension Calendar

### May

- 1 4-H Approval Forms due to County Office for Llamas, Dogs, Working Steer, Dairy Cattle and Beef Heifers going to ESE
- 7-8 State 4-H Dairy Judging Contest
- 11 *Managing Money in Tough Times* Workshop, Lake Sunapee Bank, 9 Main St., Newport, 6:00-8:00 p.m.
- 14-15 Sheep and Wool Festival, Hopkinton Fairgrounds
- 18 4-H Teen Club and Leaders Assoc. meetings, Extension Office, Newport, 6:30-8:30 p.m.
- 18 *Debt Management Strategies* Workshop, Lake Sunapee Bank, 9 Main St., Newport, 6:00-8:00 p.m.
- 20 SAFE-Safety Awareness in the Food Environment, 9:30-11:30 a.m., Claremont Savings Bank, OR 1:30-3:30 p.m., Extension Office, Newport
- 21 Tom Fairchild Friend of 4-H Golf Tournament, Candia, NH
- 25 *Developing a Spending/Savings Plan* Workshop, Lake Sunapee Bank, 9 Main St., Newport, 6:00-8:00 p.m.

### June

- 2 *Making Money Work for You* Workshop, Claremont Savings Bank, 6:00-8:00 p.m.
- 3 GPS on Your Woodlot Workshop, Orford, NH 12:30-4:30 p.m.
- 4 State 4-H Activities Day, Durham
- 9 *Making Money Work for You* Workshop, Claremont Savings Bank, 6:00-8:00 p.m.
- 10 Roads and Trails on Your Woodlot Workshop, Orford, NH 12:30-4:30
- 15 Orientation for Teen Exchange Hosts, and Teen Conference, Claremont Savings Bank, 6:30-8:30 p.m.
- 15 4-H Approval Forms due to County Office for ALL Swine, Sheep, Goats, Small Animals and Beef not going to ESE
- 16 *Making Money Work for You* Workshop, Claremont Savings Bank, 6:00-8:00 p.m.
- 17-19 4-H Dogs Weekend, 4-H Youth Center, New Boston

- 17 Your Woodlot and Wildlife Workshop, Orford, NH 12:30-4:30
- 23 *Making Money Work for You* Workshop, Claremont Savings Bank, 6:00-8:00 p.m.
- 24 Chainsaw Safety for Weekend Woodcutters, Pondsides Lodge at Indian Pond, Orford, NH 12:30-4:30
- 26-29 State 4-H Teen Conference, Durham
- 30 4-H County Records due to Extension Office
- 30 *Making Money Work for You* Workshop, Claremont Savings Bank, 6:00-8:00 p.m.

### July

- 8-10 NH 4-H Sheep Clinic, 4-H Youth Center, New Boston
- 9 4-H Family Picnic, Patch Park, Charlestown, 11:00 a.m.-3:00 p.m.
- 9 4-H Day at Fisher Cats Game, Manchester, 7:05 p.m.
- 12-13 Focus on Finance Career Trip
- 15-17 State 4-H Horse Show, Lancaster Fairgrounds
- 20-26 4-H Teen Exchange
- 22 State 4-H Working Steer Show