



Chit Chat

Sullivan County

Think Spring!

Volume 16, Issue 1

BIOMASS CONSTRUCTION TO BEGIN IN APRIL

We've been hard at work all winter with the design and engineering of the wood chip fueled central Biomass heat plant. So far only a small amount of construction has occurred in the basements of the Sanders Building and the jail. That's about to change as full construction will begin in early April. The building itself will be built on the knoll behind the Ahern Building near where the old cow barn stood. This plant will provide heat and hot water for the entire Unity Complex as well as provide steam for the laundry operations at the Community Corrections Center. A boiler in the Stearns Building that was decommissioned several years ago was removed recently and in its place a steam driven tur-

bine will be installed which will produce electricity to offset some utility costs. Fuel costs for the Unity Complex are expected to drop from the almost \$500,000 we currently pay annually to less than \$150,000. Construction will continue through September and the heating plant will be operational in time for next heating season. During construction we should expect to see a significant increase in traffic both by the Nursing Home and the Department of Corrections. The contractors

have promised to use caution on the property but I encourage everyone to be extra careful.

Please feel free to contact me if you have questions or would like more information about the project. There is a link on the Sullivan County website that will have progress photos of the project.

John Cressy

Site for new Biomass Heat Plant





**Looking for a brush-up on handling food safely?
Be SAFE . . . Not Sorry**



Protect yourself and the people you feed

- Update on food borne illnesses
- Reminders of personal hygiene practices
- Review of safe food handling techniques

Presented by: Deb Maes, Extension Field Specialist, Food & Agriculture

Date: Thursday, May 9, 2013

Times and Locations:

9:00 a.m. – 11:00 a.m., Sugar River Savings Bank
Community Room, 20 North Main St, Newport, NH
OR

2:00 p.m. – 4:00 p.m., Claremont Savings Bank
Community Room, 145 Broad St, Claremont, NH

*Morning session co-sponsored
by Violette's Supermarket*

*Providing unbiased research-based
information to the citizens of
New Hampshire since 1914.*

Register: Contact Deb Maes, 787-6944 or deb.maes@unh.edu

Offered Free of Charge. Certificates of Attendance provided.
extension.unh.edu

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.
University of New Hampshire, U.S. Department of Agriculture, and New Hampshire counties cooperating.

Food Protection Certification Course and Exam



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

When: April 24, 2013

Time: 8:30 a.m. – 5:00 p.m.

Cost: \$140 per person, includes:
ServSafe® Book, Exam & Refreshments
Lunch is on your own

For more information contact Deb Maes at 603-787-6944

ServSafe® is a national food safety certification program of the National Restaurant Association Educational Foundation and is recognized by the NH Bureau of Food Protection. This training provides the latest science-based information on food safety and best practices in the industry as it applies to every aspect of food service operation. Participants will be expected to study the ServSafe® book prior to class. The ServSafe® exam is administered at the end of the day; passing requires a grade of 75%. Certification is valid for five years.

Registration form for April 24, 2013 - Claremont

Once payment is received we will send you an agenda, directions and the ServSafe® book to review.

Name(s): _____

Name of Business _____

Mailing Address _____

E-mail address _____

Tel: _____ Fax: _____ Amount Enclosed \$ _____

If you require accommodations to participate in any Extension event please let us know at least 3 weeks in advance.

Mail form and payment at least **4 weeks** prior to class.

Checks should be made payable to: UNH Cooperative Extension

Mail to: Deborah B. Maes, UNHCE, 3855 DCH, Box 5, N. Haverhill, NH 03774

extension.unh.edu

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University of New Hampshire, U.S. Department of Agriculture and NH Counties Cooperating.

Welcome Aboard!

The Human Resources Department would like to take this opportunity to welcome the following new employees hired since January 1, 21013 to the County:

Sara Sheppard	LNA
Sarah Dunton	Secretary II
Deborah Lacasse	LPN Charge
Gerry Cole Jr	LNA
Amanda Chickering	LNA
Ashley LaMorticelli,	LNA
Melissa Hall	LPN Charge
Tracey Ford	Activity Aide
Ashley Bateman	LNA
Shaunette Lettman	LNA
Amber Menard	LNA
Michael Wojciechowski	Correctional Officer
Dylan Secoy	Correctional Officer
Megan Smith	Food Service Worker

Please take time to welcome them aboard!

Thank You!

A special thank you to all the staff at SCHC, especially those in Housekeeping & Nursing, for working so diligently on infection control and minimizing the risk our residents received during this Flu Season thus far. Keep up the good work!

Michael Marcotte



Your support makes the difference!

PREVENTION BEGINS EARLY

You can talk to kids about healthy choices at any age.

**Practice prevention today with your children.
Get them ready for a healthy adulthood!**

Talk with your family about the importance of healthy choices. We know it makes a difference!

At the youngest ages

- Make sure they know that what they put into their bodies—like food and medicine—affects them. Encourage them to eat well.
- Never call medicine 'candy.'

In elementary school

- Elementary school children can learn simple facts about alcohol and tobacco: That these drugs affect the whole body and should only be consumed by adults.

In middle school

- Get to know your child's friends and their parents.

- Practice saying 'no.'
- Tell them that use of alcohol and other drugs can lead to addiction, especially if they begin using early, and that alcohol and other drugs can make them act in ways they may not like.

High school and beyond

- Set clear rules and consequences for your child if they're caught with alcohol or other drugs, and stick to them if they're violated.
- Tell your child that most Sullivan County teens are not using.
- Know where your teen is going, who they'll be with, and when they'll be back.
- A child who doesn't use alcohol or other drugs before 21 has a very low chance of ever developing dependency or addiction.

Knowledge is power!

FACT Sheet

Keep Your Medicines Safely Stored!

Deaths from poisoning have increased dramatically since 2001, with drug overdoses—intentional or unintentional—overtaking car accidents as the top cause of accidental death in New Hampshire.

You can help keep your family and community safe.

- Always keep your medicines away from children. Never refer to medicine as 'candy.' Be sure the children in your family know that medications are only safe when they are used correctly, according to the label or a doctor's directions.
- Keep your drugs safely stored; police have seen cases where fake 'delivery drivers' talk their way into homes and steal medication. Drugs such as opiates may need to be stored in a locked box or somewhere away from your bathroom medicine cabinet. Use a daily dose reminder to help you keep track of pills and make sure none 'disappear.'
- When drugs have expired or are no longer needed, don't flush them down the toilet! Black out the information on your prescription bottles and put the medication in a separate container. Mix the medicine with something 'gross' like coffee grounds, seal the container, and put it in the trash.



Sullivan County Conservation District

24 Main Street – Newport, NH 03773-1500

Voice: 603 863-4297 Fax: 603 863-4730

E-mail conservationdistrict@sullivancountynh.gov

2013 Conservation Tree and Plant Sale

Every spring, the Sullivan County Conservation District holds its Conservation Plant Sale, offering quality plants at good prices. This year's selection will meet several needs, including food, reforestation, shade, landscaping, and to benefit wildlife. The money raised from the sale supports SCCD conservation activities throughout the year, including educational workshops, environmental outreach to schools and communities, tours and programs. All of our plants are hardy, healthy, and adapted to our growing conditions. Most are native, and none are invasive. New items this year include 2 varieties of strawberries, ostrich ferns (for grow-your-own edible fiddleheads!), hardy magnolias, a special wildlife pack, and 6 exceptional and hard-to-find lilacs. Please look over our catalog and order early. Thanks to everyone for making our Plant Sale a success!

~~~~Terms and Conditions of Sale ~~~~

The order deadline is **Friday, April 5, 2013**. Orders received after April 5th will be filled if stock is available. The pick-up date will be **Saturday May 4, 2013** at Log Cabin Nursery on Rte. 11/103 in West Claremont. A reminder will be sent by mail or email 2 weeks before the pick up day.

Most of the plants are bareroot. The exceptions are the ostrich ferns and the ornamentals (lilacs, azaleas and magnolias), which are potted. Unless indicated, all of the plants are transplants. Transplants are seedlings that have been removed from their original seedbed and transplanted to a new bed or pot. Transplants are especially appealing to landowners and homeowners because they are larger than seedling plants and have established root systems.

There are no refunds for orders that are not picked up. The District will not be responsible for stock once removed from the pickup point and reserves the right to refund money for plants that become unavailable.

Plants become your property upon pickup and we cannot be responsible for loss, damage, or delay in planting. Any honored claims will be through replacement stock to be supplied as soon as possible (*dependent on availability*), or at least, the following spring.

When choosing plants, always consider your site conditions. Different plants have different requirements for soil type, drainage, available sunlight, growing space and soil pH. For example, lilacs need a sweet soil (high pH), but blueberries require the opposite (an acid soil with low pH).

Planting and care information will be available when you pick up your plants.

Any questions? Just call or email Lionel Chute, the SCCD District Manager.

For more info such as plant descriptions please go to our website



2013 PLANT ORDER FORM
SULLIVAN COUNTY CONSERVATION DISTRICT
 24 Main Street, Newport, NH 03773 Tel. 863-4297 Fax 863-4730

Order Number

SCCD Use Only

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone (home) _____ (work) _____

Please make checks payable to SCCD (sorry, no credit cards) and send order to:
 Sullivan County Conservation District
 24 Main Street, Newport, NH 03773
 Questions? Contact Lionel at 863-4297 or
 conservationdistrict@sullivancountynh.gov

❖THE DEADLINE FOR PLACING ORDERS IS FRIDAY, APRIL 5, 2013❖

Species	Size at Purchase	Price each	Quantity Price	Number Requested	Total Cost
FRUIT TREES & BERRIES					
*Apple, <i>Hampshire Mac</i> , EMLA 7 rootstock, semi-dwarf	4-6'	\$19.00			
*Apple, <i>Crimson Crisp</i> , EMLA 7 rootstock, semi-dwarf	4-6'	\$19.00			
*Apple, <i>Honeycrisp</i> , EMLA 111 rootstock, dwarf	4-6'	\$19.00			
Peach, <i>Reliance</i> , Lovell rootstock	4-6'	\$18.00			
Peach, <i>Flamin' Fury</i> , Tenn Nav rootstock	4-6'	\$18.00			
*Blueberry, <i>Patriot</i> , 2yr. transplants	16"	\$13.00			
*Blueberry, <i>Reka</i> , 2yr. transplants	16"	\$13.00			
*Blueberry, <i>Bluejay</i> , 2yr. transplants	16"	\$13.00			
Raspberry, <i>Prelude</i>	Canes	\$3.00	5 for \$12.50		
Raspberry, <i>Lauren</i> (limited supply)	Canes	\$3.50	5 for \$15		
Raspberry, <i>Taylor</i>	Canes	\$3.00	5 for \$12.50		
Raspberry, <i>Polana</i>	Canes	\$3.00	5 for \$12.50		
Strawberry, <i>Annapolis</i>	Crowns	N/A	25 for \$8		
Strawberry, <i>Brunswick</i>	Crowns	N/A	25 for \$8		
PERENNIAL VEGETABLES					
Ostrich Fern (fiddleheads!), <i>The King</i>	Potted	\$6.00			
Horseradish, <i>Big Top</i>	Roots	\$3.50			
Rhubarb, <i>Cawood Delight</i>	Crowns	\$10.00			
Asparagus, <i>Jersey Knight</i>	Roots	N/A	25 for \$14		
NATIVE WILDLIFE PLANTS					
Alternate-leaved Dogwood (<i>Cornus alternifolia</i>)	6-12"	\$2.00	5 for \$8 10 for \$12		
Northern Bayberry (<i>Myrica pennsylvanica</i>)	6-12"	\$2.00	5 for \$8 10 for \$12		
Special Wildlife Pack - 10 larger plants, 2 of each: Serviceberry, Nannyberry, Arrowwood, Spicebush, and Silky Dogwood	18-24"	\$22.50			
TOTAL PAGE 1					\$

* Needs a pollinator. Plant at least two different varieties for cross-pollination.

Species	Purchase Size	Price each	Quantity Price	Number Requested	Total Cost
NATIVE TREES					
White Oak (<i>Quercus alba</i>), 2 yrs	6-12"	\$2.50	5 for \$10 10 for \$15		
Paper Birch (<i>Betula papyrifera</i>), 2 yrs	6-12"	\$2.50	5 for \$10 10 for \$15		
Balsam Fir (<i>Abies balsamea</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
Balsam Fir (<i>Abies balsamea</i>), 4 yrs	8-14"	\$2.50	5 for \$10 10 for \$15		
Fraser Fir (<i>Abies fraseri</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
Fraser Fir (<i>Abies fraseri</i>), 4 yrs	8-14"	\$2.50	5 for \$10 10 for \$15		
ORNAMENTAL PLANTS					
Lilac, <i>Anabel</i> , pink flowers, early	2 gallon pot, 18-24"	\$25.00			
Lilac, <i>Mt. Baker</i> , white flowers, early	2 gallon pot, 18-24"	\$25.00			
Lilac, <i>Nadezhda</i> , purple buds with light blue flowers, mid-season	2 gallon pot, 18-24"	\$25.00			
Lilac, <i>Primrose</i> , light yellow flowers, mid-season	2 gallon pot, 18-24"	\$25.00			
Lilac, <i>Isabella</i> , pink flowers, late	2 gallon pot, 18-24"	\$25.00			
Lilac, <i>Royalty</i> , purple flowers, late	2 gallon pot, 18-24"	\$25.00			
Azalea, <i>Golden Lights</i> , orange yellow flowers in late spring	1 gallon pot, 12-15"	\$20.00			
Magnolia, <i>Soulangia</i> , pink/purple flowers in spring -The classic magnolia, northern grown!	2 gallon pot, 24"+	\$40.00			
Magnolia, <i>Leonard Messel</i> , fuschia pink flowers in spring	2 gallon pot, 24"+	\$40.00			
TOTAL THIS PAGE					\$
TOTAL AMOUNT ENCLOSED					\$

Plant pickup will be at Log Cabin Nursery on Rte. 11/103 in West Claremont, NH on Saturday May 4th, 2013, 10 AM - 2 PM

A postcard reminder for pickup will be sent one week prior to pickup date. Please bring this postcard with you when you come to pick-up your plants. It will help us locate your order faster!

Orders received after Friday, April 5th will be filled if stock is available.

THANK YOU!



Making Money Work FOR YOU

DATE:

Tuesdays

May 28 – July 2, 2013

TIME:

6:00 – 8:00 p.m.

LOCATION:

Claremont Savings Bank
Community Room
145 Broad Street
Claremont, NH 03743

REGISTRATION:

To pre-register or for more information,
contact Sherrie at 603-863-9200 or
sherrie.laclair@unh.edu.

COST: \$15 per person/couple

UNH Cooperative Extension
Sullivan County
24 Main Street
Newport, NH 03773



A six-part series designed to help participants:

- *Gain control over spending*
- *Develop a plan to achieve financial goals*
- *Reduce expenses and debt*
- *Increase savings*
- *Understand insurance needs*

Co-sponsored by

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If special accommodations are needed to participate in this activity, contact the Extension office
at least two weeks prior to the event so accommodations can be made.

Commissioner's Office Agenda

APRIL – National County Government Month

Tue. Apr. 2nd 3 PM - Board of Commissioners Business Meeting. Place: Newport County Complex, 14 Main Street

Thu. Apr. 4th 2 PM – Grant Program Director and Fiscal Agent meeting. Place: Newport County Complex, 14 Main Street

Fri. Apr. 5th 2 PM – S.C. Conservation District Meeting. Place: Newport County Complex, 14 Main Street

Tue. Apr. 16th 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care

Wed. Apr. 17th 9 AM – RCC Meeting. Place: Newport County Complex, 14 Main Street

Fri. May 3rd 2 PM – S.C. Conservation District Meeting. Place: Newport County Complex, 14 Main Street

Tue. May. 7th 3 PM - Board of Commissioners Business Meeting. Place: Newport County Complex, 14 Main Street

Wed. May 15th 9 AM - RCC Meeting. Place: Newport County Complex, 14 Main Street

Tue. May 21st 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care

Tue. Jun. 4th 3 PM - Board of Commissioners Business Meeting. Place: Newport County Complex, 14 Main Street

Thu. Jun. 6th 9 AM – Grant Program Director and Fiscal Agent meeting. Place: Newport County Complex, 14 Main Street

Fri. Jun. 7th 2 PM – S.C. Conservation District Meeting. Place: Newport County Complex, 14 Main Street

Sun. Jun. 9th 7:30 – 11:00 AM – County's 25th Annual PANCAKE Breakfast – FREE: RAIN or SHINE!

Tue. Jun. 18th 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care

We. Jun. 19th 9 AM - RCC Meeting. Place: Newport County Complex, 14 Main Street

Tue. Jul. 2nd 3 PM - Board of Commissioners Business Meeting. Place: Newport County Complex, 14 Main Street

Thu. Jul. 4th Newport County Administration Building Closed for Independence Day

Fri. Jul. 5th Newport County Administration Building Closed – Day after Independence Day

Tue. Jul. 16th 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex,

UNH Cooperative Extension

Food Preservation Workshop

July 24th from 6-8 pm at Claremont Savings Bank

We don't have full details yet, watch for more information, as we will have more details soon!