



4-H YOUTH DEVELOPMENT PROGRAM



Two Herkimer County 4-H members attended 4-H Capital Days. They learned a lot about politics and got several tours of NY's government offices and buildings, such as the beautiful Capitol Building and the Court of Appeals. They also had breakfast with our NY State Senators and Assemblymen.

Several 4-H youth represented Herkimer County in the North Central District Dairy Quiz Bowl contest.

Twenty-three youth from Herkimer, Madison & Oneida Counties participated in the 4-H Vet Science program. During the two-day program, youth visited the Morrisville State College Equine Rehabilitation and Dairy Cattle Complex, as well as an animal shelter and hospital. Video conferencing with a USDA veterinarian was a highlight of the program.



Learning to give effective public presentations is a unique advantage of belonging to 4-H. Forty-three youth took part in this year's county 4-H Public Presentations events held in Herkimer and Old Forge.



AGRICULTURE PROGRAM

Over 600 area farmers took part in trainings offered by the Central New York Dairy and Field Crops Team this quarter including: Field Crop Pest Management; Winter Dairy Management; Corn Day; Dairy Day; Small Grains; Hoof Health & Lameness; and the Hay, Balage & Forage Quality School.

Over 40 rural landowners attended the "So You Bought the Farm...Now What?" workshops held in Richfield Springs in February. Presentations on livestock, greenhouse, nursery, fruit, vegetable, and forestry were shared. Evaluations were positive, noting that the resources shared and networking provided was very informative.



HUMAN ECOLOGY PROGRAM

"Rethink Your Drink" presentations have been shared at Morning Programs in Little Falls, Mount Markham, and Dolgeville Elementary Schools; After-School Programs in Little Falls, Mohawk and Ilion, and ten Physical Education classes K - 7 in Poland. Over 1200 children, staff, and parents have been reached with information on ways to reduce the consumption of sugary beverages.



Nutrition staff taught individuals with disabilities at Herkimer ARC how to make healthy choices when shopping, eating foods at home, and when dining out. ARC staff noted, "The individuals we support got a lot out of the classes and they were very excited to put what they had learned to use in their daily lives. They are now that much more independent in taking responsibility for the lifestyles they choose and making healthy choices!"

