



4-H Facts



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

OCTOBER - NOVEMBER 2022

Secretary Reports due the 5th of every month!

October	
1	4-H Year-End Sheets due
1	Re-enrollment Forms due
1	Registration due for Exploring Dairy Science
1	Bloomin' 4 Good Program Starts - Herkimer Hannaford
2-8	National 4-H Week
9	Utica Zoo 4-H Garden Volunteers Day
10	Columbus Day (<i>CCE Office Closed</i>)
5	Secretary Reports due to 4-H Office
5-16	TSC Paper Clover Campaign
7	4-H Kick Off - 4-H Office
15	Submissions due for National 4-H Week
20-21	ABC Conference - SUNY Cobleskill
22	Insectapalooza - Cornell University
22	Exploring Dairy Science - Cornell University
27	Registrations due for the 4-H Member / Volunteer Recognition Event
31	Bloomin' 4 Good Program Ends

November	
3	4-H Member / Volunteer Recognition Event - Herkimer College
5	Secretary Reports due to 4-H Office
8	Election Day
11	Veterans Day (<i>CCE Office Closed</i>)
15	Registrations due for Homemade Holidays
24-25	Thanksgiving (<i>CCE Office Closed</i>)
December	
3	Homemade Holidays - Town of German Flatts Community Center
5	Secretary Reports due to 4-H Office
24	Christmas Eve
25	Christmas Day
26	Christmas Day observed (<i>CCE Office Closed</i>)

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4-H HONOR SECRETARIES

Congratulations to: **Ainslie Hitchcock**, All Seasons 4-H Club; **Hannah Carnright**, Kuyahoorra Kaprines 4-H Club; and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members, for turning in their July 4-H club secretary report by August 5.

Congratulations to: **Hannah Carnright**, Kuyahoorra Kaprines 4-H Club; and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members, for turning in their August 4-H club secretary report by September 5.

UPCOMING DEADLINES

Only those who have turned in their Year End Completion sheets by the **October 1** deadline will be guaranteed to receive their awards. To be recognized and receive completion for the 2021-2022 4-H year, the following are due to the 4-H Office by October 1:

- 4-H Member Year End Completion Sheet
- 4-H Club Year End Completion Sheet
- Application for Earn a Calf (if applicable)

ATTENTION LEADERS and PARENTS!!!!!!

The enrollment fee for 2022-2023 4-H year for all new and re-enrolling members is **\$10 on or before October 1**, with a maximum enrollment fee of **\$25 per family**.

- Re-enrollment forms received AFTER October 1 will be \$15/member.
- Re-enrollment forms received after December 31st will be \$25/member.
- No family discount will be given after October 1.
- New members will remain at the \$10/member fee for the 2022-2023 4-H year.

Get to know 4-H this fall



We're excited to meet you and help you find 4-H opportunities that fit your family!

SAVE THE DATE

Each fall, we kick off a new 4-H year with fun events. Join us to learn about 4-H programs for ages 5-19 in Herkimer County.

- Do hands-on activities
- Meet 4-H club leaders and staff
- Ask questions
- See projects and curriculum



4-H Youth Development programs provide ways for young people to belong to a group, give back to their community, learn things they're interested in, and develop independence. 4-H members can explore scores of projects in:



ANIMAL SCIENCE
LEADERSHIP
GARDENING
ART PROJECTS
STEM

HERKIMER COUNTY 4-H KICK OFF

📍 5657 STATE ROUTE 5 HERKIMER, NY 13350

🕒 FRIDAY, OCTOBER 7TH, 6-8PM

For more information go to <http://bit.ly/CCEHerk4HClub>
Call 315-866-7920 or email herkimer4h@cornell.edu to register

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities

**Cornell Cooperative Extension
Herkimer County**

UTICA ZOO 4-H GARDEN VOLUNTEERS DAY

When: Sunday, October 9
10am - Noon

Change of date!!!



The cleanup day for the Utica Zoo has changed to Sunday October 9 from 10 am – noon, we would like to get as many of our Utica Zoo garden volunteers

together to clean up and harvest the remaining vegetables from the garden beds. We are requesting that all 4-H members and volunteers wear the garden shirts we had made for a group photo. Please RSVP by **September 30**, if you are planning on attending.

You still have time to complete the Restore Our Earth challenge. Your list of activities completed at the zoo needs to be turned in to us by **October 10** to be part of the prize drawings. E-mail wlr45@cornell.edu or drop off your mission activity checklist at the 4-H Office.

BLOOMIN' 4 GOOD

We are so excited to share that CCE Herkimer County 4-H has been selected again to be a part of the Hannaford Bloomin' 4 Good Program, created to give back across the communities we serve.



For the month of **October**, each time a Bloomin' 4 Good Bouquet with a red circle sticker is purchased at the Hannaford located at 401 East Albany St., Herkimer NY, \$1 will be donated to CCE Herkimer County 4-H. This is a great way to raise awareness in the local community, give back and raise donations for our organization.

Flowers can brighten a room, spread a smile or make someone's day. Supporters can buy two, three or more bouquets throughout the month. The more bouquets sold, the more donations raised!

To learn more about this program, please visit hannaford.bloomin4good.com.

NATIONAL 4-H WEEK 2022

National 4-H Week is **October 2 – 8**, and this year's theme is **Opportunity 4 All!** Join communities across the country to celebrate National 4-H Week and highlight the great things the organization is doing to grow young people. Now, more than ever, millions of young people face a widening opportunity gap in education, mental health and social inequities, which threaten their potential and the growth of our communities.

When you create your National 4-H Week promotion this year, send us a picture of it and receive a \$5 award. Be sure to put your name, club name, address and location of the display on the picture and send it to Wendy at the Cornell Cooperative Extension Office by **October 15** so the awards can be given out at the Member Recognition Event. One submission per club or independent family, please.





10 WAYS TO CELEBRATE NATIONAL 4-H WEEK

Opportunity4All: A campaign to provide opportunity for all kids. Now.

For over 100 years, 4-H has inspired families, shaped careers, and impacted communities. On October 6 through 12, we will celebrate the impact of 4-H during National 4-H Week. Here are some ways you can celebrate 4-H!

Host a 4-H Rally

With permission, host a 4-H rally at a school or community center. It's a great way to bring the community together to celebrate and show the pride of your local 4-H program

Give Back: Local programs are always looking for resources to continue growing the programs. Help programs like the Flying Squirrels or Green Turtles (not real clubs, by maybe) thrive by making a donation that can help provide supplies to kids in the area.

Wear Your 4-H Gear: Nothing says 4-H pride like a 4-H tee! Dress yourself (or the entire family – pets included!) in 4-H green and clover gear, available online.

Set Up Information Booths: If your local grocery or hardware store allows, set up a table to share information about your local 4-H program. You can display 4-H posters, hand out flyers, or showcase the work of local 4-H'ers.

Shout-Out a 4-H'er: Kids love 4-H. They enjoy the time they spend with 4-H friends, look forward to their next 4-H meeting, and plan all year to show off what they've learned. Recognize the hard work and dedication of 4-H'ers by shouting out one or an entire club on social media.

Storefront Displays: In some communities, you can ask local businesses to display 4-H posters. Many may be willing to dedicate their entire storefront to 4-H signs, memorabilia, and décor for the week.

Become a 4-H Volunteer: If you are a 4-H alum, you might be looking for ways to reconnect with 4-H. Consider giving your time to a local 4-H club by becoming a volunteer.

Share Your 4-H Story: Take to social media to share a 4-H memory, express how 4-H shaped who you are today, describe what 4-H means to you, post an old 4-H photo, or shout-out your 4-H club. Use and follow the hashtag #Opportunity4all share your story, or read stories similar to yours.

Have a 4-H Reunion: 4-H alumni often credit 4-H for the connections they've made, remembering the friends they made and those who they may still keep in touch with today. Gather your old 4-H friends and spend some time together reminiscing on your 4-H experience or recreate your 4-H project together!

Send a 4-H 'Thank You': We all have a reason to thank our local 4-H leaders. Whether you grew up in 4-H, you have kids in 4-H, or you've witnessed the positive work of 4-H in your community, send a 'thank you' note to your local Extension/4-H office to show your appreciation,

Talent Is Everywhere, Opportunity Is Not: Help make every kid's potential count. Learn more and help 4-H provide equal #Opportunity4All kids, no matter their circumstances.

CORNELL UNIVERSITY DAIRY SCIENCE
**EXPLORE DAIRY
SCIENCE AT
CORNELL**

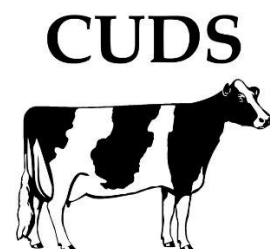
Join us on October 22, 2022



A Day Filled with:

- Farm tours: 100 Stall Rotary Parlor and a Dairy Sheep Farm
- Meet others interested in dairy
- Learn about the Dairy Program
- Explore agricultural clubs

**Registration closes on
October 1 or until 50
applicants.
No on-site registration***



Cornell University™
Dairy Science

For Juniors and Seniors in HS
and Freshmen and Sophomore
in college (ages 16-19)

Use QR Code to
Register



Register at: <https://bit.ly/exploredairyscience>

INSECTAPALOOZA 2022

Come see the bizarre, bad, and beneficial of the insect world.

Saturday, October 22, 2022 from 9am to 3pm

The annual, one-day insect fair is hosted by the Department of Entomology at Cornell University. Insectapalooza is an interactive, hands-on experience that features hundreds of live insects, spiders, and other fascinating arthropods. Popular favorites include the live Butterfly Room and Arthropod Zoo.



Insectapalooza is fun and educational for children, teens and adults of all ages. The annual insect fair reflects the countless wonderful ways that insects interact with people and impact our lives — for better or for worse.



4-H OFFICER TRAINING

Does your club have new Club Officers? What are the newly elected roles in your 4-H club supposed to do? Contact Wendy Richardson to schedule a training at your next club meeting at wlr45@cornell.edu or by calling the office 315-866-7920.

4-H MEMBER/VOLUNTEER RECOGNITION EVENT

When: November 3
5:30pm

Where: Herkimer College
100 Reservoir Rd, Herkimer, NY 13350

We want to honor you, our 4-H members and volunteers! This year's event will start with a light dinner (5:30-6pm) followed by a formal awards ceremony, and ending with an ice cream social.

Please help us to highlight your club's activities by having a representative from your club prepared to share something that stood out in this past 4-H year. It could be individual achievement or new adventures tried. Please take time to discuss what you feel was the best part of 4-H for your club members. Youth could present about the various activities they did i.e. ABC Trip, Horse judging team, STARR, Earn-a-Calf, etc. Any encouraging story would be appreciated.

Call the 4-H office to register your members and volunteers. We need to have an accurate count for the "light dinner". PLEASE NOTE: Only those who turned in their year-end completion sheets by **October 1** will be recognized at the awards ceremony.



4-H HOMEMADE HOLIDAYS

SAT, DEC. 3 9AM - NOON

Town of German Flatts
Community Center

555 State Route 5s,
Mohawk NY 13407

Choose one 1-hour project &
Two 30 minute projects
\$10 per person (families welcome)

Call 315-866-7920 or email
herkimer4h@cornell.edu to register
Go to bit.ly/cceherkprojects for
more information

Just in time for the Holidays, 4-H is offering a one-day workshop to learn how to make homemade decorations and gifts. This workshop is open to all.



Craft List

1 Hour:

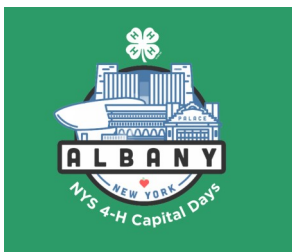
- Egg Carton Snowman
- Fabric Mug Rug
- Fabric Covered Storage Box

30 Mins:

- Photo Picture Cube
- T-shirt Yarn Plant Hanger
- Rice Hand Warmer
- Paper Bag Snowflakes

SAVE THE DATE! 4-H CAPITAL DAYS

When & Where: April 16-18, 2023, in Albany NY



Capital Days 4-H Committee is recruiting teens to help plan this event. If you know of a teen or you are a teen interested in helping out, contact Wendy for an application. Applications are due **January 2, 2023**.

TRACTOR SUPPLY CLOVER CAMPAIGN

Be sure to stop by the Herkimer Tractor Supply store from **October 5 - 16** and support 4-H.

Each spring and fall, Tractor Supply Company helps raise money for 4-H programs through the sale of Paper Clovers in their stores. Your club can participate by setting up a display table and project boards inside the store or just encouraging customers to donate. It is a great way to highlight 4-H during National 4-H Week. Please let Jenn know if your club would like to book a time.

The Herkimer County 4-H Program uses Tractor Supply funds to provide leadership opportunities and scholarships towards 4-H Agri-Business Career Conference, STARR, NYS STEM Camp, and Career Explorations.



HERKIMER COUNTY FAIR ANIMAL SHOW RESULTS

Youth had a great week exhibiting their animals at the Herkimer County Fair.

Mike Wolfe from Richfield Springs was the official judge for the dairy shows. **Katie Livingston** was named Master Showman and **Natalie Fredericks** Reserve Master Showman. Individual breed awards are as follows:

Herkimer County Fair Beef Show Awards:

Ryan Hanft from East Otto, NY judged this year's Beef Show. **Natalie Teachout** was named Master Showman, while **Nathen Teachout** was named reserve.

Herkimer County Fair Dairy Goat Show Awards:

June Baker of Richfield Springs was the dairy goat judge for 2022. **Lucas** and **Logan Humphreville** were the loan goat exhibitors at the county fair, but they exhibited high quality animals and were well deserving of all of their awards.

Herkimer County Fair Horse Show:

Brantley Downes and **Ahna Brackett** both exhibited their horses in the youth horse show. Brantley received a first place blue while Ahna won two first places, one second and one third place.

Congratulations to all of our exhibitors.



NYS FAIR LIVESTOCK JUDGING



Anna Hawkes and **Laken Dyn** participated in livestock judging at the NYS Fair early Tuesday morning, but made it worth the early morning trip to Syracuse (had to be there by 7:30am!) by placing 2nd (**Laken**) and 4th (**Anna**) against youth from across the state. Great job girls...maybe a trip to nationals is in their future next fall!



4-H MEMBERS NON-ANIMAL EXHIBITS AT HERKIMER COUNTY FAIR



Thank you to 4-H volunteers Amanda Norton, Kris Downes, Kristy Downes, Trish Fullmer, Gerard Franklin and, Jason Latendress for serving as evaluators at the Herkimer County Fair. Their time and expertise is greatly appreciated.

Twenty-seven 4-H members from four 4-H clubs entered 81 exhibits in this years' Herkimer County Fair. Participating clubs included the **All Seasons, Green and Growing, Milkshakers,** and **Independent** 4-H members.

Congratulations to the following 4-H members for exhibiting their projects at the Herkimer County Fair: **Ahna Brackett, Gami Brackett, Halleli Brackett Shani Brackett, Daniel Busch, Hannah Busch, Aurora Davis, Brantley Downes, Ainslie Hitchcock, Caleb Hitchcock, Jacob Hitchcock, Connor McCutcheon, Gwendalyn McCutcheon, Lily Simmons, Skye Simmons,** and the 4-H members of the Milkshaker 4-H club.



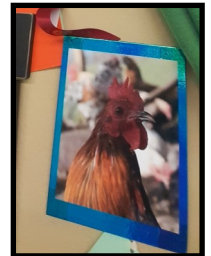
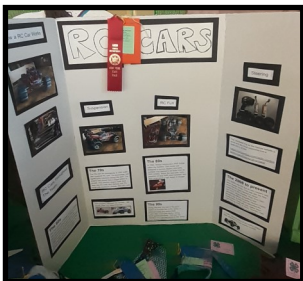
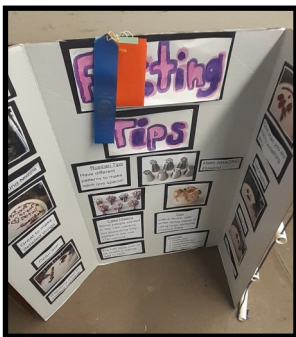
4-H MEMBERS EXHIBIT NON-ANIMAL PROJECTS AT NYS FAIR

Thirteen 4-H exhibitors had items selected to go on to the New York State Fair. They include **Ahna Brackett, Gamliel Brackett, Halleli Brackett, Shani Brackett, Daniel Busch, Brantley Downes, Aurora Davis, Ainslie Hitchcock, Jonah Hitchcock, Connor McCutcheon, Gwendalyn McCutcheon, Lily Simmons, and Skye Simmons.** There were thirty-eight exhibits in total. Special recognition goes to Herkimer County 4-H member **Connor McCutcheon**, whose Fine Arts Digital Drawing 'I Got It', was awarded a purple ribbon of special recognition at the Great New York State Fair!



Working at the NY State Fair

Herkimer County 4-H Youth Leaders **Ahna Brackett, Halleli Brackett, and Daniel Busch** and Herkimer County 4-H Teen Leader, **Gamliel Brackett** worked in the county booth in the youth building at the NY State Fair. They worked with the public presenting Dairy in the Classroom activities and handed out 4-H stickers. 4-H club members **Shani Brackett, Brantley Downes, and Hannah Busch** from Green and Growing also helped on Tuesday, August 23 at the county booth. A special thank you to **Mary Franklin** for working the county booth in the 4-H youth building at the NY State Fair.

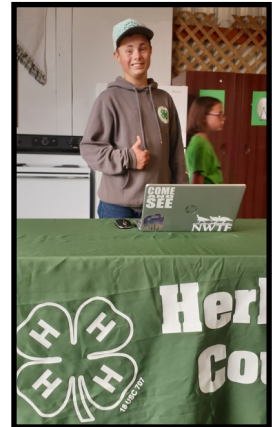


CLUB NEWS

The **All Seasons 4-H club** met in August to discuss the county fair. The club participated in community work with the town archives, as well as gardening and baking. The club members also discussed the upcoming 4-H year.



The **Green and Growing 4-H club** participated at the Herkimer County Fair. Club members **Ahna, Halleli,** and **Shani Brackett** presented a cooking demonstration. **Gami Brackett** shared his Public Presentation on dinosaurs. Club members **Brantley Downes** and **Ahna Brackett** also showed their 4-H project horses at the county fair on Saturday.



The 4-H Club members worked at the NY State Fair in the youth building in the North Central District booth with the public promoting dairy activities. The club teens earned leader premiums and the club earned an extra \$50 for helping out. Thank you to the **Brackett** and **Busch families** for participating.



Independent members of the **Hawkes and Dyn family** did not hold a 4-H meeting in July or August. Both **Laken Dyn** and **Anna Hawkes** competed in Livestock judging at the NY State fair. **Laken** finished second and **Anna** finished fourth.



The **Kuyahoorra Kaprines 4-H club** showed their goats at the Cooperstown Jr. Livestock show in July, **Hannah** and **Hailey Carnright** also tended to and weeded the gardens at the Utica Zoo. **Luke** and **Logan Humphreville** attended the Herkimer County fair in August with their goats. The club members were supposed to attend the Cooperstown Harvest Festival with their dairy goats in September, but the show was cancelled

Cornell
Cooperative
Extension

NYS 4-H Healthy Food Guidelines

Making Healthy Choices Easier



Fruit

- Whole Fruit
- Dried Fruit
- Fruit Smoothies
- 100% Fruit Juice



Vegetables

- Raw Vegetables
- Salad with Leafy Greens
- Roasted or Grilled Vegetables
- 100% Vegetable Juice



Dairy

- Low-Fat Yogurt*
- Reduced-Fat Cheese*
- Skim or 1% Milk*
- Dairy-Free Yogurt, Cheese, or Milk

Healthy Food Group Examples



Grains

- Whole Grain Bagels, English Muffins, Crackers, Tortilla, Breads, or Pitas*
- Popcorn
- Whole Grain Pastas*
- Brown Rice



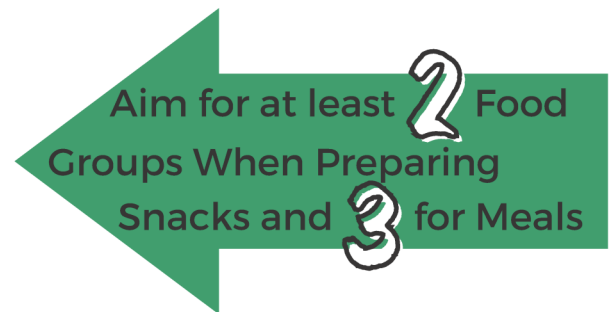
Protein

- Hard-Boiled Eggs*
- Nut Mixes*
- Nut Butters*
- Chicken, Fish, or other lean meats
- Tofu
- Beans and Legumes, such as garbanzo beans, kidney beans, and lentils.



Snacks

- Whole Grain Pita with Hummus or Nut Butters*
- Dried Fruit with Nut Mixes*
- Plain Yogurt with Fruit*
- Vegetables with Hummus or Dip
- Whole Grain Crackers with Low-Fat Cheese*



- English Muffin Pizzas*
- Broccoli and Black Bean Quesadillas*
- Whole Grain Macaroni and Cheese with Broccoli*
- Veggie Pita-Pockets*
- Roasted or Grilled Vegetable Wraps
- Colorful Black Bean Salad



Meals

Beverages



- Water & Fruited Water
- 100% Juice (8 oz. or less)
- 1% or Skim Milk*

*Check for allergies such as nut, gluten, eggs and dairy

This guide was created as a tool to help our 4-H volunteers, 4-H parents, Choose Health Club officers, camp directors, 4-H after-school staff, and educators in creating healthy snacks for 4-H meetings and events. All items are affordable, accessible, and loved by kids! If you would like more information on ideas, recipes, and general nutrition information, please utilize the resources below.

Guidelines for Healthy Food and Beverages*

- 🍎 Replace sweetened drinks with water & low-fat milk.
- 🍎 Serve more fruits & vegetables.
- 🍎 Increase consumption of whole grains.
- 🍎 Serve healthier fast food choices.
- 🍎 Provide fewer high-fat & high-sugar items.
- 🍎 Provide more nutrient-rich & high-fiber foods.
- 🍎 Serve smaller portions.

To download this document, scan the QR code with your smart device



Additional Resources:

- **Guidelines for Healthy Food & Beverages:** This manual offers guidelines, tips, and recipes for providing delicious, healthy food in program settings. <https://bit.ly/afyfoodguidelines>
- **Quick & Tasty Recipes for Healthy Youth Recipe booklet:** <https://nys4-h.org/healthy-living-2>
- **Food & Nutrition Ed in Communities Recipe Table:** <https://fnec.cornell.edu/for-participants/recipe-table/>
- **MyPlate Kitchen:** Another source for recipes and resources to support building healthy and budget-friendly meals. <https://www.myplate.gov/myplate-kitchen>
- **Choose Health Officer:** The club officer could promote healthy snacks at a meeting, work with the recreation leader to have a healthy activity. The link for the training & officers guide: <https://nys4-h.org/healthy-living-2>
- **Choose Health: Food Fun & Fitness:** Targets 8 - 15-yr-olds includes nutrition activities, active games, & food preparation. <https://fnec.cornell.edu/for-partners/curricula/chfff/>
- **Self-Assessment Tool for After-School Programs:** <https://bit.ly/selfassessmenttoolasp>

*Guidelines for Healthy Food and Beverages for Adolescent Health Programs, updated 2021, published by ACT for Youth Center for Community Action at Cornell University

These guidelines were developed by Cornell Cooperative Extension's Youth Healthy Eating and Active Living Program Work Team. Cornell Cooperative Extension provides equal program and employment opportunities.

2023 ENCHANTED FOREST WATER SAFARI

Date Change!!

It's never too early to plan ahead and think summer! Mark your calendars now for the 2023 4-H Day at Enchanted Forest Water Safari. The 2023 date will be **Thursday, July 20**. More details to follow in May.



GO ON A HIKE

Go on a hike or go to the neighborhood park and draw the view. While there, walk around and write down what you see others doing. Discuss with your group or family what you saw. Was there trash or other damage people left behind?

Some popular hiking spaces in the area include:

- Beaversprite - Dolgeville
- Bald Mountain - Old Forge
- The Erie Canal Trail
- Herkimer College Nature Trail - Herkimer
- Owen D. Young Central School Robert B. Woodruff Outdoor Learning Center - Van Hornesville

What other hiking trails can you think of to visit?

4-H INFO

The 4-H FACTS is available in color with clickable links online at <http://bit.ly/4-HFacts>



SOCIAL MEDIA

Follow us on Facebook at Cornell Cooperative Extension Herkimer County, and request to join the private group 'Herkimer County 4-H' for events that might not make it into the 4-H FACTS.

Follow us on Instagram @Herkimer4h to see the latest photos about what members are doing in 4-H!

Get text updates from educators about program changes and to stay in touch through the REMIND app: text @herkimerco to 81010.

Please call the office if you have any questions or e-mail Wendy at wlr45@cornell.edu or Jenn at jlr34@cornell.edu.

For 4-H projects, visit <http://bit.ly/YouthProjects>



Cornell Cooperative Extension Herkimer County

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Herkimer, NY 13350

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RETURN SERVICE REQUESTED

"THE PURPOSE OF THE 4-H YOUTH DEVELOPMENT SYSTEM IS TO ENABLE YOUTH TO DEVELOP KNOWLEDGE, ABILITIES, ATTITUDES, AND BEHAVIORS TO BE COMPETENT, CARING ADULTS"

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Web address: <http://blogs.cornell.edu/cceherkimer/>

State 4-H Web address: <https://nys4-h.org/>

National 4-H Web address: <https://4-h.org/>

Find us on Facebook!

www.facebook.com/CCEHerkimerCounty

Ask the join the Herkimer County 4-H closed group!

Follow us on Twitter @CCEHerkimer

Follow us on Intstagram at herkimer4h

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