



4-H Facts



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

DECEMBER 2022 - JANUARY 2023

Secretary Reports due the 5th of every month!

December	
1	4-H Member / Volunteer Recognition Event - BOCES
3	Homemade Holidays - Town of German Flatts Community Center
5	Secretary Reports due to 4-H Office
24-25	Christmas Eve & Day
26	Christmas observed (CCE Office Closed)
January	
1	New Year's Day
2	New Year's Day observed (CCE Office Closed)
2	Applications due for Capital Days Teen Planning Committee
5	Secretary Reports due to 4-H Office
13	Registrations due for On the Farm Safety
14	Day Camp: Horse Safety & Handling - CCE Oneida County
16	On the Farm Safety - Collins Knoll Farm
16	Martin Luther King Jr. Day (CCE Office Closed)
18	Equine Nutrition - 4-H Office
21	Day Camp: Ranch Riding & Roping - CCE Oneida County
28	Day Camp: Hoof Beats (Gaits) - CCE Oneida County

February	
4	Day Camp: Breeds, Colors & Markings - CCE Oneida County
5	Secretary Reports due to 4-H Office
10	Registrations due for Tractor Safety Course
11	Day Camp: Equine Behavior - CCE Oneida County
15	Livestock Nutrition - 4-H Office
17	Registrations due for Public Presentations
18	Day Camp: Equine Nutrition - CCE Oneida County
21	Presidents' Day (CCE Office Closed)
21-23	Tractor Safety Course - Clinton VFW
25	Day Camp: Tack & Equipment - CCE Oneida County
March	
2	4-H Public Presentations / Horse Communications - Herkimer BOCES
4	Horse Quiz Bowl - Boonville
5	Secretary Reports due to 4-H Office
11	Dairy Quiz Bowl - Boonville
20-24	NY Ag Literacy Week

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4-H HONOR SECRETARIES

Congratulations to: **Hannah Carrright**, Kuyahoora Kaprines 4-H Club, and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members; for turning in the September 4-H club secretary report by October 5.

Congratulations to: **Hannah Carrright**, Kuyahoora Kaprines 4-H Club; and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members, for turning in the October 4-H club secretary report by November 5.

ON THE FARM SAFETY



Interested in learning about farm safety and biosecurity? Come spend some time on an operating dairy farm and learn the ins and outs of how to work safely and productively all while producing nature's most perfect product: milk! Herkimer & Oneida County 4-H members are invited to join us Monday, **January 16** from **10am - Noon** at Collins Knoll Farm in Chadwicks. Call the 4-H office to register by **January 13**.

Volunteer Bell Ringers Needed!
Nov 19-Dec 24
 (Excluding Sundays and Thanksgiving)

Reserve a time slot for you or a group by calling us at
(315) 866-1240

HORSE & DAIRY QUIZ BOWLS

Interested in testing your horse or dairy knowledge against other 4-H members from around the area? Then Quiz Bowl may be for you. District horse and dairy quiz bowls are set for Saturday, **March 4** (horse) & **11** (dairy) at Adirondack Middle School in Boonville. Grab your friends with similar interests and let's put some teams together. We have buzzers to practice with and workshops set up to help learn more about species. The horse quiz bowl and hippology contest, which consists of stations to identify items associated with the industry from feed to tack and everything in between, will be held on the same day. If you are making the trip to Boonville, you might as well spend the day and compete in both. Interested youth should contact Jennifer for all the details about the contests.

Oneida County is hosting 4-H Horse Day Camps at the 4-H Office in Oriskany to help prepare for horse bowl and hippology. Each educational session is from **9:00am - 10:30am** with a craft to follow from **10:30 - Noon**. Please register with **Lisa Farney** at LB553@cornell.edu if you will be attending. Here is a list of what they have going on: (educational topic / craft):

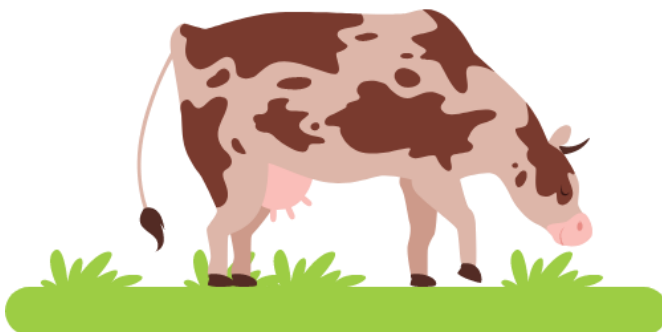
- January 14 – Horse Safety & Handling / Painted Horse Shoes
- January 21 – Ranch Riding & Roping / Horse Ornament
- January 28 – Hoof Beats (Gaits) / Cardboard Cutout
- February 4 – Breeds, Colors & Markings / Wooden Horse Head
- February 11 – Equine Behavior / Stained Glass
- February 18 – Equine Nutrition / Horse Mask
- February 25 – Tack & Equipment / Leg Wraps



ANIMAL NUTRITION WORKSHOPS

Interested in raising livestock? Whether it be for show or just a backyard project, nutrition is key in raising a healthy productive animal. No matter what the species, we have an introduction to nutrition for you. Sign up for one or all, but please call the 4-H office to let us know you are coming. All workshops will be at the 4-H office at **6:30PM**.

- January 18 - Equine nutrition with Heather Ohara, Nutrena Feed
- February 15 - Livestock nutrition with Ashley McFarland, CNY Regional Livestock Specialist
- Watch your email for date to attend Dairy nutrition with Meghan Fish, Purina Feed



TRACTOR SAFETY COURSE

When: February 21-23

8:30 am - 3 pm

Where: VFW in Clinton

Cost: 4-H Members \$25 Non 4-H Members \$35

Registration Deadline: February 10

The Safe Tractor and Machinery Operation Program is open to youth and adults ages 14 and over. We invite and encourage all farm and non-farm youth and adults who will be working on or around machinery to participate in the program. Youth between the ages of 14-15 years of age are required by law to hold this certification in order to work with or around machinery. Space is limited to 15 participants so be sure to sign up today!

Please call the 4-H office to register or go to <https://bit.ly/2023tractorsafety>

NEW YORK FARM BUREAU FREE STUDENT MEMBERSHIP

New York Farm Bureau, the State's largest agricultural lobbying organization, is very excited to partner with 4-H to provide complimentary NYFB Student Memberships for High School Juniors & Seniors who are 4-H members.

NYFB recognizes that the future of the agricultural industry in New York is dependent upon engaging youth who are interested in pursuing agricultural careers. NYFB wants to provide these youth the opportunity to be involved in supporting the agricultural industry by being a NYFB Student Member. New York Farm Bureau has a Young Farmers & Ranchers Program which develops leadership skills while providing educational, social, and community service opportunities.



In order to receive a complimentary student membership, 4-H members who are Juniors and Seniors will need to register for this membership on their own.

Student members will receive a NYFB Membership card, a monthly copy of the NYFB newspaper "Grassroots" and information by email related to young farmer activities and the Agricultural Youth Scholarship Program.

Membership can be found at: <https://members.nyfb.org/StudentJoin#vaff>. If you have questions on NYFB Student Membership and the Young Farmers & Ranchers Program, please contact: Patti Dugan, Deputy Director of Member Relations at 1-800-341-4143 or pdugan@nyfb.org.

4-H PUBLIC PRESENTATION / HORSE COMMUNICATION

When: Thursday, March 2, 2023
5 PM - 8 PM

Where: Herkimer BOCES
352 Gros Blvd, Herkimer, NY 13350

Horse Communications and Public Presentation night will be once again held together. Registrations for the presentations are due to the 4-H office no later than **February 17**. We need to have the names of each 4-H member who will be doing a presentation and the title of the presentation when you call to register or go to https://reg.cce.cornell.edu/CountyPublicPresentations-2023_221

Learning to give effective public presentations is one unique advantage of belonging to 4-H. Presentations should have an obvious connection to the 4-H program. Therefore, if your members are unsure of what topic to select, encourage them to try one that deals with a 4-H project that they are already familiar with. That way they can concentrate on the actual presentation because they do not have to worry about learning new content material. This will also help to reinforce the knowledge they have already learned.

4-H youth can get a head start on preparing for a job or college interview by participating in the New York State 4-H Public Speaking Program's Interview Process. During the Interview Process, 4-H teens will undergo a simulated interview for a job or college entrance with a trained volunteer evaluator. Youth can choose to participate in a job or college entrance interview. The same format will be followed for either choice. The résumé, cover letter and application (written presentation) will be judged based on appearance and content. The oral presentation will be the actual interview using questions selected from a set list. The written presentation documents will be submitted for judging prior to the face-to-face interview. The face-to-face interview should last about 20 minutes. Afterward, the evaluator will review the youth's evaluation sheet and provide positive feedback in a private consultation.

Job Interview:

Job Position: 4-H Summer Intern Required Paperwork:

1. Completed Job Application
2. Resume
3. Cover Letter



College Entrance Interview:

College: Unnamed or 4-H'ers choice
Required Paperwork:

1. Universal College Application
2. Resume
3. Essay on why youth chose the college and future career path

If you would like more details about the different categories available, please contact Wendy Richardson at the 4-H Office.

SPECIAL NOTE TO CLOVERBUDS

Cloverbuds will not be judged on their presentation, but will receive a Certificate of Participation and credit toward completion for the year. Members may work individually, in pairs, or groups. Think "Show & Tell."

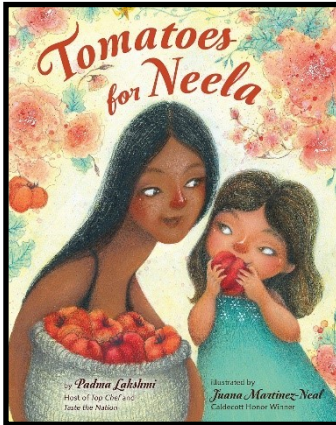
SPECIAL NOTE FOR HORSE COMMUNICATIONS

Official rules for Horse Communications can be seen on the following website: bit.ly/3EAtleY

A LITTLE INCENTIVE FOR DOING A 4-H PUBLIC PRESENTATION!

Each 4-H member that gives a public presentation on March 2 at Herkimer BOCES will get **\$10 off** of their ticket to 4-H Day at Enchanted Forest Water Safari.

NY AG LITERACY WEEK MARCH 20-24



In celebration of National Agriculture Week (March 20-24), volunteers throughout the state will read a book with an agricultural theme to second graders. The selected book for 2023 is *Tomatoes for Neela*, written by Padma Lakshmi, and art by Juana Martinez-Neal.

Author Padma Lakshmi takes young readers on an intergenerational journey full of delicious flavors and fun food facts that celebrates a family's treasured recipes and illustrator Juana Martinez-Neal brings this circle of women to life with vivid detail and warmth. *Tomatoes for Neela* lovingly affirms how we can connect to other cultures and build communities through food.

Neela loves cooking with her amma and writing down the recipes in her notebook. It makes her feel closer to her paati who lives far away in India. On Saturdays, Neela and Amma go to the green market and today they are buying tomatoes to make Paati's famous sauce. But first, Neela needs to learn about all the different kinds of tomatoes they can pick from. And as Neela and Amma cook together, they find a way for Paati to share in both the love and the flavors of the day.

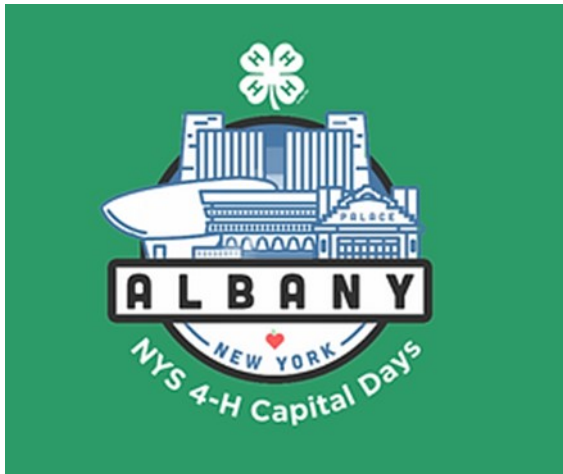
Tomatoes for Neela is truly a celebration of food and family. Paired with Juana Martinez-Neal's illustrations, which adds warmth and softness to the story, Lakshmi's storytelling shows how food can bring different generations together as well as provide opportunities for children to learn about different cultural traditions. This story encourages getting children into the kitchen at an early age so that they can not only develop a good relationship with food, but learn about math, geography, history, food sustainability, and about where our food comes from.

Over 75,000 students in almost every single county were reached last year. If you are interested in volunteering to read to a 2nd grade classroom at a Herkimer County school, please contact Jenn at the 4-H office.

VET SCIENCE

Interested in veterinary science? Be sure to check out the next newsletter (February/March 2023) for upcoming programs in March. If you have a specialty you would like to learn more about, let Jennifer know (by January) and she will try to add it to the program.





SAVE THE DATE: CAPITAL DAYS 2023

Save the date! 4-H Capital Days will be **April 16-18, 2023**. Please find the Teen Planning Committee application at <https://www.nys4-hstaff.org/post/save-the-date-capital-days-2023>. Applications are due **January 2, 2023**.

BLOOMIN' 4 GOOD

Thanks to shoppers and supporters who purchased Hannaford Bloomin' 4 Good bouquets during the month of October 2022, Herkimer County 4-H will receive \$23!



4-H KICKOFF AND OPEN HOUSE



The 4-H Open House was a huge success! Several new families came to learn all about 4-H in Herkimer County. Wendy Richardson gave an overview with highlights in leadership, gardening, art, STEM, community service and animal science. Topics discussed were outdoor curriculum, soil painting, building bridges, gardening, entrepreneurship, woodworking and fabric projects. Several youth participated in rocket launching and soil painting. Green and Growing 4-H club leader **Cassie Brackett** also shared what it is like to be a club leader.



ABC TRIP

Four Herkimer County 4-H members participated in the 2022 Agri-Business Career Conference at SUNY Cobleskill in October. **Hannah & Hailey Carnright** and **Allyson & Olivia Ford** participated in tours of various ag businesses, met with college professors, collaborated with 4-H'ers from across the state and even got in a little line dancing with college students.

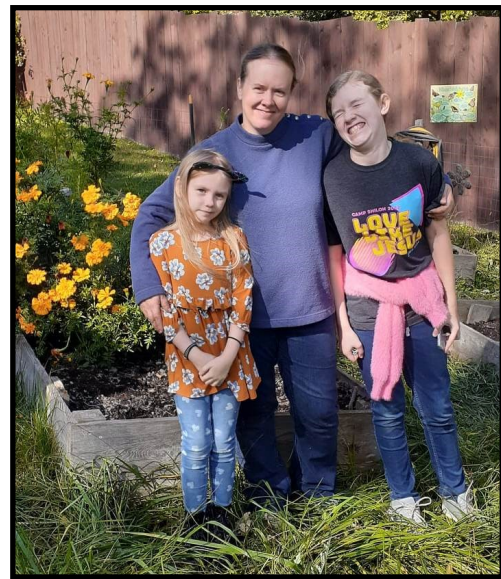


UTICA ZOO 4-H GARDEN CLEANUP DAY

October was time for cleaning out the Zoo gardens and harvesting produce for the Zoo animals. The **Pierce family** joined Wendy Richardson to weed, harvest and deliver sweet potatoes, carrots, catnip, turnip greens, and squash to the zoo kitchen staff and got a behind the scene tour. The gardens are ready for the winter weather ahead.



There were no entries for the Restore Our Earth Challenge, unfortunately. Let us know if this is something you would like to do for next year.



FALL 2022 4-H GOVERNMENT INTERN PROGRAM

The 4-H Government Intern Program, sponsored by the Herkimer County Legislature and administered by Cornell Cooperative Extension 4-H Youth Development Program of Herkimer County, completed the fall program with eight students from four Herkimer County school districts. Students participated by exploring current issues and learning more about the functions of their county government through the committee system. Students reviewed issues, toured county facilities, interviewed county legislators, and attended a county legislature meeting.

Students included **Amya Desroches** from Central Valley Academy; **Mark Hanshaw** from Herkimer BOCES P-Tech; **Luke Critelli** from Frankfort Schuyler High School; **Jerry Almas**, **Shelbi Hagues**, **Gavin Krauciunas**, **Seth Walther**, and **Quintin Weigand** from Poland High School. The key presenters spoke to students about their roll in local government. Thank you to **Jim Bono**, **Karin Piseck**, **Sheri Ferdula**, **Kim S. Tranter**, **Robert Hoyt**, **John Piseck**, **Linda Patten**, **Mike Scalise**, **Kim Enea**, and **Judge Thad Luke** for taking the time to meet with students.

At the final session, the interns staged a simulated legislative mock meeting and provided presentations on current issues confronting county government. Topics discussed were:

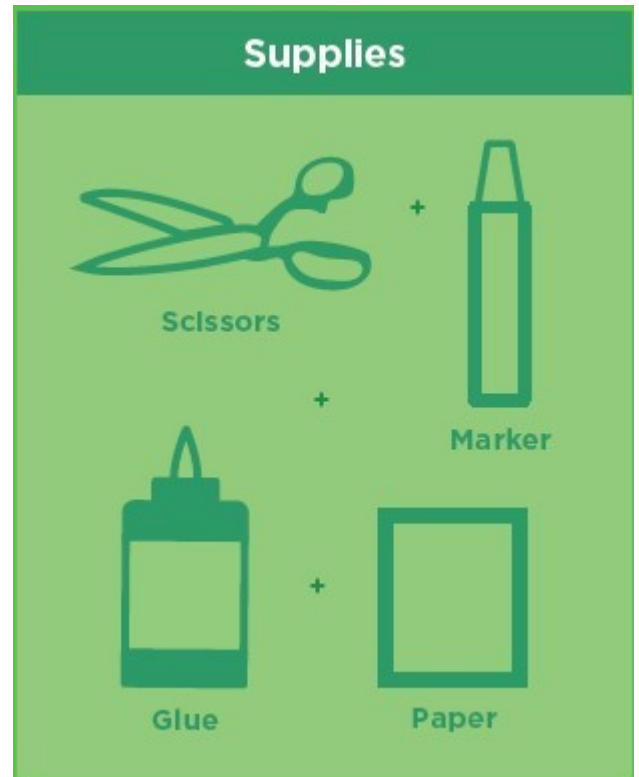
- School zero tolerance policy
- Poland high school vape pen use
- Mental health of students Frankfort/Schuyler
- After school program for Ilion CVA

Youth thanked all of the participating Herkimer County Legislators for their visits and help in researching topics that made the program an engaging experience.



FITNESS DICE

Description: Start a fitness routine with your family and friends by creating a set of fitness dice!



Activity Steps

1. Think of six activities that you can do on the spot and are related to physical fitness, such as jump-roping, jumping jacks, or hopping on one foot.
2. Create two dies out of paper. A template that may be helpful is available at <https://www.template.net/design-templates/colouring-pages/cube-template/>
3. On the first die, write a physical activity on each side. On the second die, list the numbers one through six, one on each side.
4. Gather your friend or family to play the Fitness Dice game! Start by rolling both dice at the same time.
5. See what activity (first die) and number (second die) you landed on. For example, if your dice landed on "jumping jacks" and "5", you would need to do five jumping jacks!
6. Each friend or family member should take a turn, until the group is ready for a break!

4-H AT HOME FOR THE HOLIDAYS

This holiday season, enjoy your time indoors with these fun science, baking, and crafting activities. Whether you're a mad scientist, a curious baker (and taster), or a daring dreamer, there's a little something here for everyone.

Go to <https://4-h.org/about/4-h-at-home/holidays/> and download the guides for 15 at-home activities and over 20 tasty cookie recipes to help continue doing and learning this holiday season!

Activities include:

- Make a DIY Wish Pillow
- STEM Binary Code Ornaments
- Yarn Wrapped Holiday Ornaments
- Holiday Classic Story Time
- Tea-light Snowmen
- Stamped Gift Wrap
- Family Gingerbread House Decorating Contest
- Christmas Village with Wood Birdhouses
- Popcorn Balls
- Homemade Bath Fizzies
- Winter Coat Drive
- Handmade Fleece Scarves for the Homeless
- Paper Snowflakes for a Nursing Home
- New Year's Friendship Bracelets
- Homemade Holiday Cards or Care Packages for Veterans



2022-2023 4-H CLUB MEMBERS

Attention: If your name does not appear on this list, we have not received your re-enrollment; your name will be dropped from our mailing list, and this will be the last newsletter you receive. **Re-enrollment is \$15 until December 31. After January 1, re-enrollment is \$25.** There is no family discount after the October deadline.

The 4-H office has received the following 4-H re-enrollments for the 2022-2023 4-H year:

GREEN & GROWING: Ahna Brackett, Gami Brackett, CoCo Brackett, Nini Brackett, Abigail Busch, Daniel Busch, Hannah Busch, Adrianna Dalaba Smith, Brantley Downes, Laylah Downes, Zoey Slowik, and Jacob Wisniewski

INDEPENDENT MEMBERS: Owen Allen, Addison Brown, Erin Brown, Illian Burke, Landon Burke, Natalee Collins, Aurora Davis, Amelia Day, Emily Day, James Day, Rebecca Elwood, Laken Dyn, Rebecca Elwood, Allyson Ford, Olivia Ford, Valorie Ford, Anna Hawkes, Mellena Hawkins, Ainslie Hitchcock, Caleb Hitchcock, Jacob Hitchcock, Jonah Hitchcock, Connor McCutcheon, Gwendalyn McCutcheon, Lily Simmons, Skye Simmons, Logan Talbot, Trey Talbot, Aleksandra Zaitseva, Angelina Zaitseva, Nikita Zaitsev, and Tatiana Zaitseva

KUYAHOORA KAPRINES: Hailey Carnright, Hannah Carnright, Logan Humphreville, and Lucas Humphreville

MILK SHAKERS: Collin Donahoe, Colton Donahoe, Laiken Donahoe, Mason Donahoe, Alissa Harrigan and Nathen Teachout

WANDERLUST: Ella Blush, Kelvin Carrier, Timmy Carrier, Abigail LaFave, Hannah Lasher, Samuel Lasher, Serena Leonard, Emma Marosek, William Marosek, Aiden Martens, and Olivia Pierce

4-H CLUB INFORMATION



CLUB CHARTERS: Please remember that in order to be a bonafide 4-H Club, you must fulfill these requirements:

- You must have an Organizational Leader.
- You must elect officers (not required for Cloverbud club).
- You must have at least 5 members or 5 Cloverbuds from **3 different families** currently enrolled.
- You must have the Program Planning Sheet filled out for the 4-H year.

FUNDRAISERS - Please remember when you are doing fundraising in the name of 4-H, you need to:

- Fill out the "Fundraising Request" form and have it approved by Jennifer Collins 30 days before you do **ANY** fundraising
- There must be a **PURPOSE** for the 4-H fundraising. You **CAN NOT** fundraise just to have money in your 4-H account.

2022-2023 4-H LEADERS / VOLUNTEERS

GREEN & GROWING: Cassie Brackett, Kristy Downes, and David Richardson

INDEPENDENT MEMBERS: Stacey Day, Amy Hawkes, Jeremy Lesniak, Patricia Lesniak, Stanley Lesniak, Heather McCutcheon, Amanda Norton, Judith Pasick, Cindy Pawlowski, and Robin Simmons

KUYAHOORA KAPRINES: Heidi Carnright, JoAnn Carnright, Jodi Carnright, and Ryan Carnright

MILK SHAKERS: Allison Donahoe, Audrey Donahoe, Christian Donahoe, Samuel Donahoe, Seth Donahoe, Thomas Donahoe, Ashley Teachout, Heather Teachout, Natalie Teachout, and Scott Teachout

WANDERLUST: Julie Eisele, Kristel Leonard, Danielle Morey-Delgado, and Jennifer Pierce



We have a closed Facebook group for Herkimer County 4-H. If you are an active 4-H member or volunteer, please request to join this page so that you will have access to the latest information and events as they become available. Look for 'Herkimer County 4-H closed group' on Facebook.

Like us on Facebook at **Cornell Cooperative Extension Herkimer County**, and follow us on Instagram **@herkimer4h** to keep in touch with us and see new exciting developments in 4-H!

CLUB NEWS

The **Green and Growing 4-H club** held their first meeting with new members in October. They discussed the projects for the coming year and worked on making 4-H scrapbooks for the awards and ribbons they have from fair season.

The **Kuyahoorra Kaprines 4-H club** did not meet in October. The 4-H club set up their annual National 4-H Week display at Teel Farms corn maze as well as volunteering there. **Hannah** and **Hailey Carrnright** and **Lucas Humphreville** volunteered at the Teel Farms, helping with their vendor fair, face painting and selling tickets, as well as cleanup. The whole club helped out again the next weekend with the Teel Farms first ever Tractor Pull.

Hannah and **Hailey Carrnright** attended the ABC conference at Cobleskill College Oct. 20-21. They had a great time and had many hands on learning experiences while they were there. This was their first time attending and they cannot wait for next year's conference.



The **Hawkes/Dyn independent family** did not meet in September. **Laken Dyn** took her steer to the Bid E in Springfield, MA and won the Jackpot Show! She also won AOB Steer show and received a banner for being a premier exhibitor for AOB.

They met in October to discuss activities that they would like to participate in for the upcoming 4-H year.

Laken Dyn participated in the NY Cattle Battle at Fonda in the beginning of October and took home the honor of winning fourth overall market animal under legendary judge Ryan Rash from Texas. It was a very large show with over 100 showman and nearly 200 animals in attendance. An experience of a lifetime!



The **Milkshakers 4-H club** did not hold a meeting in November.

WINTER WEATHER

Herkimer County is such a wonderful place to live. We offer the following information regarding Cornell Cooperative Extension and 4-H.

1. Sometimes the weather is bad in one part of the county and not the others. Use your own judgment when deciding to travel.
2. Sometimes it's too late to cancel a meeting when the weather turns bad. Again, use your own judgment.
3. If the Cornell Cooperative Extension office closes, evening meetings are cancelled.
4. If you decide not to travel to a meeting, please call the office ahead of time if possible.

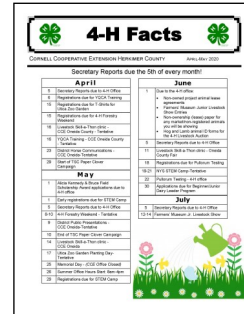
If the Herkimer County Office Building is closed, the Cornell Cooperative Extension Office will also be closed. Cancelling and trying to reschedule meetings is very difficult, so if at all possible, meetings will be held.

Again, use your own judgement and do not travel if you do not feel safe.



4-H FACTS ONLINE

The 4-H FACTS is available online in color with clickable links 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 closed group' for events that might not make it into the 4-H FACTS.

Follow us on Instagram at 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 at 315-866-7920 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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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"

4-H YOUTH DEVELOPMENT STAFF

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Mary Franklin Administrative Assistant, mf566@cornell.edu
Barbara Johnson Administrative Assistant, bmj9@cornell.edu

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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