



4-H Facts



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

APRIL - MAY 2023

Secretary Reports due the 5th of every month!

April	
3	Vet Science: Small Ruminant Health - Sauquoit
4	Regional Horse Communications - CCE Oneida County
5	Secretary Reports due to 4-H Office
14	Registrations due for STAR
15	Vet Science: Cornell University College of Veterinary Medicine Open House
16-18	4-H Capital Days
17	Registrations opens for Career Explorations
20	Community Night with 4-H & EFNEP - Herkimer
21	Registration due for Livestock Fitting & Showmanship Clinics
23	Livestock Clinic: Goats - Poland
24	Registrations due for Animal Crackers
26	Livestock Clinic: Beef Cattle - Jordanville
26	Tractor Supply Paper Clover Campaign Starts
29	District 4-H Public Presentations - CCE Oneida County

May	
1	Registration and T-Shirt Orders due to 4-H Office for Utica Zoo Garden Work Day
1	Applications due for Bruce Field and Alicia Kennedy Award
5	Secretary Reports due to 4-H Office
6	Animal Crackers - Cornell University
7	Tractor Supply Paper Clover Campaign Ends

May	
15	Livestock Clinic: Sheep & Swine - Jordanville
15	Registrations due for Career Explorations
19-21	STAR Teen Retreat - Camp Shankitunk
20	Utica Zoo Garden Work Day
29	Memorial Day (<i>CCE Office Closed</i>)

June	
5	Secretary Reports due to 4-H Office
15	Pullorum Clinic - 4-H Office
27-29	4-H Career Explorations - Cornell University
30	Applications due for Junior & Beginning Dairy Leader Programs

July	
4	Independence Day (<i>CCE Office Closed</i>)
5	Secretary Reports due to 4-H Office
9-11	Farmers' Museum Jr. Livestock Show
17	Ticket Sales End for 4-H Day at Water Safari
20	4-H Day at Water Safari



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4-H HONOR SECRETARIES

Congratulations to: **Coco Brackett**, Green and Growing 4-H Club; **Hannah Carnright**, Kuyahoora Kaprines 4-H Club, the Milk Shaker 4-H Club; and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members; for turning in the January 4-H club secretary report by February 5.

Congratulations to: **Coco Brackett**, Green and Growing 4-H Club; **Hannah Carnright**, Kuyahoora Kaprines 4-H Club; the Milk Shaker 4-H Club, and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members, for turning in the February 4-H club secretary report by March 5.

TSC PAPER CLOVER CAMPAIGN

The spring TSC Paper Clover Campaign will take place **April 26-May 7**. Please be sure to support TSC and your local 4-H program!



IT'S PAPER CLOVER TIME!
APRIL 26 - MAY 7, 2023
 Funds support 4-H camp and leadership activities.

BRUCE FIELD AGRICULTURE AWARD

PURPOSE - In recognition of his untiring efforts in the service of agriculture in Herkimer County, the Central New York Farm Progress Show, Inc. has set up this annual Bruce Field Agriculture Award. The purpose of this award is to recognize students from the farming community who have done outstanding work; and to encourage their careers in agriculture.

AMOUNT OF THE AWARD - One award of \$300 is offered annually to a male student; and one award of \$300 is offered annually to a female student.

ELIGIBILITY - Eligible applicants need to be seniors in a high school in Herkimer County or Herkimer County residents who are high school seniors attending a school outside Herkimer County. They need to be graduating in the academic year of the award.

You can find the application at <http://bit.ly/CCEHerkYouthScholarship>. You can also call the 4-H office or contact your High School Guidance Counselor for a copy.

Return the application to Cornell Cooperative Extension of Herkimer County, 5657 State Route 5, Herkimer, NY 13350, by **May 1**.

ALICIA KENNEDY 4-H MEMORIAL SCHOLARSHIP

In memory of Alicia Kennedy, a longtime Herkimer County 4-H member, the purpose of this award is to help graduating seniors who have been active in the Herkimer County 4-H Program. The fund is administered by Cornell Cooperative Extension of Herkimer County, 4-H Youth Development Program.

The selection committee made up of 2-3 "non" 4-H leaders will be appointed annually by the Herkimer County 4-H Educator.

Eligible applicants are seniors in high school, active members of the Herkimer County 4-H Program and will be graduating in the academic year of the award.

Please call the 4-H office for an application or go to our website www.cce.cornell.edu/herkimer then go to Youth Scholarship Opportunities. Return the application to Cornell Cooperative Extension of Herkimer County, 5657 State Route 5, Herkimer, NY 13350, by **May 1**.



LIVESTOCK FITTING & SHOWMANSHIP CLINICS



Would you like to learn more about livestock fitting and showmanship? Attend one or all depending on the species you are interested in. Participants will get hands on experience showing them how to get their animal ready for show and what to expect when you get in the show ring. Preregistration is required, so call the 4-H office by **April 21** and let them know which one(s) you would like to register for.

- **April 23** – Goats – HaHa Acres, Poland, 2:00PM
- **April 26** – Beef Cattle – Arabeth Farm, Jordanville, 5:30PM
- **May 15** – Sheep & Swine – Top Notch Livestock, Jordanville, 5:30PM

2023 ANIMAL CRACKERS

“ALL CREATURES GREAT AND SMALL”
DAIRY, SHEEP, POULTRY, RABBIT/CAVY

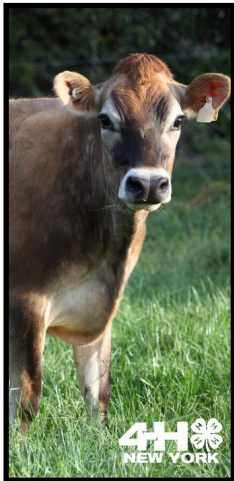
When: Saturday, May 6

Where: Cornell University

Cost: \$20 for youth, free for chaperones

Interesting, educational, hands-on activities are planned to make Animal Crackers a memorable learning event. Participants will have the opportunity to learn about Dairy, Sheep, Poultry, Rabbit and Cavy, biology, and management while having fun participating in a variety of interactive activities, with 4-H'ers from across NYS. 4-H youth 8-12 years old or those with beginner to intermediate knowledge of the covered species are invited to participate.

Workshops information:



Dairy:

Workshop 1: Holy Cow! Why can cows and sheep eat grass and other farm animals can't? Rather than a small stomach like people have, dairy cattle have a different type of digestive system with a large stomach with four parts. Did you know they actually have a little help when it comes to digesting plant materials? Special digesting microbes live in the cow's rumen. Have a look and feel inside a live cow rumen. Instructor: Rink Tacoma-Fogal, CALS Animal Science PhD Candidate, Cornell University.

Workshop 2: What's in My TMR? To keep our dairy cows healthy just like us, they need the right combination of nutrients daily. Find out how to make the healthiest, tastiest meal for your cow and how all of the feeds work together. Instructor: Elaine Noble, CCE Chemung.

Sheep:

Workshop 1: Beauty and the Fleece. “What makes a fleece beautiful? Come explore different types of wool and natural fleeces and learn what uses they each “shine” at. We'll learn the steps for turning wool into clothing and try our hands at some of them.” Instructors: Katharine Perz, CCE Suffolk, and Bruce Berggren-Thomas, CALS Animal Science, Cornell University.

Workshop 2: Welcome to the Club! “Are you interested in showing club lambs? Club lambs are born in the winter or spring and sold for meat in the fall. Learn to judge whether a lamb is likely to be good for this purpose. We'll discuss getting your lamb show ring ready and practice teaching lambs to show at their best!” Instructors: Liz, Sunny Hill Farm, and Tammi Kron, CCE Erie.



Continued on next page...

2023 ANIMAL CRACKERS

Poultry:



Workshop 1: Birds of a Feather... Wait! What about body type, comb, etc.... Meat, Eggs, Fancy and more! Every breed has a unique look and purpose. In this track, we will be learning the different purposes for raising poultry and what breeds fall into each of those purposes. A few of our feathered friends will be joining us to help instruct! Instructors: Erica Orlewski and Matt Gogis, Fulton Montgomery 4-H Volunteers.

Workshop 2: TBD

Rabbit/Cavy:

Workshop 1: Rabbits: What's my Type? All About Rabbit Body and Fur Types. Join an ARBA Judge to learn about the 5 body types and 4 fur types into which rabbits are classified. Instructor: Kyle Yacobucci, CCE Fulton-Montgomery and Becca Coombe.



Workshop 2: Cavies: Cavy Cuisine and Rabbit Nutrition, Too. Cavies and rabbits make great animal science projects, especially if you have limited space. Learn their nutritional needs so you can keep them healthy, happy, and in their best condition for showing. Instructors: Kristina Gabalski, CCE Orleans, and Barb Kurzowski, Orleans County Volunteer.

Registration: There is a **\$20** per youth cost to attend the program - adult chaperones are free. Attendees are asked to bring their own lunch. Registration for the event must be done through your local Cornell Cooperative Extension Office and must be completed no later than **April 24, 2023**. All groups must have at least one chaperone. Chaperones are asked to review the chaperone information sheet at <https://cals.cornell.edu/nys-4-h-animal-science-programs/state-events/programs/animal-crackers>. Additional information about the event, as well as the Cornell University campus, can be found on the same website.



STAR 2023: REGISTRATION OPEN!
When: Friday, May 19, Noon - Sunday, May 21, 4pm
Where: 4-H Camp Shankitunk
 2420 Arbor Hill Rd
 Delhi, NY 13753
Cost: \$125

STAR, also known as the State Teen Action Retreat, is typically an annual weekend experience for 4-H teens, age 13 – 19, from across New York State to get together to build leadership skills as well as network with peers and adults from across the state. STAR encompasses the best of team-building activities, youth community action & youth-adult partnerships in one fun-filled, fast-paced weekend. Participants gain new skills and knowledge by attending workshops of their choice and participating in awesome community services activities!

Herkimer County is looking to send a group of teens that want to build their leadership skills. Registration forms are available from the 4-H office. Registration is due by **April 14**. For more information contact Wendy at wlr45@cornell.edu or 315-866-7920.

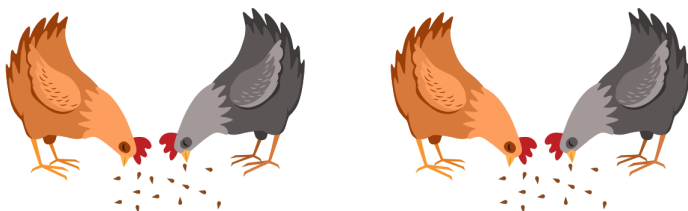
JUNIOR DAIRY LEADER PROGRAM

If you know of youth in your area or region who has an interest in learning more about dairy careers and leadership development, the Junior Dairy Leader program may be for them.

The program is a year-long program for youth/adults ages 16-19 years old. Must have an interest in the dairy industry, career planning and their own personal and professional development. The program starts in late September with a 7-day trip to Madison, Wisconsin, to tour the Wisconsin dairy industry and also attend the National 4-H Dairy conference. The program ends the following August with a graduation ceremony and presentation. We will have 8 to 9 workshops in the program year. Cost of the program will be around **\$275** per participant (subject to change).

Printable brochures and applications are available at: <https://bit.ly/3luMhKR>

Applications are due by **June 30**. Please contact Debbie Grusenmeyer at djc27@cornell.edu or 607-255-0656 if you have questions or concerns about the program or application process.



BEGINNING DAIRY LEADER PROGRAM

"Helping Young People Explore Post-Secondary Agricultural Education and Career Opportunities"

The Beginning Dairy Leader program gives high school participants the opportunity to explore post-secondary agricultural education and career opportunities in a networking environment through interaction with faculty and students, college planning, and personal development.

Program Cost: **\$100** (subject to change)

Eligibility/Requirements:

1. High school students entering at least their sophomore year. High school graduates are not eligible.
2. Have potential interest in dairy industry careers.
3. Have an interest in pursuing post-secondary education in agriculture.
4. Can reasonably commit to one Saturday program in November of current year and February, March, April, and June of the following year.

More information can be found at <https://bit.ly/3tSSvx3>

Applications are due by **June 30**. Please contact Debbie Grusenmeyer at djc27@cornell.edu or 607-255-0656 if you have questions or concerns about the program or application process.

PULLORUM CLINIC

When: June 15
3pm

Where: 4-H Office
5657 State Route 5, Herkimer, NY 13350

Call the 4-H office at 315-866-7920 to register and let us know how many chickens you are bringing.

2023 4-H CAREER EXPLORATIONS

REGISTRATION INFORMATION AVAILABLE

When: Tuesday, June 27 - Thursday, June 29

Arrival: 10am - Noon, Tuesday. Departure: 1pm, Thursday

Where: Cornell University

Cost: TBD (2022 was \$350 per youth and \$350 per chaperone)

Registration: Information opens April 1, opens April 17, closes May 15

4-H Career Explorations aims to expand possibilities for youth by connecting them to Cornell University; sparking interests in careers and career pathways; developing academic, leadership, and life skills; and providing an opportunity to experience college life. Open to all NYS youth entering 8th grade and up.



The Conference is made up of two program tracks –

- University U: teens entering 8th grade and up: Youth are introduced to Cornell through campus tours and explore a variety of topics in six different departmental workshops. Youth are randomly assigned to these UU programs.
- Focus for Teens: teens entering 10th grade and up: Youth spend 3 days with a specific department. Youth select their Focus for Teens programs and programs are filled first-come, first-serve.

For more information go to <https://www.nys4-hstaff.org/career-explorations>

Contact Wendy to register; wlr45@cornell.edu or 315-866-7920.

FARMERS' MUSEUM JUNIOR LIVESTOCK SHOW

The 75th Annual Farmers' Museum Junior Livestock Show will be held **July 9-11!** We are aiming to have a traditional 3 day show as in past years, but please note that this could change at anytime depending on the requirements of the Otsego County Health Department.

This year, we will be moving to an all online registration system, including links to the book. Be watching your email for registration information in the near future as it will be emailed to all those that are enrolled in dairy, beef, swine, dairy goat, meat goat & sheep. Any questions, reach out to Jennifer at the 4-H office.



UTICA ZOO GARDEN PROJECT



Herkimer County 4-H has teamed up with the Utica Zoo to grow vegetables for the zoo animals. 4-H members and volunteers will be helping to weed and plant 5 raised beds near the playground area and maintaining and harvesting produce throughout the summer months from June through September.

We are looking for committed 4-H members and Volunteers to sign up with us for 1 to 2 weeks out of the summer to go to the Utica Zoo once per that assigned week and weed the gardens. All participants will receive a t-shirt (indicating that you are there to work on the gardens), and free admission to the zoo on the day you work.

Volunteers Needed on Utica Zoo Work Day

On **Saturday, May 20**, from **10 am – Noon**, Herkimer County 4-H members and volunteers will plant the vegetable garden at the Utica Zoo. Please sign up with the 4-H office by **May 1** if you can make the work day.

Please give us your name and t-shirt size; let us know whether you will attend the zoo work day on Saturday, May 20, and what week during the summer you are available to cover the care of the garden.

For more information, Please contact Wendy at 315-866-7920 or email wlr45@cornell.edu.



4-H DAY AT ENCHANTED FOREST WATER SAFARI



NEW DATE: Thursday, July 20

Admission with an all-you-can-eat lunch buffet will be \$47 (\$37 for those 3-7 years of age)

Buffet includes: hamburgers, hot dogs, chicken breast, salt potatoes, corn on the cob, chips, watermelon and all-day beverages. The lunch buffet will be served from **12:30 – 1:30pm** so come at the beginning, middle and end to get your fill. Also included with the lunch buffet option will be all you can eat ice cream novelties. They will be served from **3:30 - 4:30pm** in the pavilion, which will be a great afternoon snack.

For those that choose to purchase the lunch option, you will have use of the reserved pavilion for the day to get out of the sun, store your stuff, etc. Only those purchasing the lunch option will have access to the pavilion.

Tickets will be on sale thru **July 17**. Tickets must be paid for in full before they will be given out. If you already have a pass to Enchanted Forest Water Safari, you can add on the lunch option for **\$17** (8 and older) and **\$7** (3-7 years of age), which will give you the options as listed above. Feel free to invite family and friends (even if they are not in 4-H) and to take advantage of this great price. If you would like admission only tickets good for any day during the summer, you can purchase them yourself online and get a 4-H discount by entering the code **EFWS911**. These tickets will be \$36.50 + tax.

And don't forget. . . If you did a 4-H Public Presentation at either of our county-wide events, you will get **\$10 off** of your ticket! Call Jenn with any questions.



THE HERKIMER COUNTY FAIR

2023 FAIR THEME: "CELEBRATING A FESTIVAL OF SPORTS"

August 15 - 20



Calling all 4-H Clubs and Independent members - We are challenging you to come up with a club or family exhibit for the youth building that best reflects the 2023 Herkimer County Fair Theme: "Celebrating a Festival of Sports". What is your favorite sport to play as a family? Dodgeball? Volleyball? Freeze tag? Let us show 4-H's imagination and creativity. Photos, posters, sculpture, quilt... use your imagination. If you can incorporate 4-H into your exhibit, even better. Prizes will go to the most original and best interpretation of the theme.

EXPAND YOUR FAMILY'S HORIZONS BY HOSTING AN EXCHANGE STUDENT THROUGH 4-H!

Academic Year (10 months)

Looking to make the difference in the life of a young person from another country? Host a student from Japan or South Korea for one Academic Year! New York State 4-H International Program is offering hosting opportunities to families in our state. We accept applications from all types of families—with or without children, single parents, retirees—all are welcome to apply! Click here for more information <https://www.states4hexchange.org/year-long/>

Who are the students? High school aged youth from Japan and Korea who have passed an English proficiency test and demonstrated that they have personality characteristics to predict success as an exchange student. They are eager to learn about American culture through immersion in daily life with your family and by attending the local public high school. What is expected of the host family? Welcome the student into your home as a member of the family, provide a bed and all meals, and be open and flexible to learning about another culture.

If interested, please act quickly! We need to make host family assignments as soon as possible. Please reply to this email aml84@cornell.edu

Deadline: Applications are accepted until all youth are placed. The earlier the better, but please contact us regardless of when you receive this email. (Please share this message with others who may be interested in this exciting summer program.)

JOIN US and SHARE YOUR WORLD!



4-H TEEN OPPORTUNITIES AT THE NY STATE FAIR

Youth Leaders (age 9-12)

- Paid Youth Leader positions are limited to 4-H members who are 9 - 12 years of age (4-H age as of January 1st of the current year)
 - Volunteer Youth Leaders are welcome. No premium paid.
 - Selected by 4-H specialists and staff.
 - Participate in educational opportunities.
 - Will work a minimum of 3 hrs. per day.
 - Receive a premium of **\$6** for each day worked.
 - Pre-registration by their county educator with State 4-H Office or area superintendent is strongly recommended.
 - Youth Leaders require the supervision of their county educator or designated volunteer.
- Opportunities for Youth Leaders aged 9 – 12 (based on their 4-H age) include: County Booth

Teen Leaders (13 -19)

There are many teen leadership opportunities available at State Fair, age 13 - 19, both in the Youth Building and throughout the animal barns. Paid Youth Leader positions are limited to 4-H members who are 13 years of age and not have reached their 19th birthday by January 1 of the current year. Teen leaders will work a minimum of 6 hrs. Per day, and receive a premium of **\$12** for each day worked. Opportunities for Youth Leaders age 13 – 19 (based on 4-H age) include Evaluations, Fashion Revue, Poultry Science, Dairy, Horse, Robotics, Project Evaluation, GPS/ GIS, Shooting Sports, The Great 4-H Cook Off, County Booth Displays, Horticulture, Goat, Visual Arts/Photography. Teens may also lead activities in their county booths. This is a great way for teens to learn basic job skills, make new friends and take on a leadership role in 4-H.

Junior Superintendents (16-19)

These positions are for 4-Hers age 16 and over who wish to be involved in a much deeper State Fair leadership experience. Applications for new Jr. Supers will be available after May 1st. There are limited number of spots and they fill very quickly! Besides positions in the youth building, there are also opportunities in animal science. First year Junior Superintendents are typically only scheduled for 1 week. A premium of **\$40** per day is paid to youth selected to be Junior Supers. Shifts are a min of 5 days and can be as long as 15 days. These youths should be highly motivated to serve and be the most responsible/hardest working members that counties have! Their roles will be key to the day-to-day success of 4-H activities at the fair.

For more information contact Wendy or Jenn.



SUMMER HOSTING OPPORTUNITY

Short Term (4 weeks)

The NY State 4-H Office is once again working with our local Cornell Cooperative Extension offices in support of the 2023 4-H Japanese Exchange Program! New York 4-H will be hosting 25 Japanese youth and two adult chaperone this summer. We have a great group of youth visiting this summer and they all need host families. Youth will arrive mid-July and stay until mid-August. (The specific dates will be shared once their flights have been confirmed.)

The delegation will be arriving and departing from the Syracuse airport. The State 4-H Office will provide support and orientation for all host families before and during the visit. If you know of families that would be a good fit or that are interested please consider sharing the online application through the States' 4-H International Website at <https://www.states4hexchange.org/> or sending an email with questions about the program to Autumn Lavine at aml84@cornell.edu.

Go to <https://www.states4hexchange.org/> to begin the application process. Once there, applicants will see categories in blue along the top of the home page. Applicants will want to click on Host Families and that should take you to a page titled Host Family Applications. Families will see in blue Start a New Application. Go ahead and click on that and begin to fill in the information. Applicants will want to click on 4-week summer program and also select Japan from the drop-down list. After selecting Japan, applicants will get to the application form. Once filled out applicant information will be in our system and we will be able to work with folks to get all of the paperwork accounted for. In addition to the application form we would be working with families to get the following items:

- Host Family References
- Host Family Home Visit
- Host Family Background Screening

The process is simple and painless, we promise! Once they get the initial forms processed, they can share the actual youth information forms with applicant families so together, we can make the best possible match for families.

VET SCIENCE

Youth from Herkimer & Oneida Counties have been participating in our 4-H vet science program throughout the month of March. So far they have learned about being a vet and what it takes, visited a dairy farm and learned about calving and have visited a horse farm. So many great ways to learn about the industry.



AG LITERACY WEEK

Volunteers from around the county read to 2nd grade students in nine schools throughout Herkimer County during Ag Literacy Week, March 21-24. 2nd grade students were read the book *Tomatoes for Nela* and then led in activity of planting tomato and basil seeds to grow in their classrooms. Lessons learned included how to build a good relationship with food, math, geography, history, food sustainability and where their food comes from.



4-H TRACTOR SAFETY CERTIFICATION

On February 21-23, youth from Herkimer and surrounding counties participated in the 4-H Tractor and Machinery Certification Program held in Clinton and sponsored by Cornell Cooperative Extension of Herkimer County, Clinton Tractor and Implement Company and the Workforce Development Institute.

4-H Youth Development provides Tractor and Machinery Certification for youth 14 years and older. This certification allows 14 and 15 year olds to legally operate tractors and machinery while off the family farm. Farm safety awareness is a major focus.

Class instructors included retired NYS Trooper **Bernie Kennett**; paramedic and New York Center for Agricultural Medicine & Health (NYCAMH) **Erik Merrill**; Clinton Tractor **Jason Taylor**; Bureau, Fire Prevention **Roger Neff**; UDig NY **Emily Mandresh** and **Dave Schieferstine**. Thank you all of our presenters as well as Clinton Tractor for supplying lunch and our location and Roc Star Ice Cream for sweet treats of ice cream sandwiches and chocolate chip cookies!

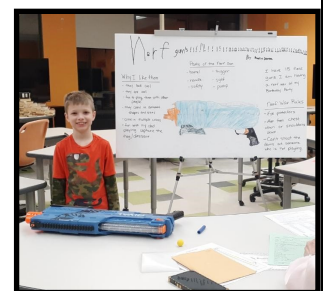
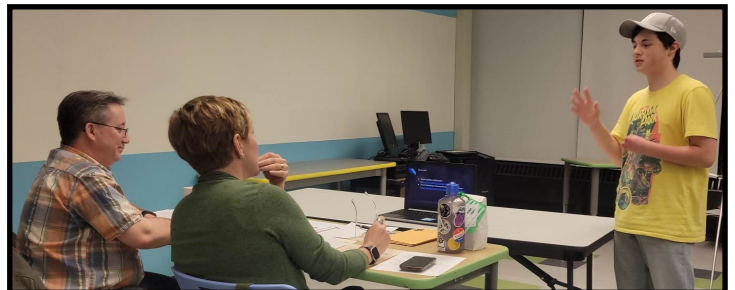
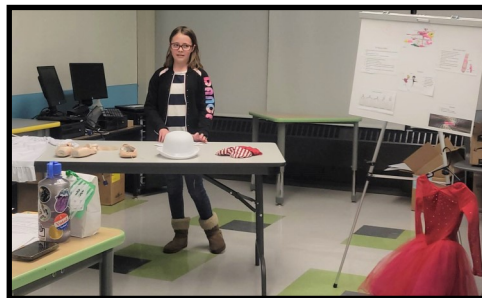


HERKIMER COUNTY 4-H PUBLIC PRESENTATIONS

On March 2, Herkimer County 4-H members participated in 4-H Public Presentations and Horse Communications, held at the Herkimer BOCES. Eighteen 4-H youths, from all over Herkimer County took turns giving illustrated talks, demonstrations, and college and job interviews in front of judges that evaluated their presentation skills.

Special thanks go out to our volunteers for taking the time to evaluate and work with our youth. The evaluators were Judy Pasick, Roger Barkman, Sue Culver, and Donna Salamone.

Congratulations to all of the Herkimer County 4-H youth who participated! Great job! Chosen to go on to Regional Horse Communications on April 4 in Oneida County are juniors **Ahna Brackett** and **Shani Brackett**. Representing Herkimer County at District 4-H Public Presentations, on April 7 in Oneida County, are juniors (8-12) **Gwendalyn McCutcheon**, **Daniel Busch**, and **Halleli Brackett**, and seniors (13-19) **Connor McCutcheon** and **Gamliel Brackett**.



4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

CLUB NEWS

The **Green and Growing 4-H club** met in February to make homemade dog rope toys to donate to the Herkimer Humane Society. Members learned how to recycle old t-shirts into “yarn”, to weave into a dog toy. The club will be getting a tour of the shelter and volunteer to walk dogs. Many thanks to 4-H educator Wendy Richardson for teaching the members how to make the t-shirt yarn.

Members also discussed their public presentation ideas. The club is hoping for enough snow to snowshoe at the Utica Zoo.



The **Kuyahora Kaprines 4-H club** did not meet in February. In March, club members Hannah and Hailey Carnright participated in County 4-H public presentations. Hannah did the college interview and Hailey did the job interview. Both received blue award.



There was no meeting in January for the **Milkshakers 4-H club**. They met in February to discuss what to do for a fundraiser and talked about fair ideas for this year.



The **Wanderlust Homeschool 4-H club** started the year with a club meeting and craft, making pictures on canvas with dried beans, hulls/shells, and rock pieces. The club also had a sewing class and craft, making small bags and a construction paper picture. A nature walk exploring Russell Park rounded off Jan.

In February, club members visited the Shakowi Cultural Center in Oneida, hearing about the Native American history and culture and made a cornhusk doll. 4-H members had a fun Valentine's party, decorating a box and exchanged valentines, followed with food & visiting! The weather permitted going out to explore Sherrillbrook Park, to enjoy some fresh air. Our club started doing some volunteering at Herkimer Humane Society as well.





Community Night with 4-H and EFNEP



We're excited to meet you and introduce you to opportunities for your family!

We invite youth and parents to kick off a new 4-H program. Join us to learn about a 4-H community club for ages 5-19 in Herkimer. (Children must be accompanied by an adult.)

- Do hands-on activities
- Ask questions
- Make and grow things to enter in the Herkimer County Fair



EFNEP (Expanded Food and Nutrition Education Program) is a Free Nutrition series made just for you to feel your best.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars.
- Cook low-cost, quick, and healthy meals.
- Keep your family healthy by staying active and eating well.

HERKIMER

COMMUNITY NIGHT

📍 STONERIDGE MILLS COMMUNITY ROOM,
229 HARTER ST, HERKIMER, NY 13350

🕒 THURSDAY, APRIL 20TH, 3:30-4:30PM

Come meet staff, ask questions and learn about these great programs!

For more information, call 315-866-7920 or email herkimer@cornell.edu

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

Cornell Cooperative Extension Herkimer County

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