

# **4-H Facts**



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

FEBRUARY - MARCH 2023

#### Secretary Reports due the 5th of every month!

	• •	
February		
5	Secretary Reports due to 4-H Office	
10	Registrations due for Tractor Safety Course	
10	Registrations due for Livestock Nutrition Workshop	
11	Horse Day Camp: Breeds, Colors, & Markings -CCE Oneida County	
15	Livestock Nutrition Workshop - 4-H Office	
17	Registrations due for Public Presentations	
18	Horse Day Camp: Equine Nutrition - CCE Oneida County	
21	Presidents' Day (CCE Office Closed)	
21-23	Tractor Safety Course - Clinton VFW	
25	Horse Day Camp: Tack & Equipment - CCE Oneida County	
March		
1	Applications due for Capital Days	
1	Vet Science Workshop - CCE Oneida County	
2	4-H Public Presentations / Horse Communications - Herkimer BOCES	
4	Horse Quiz Bowl - CCE Lewis County	
5	Secretary Reports due to 4-H Office	
8	Vet Science: Dairy Health and Farm Tour - Cassville	
11	Dairy Quiz Bowl - CCE Lewis County	
15	Vet Science: Small Animal Hospital Tour - Rome	

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March		
15	Applications due for New York State Guernsey Calf	
20-24	NY Ag Literacy Week	
21	Vet Science: Horse Health - Boonville	
25	Orders due to NYSDEC for Pheasant Chicks	
28	Ilion Library Open House	
April		
3	Vet Science: Small Ruminant Health - Sauquoit	
5	Secretary Reports due to 4-H Office	
14	Registration due for Livestock Fitting & Showmanship Clinics	
15	Vet Science: Cornell University College of Veterinary Medicine Open House	
16-18	4-H Capital Days	
20	Livestock Clinic: Beef Cattle - Jordanville	
23	Livestock Clinic: Goats - Poland	
May		
5	Secretary Reports due to 4-H Office	
15	Livestock Clinic: Sheep & Swine - Jordanville	
19-21	STAR Teen Retreat - Camp Shankitunk	



#### Page 2

#### **CCE Herkimer County 4-H Facts**

Inside This Issue:	I
4-H Honor Secretaries	
Livestock Nutrition Workshop	
Pheasant Chick Program	
Horse & Dairy Quiz Bowls	
4-H Horse Day Camp	
Tractor Safety Course	
4-H Public Presentations / Horse Communications	
Important Reminders/Guidelines for 4-H Public Presentations	
Open House at Ilion Library	6
NY AG Literacy Week March 20-24	
2023 New York State Guernsey Calf	
Veterinary Science Exploration	
Livestock Fitting & Showmanship Clinics	
4-H Host Families Wanted	9
NYS 4-H Esports	
Save the Date: 4-H Teen STAR Teen Retreat	
CALLING ALL 4-H TEENS - 4-H Capital Days, Albany	11
Explorers of the Deep	11
4-H Member & Volunteer Recognition Night	
Dairy Farm Tour	
Club News	
2023 Local Foods Map: Farms Wanted	
4-H Facts Online	
Social Media	

#### 4-H Honor Secretaries

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

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

#### LIVESTOCK NUTRITION WORKSHOP

Join us on Wednesday, February 15 at 6:30PM at the 4-H Office as CNY Livestock Specialist Ashley McFarland teaches you all about how to feed your livestock to get maximum productivity from them as well as how to keep them fed to look their best for the show season. Preregistration is required by February 10.

#### PHEASANT CHICK PROGRAM

Once again the NYSDEC is offering their Day Old Chick Program. To participate in the day-old pheasant chick program, please go to https://www.dec.ny.gov/animals/7271.html for more information and to order. Orders must be submitted by **March 25**.



#### 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 CCE Lewis County. 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.

#### 4-H HORSE DAY CAMP

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**. Pre-registration is required 1 week before each event. Please register with **Lisa Farney** at LB553@cornell.edu or online at bit.ly/3XGyt8E if you will be attending. Here is a list of what they have going on: (educational topic / craft):



- February 11 Breeds, Colors & Markings / Stained Glass
- February 18 Equine Nutrition / Horse Mask
- February 25 Tack & Equipment / Leg Wraps



#### **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



#### 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 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://bit.ly/3YfyQH9 or scan the QR code on the next page.

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 York State 4-H Public New 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 resume, cover letter and application (written presentation) will be judged based 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
- 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 on July 20.

## IMPORTANT REMINDERS/GUIDELINES FOR 4-H PUBLIC PRESENTATIONS

- 1. Research your topic include interesting information and facts.
- 2. Presentations should be a minimum of 3 minutes for Cloverbuds, 5 minutes for traditional members and maximum 15 minutes for the more experienced.
- 3. Experienced presenters should be able to give more information than beginners.
- 4. Note cards should be avoided PRACTICE IS THE KEY. A poster may be used as an outline. (Please **remember** if you have a poster you <u>must use it</u> during your presentation). Have fun with posters; go wild!
- 5. Don't forget any supplies make and keep a list of equipment.
- 6. PRACTICE standing straight and tall on both feet dress appropriately for your topic and be well groomed. (dress to enhance your presentation)
- 7. Parts of a Presentation:
  - Intro Don't just state your name! Use Catchy titles
  - Body Using notes, referencing props and posters, Engage the audience, draw them in
  - Summary clover sources and closing statements
  - Questions Ask if any questions? Repeat the question before answering. What if I don't know the answer? Say the same thing, only different (I am glad you asked!)
- 8. Describe your motions and procedures tell why something is being done.
- If you tend to get nervous, take a few deep breaths just before your turn.
- 10. Keep the space in front of you clear, so the audience can see what you're doing.
- 11. Talk to the audience, not the table!!! Speak clearly so everyone can hear and understand (best solution...PRACTICE!)
- 12. Give sources of information.
- 13. SMILE!!! Evaluators are really nice people and they know exactly how you feel. Many of them have been through it too...or wish they had!
- 14. Evaluators' comments are to help you—NOT criticize you.
- 15. No matter what award you receive, try again next year it is a great experience and it gets easier each time.



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## IMPORTANT REMINDERS/GUIDELINES FOR 4-H PUBLIC PRESENTATIONS

#### For food demonstrations:

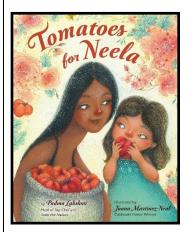
- 1. Long hair must be secured or in a net.
- 2. Actually measure at least two ingredients (1 dry, 1 liquid), the others may be pre-measured (presenter must state that the ingredients have been pre-measured).
- 3. Use transparent containers.
- 4. If using a mixer, a towel under your bowl will deaden the sound.
- 5. Include nutritional, storage, buying or other information as well as "how to." Have recipe copies available for the audience.
- 6. Gloves must be worn for all food preparation/demonstrations (this means ALL foods whether for human or animal consumption).
- 7. Wear clothes appropriate for the kitchen. Aprons are optional.
- 8. Bring a table cover and cleaning supplies if your presentation is messy.
- 9. Where helpful, use sharply contrasting materials so it is easy to see what you are doing.
- 10. Do not use containers showing brand names use separate container or cover the product name. Label products "glue", "flour", etc. Loosen or remove container lids before starting.
- 11. Tape a paper lunch bag to the back of the table for garbage during your presentation.
- 12. Arrange trays neatly, with taller items toward the outer edge of the tray.
- 13. A damp cloth or sponge to wipe spills and fingers is a must.
- 14. Keep finished product out of sight until you plan to show it.
- 15. Take time to clean up and cover trays before giving your summary and presenting the finished product.

#### **OPEN HOUSE AT ILION LIBRARY**

If you are in the Ilion area, come join Herkimer County 4-H at the Ilion Library on **March 28, from 5-7 pm**. The Ilion Community Garden is holding an open house with information about their summer garden opportunities in the Remington room. Herkimer County 4-H will be leading some gardening activities for youth. Get some seeds started for the coming growing season. See you there!



#### 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.

#### 2023 New York State Guernsey Calf Award

The Calf Scholarship Award Program is sponsored by the New York State Guernsey Breeders Association for the purpose of encouraging those who do not presently own Guernseys to become involved with the Guernsey breed. A purebred Guernsey calf will be awarded to the applicant who shows interest in the Guernsey breed and who has demonstrated the capabilities of developing the animal to its fullest potential. Applicant must be age 9-15 as of January 1st of application year. Applications are due March 15.



Go to http://bit.ly/CCEHerkYouthScholarship for more information and to download the application.

#### VETERINARY SCIENCE EXPLORATION

Herkimer and Oneida County 4-H are partnering to offer a free Vet Science series. Veterinary Science Exploration is a great way to learn about what veterinarians do and to have fun with hands-on learning and animal experience. The program will meet once a week in March & April and will include in classroom, on farm and veterinary hospital tours.

The program is open to 4-H members 10-19 years old, with the focus age being 11-13. Each session will run from 6:30-8:00PM. Attend 4 of the first 5 sessions and get a free seat on the bus to the Cornell Vet School Open House, otherwise the cost to attend is \$5.



- Wednesday, March 1 Veterinary Careers, Make your Pet's Healthcare Plan, and Dog Anatomy – CCE Oneida
- Wednesday, March 8 Dairy Health and Farm Tour Tayl-Wind Farm, Cassville
- Wednesday, March 15 Small Animal Hospital Tour, Testing for Tick Born Diseases & Make Your Own Pet First Aid Kit – Delta Lake Veterinary Hospital, Rome
- Tuesday, March 21 Equine Health and Teeth Aging DJ Farm, Boonville
- Monday, April 3 Small Ruminant Health The Root Farm, Sauquoit
- Saturday, April 15 Cornell University College of Veterinary Medicine Open House, Ithaca Transportation provided.

Interesting in attending one or all the sessions? Pre-registration is required and can be completed here: https://bit.ly/3R39pG8

#### 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 14** and let them know which one(s) you would like to register for.

- April 20 Beef Cattle Arabeth Farm, Jordanville, 5:30PM
- April 23 Goats HaHa Acres, Poland, 2:00PM
- May 15 Sheep & Swine Top Notch Livestock, Jordanville, 5:30PM





#### 4-H HOST FAMILIES WANTED



NYS 4-H is excited to be hosting 25 Japanese delegates and 2-3 chaperones this summer (2023). Are you interested in other countries? Would you like to welcome an international student into your home? Host families come in all shapes and sizes and reflect the diversity of the United States. What they have in common is their eagerness to open their homes and hearts to a young person from another culture. Our families are warm, welcoming volunteers who are proud to share their American culture and lifestyle.

For more information about the program, you may visit

NYS 4-H Website: https://www.nys4-hstaff.org/international-exchange

States' 4-H Website: https://www.states4hexchange.org/

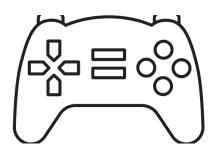
Families may participate in any number of 4-H programs at any level to be eligible to host a delegate. Delegates range in age from 12-18 (most are 12-14) and do not speak much English. Traveling and staying with an American family is about the full immersion of the delegate into American Culture. Therefore, the host family must have a child of the same age and gender as the arriving delegate.

Delegates fly into Syracuse, NY, participate in an arrival event and orientation and are picked up by their hosting family in Syracuse. Delegates then stay with their families for the full 4 weeks and are a part of the family, participating in whatever activities the family has planned during the time of their stay. Delegates are honorary 4-H members and can participate in fairs and other 4-H events and activities while here (with the exception of fire arms/shooting sports activities). At the conclusion of their stay, delegates are transported, by their host family, back to Syracuse for a farewell event and debriefing, after which they will fly out of Syracuse and head back to Japan.

Delegates travel in a group and are accompanied by a chaperone/tutor who also requires a host family, or two, for the duration of their stay. Their job is to assist with international travel, check in with the delegates, to help with any challenges that might arise and celebrate the successes and accomplishments of their delegates while staying in the United States.

#### **NYS 4-H ESPORTS**

Esports is a competitive online gaming and rapidly growing platform in the gaming industry. NYS 4-H Esports gives youth the opportunity to meet new friends from across New York State, and learn a variety of new games, and further develop skills such as teamwork, communication, and leadership.



Guest speakers from various aspects of the gaming and Esports industry will join us to talk about their careers, higher education opportunities, career fields, healthy living habits, and much more.



For more information, contact Kat Leo at kal64@cornell.edu or scan the QR code. Youth 13 and up across NYS meet virtually once a month to connect and play games and so much more!

#### SAVE THE DATE: **4-H STAR TEEN RETREAT**

When: Friday, May 19, Noon - Sunday, May 21, 4pm Where: 4-H Camp Shankitunk 2420 Arbor Hill Rd Delhi, NY 13753

The State Teen Action Retreat (STAR) is a three-day, fun-filled event where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. Teens and adults serving on the youth/adult STAR planning committee plan the event. STAR is open to all NYS 4-H Teens. Contact Wendy Richardson for application.

## NYS 4-H **State** Teen Action Retreat Save the Date

MAY 19-21, 2023 **4-H CAMP SHANKITUNK** 

















#### CALLING ALL 4-H TEENS - 4-H Capital Days, Albany

Are you interested in government? Herkimer County 4-H is looking to send two delegates to meet with representatives in Albany from the state government on **April 16 - 18, 2023**, for this two-and-a-half-day government awareness program.



4-H Capital Days is a NYSACCE4-HE sponsored event that gives youth an opportunity to meet and interact with legislators and tell their 4-H story. 4-H Capital Days creates awareness of career opportunities in New York State government, better understand state government, and network with delegates from other counties. Delegates are chosen by their county 4-H program. Nearly 130 teens delegates and their chaperons will attend, representing 4-H members from counties across the state, as well as the boroughs of New York City. If you would like to nominate a teen to participate in this great event, please contact Wendy Richardson at the 4-H office.

Applications for this event are due to the 4-H office by **March 1**. So don't delay, call or email Wendy (wlr45@cornell.edu) at the 4-H office today for your application. The cost of the trip will be **\$50** per participant which is due with the application. The 4-H office covers the remainder of the cost.

### EXPLORERS OF THE DEEP Join us for an Antarctic Adventure!



You can still participate in this year's NYS 4-H Family STEM Challenge experience - Explorers of the Deep! Please visit the NYS 4-H Family STEM Challenge website: http://bit.ly/3Wzb1sk

You can sign up for upcoming live Zoom activities, including putting compassion into action with 'Ocean Actions' and creating games and adventures with an 'Hour of Code'. You can also find recordings of past events like a tour of the 'RUCOOL' lab: http://bit.ly/3WC0tbQ

These activities are open to all interested 4-H youth and their families.

The 'On Demand Activities' section has a variety of 4-H, Cornell University, and community resources to keep learning about the ocean and environmental stewardship.

Join us in live activities for virtual tours of research labs, coding activities, and opportunities to plan community action.

Share stories of your adventures. We'll compile these into a video chronicling this event.

Find out more about the kit and national resources. Contact Alexa at ask37@cornell.edu with questions.

#### 4-H MEMBER & VOLUNTEER RECOGNITION NIGHT

The 4-H Member Volunteer Recognition Event was held at Herkimer BOCES on Thursday, December 1. The event kicked off with a welcome greeting from Garet Livermore and Jennifer Collins. The light dinner arrived a little late, but the awards ceremony for the 2021-22 4-H year, and ice cream social were enjoyed by all who attended.

This year, six members and ten Cloverbuds received Certificates of Year End Completion for their participation in 4-H. Fourteen members received an All Around 4-Her Award for their additional participation in 4-H events. There were fourteen Outstanding 4-Her Awards presented to members that fulfilled all the previous requirements including assuming a leadership role.

4-H members were recognized for completing their first year, fifth year, and tenth year with pins. Volunteers were also recognized for their support of 4-H. Volunteers are huge parts of what keeps 4-H going in Herkimer County. Donated time and continued dedication is greatly appreciated.









#### DAIRY FARM TOUR

On January 16, 4-H members took advantage of the school holiday to learn a little bit about dairy farming. Over 20 youth spent the morning touring Collins Knoll Farm in Chadwicks where they learned about calf care and how they are managed on a robotic feeding system along with how the milking herd is managed, what they are fed and how they are cared for. Participants got a sneak peak of the hoof trimmer in action as well milking time in the double 16 parallel milking parlor. Also included in the tour were stops at the bunk silo, grain leg and manure lagoon where they learned about the how crops were harvested and stored as well as how manure is used and applied as fertilizer.











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 held a Christmas party in December. Club members shared a meal together played games and decorated cookies. The club met in January to make some homemade crafts lead by 4-H educator Wendy Richardson. Members made coasters, plant hangers, storage boxes, and paper 3D snowflakes. Club members Ahna, and Nini Brackett are participating in Oneida County 4-H Horse Day Camps every Saturday for January and February.









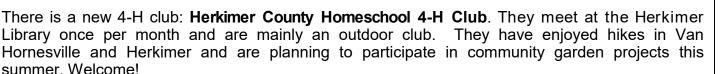
The Hawkes/Dyn 4-H family did not hold a meeting for December or January.





















The **Kuyahoora Kaprines 4-H club** did not hold a meeting for December. Club members were not able to attend the member recognition night. The club did not have a meeting for January. Hannah Carnright has been accepted at SUNY Cobleskill!











The Milkshakers 4-H club did not hold a meeting for December or January.

## 2023 LOCAL FOODS MAP: FARMS WANTED

Cornell Cooperative Extension of Herkimer County (CCE) is updating the Herkimer County Local Foods Map for 2023. All farms listed on the 2022 map will be contacted for updates. However if your farm was NOT on the 2022 map and you would like to be considered for the 2023 map, please call CCE at 315-866-7920.

To be part of the map, you need to produce a local food product and your farm must be located in Herkimer County. The deadline to be listed on the map is Friday, February 17, 2023. See the 2022 map at bit.ly/CCEHerkCoLocalFoodsMap. The map will be available and free to the public later in the year.

### 2022 Herkimer County Local Foods Map









Cornell Cooperative Extension Herkimer County

#### 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**

5657 State Rte 5 Herkimer, NY 13350

**RETURN SERVICE REQUESTED** 

NON PROFIT U.S. POSTAGE PAID HERKIMER, NY 13350 PERMIT NO. 25

"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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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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