



4-H Facts



CORNELL COOPERATIVE EXTENSION HERKIMER COUNTY

AUGUST - SEPTEMBER 2023

Secretary Reports due the 5th of every month!

August	
4	NYS Fair Animal Entries Due
5	Secretary Reports Due to 4-H Office
13	Fair Entries for Non-Animal Exhibits - Herkimer County Fairgrounds
15-20	Herkimer County Fair
17	4-H Day at the Herkimer County Fair
21	Exhibit Pick Up Day - Herkimer County Fairgrounds
23	New York State Fair Starts
23	Dairy Challenge - NYS Fair
24	Dairy Judging - NYS Fair
24	Registrations due for Equitable
26	Fair Food Cook Off - NYS Fair
27	Cupcake Showdown - NYS Fair
27	Horse Judging - NYS Fair
28	Livestock Skillathon - NYS Fair
29	Livestock Judging - NYS Fair
31	Equitable Development Academy
31	Herkimer County 4-H Rotation at NYS Fair
September	
1	Herkimer County 4-H Rotation at NYS Fair
4	New York State Fair Ends
4	Labor Day (<i>CCE Office Closed</i>)
5	Secretary Reports due to 4-H Office
7	Equitable Development Academy
8	Registrations Due for Electrical Workshop

September	
15	Registrations Due for Reorganization Meeting
21	Equitable Development Academy
22-24	Magical 4-H Outdoor Adventure Weekend - 4-H Camp Bristol Hills
27	Reorg Meetings: Noon-2pm, 6-8pm
30	Beginner Electricity Workshop
October	
1	Year End Sheets Due
1	Re-enrollment Forms Due
1-7	National 4-H Week
5	Secretary Reports Due to 4-H Office
5	Equitable Development Academy
6	Applications Due for Grow-NY
9	Utica Zoo Garden Volunteer Harvest Day
9	Columbus Day (<i>CCE Office Closed</i>)
19	Equitable Development Academy
20	Submissions Due for National 4-H
November	
5	Secretary Reports Due to 4-H Office
10	Veteran's Day Observed (<i>CCE Office</i>
14-15	Grow-NY Youth Competition
23-24	Thanksgiving (<i>CCE Office Closed</i>)



<i>Inside This Issue:</i>	
4-H Honor Secretaries	2
NYS Fair Animal Entries	2
New York State Fair Animal Events	2
Herkimer County Fair	3
Make & Take or Public Presentation About My 4-H Project in the Youth Building	3
2023 Fair Theme: "Celebrating a Festival of Sports"	3
2023 4-H at Herkimer County Fair	4
4-H Teen Opportunities Still Available at the NY State Fair	5
Virtual Equitable Development Academy	6
Save the Date: Magical 4-H Outdoor Adventure Weekend	7
4-H Club Reorganization Meetings	8
Beginner Electricity Workshop	8
4-H Agribusiness Career Conference	8
OCTOBER 1ST~ IMPORTANT DATE	9
National 4-H Week 2023	9
Utica Zoo Garden	9
Grow-NY Youth Competition	10
Power Protectors	10
4-H Youth in Action Program	11
Easy Picnic Food: Watermelon Pizza	11
4-H.org	12
75th Annual Farmers' Museum Jr. Livestock Show	13
Club News	14
Inspire Kids to Do	15
Backyard Camping Ideas and Tips	15
Physical Activities for All Ages	15



4-H HONOR SECRETARIES

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

Congratulations to: **Coco Brackett**, Green and Growing 4-H Club; **Hannah Carnright**, Kuyahoora Kaprines 4-H Club; **Trey Talbot**, The Wanderlust Homeschool 4-H club; and **Laken Dyn** of Hawkes/Dyn family, Independent 4-H members, for turning in the June 4-H club secretary report by July 5.

NEW YORK STATE FAIR ANIMAL ENTRIES

If you are planning on showing animals at the 2023 NYS Fair, please note that the entry deadline has changed. All animal entries are now due by **August 4!** Contact Jennifer right away at JLR34@cornell.edu or 315-866-7920 if you are planning on showing at the NYS Fair.

NYS FAIR ANIMAL EVENTS

Interested in participating in the NYS Fair, but don't have an animal to exhibit? Why not try your hand at:

- Dairy Challenge - **August 23**
- Dairy Judging - **August 24**
- Horse Judging - **August 27**
- Livestock Skillathon - **August 28**
- Livestock Judging - **August 29**

If you are interested in any of these contests, contact Jennifer for more information.



HERKIMER COUNTY FAIR



Herkimer County Fair is almost here. Non-animal exhibits can be entered at the fair on **August 13** from **11 am – 3 pm**. Don't forget to bring your Herkimer County Fair themed exhibit! (2023 Herkimer County Fair Theme: "Celebrating a Festival of Sports"). 4-H Youth who exhibit a 4-H project in the Youth Building will receive a free entry ticket to the Herkimer County Fair.

4-H Day is **August 17**. If you entered an exhibit at the County fair, sign up to do a "My 4-H Story Talk". Space is available for you to share with the public about both animal and non-animal projects. Come tell the public what you learned this year! Schedule with Wendy for a specific time. And don't forget to wear your 4-H t-shirt!

All exhibits are released to be taken home on **August 21** from **9 am – 11 am**. Any exhibits not going to State Fair will need to be picked up at this time. Any exhibits not picked up will remain at the Herkimer County Fair.

If you have any exhibits going to State Fair, we'll be glad to transport them directly from County Fair to State Fair. You must bring appropriate packaging for safely transporting your exhibit (i.e. newsprint or tissue paper to wrap fragile items, cardboard boxes to secure them from sliding around in the vehicle); as well as the completed Exhibitor Entry tag and State Fair Universal Evaluation Form.

MAKE & TAKE OR PUBLIC PRESENTATION ABOUT MY 4-H PROJECT IN THE YOUTH BUILDING

You have worked all year on your 4-H project to bring it to the fair. Now here it is at the fair with a ribbon on it. The 4-H office would like to encourage 4-H members to do a Public Presentation and/or Make 'N Take activity, at the County Fair August 15 - 20, to teach the public what goes into the exhibit on display. Pick whatever day and time works best for you. Plan to help highlight 4-H in the Youth Building by participating in interactive activities and demonstrations. Contact Wendy at wlr45@cornell.edu or 315-866-7920 to reserve your time.



THE HERKIMER COUNTY FAIR - AUG 15TH TO 20TH 2023 2023 FAIR THEME: "CELEBRATING A FESTIVAL OF SPORTS"



Last call for an exhibit reflecting the 2023 Herkimer County Fair Theme: "Celebrating a Festival of Sports". 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.

2023 4-H AT HERKIMER COUNTY FAIR

AUGUST

11am - 3pm	13	4-H Club reorganization for 2023 - 2024 year begins, re-enrollment paperwork handed out at the Youth Building
11am - 3pm	13	Non-animal exhibits entered at Herkimer County Fair
	15 - 20	Herkimer County Fair, Frankfort
4-6pm	15	Opening Day: children's activity in the Youth Building
5:30pm	15	Small Animal Judging
10 am-4pm	15	See Wendy for State Fair paperwork to be filled out for all projects chosen to go on to the NY State Fair
10am-4pm	16	Making Butter with 4-H in the Ag Awareness Building
10am	16	Youth Colored Bred Dairy Show
10am - 4pm	16	4-H led children's activity in the Youth Building or 4-H Story Talks
all day	17	4-H Day at the fair - Wear your 4-H shirts!
TBD	17	4-H Project Talks with animal exhibits in Sheep barn
TBD	17	4-H Project Talks with non-animal exhibits in Youth Building
10am	17	Youth Beef and Goat Shows
10am	18	Youth Holstein Dairy Show
2pm-4pm	18	Cheese making demo in Ag Awareness Building
10am-4pm	18	FFA Day in Youth Building
9am	19	Youth Horse Show
10am	19	Youth Goat Show
10am-4pm	19	4-H led children's activity in the Youth building or 4-H Story talks
9am	20	Youth Gymkhana Horse Show
10am-4pm	20	4-H led children's activity in the Youth Building or 4-H Story talks
9am-11am	21	Pick up non animal exhibits in the Youth Building and sign for premium checks
8am	22	Perishable items going to state fair dropped off at the 4-H office



4-H TEEN OPPORTUNITIES STILL AVAILABLE 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 are now available. 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 Jennifer.



VIRTUAL EQUITABLE DEVELOPMENT ACADEMY

This is a highly interactive journey for community change makers (youth and adults!) to network with equity advocates, drive dominant culture shifts, develop team building skills, and learn tools for systems change.

This three-month leadership adventure will launch at the end of August. We're looking for youth and adult teams that are composed of at least one adult and 2-4 young people who are able to commit to this highly participatory journey. Sessions will take place on Zoom and be 1.5 hours in length. Alongside cohort-wide sessions, each team will have the option for one-on-one sessions with an Academy Coach to support the integration of Academy content into their personal practice and community projects. Registration is due by **Thursday, August 24**.

- **Session one:** Thursday, August 31st from 7:30-9 pm ET
- **Session two:** Thursday, September 7th from 7:30-9 pm ET
- **Session three:** Thursday, September 21st from 7:30-9 pm ET
- **Session four:** Thursday, October 5th from 7:30-9 pm ET
- **Session five:** Thursday, October 19th from 7:30-9 pm ET

The content to be featured in the Academy was, in part, cultivated from a dialogue series featuring multidisciplinary field leaders discussing anti-racism, ecological thriving, inner work for societal transformation, and community stewardship. Based on these dialogues, we've created two groups of goals for the program that are centered on personal development and community development, respectively:

- **Self-Reflection and Growth:** Achieve self-awareness and personal growth by exploring values and understanding one's role in building equitable communities.
- **Skill Development:** Level up and acquire a diverse range of skills, including communication, critical thinking, empathy, leadership, and conflict resolution.
- **Personal Empowerment:** Unlock expanded potential and discover the inner strength to create positive change within communities, increasing personal efficacy.
- **Expanded Awareness:** Overcome biases, challenge prejudices, and identify core values.
- **Emotional Fortitude:** Develop resilience and self-care strategies, effectively managing challenges, setbacks, and conflicts that may arise during community projects.
- **Equitable Community Builder:** Encourage the development of equitable communities by identifying and seeking to shift structural and interpersonal challenges.
- **Collaborative Champion:** Forge partnerships and alliances with diverse stakeholders, leveraging collective strengths to achieve impactful and sustainable outcomes.
- **Sustainable Steward:** Implement and promote sustainable practices, cultivating positive and reciprocal environmental relationships in communities.
- **Healing Catalyst:** Foster healing, inclusivity, and restorative practices within communities, creating safe spaces and bringing about transformative change.
- **Empowerment Advocate:** Empower individuals and groups, helping build capacity in others to actively participate in decision-making processes and shape community.

Please contact Sophia Rodriguez, Well-Being & Equity Project Manager at srodriguez@fourhcouncil.edu or 912-977-2772 for further information and to register. Go to <https://bit.ly/44T1cdg> for more information.

SAVE THE DATE MAGICAL 4-H OUTDOOR ADVENTURE WEEKEND



WHEN: FRIDAY SEPTEMBER 22ND-
SUNDAY SEPTEMBER 24TH

WHERE: 4-H CAMP BRISTOL HILLS
CANANDAIGUA, NEW YORK

WHO: 4-H YOUTH AGES 10+

SPEND A MAGICAL WEEKEND AT THE BEAUTIFUL
4-H CAMP BRISTOL HILLS WHERE YOU WILL LEARN A
VARIETY OF OUTDOOR TOPICS SUCH AS
FISHING, ARCHERY, FORESTRY,
ENTOMOLOGY, OUTDOOR COOKING, AND MORE!
OUTDOOR ADVENTURE WEEKEND PARTICIPANTS
WILL BE SAFE IN RUSTIC CABINS AND HAVE
FANTASTIC MEALS PREPARED FOR THEM IN THE
DINING HALL.

OFFERED BY THE STATE 4-H YOUTH NATURE AND
THE OUTDOOR ENVIRONMENT PROGRAM WORK
TEAM & VOLUNTEER INSTRUCTORS
WATCH FOR MORE INFORMATION

REGISTRATION INFORMATION
WILL BE AVAILABLE SOON

FEE FOR THE WEEKEND:
\$70 INCLUDES ACTIVITIES,
LODGING AND MEALS.

FOR ADDITIONAL
INFORMATION PLEASE
CONTACT
ERICA CLARK
ELC97@CORNELL.EDU
OR
SUSAN COYLE
SMC226@CORNELL.EDU

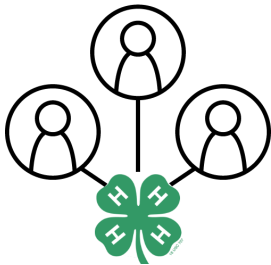
Cornell Cooperative Extension

BUILDING STRONG & VIBRANT NEW YORK COMMUNITIES
CORNELL COOPERATIVE EXTENSION OF LIVINGSTON COUNTY IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO, PROTECTED VETERANS, AND
INDIVIDUALS WITH DISABILITIES AND PROVIDES EQUAL EMPLOYMENT AND PROGRAM OPPORTUNITIES.



4-H CLUB REORGANIZATION MEETINGS

Each year the Herkimer County 4-H Program conducts mandatory reorganization meetings to help 4-H club organizational leaders and parents of independent members prepare for the upcoming 4-H year. Meetings will be held at the 4-H office on **September 27** from **12 noon - 2pm** and again from **6 - 8pm**. Each 4-H club needs to send one adult representative for your club to one of the scheduled meetings. Please pre-register and let us know exactly which meeting you will attend by calling the 4-H office by **September 15**. A Zoom option can be available.



What's the purpose? To get the new 4-H year off to a super start by discussing and asking questions. Each 4-H club will get all the latest information along with packets containing 4-H enrollment materials. New curriculum and activities will be demonstrated and shared at these meetings.

Who's invited? All 4-H leaders and parents (this includes parents of individual members). 4-H club organizational leaders are strongly encouraged to attend. Plan to stay for the entire time.

No packets will be mailed or handed out except at these meetings. The interaction among staff and volunteers, introduction of new 4-H offerings, etc., works so much better face-to-face.

BEGINNER ELECTRICITY WORKSHOP



How does electricity work? Come to the electricity workshop to build circuits; learn about wiring, lighting, safety issues, and more. This workshop will be held at the 4-H office on, Saturday, **September 30** at **10 am – 12 noon**. Each 4-H member will make a light-up Science Bug using LEDs to take home. The cost of this workshop is **\$5** to cover cost of materials. Please call the 4-H office to sign up by **September 8**. Space is limited to the first 25 paid registrations.

4-H AGRIBUSINESS CAREER CONFERENCE

Are you a teen interested in agriculture and all that it entails? Then the Agri-Business Career Conference (ABC) may be for you. Held in the fall on the SUNY Cobleskill campus and surrounding area, participants get to discover what college life at an agricultural school is like as well as learn about different careers in agriculture. Planning for the conference will begin shortly so be watching your email for details and a date of the conference. 2023 conference dates are **October 19 & 20**. Contact Jennifer with any questions.



OCTOBER 1ST~ IMPORTANT DATE

Only those who have turned in their Year End Completion sheets by the October 1st deadline will be guaranteed to receive their awards. To be recognized and receive completion for the 2022 - 23 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
- 4-H Re-Enrollment Forms and fee
- Application for Earn a Calf (if applicable)



ATTENTION LEADERS and PARENTS!!!!!!

The enrollment fee for 2023 - 2024 4-H year for all new and re-enrolling members will be \$10 on or before October 1. If you have three or more children in one family, the limit is \$25/family. Re-enrollment forms received after October 1st will be \$15/member. No family discount will be given after October 1. New members will remain at the \$10/member fee for the 2023-24 4-H year.

NATIONAL 4-H WEEK 2023



National 4-H Week is **October 1 – 7**, and this year's theme is 'I ❤️ 4-H'. Join communities across the country to celebrate National 4-H Week and showcase the great things the organization is doing to grow young people – true leaders who are ready for life today and career tomorrow.

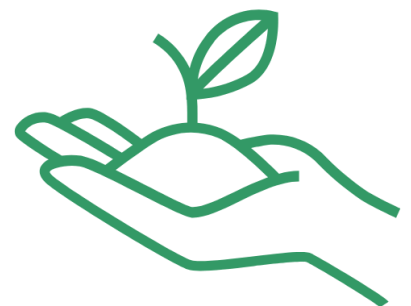
There are hundreds of ways you can help promote the fun educational offerings available through 4-H. In the past, Herkimer County's 4-H clubs have made scarecrows holding "4-H is Great" signs; they have painted silage bags with slogans like "We love 4-H"; they have put up displays in schools and local libraries; and painted store windows, all with messages about 4-H.

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 20** so the awards can be given out at the Member Recognition Event. One submission per club, please.

UTICA ZOO GARDEN



Herkimer County 4-H would like to thank the 4-H volunteers and 4-H members who have been tending the garden all summer at the Utica Zoo. **October 9** from **10am – 12pm**, will be garden clean up and harvest day. Please let us know if your family will be available to help. Please call 315-866-7920 for more information, contact Wendy Richardson wlr45@cornell.edu



GROW-NY YOUTH COMPETITION

Calling all youth food system and technology entrepreneurs!

In partnership with Grow-NY, Cornell University, NYS 4-H, New York FFA, and New York Agriculture in the Classroom, we are pleased to share an exciting youth opportunity to build businesses in New York State.



Our youth are the next generation of business developers, agriculture, food, and technology leaders. With the hope of inspiring and investing in the future of food, select middle and high school youth will be chosen to attend the 2023 Grow-NY competition. Outstanding students will be selected to pitch their business idea during the competition to a panel of youth judges.

The Grow-NY competition will take place **November 14-15, 2023**. Information about your current business plan or business idea will be required to be considered for this experience. One winner will be selected amongst the pitches by a panel of judges. The top pitches will be awarded a cash prize.

Before you submit your application, you can preview a PDF version to help you prepare at <https://bit.ly/3pXPajL>. Visit <https://newyork.agclassroom.org/programs/growny/> to learn more and apply. Applications close **October 6, 2023**.

POWER PROTECTORS



Through decades of neglect and waste, Energy Island is in danger of becoming unplugged forever. Now, it's in the hands of the next generation – The Power Protectors – to save it! Working together as a SUPER team toward a common goal, young people will help endangered Energy Island move from its unsustainable carbon-based energy use to renewable solar, wind and hydro power. By completing three engaging activities and using cooperation, determination and the POWER of reusable energy, youth will PLAY and WIN together as The Power Protectors!

ABOUT THE 2023 4-H STEM CHALLENGE

The 2023 4-H STEM Challenge, Power Protectors, teaches kids how to use Science, Technology, Engineering and Math (STEM) to explore the world of renewable energy.

Developed by 4-H educators from Cornell University, University of Illinois, Utah State University and West Virginia University, Power Protectors is a collection of activities that provide kids with STEM-based content knowledge and the opportunity to develop learning skills, address real-world issues and connect to careers in energy. The kit is perfect for any young person ranging in age from 8 to 14. Kits available after **August 8, 2023** at shop4-h.org Contact Wendy Richardson for more details.

4-H YOUTH IN ACTION PROGRAM



The 4-H Youth in Action program amplifies the diverse stories and leadership of 4-H youth who are making a difference in their communities every day. It is a premiere community of 4-H'ers who are preparing for their future while showcasing how 4-H changed their lives and equipped them to change the lives of others.

Each year, program participants receive an exciting year of media training and national opportunities to share their 4-H story and leadership.

Four Award Winners will receive:

- A **\$5,000 scholarship for higher education**, to be paid directly to the institution, including two-year and four-year colleges, trade schools or other advanced learning opportunities.
- A **year of personal professional and media development**, training, and networking opportunities and national opportunities to serve as a spokesperson and key thought leader in your program area.
- **All-expenses paid trips** for each award winner & a chaperone to travel as the national youth spokesperson.
- An official **reference letter** from a National 4-H Council leader for educational or career purposes.

All Youth in Action Program applicants will receive:

- **Media, interview, and storytelling training** from National 4-H professionals.
- Admission into our national 4-H story database; providing **potential national multi-media and spokesperson opportunities**.

Go to <https://4-h.org/programs/4-h-youth-in-action-program/> to see the 2024 application.

EASY PICNIC FOOD: WATERMELON PIZZA

These fun, easy watermelon pizza slices are a fun way to enjoy fruits outdoors.

Ingredients:

- Watermelon slices
 - 1/2 cup of white chocolate chips, melted
 - Sliced/diced fruit of your choice, strawberries, kiwi, blueberries, pineapple, mango, etc...
1. Spread melted white chocolate on top of the watermelon slice.
 2. Add the pieces of fruit, which serve as the "pizza toppings."



4-H.ORG

Have you checked out www.4-h.org lately? There are new items in the 4-H store as well as many free programs and activities to “Ignite Your Child’s Spark” with Clover by 4-H - 4-H’s online learning platform that helps kids become more confident, resilient and independent.

NEW: Discover 4-H Subscription Box: Seasonally-themed, fun, and engaging activities to explore different topics within 4-H. Perfect for gifting to youth up to fifth grade or educators and club leaders to inspire activity prompts for their youth. Each kit provides supplies for one youth, though some supplies may be usable for multiple youth. These kits may include first look at new activities and curriculum from Shop 4-H.

This quarterly subscription box will ship in July, October, January, & April. You will have the ability to review and modify your subscription to skip or cancel prior to each shipment. The Summer 2023 July Subscription Box is Outdoor / Entomology themed! Explore the outdoors while learning more about wildlife, birds, and the insects and creatures that keep our environment thriving. **Price: \$24.95**



What’s included in the Summer 2023 Discover 4-H Box:

- 1 - Binoculars
- 1 - Birdhouse
- 1 - Bug Catcher
- 1 - Paint
- 1 - Paintbrush Set
- 1 - Activity Guide with four insect and bird related activities

Want to keep the fun going? You can purchase additional supplies or the full curriculum featured in this season’s kit in the Discover 4-H Box Collection!

Sneak Peek Of Upcoming Subscription Kits:

- Fall 2023 / October - STEM / Renewable Energy
- Winter 2024 / January - Healthy Living & Mental Wellness
- Spring 2024 / April - Foods & Gardening





75TH ANNUAL FARMERS' MUSEUM JR. LIVESTOCK SHOW

Congratulations to the 17 Herkimer County 4-H members that participated in the 75th Annual Farmers' Museum Junior Livestock Show held in Cooperstown from July 9-11. Participants included: **Isabella Burton, Addison Brown, Erin Brown, Hannah Carrnright, Laken Dyn, Allyson Ford, Olivia Ford, McKenna Furner, Anna Hawkes, Mellena Hawkins, Noah Hula, Logan Humphreville, Lucas Humphreville, Lily Simmons, Skye Simmons, Nathen Teachout & Scarlett Wilt.**

Lily exhibited the champion Lineback dairy heifer. **Hannah** exhibited the champion junior Oberhasli doeling. **Lucas** had the champion and reserve champion Nubian milker as well as best udder. **Laken** was champion beef showman, exhibited the supreme and best bred and owned beef. **Anna** was reserve champion swine showman, exhibited the champion breeding gilt and ultimately won the Farmers' Museum Livestock Cup with her Duroc breeding gilt. **Nathen** exhibited the champion beef feeder steer. **Scarlett** exhibited the reserve junior champion milking shorthorn.



CLUB NEWS

The **Green and Growing 4-H club** did not meet in May. In June, the club met to work on framing their Photography for county fair display. The meeting started with a congratulations to participant of county, district, and state level Public Presentations and Horse Communications. Members also took time to brainstorm a club display idea for the County Fair.



The **Hawkes-Dyn family** did not hold a meeting in May or June.



The **Kuyahoorra Kaprines 4-H club** did not hold a meeting in June. 4-H members helped plant at the Utica Zoo in May, and in June, members worked on preparing animals for the Junior Livestock Show.



The **Wanderlust 4-H club** met in May and June. The group did several field trips including to an alpaca farm in Frankfort, Insight Dairy in Little Falls and Hannaford Grocery store in Herkimer. The club hiked at the Owen D. Young trails and have been involved in community service at the Utica Zoo and General Herkimer Gardens. Fun classes included pottery and foraging.



INSPIRE KIDS TO DO

Volunteer with 4-H today!

Your time and talents can make a big impact.

Here are some ways you can help:

- Lead a robotics program
- Be a judge
- Start a club in your area

Ready to learn more?
 Contact Wendy
 315-866-7920
 WLR45@cornell.edu



PHYSICAL ACTIVITIES FOR ALL AGES

At any age, you can benefit from physical exercise. Here are some ideas to help get your family moving!

- For Toddlers: Toddlers are born explorers and adventurers. If your little one is able, give them a few minutes out of the stroller to help move their little legs.
- For Preschoolers: Keeping preschoolers active and away from screens isn't hard if there's a playground nearby. Take them to a safe park or playground and let them run wild.
- For Grade-schoolers: The 60 minutes-a-day recommendation is targeted at kids age 6 and up. You can break the timing into smaller blocks such as walking to and from school.
- For Pre-teens: Only half of children in this age range engage in regular exercise. Introduce tweens to physical activity now to help pave the way to lifelong fitness habits. Gymnastics, jumping rope and swimming are great places to start.
- For Teens: Teens have access to many types of physical activity, but often choose to do none at all. Encourage teens to try out for a sports team, make martial arts a hobby or host an after-school dance party to blow off steam.

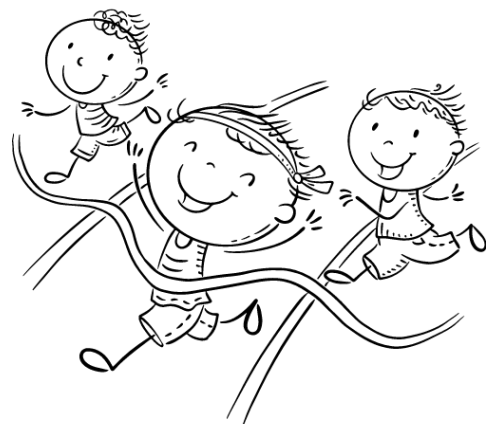
BACKYARD CAMPING IDEAS AND TIPS



Create a happy, healthy camping adventure in your own backyard with these helpful tips.

Activity Steps:

1. Pitch your tent and put some blankets and pillows inside. If you don't have a tent, don't worry: just stretch a rope between two trees, throw a blanket over it, then weigh down the four corners.
2. Still feels like just your backyard? Download and play some nature sounds from a phone and through mobile speakers.
3. It's hardly a camp-out without some fireside storytelling. Share your own or search online for a few campfire stories to tell.
4. Take advantage of the peacefulness and embrace the chance to connect with your family.



Cornell Cooperative Extension Herkimer County

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