

December 4-H News

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Calendar of Events

4-H Volunteer Meeting: Thursday January 7th @6pm at the Extension Classroom. Bring a dish to pass. We will discuss fundraising and procedures. Contact Cassondra Caswell if you plan to attend.

4-H Re-enrollment: Reminder that re-enrollment forms and payment for the 2015-2016 4-H year were due to the 4-H office on October 30th. If you have not yet returned paperwork and \$20 family enrollment fee to the 4-H office, please do so by December 31st. Members who do not have forms on-file will not be permitted to show at the County Fair.

4-H Teen Council: Will start meeting in January 2016. To join and for more information contact Andrew Carpino at 379-9192 x234.

COWS 4-H Meeting: January 9th from 12:30-2:30 at Hermon-DeKalb School. Topics include Farm Safety and Parts of the Cow. Contact Amy Sands at 379-9192 x243 if you plan to attend.

STEM Classes: Starting up in February. For more information contact Fiona Laramay at 379-9195 x252.

Public Presentations: County Event will be held in Feb. or March 2016. District Event will be held on April 16th.

Mid-Winter School Break Specials: February 16th-19th @ the Extension Learning Farm.

COWS 4-H Meeting: February 6th from 12:30-2:30 at Hermon-DeKalb School. The meeting topic will be "who do you take to the fair." Contact Amy Sands at 379-9192 x243 if you plan to attend.

Spring School Break Specials: March 21st -25th @ the Extension Learning Farm.

E-News

In order to align with our new sustainability initiative and our mission to move towards improving our online interface, we are going to post Extension and 4-H news prominently on our CCE website, 4-H Facebook page, and via e-mail. E-mail blast lists will be created by extracting e-mails that were provided on 4-H enrollment forms. If you are interested in receiving the 4-H news via e-mail and did not provide an e-mail address, please contact Cassondra Caswell at the Extension office at 315-379-9192.

Barn Quilt Poster Contest



The Master Gardeners Volunteers through Cornell Cooperative Extension are looking for quilt block pattern ideas to use for a Barn Quilt that will be displayed on the Cornell Cooperative Extension Barn on Route 68. Patterns can be submitted by community members, youth, and groups.

Submissions must be:

- Horticulture in theme
- Not larger than 8.5 x 11 inches
- Simple and bold
- Able to be seen from a distance

Submissions should be mailed or delivered to the St. Lawrence County Cooperative Extension office at 2043B NY68, Canton NY 13617 by December 15th, or submitted to carol Budd, Master Gardener Volunteer at cbudd@stlawu.edu.

Public Presentations

The season for 4-H Public Presentations and Horse Communications is coming soon. Generally youth will decide on topics and begin gathering information to construct the body of their presentation starting in January. After weeks of building a presentation the youth will start working on visual aids and props to enhance their presentation by designing and assembling posters and materials. Clubs are encouraged to ask their members to participate in public speaking at the club level with family and other 4-H members. If they wish, youth can present at the County level event which is commonly held in February or March. From the County level youth can be chosen to continue on to the District level event held in April. Participants who qualified could be asked to move on to the state completion. St. Lawrence County has sent many 4-H'ers over the years to the State completion, which has been hosted at Cornell University for the past few years. For more information about Public Presentation contact Amy Sands at 315-379-9192, or find more information and tips at the St. Lawrence County 4-H website: <http://stlawrence.cce.cornell.edu/4-h/public-presentations-and-horse-communications>.





4-H Robotics

Fiona Laramay, 4-H STEM Educator

2015 was the first full year of official STEM programming for 4-H. We were able to pilot a robotics program in several formats and present a plethora of hands-on science opportunities for various events. Most recently we had a small biology lab program and will try out a dissection lab in December. Lego robotics provided over 30 youth the opportunity to develop basic coding, problem solving and engineering skills. Our first ever program used incomplete kits which meant that youth needed to think outside the box in order to finish building their robots. They were very successful! The visual coding program included with the kits assisted the kids in learning to code. The entire process encouraged teamwork to complete and program the robots. As 4-H robotics continues to grow in St. Lawrence county we are looking for parents and community members who may be interested in starting a robotics 4-H club.

In addition to Lego robotics kids from St. Lawrence County have tried hands-on experiments with color absorption, the proteins in milk, the chemistry of baking bread, growing bacteria, synthetic blood typing, and the effects of acid rain, how bleach works (redox reactions) and several other topics.

Youth in grades 4-7 at Herman-DeKalb Extended Day Afterschool started the year with an introduction to computer hardware and programming in Python. In addition they applied the scientific method to develop, test and compare paper airplane designs. They also explored basic physics principles like force and motion with toy cars and clay people by testing, for example, the effects of added weight on distance traveled.

STEM programming in St. Lawrence County is continually being re-evaluated to create the most effective programming model. In 2016 there will be a theme each month with one session each week or every other week, depending on interest. Clubs and individuals may sign up for a session or request an additional session. The themes each month will be posted to the STEM webpage and listed in the next newsletter.



Are you and your family looking for new ways to explore and experience the Adirondacks in 2016?

Cornell Cooperative Extension and its partners are excited to be offering a new year-round adventure program that will be open to youth, adults and families. Northwind Adventures will be offering a variety of programs designed by experienced outdoor educators and local experts to connect and inspire your inner outdoorsman to explore the beautiful natural environment around us.

The Adventure kicks off in January with an ICE-FISHING OPEN HOUSE right at the Extension Learning Farm, where visitors will learn more about the other programs being offered throughout the year and have a chance to sign themselves or their families up for any or all of these explorations.

Programs include: Winter Survival/Ski Week @ Camp Overlook, Mother/Son Shooting and Father/Daughter Fishing Weekends, Fishing and Canoe Expeditions, an Adirondack Workshop Weekend for adults, Cross-country Ski Club, and a number of other ongoing hikes and trips that will be determined by interest.

A detailed brochure and website will be available soon, but if you have any questions in the meantime please contact Andrew Carpino @ ac2464@cornell.edu.

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” – Mark Twain