

# January 4-H News

## Highlights

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## Calendar of Events

**Maple Expo:** January 30<sup>th</sup> at @ Gouverneur Central School. Admission is \$5. Multiple workshops to choose from for the whole family and lunch and snacks will be provided

**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 16<sup>th</sup>.

**Mid-Winter School Break Specials:** February 16<sup>th</sup>-19<sup>th</sup> @ the Extension Learning Farm.

**COWS 4-H Meeting:** February 6<sup>th</sup> 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.

**4-H Volunteer/Leader Meeting:** Thursday March 10<sup>th</sup> @6pm at the Extension Classroom. Bring a dish to pass. We will discuss and assemble project ideas. Contact Cassondra Caswell if you plan to attend.

**4-H Teen Council:** Next meeting will be March 10<sup>th</sup> at 6pm at the Extension Office. To join and for more information contact Andrew Carpino at 379-9192 x234.

**Spring School Break Specials:** March 21<sup>st</sup> -25<sup>th</sup> @ the Extension Learning Farm.

## Constant Contact

Because Extension will no longer be distributing a paper version of the newsletter, we will be sending out 4-H news, information, and events via a program called "Constant Contact." This system will send out an e-mail newsletter with short "blurbs" about upcoming events and programs. To receive more information requires you to click on the link that will take you to the Cooperative Extension website. You will be receiving the "Constant Contact" version of the January newsletter within the next few days to better understand how the system works. Constant Contact will send out an email from "**4-H of St. Lawrence County**" with the Subject line "4-H (month) Newsletter," so please do not disregard these e-mails if you would like to receive 4-H News. If you do not wish to receive these e-mails please contact Andrew Carpino at [ac2464@cornell.edu](mailto:ac2464@cornell.edu). You will also have the opportunity to opt out of these e-mails at any time by clicking the "unsubscribe" link in the e-mail itself.

## **St. Lawrence County 4-H'er Places Third in Dairy Bowl Competition**



The 36<sup>th</sup> North American 4-H Dairy Bowl was held in Louisville, KY on November 6<sup>th</sup>-7<sup>th</sup>. Placing first for the second year in a row was the New York State 4-H team. Coaches for the team were Debbie Grusenmeyer and Matt Young. Among the top individual placings was Mia Brown from St. Lawrence County. Mia placed second out of 64 competitors. Mia is a member of the Homeschool Hillybillies 4-H Club and a freshman at SUNY Morrisville. Competing this year were 16 teams from as far west as Washington, as far east as Vermont, and as far south as

Mississippi. The contest begins with a written test in which each member of the teams answers questions independently. The North American 4-H Dairy Quiz Bowl asks a variety of questions on dairy-related knowledge. Congratulations to the team and to Mia.

## **Maple Program**

It is difficult for most families to directly engage with their food systems today. The same holds true with the North Country's sugaring season. If you do not have a sugar bush or sugarhouse, it is simply a challenge to get involved. Local families now have that opportunity! Extension's Youth and Family Program is offering a seven-week, hands-on maple course targeting the entire family. Participants will be involved with all aspects of the sugaring process, from tubing and tapping to making the finished product.

Cost is \$25 per participant or \$50 per family, which covers teaching materials, some meals, snacks, and syrup at the end of the season! Interested participants should contact Amy at the Extension at (315) 379-9192 or email [als23@cornell.edu](mailto:als23@cornell.edu). Program dates are February 13, 27, March 19, 25, April 2, 9, 23.

Schools are encouraged to visit Tuesdays, Thursdays and Fridays starting February 23rd-April 22nd, during Extension's annual March Maple Madness when the sugarhouse is in full swing! Programs and field trips are tailored to all age groups from pre-kindergarten to college age adults. Students will gain an understanding of tree physiology, the science behind sap flow, and the history and economic impact of the maple industry. Cost of school tours is \$3.00 per student. Chaperons are free.

Weekend tours are also available upon requests. Interested people should call the Extension Office to set tour times and dates. Cost of weekend tours is \$5.00 per person.

Participants should come dressed to explore Extension's extensive sugar bush, followed by time spent in the sugarhouse. No visit is complete without sampling pure maple syrup poured over cold ice cream!

## Winter Break Specials

Join in the fun at the Cornell Cooperative Extension Learning Farm, Canton, during the upcoming Mid-Winter School break! Extension Educators and volunteers will provide hands-on workshops for youth in a variety of exciting topic areas. Registration is required by calling Cornell Cooperation Extension at 379-9192 by Thursday, February 11<sup>th</sup>. Classes are appropriate for ages 5 and up. Participation fees may vary based on cost of materials. Those taking morning and afternoon sessions are welcome to bring a bag lunch to eat during the noon break. Staff supervision will be provided.

**Dogs, Dogs and More:** Tuesday, February 16<sup>th</sup>, 10:00am – 12:00pm with Maureen Ring, 4-H Dog Club Leader, registered veterinary technician and owner of 4 Paws Training. Maureen will discuss proper behavior when around other dogs, what people should or shouldn't do around strange dogs, what to do with dogs both outside and in vehicles, dog body language and other dog related topics. There will be a question and answer session. Participants will also make dog treats to take home to their dogs. This class is open to anyone with an interest in dog behavior management. Class limit is 16. Fee is \$5.00.

**Meet Mr. Pickens:** Tuesday, February 16<sup>th</sup>, 1:00pm – 3:00pm with Jeanne Hamilton, retired Edwards Knox Art Teacher. Come meet Mr. Pickens, an African Pygmy hedgehog. Learn about the origin of these exotic animals. Participants will also learn how to care for, this exotic pet, from feeding, holding, and playing with. During this class Jeanne will guide participants in painting of a hedgehog on birch tree cookies to take home. This class is for any age or level from beginning painters to advanced. All materials will be supplied. Fee is \$5.00.

**Outdoor Winter Survival:** Wednesday, February 17<sup>th</sup>, 10:00pm - 12:00pm with Andrew Carpino 4-H Educator. Come learn what it takes to survive in the wilderness during the winter. Participants will learn the basic steps of outdoor winter survival. After a short classroom instruction time participants will have the chance to practice these skills in the Extension Learning Farm Woods. Please bring appropriate footwear and clothing for hiking in the woods. Class is limit 15. Fee is \$5.00.

**Snowshoeing/Wildlife Winter Tracking:** Wednesday, February 17<sup>th</sup>, 1pm – 3pm with Nicki Hamilton-Honey, 4-H Extended School Day Community Educator. Come to the Cornell Cooperative Extension Farm and learn about North Country wildlife. Participants will spend time exploring different types of wildlife, survival methods during the harsh winter months, and how to spot wildlife in your backyard. They will investigate track patterns and classifications, after which we will use snowshoes to walk through the woods on the Farm to search and identify tracks and wildlife signs. Snowshoes will be provided if you don't own your own. Participants need to bring warm clothing and winter boots. Class limit is 15. When registering please state if you need snowshoes or have your own. Fee for this class is \$5.00.

**UP-Cycled Jean Bag:** Thursday, February 18<sup>th</sup>, 9:30am – 12:30pm with Casey Caswell, 4-H Educator and Amy Sands, Community Educator. This sewing class is designed for youth with some experience operating a sewing machine. Participants will construct a bag using a pair of used jeans. Each participant is asked to bring a clean pair of old jeans that are no longer being worn that do not have holes, a sewing machine, fabric scissors, matching thread, and pins. Fee \$5.00.

**From Sheep to Felt:** Thursday, February 18<sup>th</sup>, 1:00pm – 3:00pm with Sarah Rastley, 4-H member and Jennifer Rastley, 4-H Club Leader. Participants will learn how to use sheep wool to make felted products.

They will learn how to get sheep wool ready for usage through the process of washing, drying and dying wool. Sarah will guide participants in the making of 2 different felted projects. Participants will leave with the two completed needle felted projects. Class is for individuals 10 years and up. Class limit is 10. Cost of this project is \$15.00, which includes all materials.

**Beginning Crochet:** Thursday, February 18<sup>th</sup>, 3:45pm – 5:00pm with Brittany Ashley, Extension volunteer. Have you ever wanted to crochet a scarf? If you have then this class is for you. Brittany will lead participants in this hands-on scarf crocheting class. This class is for anyone 10 years and older. Participants are asked to bring one skein of “Red Heart Super Saver” worsted 4 yarn, any color, and a crochet hook size H. Class is limited to 10 students. Cost is \$5.00.

**Fantastic and Delicious:** Friday, February 19<sup>th</sup>, 10:00pm -12:00pm with Misty Cisneros, Nutrition Educator. Want to get out of the cold, and make some delicious snacks? Come to the Extension Learning Farm to discover ways to make some exciting and great tasting snacks for afterschool or anytime. Participants will be given hands-on instruction in preparing new snacks. Participants will also have the chance to sample the fun and tasty treats that will be prepared. Fee is \$5.00.

**Rabbit Husbandry:** Friday, February 19<sup>th</sup>, 1:00pm – 3:00pm with Sandy Baker, 4-H volunteer. Want to breed your rabbits so you have some little ones to show at the Fair? If you are new at this and have questions about what to expect from expectant mother rabbits, what to feed bunnies, when they can leave their mothers, and other questions then this class is for you. Sandy Baker will talk about what to look for in a rabbit before breeding, what to expect before and after breeding, and the care of the very young. This class is for any age. Class fee is \$5.00.



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](mailto: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