

Cornell University  
Cooperative Extension  
St. Lawrence County



March 2015

## Extension News

*Serving Agriculture, Youth and Families since 1913*



### McKnight's River Breeze - Century Farm Award

McKnight's River Breeze Farm recently received the Century Farm Award at the NYS Agricultural Society's 183rd Annual Meeting. The following is an excerpt from the proceedings: "McKnight's River Breeze Farm is a result of generations of McKnight families persevering and sharing in the love of agriculture." From the original purchase by Henry C. McKnight in 1885 through successful transfers to David H. McKnight in 1920, Robert S. McKnight in 1970, Stephen R. McKnight in 1981, to the entry of Travis S. McKnight to the LLC in 2009, this farm has remained in strong and capable hands.

The farm began with only a few cows in the dairy. By the 1960's, Robert (G3) had built the dairy to 65 cows. In 1981, when Stephen (G4) entered a partnership with Robert, the herd had grown to 80 cows on a land base of 550 acres. In 1997 the herd was expanded to 600 milking cows, and grew over the years to its present size of 1,250 cows and 1,200 heifers. The farm owns 1,600 acres of land and grows 4,000 acres of corn, hay and soybeans, both to feed the herd and sell as cash crops through the grain facility added in 1999. The management skill is shown by the high herd average, (nearly 30,000 lbs. /cow), and demand for their excess heifers in both local and international markets. Stephen, Mary Lou, and Travis share management responsibilities – Stephen is CEO and manages the nutrition, feed purchase, milk marketing and government programs. Mary Lou is CFO and manages the cattle enterprise, and Travis manages the crops and equipment. They use a variety of consultants for advice on many business management and planning issues. The business transfer plan is part of an ongoing process (developed with a team of professionals) that includes goals and timelines to bring about the smooth transition to Travis and Natalie as Stephen and Mary Lou gradually "retire" over the next 10 years.

(Continued on Page 5)

# Extension News

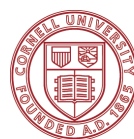
*Cornell Cooperative Extension of  
St. Lawrence County*

Extension News is a monthly publication with  
Information for Agriculture, Youth Development and  
Healthy Families.

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**Kitty O'Neil**, Crop and Soil Specialist  
**Betsy Hodge**, Livestock Educator  
**Paul Hetzler**, Natural Resource Educator  
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# Calendar of Events

## NNY Grazing Schools:

March 6<sup>th</sup> – Carthage Elks Club

March 7<sup>th</sup> – North Bangor Fire Hall

Matt Bruno on his New Zealand experience, Bruce Rivington from Red Gate Farm on seasonal dairying, Dawn Howard on simple drainage principles and Fay Benson on inter seeding Brassicas into pasture. Register for the “southern” with Ron Kuck at 788-8450 (rak76@cornell.edu) or the “northern” meeting with Betsy at 315-379-9192 or bmf9@cornell.edu. Cost \$35.00 plus a reduced rate for more people from the same farm. Includes lunch and materials.

**Two-day Farm Food Safety Training**—March 10 & 11, 2015 at the CCE Learning Farm classroom. Dr. Elizabeth A. Bihn and Gretchen L. Wall of the Produce Safety Alliance will help you write and implement a food safety plan tailored to your farm operation. Fruit and vegetable growers as well as poultry, sheep and goat producers should not miss this chance to stay ahead of the curve as new food safety laws change market requirements. Pre-registration is required. Please call CCE of St. Lawrence County at (315) 379-9192 to register. Cost is \$25.00 per person (\$10.00 for each additional person from the same farm). Some scholarship money is available; please call to inquire. Paypal, cash or check registration payments will be accepted at both locations. Credit card payments can also be accepted by Clinton County CCE.

**Winter Dairy Management** - Two dates and locations - March 18, Elks Club, Carthage and March 20, Mo's Pub & Grill, Malone. Topics include impact of milk components on milk check, understanding income over feed costs, dairy nutrition impact on milk components. See registration details on page five. Contact Kim Morrill, NNY Dairy Specialist with questions.

**Heat Abatement Seminar**- March 18, Extension Learning Farm, Noon - Lunch provided. 12:30 presentation by John Sheets Elanco Animal Health. RSVP by March 17 with Dave Walker, 315-869-1153.

**Ag Literacy Week** – March 16-20 – Volunteers read agricultural books to second graders! This year's book is *Weaving the Rainbow* by George Ella Lyon. The story is about fiber and sheep. If you would like to read to a class or if you have a class of 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> graders that would like to hear the story and do the wool activity please call our office and ask for Bobbi-Jo or Betsy – 379-9192.

**North Country Beef Producers Dinner** – Select Sire Power – March 20<sup>th</sup> at 6:30 at the Best Western in Canton. Social hour at 6:30, Dinner at 7:00 pm followed by a meeting including trait selection, synchronization and more. Please RSVP by March 15<sup>th</sup> to Scott Zehr at 315-569-3626.

**St. Lawrence County Ag Development Planning Meetings** - will be conducted by the Ag and Farmland Protection Board; three dates and locations. March 9 at the Stockholm Municipal Building, March 18 at the Lisbon School Auditorium, and March 23 at the Gouverneur Village Courtroom. All meetings are 7:00-8:30 pm. Your attendance is very important to the planning process. Contact Matilda Larson with questions at mlarson@stlawco.org

**Spring Beef Week** – March 24-27 – Grading calves. Canton will be Thursday March 26<sup>th</sup> at 6:30 pm at the Extension Learning Farm. Save Saturday March 28<sup>th</sup> for a tour to Jefferson County to try grading calves and fat cattle. The meeting will introduce the concept of feeder grading and the benefits of selling feeder cattle through graded co-mingled sales. See article on page 13.



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# Farmer to Farmer

- For Sale:** 1 large square water tank with metal frame. \$75.00 Call 315-344-0443. (1/15)
- For Sale:** Used Pioneer made fore cart, with tongue and fils. \$375.00. Call 315-344-0443. (1/15)
- For Sale:** 2 ewe lambs. \$100.00 each. Call 315-344-0443. (1/15)
- For Sale:** 1st and 2nd cut grass hay bales, 4x4 round bales, stored inside, DeKalb area \$30.00 each. Sunbeam 510 cow clippers, good shape. \$75.00. Call 315-347-1430. (2/15)
- For Sale:** Badger Barn Cleaner, New Holland 269 baler parts, four pipe elevator, 196 ft. stainless steel pipeline with vacuum pump tank, surge milking control box, 2-5 horse electric motors, 1-3 horse electric motor. Call 315-276-6994. (3/15)
- For Sale:** Dry firewood, mostly Ash \$55.00 a cord. Cedar fence posts. New Idea No. 8 manure spreader, needs work or for parts. 364 Fulton Road, Lisbon, NY 13658. (3/15)
- For Sale:** Badger 570 gutter cleaner driver unit. Excellent condition. \$1,250.00 Call 315-769-5085.

**Contact your Cornell Cooperative Extension Office  
if you wish to have your advertisement listed above for 90 days at no cost.**



## Tom Curtin Quality Horsemanship Clinic

*Tom Curtin is on the cover of and featured in the February 2015 issue of Western Horseman*

**Date:** May 29-31, 2015

**Location:** Putney Hidden Meadows  
245 Putney Road  
Rensselaer Falls, NY 13680

**Contact:** Howard or Kathy Putney

Cell: 315-323-5248

Home (early morning, evening): 315-344-7087

Email: [howardputney@gmail.com](mailto:howardputney@gmail.com)

Website: [Tomcurtin.net](http://Tomcurtin.net)

### Classes Offered:

Horsemanship \$500

Colt Starting \$600

Cow Working \$500

*"Tom is inspired by the participant's desire to better their horsemanship skills. Tom tries to help each rider to develop a partnership with his or her horse, to become "one" with his or her horse in a quality-balanced relationship"*



**(McKnight - Century Farm Award, Continued from Page 1)**

Stephen and Mary Lou have three children – Travis, Paige and Ryan. Travis (G5) entered the farm LLC in 2009 after graduating from SUNY Morrisville. Paige uses her farm background to enrich her role as a school teacher. Her husband Steven serves a key role in the crop enterprise. Ryan values the role that his farm experience plays in helping him as an engineer. The sixth generation include: Travis and Natalie's children – Addison, Greyson, and Kayson; and Paige and Steven's son, Jesse. All four grandchildren are growing up enjoying the freedom and excitement of the farm operation. They value the time they spend together at family picnics and outings, and cheering Travis on during tractor pull season (NYTPA 2011 points champion and rookie of the year).

The McKnight family has a long history of community involvement – most noteworthy is that the past four generations have served as councilmen for the Town of Waddington. In 2012, Travis, at age 29, was the youngest elected to that position since 1960. Other past and present organizations include the St. Lawrence County Agricultural and Land Protection Board, Cornell Cooperative Extension, Allied Milk Cooperative, Scotch Presbyterian Church, Madrid-Waddington School Board, Waddington Volunteer Fire Department, St. Lawrence County Farm Bureau, DFA Safety Group Board for Workman's Comp, and judging for Intercollegiate Dairy Challenge program. The farm hosted the St. Lawrence County "Open Farm Day" in September 2014. Letters of recommendation make it clear that this family is an extremely valuable part of the fabric of New York agriculture.

Mary Lou's closing thoughts say it best, "The 5<sup>th</sup> generation continues on with this tradition – 129 years of love of the land and agriculture. We dedicate ourselves to our forefathers who dared to dream, kept the faith, and persevered – Henry C. McKnight (1848 – 1923), David S. McKnight (1893 – 1980) and Robert S. McKnight (1926 – 1995)."

## **WINTER DAIRY MANAGEMENT 2015**

**"Impacting Profitability via Milk Components"**

**WEDNESDAY, MARCH 18**

**10:00am - 3:00pm**

**ELKS CLUB**

**511 Fulton Street**

**Carthage, NY 13619**

**\$35/ person**

**includes Lunch and Materials**

**pre-register by March 8th**

**Walk-in Price: \$50/ person**

**FRIDAY, MARCH 20**

**10:00am - 3:00pm**

**MO'S PUB and GRILL**

**3357 Route 11**

**Malone, NY 12953**

### **LIST OF TOPICS:**

- Impact of Milk Components on Milk Check
- Understanding Income over Feed Costs and its Impact on Profitability
- Dairy Nutrition's Impact on Milk Components
- Farm Example: Local Farm who increased profitability by raising milk components and applying nutrition and environmental factors

### **SPEAKERS:**

- **Jason Karszes**, Senior Extension Associate  
**Cornell PRO-Dairy**
- **Tom Overton**, Professor Animal Science  
**Director Cornell PRO-Dairy**
- **Kathy Barrett**, Senior Extension Officer  
**Cornell PRO-Dairy**

### **Online Registration Info:**

**Carthage: [https://reg.cce.cornell.edu/Winter\\_Dairy\\_Management\\_2015\\_222](https://reg.cce.cornell.edu/Winter_Dairy_Management_2015_222)**

**Malone: [https://pub.cce.cornell.edu/event\\_registration/main/events.cfm](https://pub.cce.cornell.edu/event_registration/main/events.cfm)**

### **Contacts:**

**Malone: Kim Morrill**

**315 - 379 - 9192**

**kmm434@cornell.edu**

**Carthage: Ron Kuck**

**315 - 788 - 8450**

**rak76@cornell.edu**

**or**

**Terri Taraska**

**315 - 376 - 5270**

**tt394@cornell.edu**

## Dairy

*Join us for a meeting on...*

# HEAT ABATEMENT:

*Assessing and Controlling Heat Stress on Your Dairy*



**Wednesday, March 18<sup>th</sup>**

Cooperative Extension Office  
Canton  
2043 ST HWY 68, Canton

Noon – lunch provided  
12:30pm – presentation by  
John Sheets, Elanco Animal Health

**\*RSVP by Tuesday 3/17**

Dave Walker  
315-869-1153

**Believe it or not, warm weather is just around the corner!**  
*Hope to see you there!*

---

*Did you know....*

Heat stress is responsible for significant losses in cattle<sup>1</sup>. The economic impact of heat stress on animal agriculture is estimated at \$2 billion per year in the U.S. The economic impact on the U.S. dairy industry is approximately \$897 million/year with losses due to:

- **Reduced feed intake** (35% in non-cooled; 10-15% in well cooled cows)
- **Lost milk production** (50% in non-cooled; 10-15% in well cooled cows)
- **Reproductive losses** (reduced pregnancy rate often due to losses of early pregnancies)
- **Reduced milk quality** (increased incidence of environmental mastitis and corresponding increase somatic cell count)
- **Increased health-care costs** (increased sub clinical acidosis and reduced immune function)
- **Reduced heifer growth** (reduced feed intake)

<sup>1</sup> St. Pierre N et al. 2003. J Dairy Sci 86: E52-E77



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## **ATTENTION!!!**

**Farmers, Agribusiness Reps,  
Elected Officials,  
all Interested Persons:**

**WE NEED YOUR IDEAS!!  
for a new Ag Development Plan**

**Come and discuss the challenges  
and opportunities facing  
St. Lawrence County, and how  
issues should be addressed.**

### **MEETINGS (7PM - 8:30PM)**

**Monday, 3/9: Stockholm Municipal Building  
Wednesday, 3/18: Lisbon School Auditorium  
Monday, 3/23: Gouverneur Village Court Room**

**ST. LAWRENCE COUNTY  
AGRICULTURAL AND FARMLAND PROTECTION BOARD  
Courthouse, 48 Court Street,  
Canton, New York 13617 - 1169  
315 - 379 - 1169  
[mlarson@stlawco.org](mailto:mlarson@stlawco.org)**

## **2015 NNY GRAZING SCHOOL NORTH**

### **March 7**

**@ North Bangor Fire Hall (Rte. 11)**

**9:30 registration, 10:00-3:00**

#### **Guest Speakers:**

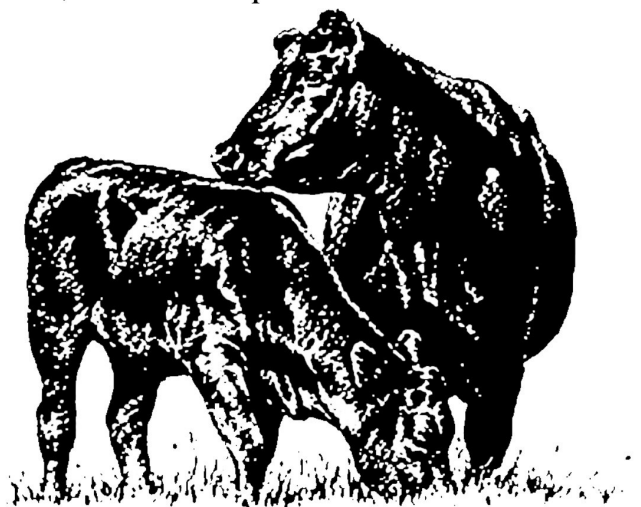
- Matt Bruno-Morrville, Dairy Instructor, Grazing in New Zealand
- Bruce Rivington-Red Gate Farm, Madison County
- Fay Benson- No-Tilling Brassicas in to Pasture
- Jenn Bosley- USDA FSA County Director, Franklin County
- Dawn Howard-Soil and Water District, St. Lawrence County
- Chasity Miller-Director, Franklin County Soil and Water

#### **DETAILS**

**\$35.00 at the door, (includes lunch and materials)**

**\$ 30 if you pre-registrar by March 4**

**\$15.00 for extra person from the same farm.**



**Register by calling Diane at 518 483-7403 ext. 314  
or Betsy Hodge: [bmf9@cornell.edu](mailto:bmf9@cornell.edu)**



# Snow Jobs

Paul Hetzler, Horticulture and Natural Resource Educator

Where agriculture is concerned, dairy is king in Northern NY. But with the kind of winter we have had so far, I wonder if we should not start producing other crops, ones particularly suited to our region. How about we raise snow peas. Or iceberg lettuce, perhaps. OK, so I am indulging one of life's most futile activities, griping about the weather. But for farmers, foresters and gardeners, there is an up-side to all this snow.

Snow has been called "the poor person's fertilizer" because it's a source of trace elements and more importantly, of plant-available forms of nitrogen, a nutrient often in short supply. When snow releases a whole winter's worth (what's that—six, eight months around here?) of nutrients in a short time, the nitrogen value can add up. Since air is 78% nitrogen, you would think plants would have all they needed. But atmospheric nitrogen,  $N_2$ , is a very stable, inert molecule that most plants are unable to use. Where does useable nitrogen come from? Some soil bacteria can "fix" gaseous nitrogen, converting it to water-soluble forms that plants can slurp up. Lightning also turns nitrogen gas into plant "food." But this only accounts for a small percentage of the nitrogen found in snow.

Turns out snow is a better fertilizer today than it was years ago. There is an outfit called the National Atmospheric Deposition Program (NADP), which basically measures stuff that falls out of the sky that isn't some form of water. According to the NADP, the vast majority of snow-borne nitrogen comes from pollution. Coal-burning power plants and motor vehicles spew out various nitrous oxides, not great for us to breathe, but when washed into the soil, are nitrate fertilizers. Ammonia, another form of plant-available nitrogen, escapes from manure and commercial urea-based fertilizers.

So how much fertilizer is in the snowdrifts blanketing the North Country these days? Because we are the "beneficiaries" of more pollution than most of the West and Midwest, we get more nitrogen in our snow than the national average, somewhere around 12 pounds per acre annually. Depending on the crop, a farmer may apply on the order of 150 lbs. or more of nitrogen per acre, so 12 lbs. is small potatoes. Literally. But it's not chopped liver, either (which is high in nitrogen but not an ideal soil amendment). Snow-based nitrogen can be a significant boon to ecosystems on marginal soils. In a year with abundant snowfall, sugar bushes, timber lands and pastures undoubtedly benefit from "poor person's fertilizer." Snow also brings a fair bit of sulfur, which is an essential plant nutrient. It also can make soil more acidic, which is not always a good thing, so let's call sulfur a mixed blessing.

Obviously, snow provides soil moisture in early spring. What is different about snowmelt as compared to rain is that snow melts gradually enough that nearly all its moisture gets into the soil. This gentle percolation is in contrast to summer rain, a percentage of which—sometimes a large portion—runs off and doesn't benefit the soil. When topsoil is wet, but not overly saturated, or as agronomists put it, at field capacity, excess water seeps down through the soil profile. Eventually it becomes groundwater, raising the water table and recharging our aquifers. Nearly all water wells in the region tap into unconfined aquifers. This just means that the water that goes into the ground in a given location is the water that comes out of the well there. These aquifers depend on snowmelt as well as prolonged heavy rains of spring and fall for recharge. Those who work in field and forest should take heart at the mounting snowbanks, not despair of them. Now if you'll excuse me, I'm headed to the garden with the rototiller to plow up some snow. I'm pretty sure I have a packet of Mixed Frozen Vegetables seeds around here somewhere...

# What is the New Non-insured Assistance Program (NAP)?

NAP provides real protection for crops not covered by crop insurance. Producers can now opt for **buy-up coverage** levels ranging from 50 to 65% of production (in 5% increments) at 100% of the average market price. Basic catastrophic level (CAT) coverage is still available. (CAT only covers losses that exceed 50% of expected production at only 55% of the average market price.)

Beginning, limited resource, and traditionally underserved farmers are eligible for a waiver of the service fee and a 50% premium reduction.

## Eligible Crops include:

- Crops grown for food
- Crops planted and grown for livestock consumption, such as grain and forage crops, including native forage
- Crops grown in a controlled environment, such as mushrooms and floriculture
- Specialty crops, such as honey and maple sap
- Sweet sorghum and biomass sorghum
- Seed crops where the propagation stock is produced for sale as seed stock for other eligible NAP crop production.



## Eligible Causes of Loss must be weather-related and may include:

- drought • hail • excessive moisture
- excessive wind or hurricanes • earthquake • freeze • flood • excessive heat

The deadline to enroll most spring-planted crops in crop insurance or NAP is **March 15th**.

**Contact your County Farm Service Agency (FSA)** at [www.fsa.usda.gov](http://www.fsa.usda.gov) for more information on NAP coverage; including application deadlines for biennials and perennial crops.

For information on other crop insurance options, including the Whole Farm Revenue Pilot Program or written agreements, visit:

[www.agriculture.ny.gov/AP/CropInsurance.html](http://www.agriculture.ny.gov/AP/CropInsurance.html) or call 800-554-4501.



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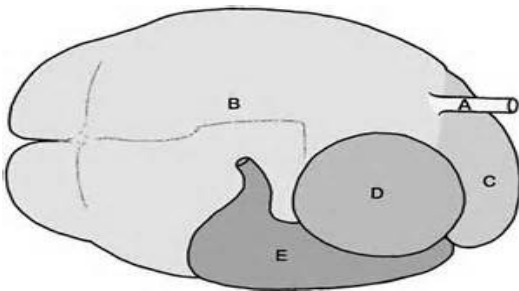


## Woodstoves and Ruminants

Brent Buchanan, Ag Issue Leader

What an amazingly cold winter we've experienced...Have you tracked the weather forecasts as I have? Since we heat primarily with cord wood at home, I try to select which wood to bring into the front porch for the next several days-worth of burning, based on the weather predictions. Really cold days deserve the hardest, driest, and possibly the smallest-diameter wood I can find. Warmer days (not many of those so far!) can call for less-dense wood that may be a bit more damp, or larger blocks that don't burn quite as fast. Of course, we tend to burn a lot more wood when it's super cold, too.

That is a bit how I like to manage ruminants in the winter as well. Select out feeds that best suit the livestock class, as well as, the ambient temperatures that are anticipated. Computer modeling programs for livestock ration calculations continue to be refined and improved all the time. One example, is the Cornell Net Carbohydrate and Protein System model (CNCPS) that uses a great deal of input on the animal's environment (mud, hair coat, hide thickness, wind speed, humidity, storm exposure, past temperature, current temperature, etc.) and rolls all that information into the formulas for feed intake, digestion, rate of passage of feedstuffs, and the physiological condition of the animal (pregnant, growing, lactating, body condition, etc.) and then estimates (models) the consequences of that particular diet.



Just for a simple comparison, I keyed in a 772 lb Holstein replacement heifer raised on a hay-only diet (not something I'd recommend, but as a basis for simple comparison) in either a zero degree Fahrenheit environment, or a 68 degree Fahrenheit environment. Now, this was quite good hay (16% protein) but it would fall short of other nutrients needed by this heifer and only serves to compare the impact of cold weather in this example.

At 68 degrees Fahrenheit, this heifer could theoretically consume 19.02 lb of dry hay on an as-fed basis each day. This would result in enough energy available for that heifer to gain (grow) about 1.4 lb per day. This 16% protein hay would provide enough protein to gain (grow) 1.695 lb per day, but the shortage of energy would only permit her to grow as fast as her most-limiting nutrient (energy in this example).

Alternatively, at 0 degrees Fahrenheit, this heifer could theoretically consume 21.89 lb of the same hay each day. The cold weather would spur on her appetite and rate of digestion in an effort to keep her warm. This level of feeding, however, would only result in enough energy to gain (grow) 0.87 lb per day. Again, the extra protein at this colder temperature could permit a growth rate of 1.26 lb per day, but that would not be realized since energy is the most limiting part of her diet in this example.

So, how can we help keep our livestock as efficient as possible in really cold weather? Keep working toward balancing your feedstuffs to match the ambient temperatures when at all possible. Adding more energy, say from ground corn, corn silage, molasses, oats, barley, or other feeds that are relatively low in protein can help rebalance the energy needs and put them more in-line with the protein needs of the animal. They may not grow as fast as if it was 68 degrees Fahrenheit, but at least they will make the best use of the feeds you supply them and will grow as fast and as economically as our rather foul winter weather can permit! Otherwise, let's pray for an early Spring!



# Sheep and Goat News

By Betsy Hodge,  
Livestock Educator



Spring is coming...at least that's what the calendar says. The time of bored sheep or goats standing around the hay feeders dreaming of grass will be over one of these days. Activity will pick up around the barn with shearing, lambing and kidding and getting ready to pasture.

For those with woolly sheep, shearing usually happens from March through June. It has to warm up a little so the lanolin in the fleece will soften up and allow the clippers to go through! After shearing it is important to keep your fleece dry and free of rodents. Large contractor bags or actual wool bags work well for wool storage. We also can find you some plans for a wool bag stand if you don't have one. Normally the wool pool happens every other year so save your fleeces in a clean dry place.

Lambing and kidding time is an exciting time for sheep and goat farmers. It can go very well some days and very bad other days. The weather can contribute to problems but being prepared can help you get through tough days and even make good days a little easier.

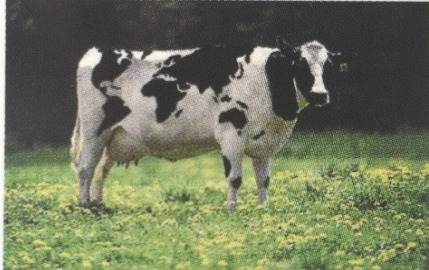
I like to have a bunch of things on hand before lambing or kidding start. Here is my short list:

- Flashlights – just keep several around so you can find one when you need it.
- Gloves – latex or vinyl gloves will help keep you cleaner (chances are you will be slime covered anyways)
- Paint or eartags or both – Identification is important for your records and having the tags ready when the babies are born will make it more likely to happen. This means you have to find the ear-tagger that goes with the ear-tags you have. We use a small tag for the lambs and then they get a permanent tag or tattoo later if they stay in the flock or go for breeding stock. Everything gets painted with a number that matches their tags and the lamb tags are numbered consecutively. You can also color code babies and mothers or write the baby's numbers on the mother. Goats tend to have distinct color patterns so you might not need to paint them like we do the lambs.
- Lubricant – a squirt bottle with lubricant is a big help if you need to untangle lambs or kids. Keep it warm in your pocket or in the house. Throw the whole bottle into the bucket of hot water you are going to get before you try to straighten out lambs or kids. Most farm stores or on-line supply places sell obstetric lubricants.
- Warming Box – a tall cardboard box big enough for a lamb or kid with a hole in the side near the top for the hair dryer to blow through. Hopefully you won't need to warm any lambs or kids but it will save you valuable time if you have one ready before you need it.
- Small buckets, panels – The parts for making a small pen and the buckets for water or grain to go with it means you will have a place to put ewes or does with babies that you need to keep an eye on. If your place is like ours, the buckets get filled with tools and carried around the farm. Time to reclaim them for your animals!
- Pen and pencils and paper or cards or clipboards – something to right down numbers, dates, treatments and other notes is important. Having a few pens and pencils stashed around the barn means you will be able to find one when you need it. I carry index cards in my pocket because they are stiff enough to write on and I don't have to carry the clipboard out in the pasture to check for lambs.

- Calcium gluconate, pro-biotics, some kind of high density nutrition product, maybe some antibiotics, tasty grain – Just a few of the things you might want to have on hand just in case. The tasty grain is for tempting a tired mama to eat a little bit for energy. You should talk to your vet about what medications you should have on hand.
- Docking and/or Castrating supplies – make sure you have fresh rubber rings and can find the applicator if that is what you use. Decide if you are going to castrate male kids or lambs. This is one job that I don't want to do at the time but am always glad I did it later. Having castrated males (wethers) means that all the lambs can be in the same pen later when they are weaned. Then you might have the option to group them by size or type instead of male/female. Young male sheep and goats are fertile at a surprisingly young age...three or four months in some cases.
- Tuber and bottles and nipples – A tuber is a large syringe with a red rubber tube on the end (actually a catheter) used for giving milk to lambs or kids that won't nurse or suck a bottle. You may have to order these online or talk to your vet to purchase one of these. It's another one of those things that you hope you won't need but should have on hand. The small nipples that fit on a soda bottle can be purchased at most farm stores. Some work better than others. I keep some paper cups in the barn so I can milk into the cup and then fold the cup to pour into the bottle. Sometimes getting a few sucks of colostrum into a lamb or kid will make all the difference. Keeping some milk replacer on hand is a good idea, too. I usually keep a little replacer powder from the last lambing season in a jar in the freezer to use if I need it and then I can buy a whole bag only if I need to keep feeding the lamb or kid (milk replacer is expensive).

Since we lamb outside or in an open barn we need a way to keep the lambing items handy. I use a little red pail, others use a small cooler or a tote bag. I carry the pen, cards, rubber rings and applicator, paint, tags and tag pliers in there. Usually I throw in a few paper towels as well. The more serious stuff like the tuber or bottles stay near the sink or in the house in a handy location. How many times a day do you check for lambs or kids? Morning, evening and once in between should be enough unless you suspect something going on or have first time mothers. If you have to pull a lamb or kid it can be hard on the ewe or doe. A little time in a separate pen encouraging her to eat and keeping her babies nearby will help her recover. Many farms regularly "jug" their lambs or kids with their mother (a small pen 4x4 or 5x5). At the Extension Learning Farm we do not jug unless there is a problem. Most of our lambs are born outside and don't have a problem. Sometimes the weather makes the babies chilled and jugging helps keep things organized. Also if you are lambing or kidding in a pen with several animals kidding or lambing at the same time, the probability of having the babies get mixed up is real. In this case, more frequent checking and jugging overnight is a good idea. You don't want to end up with a ewe with 4 lambs and another one with 1 instead of twins and triplets.

Lambing and kidding time is exciting, tiring and amazing. Enjoy your animals. Prevent as many problems as you can. Ask for help from other shepherds, goat owners, your vet or Extension if you need it. There are some good factsheets at the Cornell Cooperative Extension page and also at the Maryland Sheep and Goat page. Those links will be at our webpage [www.cceslc.com](http://www.cceslc.com).



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## **Improving Feeder Calf Marketing Strategies**

Ron Kuck, Dairy & Livestock Educator, CCE of Jefferson County  
Adapted by Betsy Hodge

Many local beef producers rely on the auctions to market their feeder calves, but with an average herd sizes of about 20 cows this does not provide much in the way of improving prices. While cattle prices are high and are expected to remain that way for several more years, it won't be that way forever. Are there things producers can do to improve the price received?

Extension has a project underway to provide a marketing opportunity for New York's many beef farms. There has been a great deal of research to demonstrate the correlation between lot size and price. This could be done by commingling similar animals. This can be a concern for the buyer. The buyer is counting on uniform cattle and combining different sized feeders can be stressful for the feeders. Strategies exist to reduce these concerns. Herd health and nutrition management are critical and producers who pool their feeders follow the same weaning and vaccine protocols.

So what about pooling feeders with uniform frame and muscling? USDA Feeder cattle grading systems are important to the cattle industry for several reasons. They provide a common language for describing various types of cattle. Transactions can be made without a buyer seeing the cattle. In the case of feeder cattle, a grading system allows one to predict the feedlot performance and carcass characteristics of the finished cattle. They can also be used by the owner of cattle to evaluate the current breeding program. A group of Cornell Extension educators including Terri Taraska, Dairy Specialist-CCE Lewis; Steve Ledoux, Local Foods & Livestock-CCE Jefferson and Ron Kuck, Dairy & Livestock-CCE Jefferson were recently trained in cattle grading by a USDA grader.

The goal is to begin pooling feeder calves in groups around NNY and the state. West Virginia has adopted this strategy and serves to be a model for New York. We will be looking to find 3 to 5 producers interested in improving their prices received for feeder calves and willing to make some changes on the farm to improve the bottom line. There will be some growing pains the first year, but the objective will be to increase feeder calf price of 10 to 15 cents over the sale barn price for cattle sold the same day. Now is the time to learn about this project and consider positive changes to your operation.

Beef Week in our county is on Thursday March 26<sup>th</sup> at the Extension Learning Farm at 6:30 pm. The meeting will give beef producers the opportunity to learn about the USDA grading system. There will also be a drive yourself tour of farms on Saturday, March 28 to put into practice grading of feeders and some fat cattle. If you would like to car pool from Canton, Betsy Hodge will be organizing rides. Contact her at 379-9192 or [bmf9@cornell.edu](mailto:bmf9@cornell.edu).





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## Deadlines Reminder:

The new Farm Bill contains a number of important changes to USDA programs that will impact our farmers. They are outlined below.

- **Ag Risk Coverage (ARC) & Price Loss Coverage (PLC)** replace the Base Acres programs, leaving the decision of which program to participate in up to the producer. The Agricultural Risk Coverage (ARC) & Price Loss Coverage (PLC) programs are managed by the Farm Service Agency (FSA). Both programs are limited area risk programs, limited because of how little of the producer's risk is covered and will commit your farm for 2014-2018. More information on these choices is provided in the attached Vermont Corn Silage & Grain Corn fact sheet. These are complicated programs that need to be carefully reviewed in order that you make the best choice for your operation by the following dates:

**February 27:** deadline to update yields and re-allocate bases for ARC/PLC.

**March 31:** Final date to make an election in the ARC/PLC program.

*Contact your county Farm Service Agency (FSA) office for details.*

- **Crop insurance remains as the primary disaster protection** that can cover from 50%-85% of your expected crop value in addition to the ARC/PLC programs. This year's price election for corn silage is \$38.50/ton, down from \$41.25 in 2014. The cost of your premium is subsidized by the USDA up to 67% and the enterprise unit option can reduce premium costs by as much as 50%. A list of crop insurance agents is enclosed for your convenience. **NAP from FSA is available to provide protection up to 65% of the expected value of crops that are not insurable.**

**March 16:** sales closing/policy modification deadline.

- **Noninsured Crop Disaster Assistance Program (NAP)** has been expanded to include higher coverage levels, up to 65% of the crop yield, at 100% of the FSA established prices. NAP offers protection for crops not insured by other RMA policies. Contact your local FSA office for details.

**March 16:** deadline to enroll/modify a policy.

- **Whole Farm Revenue Insurance** provides insurance for all commodities on the farm, tied to your Schedule F. Protects specialty and organic crops and livestock and those locally and direct marketed.

**March 16:** deadline to enroll

- **Conservation Compliance:** In order to receive crop insurance subsidies for 2016 a producer must certify compliance with FSA by **June 1, 2015**. The registration period for 2016 coverage for the Dairy Margin Protection Program (MPP) is from **July 1 to September 30, 2015**. Nearly 70% of Vermont's dairy farms now have some form of price protection, either through MPP or Dairy Livestock Gross Margin (LGM) insurance.

Original from UVM Extension draft by Bob Parsons



# Conservation Corner

## Draining and No-Till Planting

The St. Lawrence County Soil & Water Conservation District (SWCD) works with the Development Authority of the North Country (DANC) on their Farmland Drainage Program. Loans are available for farms in St. Lawrence, Jefferson, and Lewis County to install surface and subsurface systems. This low interest, revolving loan fund was established through a legislative grant by Senator James Wright and Senator Raymond Meier. Many years of research has shown that drainage is desirable for increased traffic ability and soil aeration, which results in higher crop yields, better quality crops, and more timely planting and harvesting conditions.

A maximum of \$20,000 may be borrowed at a fixed rate of one-half of the prime rate or a floor of 3% for a 5-year term. Minimum cash equity is 50% of the total loan amount. Applications are being accepted on a continual basis. The SWCD has applications forms available and provides technical assistance for this effort. The Soil and Water Conservation District has a 7 foot Great Plains No-Till Grain Drill available to farms for use. This project is partially funded through a grant provided by the Great Lakes Commission with funds from the United States Department of Agriculture. This equipment handles grain or large seed (oats, wheat, soybeans, peas, and orchard grass), small seed (alfalfa, trefoil, clover, timothy, canary grass) and native grass with an agitator for fluffy seeds with chaff. The small machine size allows for ease in transportation, maneuverability, and the ability to pull with only a 50 horsepower tractor.

An interested user list has been developed for scheduling purposes. A Certificate of Liability Insurance is required. This is usually available free from your insurance provider with just a quick phone call. There is also a small delivery fee and a per acre charge to be put towards maintaining this equipment. If you would like more information, a drainage loan application, or to be added to our No-Till scheduling list, please contact the St. Lawrence County Soil & Water Conservation District at 1942 Old DeKalb Road, Canton, NY 13617 or phone 386-3582. We are open Monday – Friday, 8:00 AM to 4:30 PM.

## Think Spring! Think Green! Think Tree!

The St. Lawrence County Soil and Water Conservation District is accepting orders for its 2015 annual tree seedling and shrub program now through Friday, April 3<sup>rd</sup>. Small 1 to 4 year old bare root seedlings of many types will be available. Prices start at \$1.00 and go up to \$8.50 each depending on the species ordered. Minimum order is 10 of one species unless otherwise specified or you can order by the thousands. Some prices decrease with quantity.

Offered are three species of pines, three spruces, Balsam fir, cedar, and several varieties of hardwoods such as sugar maple, red maple, black cherry, white oak, black walnut, hybrid poplar, and thornless honeylocust. Also available are several trees and shrubs suitable for wildlife such as flowering crabapple, wild plum, wild apple, elderberry, purple lilac, blueberry, cranberry, raspberry, Nanking cherry, rugosa rose, pussy willow, winterberry, nannyberry, black currants, and red stem dogwood. Wildflower seeds are available along with supplies such as fertilizer tablets, tree plantation signs, tree protectors and stakes.

The District has served the residents of St. Lawrence County since 1957. Proceeds of the sale will again benefit conservation projects in the county. Tree pick-up date is expected to be April 24<sup>th</sup>, which is also National Arbor Day (Earth Day is April 22<sup>nd</sup>).

For an order form or more information, contact the Soil and Water Conservation District office at 1942 Old DeKalb Road, Canton, NY 13617 or call the office at 315-386-3582. We are open 8:00 a.m. – 4:30 p.m., Monday through Friday. Information and forms can also be printed from our website at [www.slcswcd.org](http://www.slcswcd.org)



## Your February Garden

Claudia Hitt, February 2014

Hard to believe that old saying: Spring is just around the Corner! Although the days are bitter cold, soon it will warm up and the growing season will be busy as ever. Spring will be here before you know it.

If you have geraniums growing in the windows, now is the time to take cuttings. Prune them back and leave just a few low growing uncut stems in place. Sort over and

save the stems you have cut, keeping the ones you want. Trim these to about 6 inches of stem, remove lower leaves and place the stem in a clear container of water. Soon the stems will start growing roots. Put one stem to one container as the roots will intertwine. A tip for saving water is to cover the top of the container with aluminum foil and use a pencil to poke a hole in the foil for the stem. Be sure to keep track of the water level and add water when needed.

After 4-6 weeks there should be plenty of roots and the cuttings can be planted in pots. Use a pot that is 4-6 inches wide and deep. You may use a smaller size but the geraniums will grow better in a bigger pot. Geraniums like to dry out between waterings but not while they are establishing their roots. Keep the pots consistently moist for the next few weeks and then allow them to dry more between waterings. If you are starting seeds check the seed packet for germination information. This will help you determine the conditions you need to get the seeds sprouting. A rule of thumb for the planting depth is to plant 2x the thickness of the seed. A main reason for seedling failure is that the seeds are planted too deeply; when they germinate the first leaves cannot reach a light source and the plant dies all under soil.

Once seeds are sprouted, light becomes very important. Seedlings need a lot of light similar to direct sunlight. A lack of light will cause the seedlings to be leggy, brittle and weak. In Cortland, we are still experiencing zone 4 climate conditions. Our last frost date is May 31. For first time vegetable growers, seeds of lettuce, carrot, beets, spinach, radish, and peas can be planted in early to mid May. Other **seeds** like beans, summer squash, watermelon, cucumber, winter squash, and pumpkins can be planted the last week of May. They will not sprout before the last frost date – May 31, as a rule. You can plant these earlier but there might be a frost and your work will have to be done over.

Broccoli and cabbage seedlings can be put out the week before May 31; they can stand a light freeze and some cold. Other **seedlings** like cucumbers, summer squash, tomatoes, peppers, watermelon, and eggplant cannot stand freezing and some cannot stand being too cold. They should be planted after May 31. These dates are guidelines. As a gardener, one must keep their eye to the sky and keep track of weather conditions. If there is a forecast of frost for June 2, for example, then wait till after that frost date to plant tender frost sensitive plants.

For more information and answers to your gardening questions, call the Cornell Cooperative Extension office near you.



## Youth and Family



Did you know there are **Free Cancer Screenings** available to you through Cancer Services Program of St. Lawrence County?

Coverage under the Cancer Services Program is available for the detection of Breast, Cervical or Colorectal Cancer. We help **uninsured, underinsured, and those who can't afford to pay for their screenings** get a

- *Clinical Breast Exam & Mammography*
- *Pelvic Exam with Pap Smear*
- *FOBT/ FIT or colonoscopy*

If you are between 40 and 64, have a strong family history of breast and colorectal cancers **or** if you are having any symptoms please give us a call at 261-4760 option 1 today!

We are here to help and look forward to hearing from you soon!

Sincerely,

Jodi Regan

CSP Coordinator



#### Our Member Organizations...

Canton-Potsdam Hospital - Claxton-Hepburn Medical Center - EJ Noble Hospital -- Kinney Drugs - Massena Memorial Hospital - Clifton-Fine Hospital - St. Lawrence County Community Services - St. Lawrence County Department of Social Services - St. Lawrence County Public Health Department - St. Lawrence Psychiatric Center - State University of NY at Potsdam - United Helpers Management Company, Inc.

# Scholarship Program for Youth Fair Exhibitors

## Deadline for Applications Soon!

The NYSAAF and NYSSA offer an annual scholarship program which is available to students who are New York State residents, who currently are (or have previously been) active in a fair that is a member of the NYSAAF or the NYSSA and who plan to attend (or already attend) college in pursuit of a degree. The fair where you have been active or the NYSSA must endorse your application and will submit it for you. Our website [www.nyfairs.org](http://www.nyfairs.org) offers a complete list of our member fairs.

**New York State Association of Agricultural Fairs Applicants:** Applications submitted through the NYSAAF should be submitted to your local fair. Applicants may submit only one application.

**New York State Show people's Association Applicants:** Applications submitted through the NYSSA should be submitted to: Sarah McAndrew, Secretary NYSSA, 12 Point View Dr. Central Square, NY 13036.

### Purpose

To provide financial assistance to those high school and college students who have been active in their local fairs and who intend to pursue or who are pursuing a degree. Application is open to all applicants regardless of your field of study. However, additional consideration may be given to those applicants pursuing a degree in a field related to agriculture, fair management or the outdoor amusement business. All are encouraged to apply.

**Awards:** Up to ten \$1,000 scholarships will be awarded.

### Eligibility

Applicant must be in his/her senior year of high school in New York State or be a New York State resident already attending college and planning to pursue or already pursuing a degree at an accredited institution of higher learning. Student must submit his/her complete application to the member fair or the NYSSA by the second Friday in April.

**Scoring:** Applications will be judged on the following criteria:

Essay	15%
Citizenship & leadership	25%
Fair / Outdoor Amusement Business participation	30%
Field of study (related to fields listed above)	5%
Presentation of application	15%
Academic achievements	10%
<b>Total</b>	<b>100%</b>

### Instructions:

Make sure that you complete the entire application according to directions. Return the completed application to your local fair or the NYSSA by the date indicated. The Selection Committee is looking for well-rounded applicants and will base its decisions on a variety of criteria, including academics, community service and fair participation, as well as the overall appearance of your application. The application has been formatted so that it must be completed online. All applications must be on this form. However, do not email it to us. You must submit a hard copy of your application to an official of your sponsoring fair or to the NYSSA for endorsement. You may add additional pages as necessary. Handwritten applications will not be accepted. Applications must be printed on plain stock white paper (such as 20 lb. paper).



Prior to a collective St. Lawrence County Fair, when transportation was limited, individual villages held their own annual fairs. The fair was a highlight of the year when farmers would show off their animals, and their wives would show off their baking skills and craftsmanship. It was a serious and passionate competition for bragging rights: who would win the blue ribbon and get to boast about their animals or craftsmanship for the whole next year? This tradition has lasted through the years. Both adults and youth display their agricultural and home-economics exhibits. (Read more about the Gouverneur and St. Lawrence County Fair at <http://www.gouverneurfair.net>).

The most common area for youth to show off their exhibits is through the 4-H competitions. The animal competitions include: dairy cattle and showmanship, goats, sheep, poultry, rabbits, dogs, and cats. The project exhibits include areas such as communication and expressive arts, food and nutrition, fine arts and crafts, textiles and clothing, horticulture, etc. All 4-H exhibits are evaluated using the Danish Judging system. This means that each project or animal is judged according to a standard that rates its own merit rather than against another participants work. The standards are as follows:



**Blue or Excellent:** The workmanship shows little need for improvement.

**Red or Good:** The workmanship is satisfactory or average but there are definite areas for improvement.

**White or Worthy:** The workmanship shows that a worthy effort has been made and that the finished product is usable for the purpose intended; however, there is much need for improvement.

Judging should be an educational experience. It should teach standards of excellence and help youth set their own standards, and to motivate improvement by teaching where and how to make improvements. Above all, it must be recognized that the process is more important than the product.

Judging Day - August 1st      St. Lawrence County Fair - August 4th - 9th





## 4-H Welcomes Its Newest Staff Member

4-H would like to welcome its newest team member, Andrew Carpino, Citizenship and Leadership Educator. Originally from various spots around New England, Andrew moved to the North Country at the beginning of 2014 and immediately took a job with Cornell Cooperative Extension of Jefferson County providing Renewable Energy programming to local high schools. Now with St. Lawrence County, he delivers nutrition and job readiness training in Massena and is developing a teen leadership program which will include 4-H Teen Council and the 2015 Adirondack Guide Series.

Andrew has his bachelor's degree in English, and is an avid writer of short stories and poetry. He also has his master's degree in Ecological Teaching and Learning, where he researched the importance of outdoor education programming in development of ecological consciousness and stewardship. He spends as much time as he can exploring the Adirondacks with his wife and golden retriever on ski and foot, and is very excited for the opportunity to work with youth and families throughout St. Lawrence County.



# ADIRONDACK GUIDE SERIES

wilderness adventures for teens

## {High Peak Explorers}

SESSION 1 (ages 13-14) : JULY 6 - 10  
SESSION 2 (ages 15-16) : JULY 20 - 24  
SESSION 3 (ages 16-19) : AUGUST 3 - 7

Backpacking excursions in the High Peaks region of the Adirondack that give teens the chance to start their journey becoming part of the legendary 46er club. In each session, campers will gain technical and leadership skills associated with backcountry travel. The experience consists of a day hike and a planning day followed by a two-night/ three-day backpacking trip varying in length and difficulty depending on the age group.

## {Adirondack Stewards}

JULY 27 - 31 : Open to all teens

This week gives teens the opportunity to experience first-hand the history and traditional skills of the Adirondacks. Activities include: an overnight stay in Tupper Lake with a trip to the Wild Center and John Brown's Farm, a fishing trip, workshops in classic outdoor skills, and the chance to shoot at a local gun-range. Teens will also camp out, and build a tent site, on the Farm's new wilderness area.

**SESSION FEE: \$275**  
**call for more details**  
**315-379-9192**



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# 4-H Calendar of Events

**4-H Leader and Parent Meeting** –March 5 @ 6pm, Extension Classroom. **Bring a dish to pass.** Please call the Office if planning to attend.

**County Public Presentations and Horse Communications**– Saturday, March 7 @ 9am Hermon DeKalb School. Call Extension to register and get an assigned time.

**Wonders of Washington Trip**– Registration and initial fee of \$100 due do the Extension Office by March 8th.

**Maple Tours** - Tuesday, Thursday, and Fridays, 9am-1pm during the months of March and April. Weekends tours by appointment, call Amy Sands @ 379-9192 ex. 243. Tours will be weather dependent.

**County C.O.W.S 4-H Club Meeting** - March 14. Call Amy Sands for location, 379-9192 ex 243.

**Maple Program** - March 14th (12pm-4pm) March 20th ( 6pm-8pm). Dates and times will be weather dependent.

**Maple Weekends** - March 21st & 22nd and March 28th & 29th. Contact the St. Lawrence County Maple Producers Association for locations and details.

**Vet Science Program**– March 5th, March 19th, March 26th, April 2nd; 6pm-8pm.

**Dairy Bowl** - March 21st in Lewis County.

**Spring Break Specials** - March 31st - April 3rd @ ELF.

**Teen Friday**– April 3rd, 10am-2pm @ ELF. Contact Andrew Carpino @ ac2464@cornell.edu or (315) 379 – 9192 ext. 234 for more information.

**STARR**- April 10-12th @ NY State Fairgrounds, Syracuse. Contact Andrew Carpino @ ac2464@cornell.edu or (315) 379 – 9192 ext. 234 for more information. Registration and \$75 per person is due to the Extension Office by March 13th.

**Regional Horse Communications** - April 11th, 10am @ ELF. Call Fiona Laramay to register and get an assigned time, 315-379-9192 ext. 252.

**District Public Presentations**– May 2nd, 9am @ Hermon DeKalb School.

**NYS 4-H Shooting Sports Annual Banquet** - April 25th, Fort William Henry Resort, Lake George, NY. Visit <http://www.nys4hshootingports.org/> for additional information and registration form.



## Youth and Family



### 4-H Club News



The **Jolly Ranchers** 4-H Club met on January 9, in Heuvelton, for a business meeting led by President Maureen Pierce. They discussed upcoming events and all members were encouraged to attend Winter Break Specials and Public Presentations. They made plans for a bowling meeting and/or a sewing project in February. The club members then participated in the making of hand-painted winter signs.

Report submitted by Secretary Meaghan Pierce.

**Seeds of Promise** 4-H Club met on February 14, in Lisbon for a business meeting. Cassandra Caswell visited the club and they practiced for Public Presentations. The members also participated in making goop, and had caramel and chocolate drizzled popcorn.

**Pine Hill Pioneers** 4-H Club has been busy during the months of January and February making ice cream, cookies, and tying blankets. Members have also been active participating in a can drive, as well as spending some fun time in the snow sledding and tubing.



## Recognition of Leadership, Dedication & Passion



Thank You Judy!

Judy Boyer has been a 4-H volunteer for over 35 years. She has lead multiple 4-H clubs, including Especially Equine (1970s), and is currently leading Raindrop Roundup 4-H Club. 4-H would like to recognize and thank Judy Boyer for her service and dedication to the 4-H mission of making the best better. Her dedication and passion for encouraging 4-H youth to participate in Public Presentations and Horse Communications is appreciated by youth, parent, leaders and most of all the 4-H staff. She has volunteered as a resource to 4-H'ers, club leaders and parents for information and tips for public presentations and Horse Communications by volunteering her time to lead training clinics throughout the years. Judy most recently facilitated an information session, in mid-January, for parents and leaders who were interested in gaining tips and advice on how to help their 4-H'ers choosing topics, constructing presentations, and presenting. Judy has also taken many 4-H'ers, from other clubs, who have asked for help with their public presentations and worked with them individually.



## Spring Break Specials



Join in the fun at the Extension Learning Farm during the upcoming spring 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 Cooperative Extension at 379-9192, by March 26<sup>th</sup>. Classes are appropriate for ages 5 and up. Participation fees may vary based on cost of materials. Those students taking morning and afternoon sessions are welcome to bring a bag lunch to enjoy during the noon break. Staff supervision will be provided.

**Archery:** Tuesday, March 31<sup>st</sup>, 1:00pm – 3:00pm. Come try your hand at the ancient shooting sport of archery. You will learn some of the history of the sport, different types of equipment, the fundamentals of proper shooting, basic safety, and range safety. We will then head out to our range and shoot. You will need clothes to be outside and boots. Please do not wear hoodies or other clothes with drawstrings.

**Youth Sewing Class:** Wednesday April 1<sup>st</sup>, 10:00 – 12:00, noon. Class is designed for youth with some experience operating a sewing machine. Participants will make a tote bag that is versatile for presenting at the county fair and as a beach bag or shoulder bag. Each participant is asked to bring a sewing machine, fabric scissors, matching thread, pins, ruler or tape measure, and pre-cut material of two prints of fabric to the measurements below. Durability of the material will depend on its intended use. If intended for play a cotton or flannel material is acceptable. For more utility a sturdy polyester blend material is suggested. Denim or canvas is not recommended for this project. Fee \$5

- Cut 4 strips of fabric: 2 x 29 inches for the handles, 2 strips of each kind of fabric.
- Cut 2 pieces the fabric for the body of the bag: 12 x 14 inches each.
- Cut one strip of contrasting fabric: 4.5 x 40.5 inches.

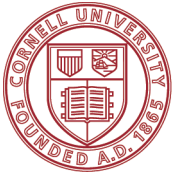


**Break For Nutrition:** Wednesday, April 1<sup>st</sup>, 1:00 pm - 3:00 pm. Got the munchies? Tired of the same old snacks? Come to the Extension Learning Farm to discover new snack ideas for when the desire for a snack strikes. Participants will learn about new ideas for snacks and experiment with preparing and tasting some of these tasty delights. Fee \$5.00.

**Robotics:** Thursday, April 2<sup>nd</sup>, 10:00 am – 12:00 pm. Class is recommended for ages 8 years and above. Participants will learn basic engineering principles and coding while building a variety of small robots. Class size limit is 15. Class fee is \$5.00.

**Bird Houses and Flowers:** Thursday, April 2<sup>nd</sup>, 1:00 pm – 3:00pm. Learn how to identify birds and how to attract them to your yard. Each participant will construct a bird house and start flower seeds to take home. Time providing, participants will practice their bird ID skills outdoors while going for walk around the farm. Please bring appropriate outdoor clothing and footwear. Class limit is 12. Cost of class is \$10.00.

**Teen Fun Friday:** Friday, April 3<sup>rd</sup>, 10:00 am – 2:00 pm. Teens ages 13 years old to 19 years old are invited to come spend a day on the Extension Learning Farm. There will be socializing and fun programs throughout the day, such as: tie-dyeing, activities in the sugarhouse and greenhouse, hiking, animal science, and much more. There will be a Chicken BBQ for lunch, and a chance to provide input for future teen programs.



**Cornell University**  
Cooperative Extension  
St. Lawrence County

2043B SH 68, Canton, NY 13617

Tel: 315-379-9192

Fax: 315-379-0926

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13617

## Shooting Sports 8 Week Program

The eight-week session alternates between the Norfolk Rod and Gun Club and the Extension Learning Farm in Canton.



➤ Youth must be 12-19 years of age. Parents encouraged to get involved too! Participants use Extension owned archery equipment, .22 cal. rifles and 20 and 12 gauge shotguns.

➤ Cost: \$50 per student. Fee includes necessary memberships (Sportsman Club and 4-H), insurance, supplies (ammo and targets), and facility use, etc.

Call to reserve space now, 379-9192. Welcome packet and registration forms will be mailed, which can be returned with fees prior to the first program event.

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