Franklin County 4-H brings back the Gazette

Over the last few years and especially in the recent months during with the COVID-19 pandemic, our 4-H Community has had to transition to a total online environment, using email, social media, online meeting rooms and websites.

Although this brings many new tools for projects and opportunities to learn, it could be impacting you in a different way. Because of the heavy digital traffic, you may miss seeing our announcements or getting all the details that are important to you. You may find yourself overwhelmed by too many choices, or fi nd it difficult organize the information. Quite simply, you could be suffering from too much screen time.

Our goal is to bring our outreach to you in a way that is easy, but grabs your attention and gets you to participate. Because of this, we are trying some old ways, as well as the new ones, to help you find what works best for you. Welcome back to the Emerald Gazette!

New York is moving forward from the pause on the pandemic. When CCE Franklin has released the approval to hold in person gatherings there are guidelines that must be followed:

- No more than 10 people, attendance sign in required
- Social distancing procedures include wearing a face covering OR maintaining 6 ft distances
- Hold meetings outdoors whenever possible
- Hand sanitizer should be available

• Meeting times 1.5 hours or less
• Single serve food, commercially prepared. Bring their own water, clearly labeled for hydration.
• A release form is required to be signed by volunteers

There is no pressure for youth or families to meet. We respect each level of participation. A full video and print sheet regarding these guidelines are available on our website or by contacting our office! All release forms can be turned in to CCE staff or submit to our office by fax, email or with program attendance sheets.
Ian French is a nine-year 4-H member who began his 4-H journey in the Rising Stars 4-H club based in Ft. Covington. Ian has maintained a strong interest in the dairy project area all of those years. He also did some wood working projects, and participated in community service activities. Ian attended dairy leadership events like Dairy Discovery days at Cornell University and was a dairy ambassador with the Franklin County Dairy Promotion committee. He used those leadership skills to help the younger 4-H members in recent years with clipping their animals at dairy camp and keeping watch over the animals for the whole group. Through 4-H dairy camp he was able to learn how to trim hooves on cattle and has met many new friends that will last a lifetime. Ian plans to attend the Advanced Welding Institute in South Burlington, VT in the Fall where he will expand his knowledge and certificate in welding. He has his sights on becoming a pipe welder.

Alex Gokey is a nine-year member who currently is in the Maple Leaf 4-H club based in Cha-teaugay. The past nine years Alex has developed his skills in many project areas including woodworking, photography, arts & crafts, and dairy science. Alex’s main area of focus has stayed in the dairy science field with his participation in dairy judging, dairy camp, and exhibiting dairy cattle at the county fair. Alex is also a proud member of the 2020 class of Junior Dairy Leaders through Cornell University. In JDL youth develop additional skills that help them succeed in the dairy industry. Alex also participated in many state 4-H leadership events like STARR (State Teen Action Rep Retreat), Career Explorations, Dairy Discovery days at Cornell, and the Agri-Business Career conference at SUNY Cobleskill. Alex looked forward to participating in Dairy camp every year. Through all of these 4-H events, Alex was able to meet many new people that have similar interests in the dairy industry as him, and that have turned into lifelong friendships all over the state. 4-H has played a major role in teaching Alex about leadership and teamwork. Alex will be attending SUNY Cobleskill in the Fall to pursue a bachelor’s degree in animal science with a concentration in dairy.

Hannah Kanaly has been a member of Franklin county 4-H for the past four years with additional years enrolled in Clinton county 4-H program. Hannah has been active in Adirondack Horse
Lovers Club for the last 4 years and prior to that involved in Clinton County 4H for another 4 years. Her 4-H passion has been working with and showing her horses, Copper, Corona, (named long before the virus) and Fancy. Hannah is an accomplished musician, vocalist, and actress as well. She plans to attend Potsdam college in the fall to pursue her love of writing and was accepted to this university as an exceptional applicant. Hannah has always taken pride in her education and has maintained an average well above 95.

Elizabeth Nichols is also a nine-year 4-H member who has maintained her membership with the County Line Clovers 4-H club based in Chateaugay. Liz is a very motivated member in all projects she takes on. Several of her photography projects over the years have been chosen to represent Franklin county at the NYS Fair. In addition Liz has exhibited her dairy cattle projects at state fair with great success in the show ring. Last year at Franklin county fair Liz also won Master showman in the poultry department. Fair has always been a highlight to Liz’s year where she gets to spend a week with friends that are not seen often and get to take care of a lot of cattle in the show barn. She never shies away from an opportunity to help out the younger 4-H members, learn something new at Dairy Camp or to speak to the general public about her animals. She took that passion to help and educate into more action as the Clinton County Dairy Princess a few years ago. Liz is expanding her dairy industry knowledge through her participation with the Junior Dairy Leader program through Cornell University currently. Liz plans to attend SUNY Canton in the Fall enrolled in the Veterinary Science Technology class of 2022.

John-Michael Reardon is a proud eleven year member of the Kids R’ Us 4-H club based in Constable. In the past eleven years John-Michael has been active in several project areas including gardening, arts & crafts, woodworking, food science, community service, goats, dairy and beef cattle. He has some of his best memories from his many years of exhibiting at the Fair with showing his animals. In exhibiting his non-animal projects he learned how to take pride in the hard work he put into them over the previous year as they were displayed in the youth building. John-Michael also participated in public presentations that he attributes to helping him with his public speaking skills. John-Michael plans to continue in the field of heavy equipment after graduation.

A special Happy Birthday wish goes out on her 85th year to Patty Francisco. We had the privilege to work with Patty at 4-H Camp serving as a nurse for many years. Her passion and belief in the 4-H mission inspired many kids to participate in 4-H. Some of them even went on to be leaders! Thank you Patty for sharing your knowledge and being a 4-H hero!

Thank you to the Nicandri Nature Center in Massena, NY! They have agreed to partner and share content with CCE Franklin and 4-H. Be on the look out for their videos and content on our social media pages! Visit their website at massenanaturecenter.com/ Phone: 315-705-5022
Do I really need to care about my Online Privacy?

By Luke Dalton

The short answer here is yes. Everyone should care about their online identities. Most people know it’s bad if someone steals your password and credit-card info, but also don’t care much about what they post on Facebook like “Just hiked this beautiful mountain XD #GorgeousView” with pictures attached. However, what you post and your online privacy is extremely important.

Whether you might have heard or not, even that kind of information gives hackers, companies and governments more power to track you. It also makes you a lot more susceptible to identity theft, even if it doesn’t seem like it. Also, you never know where your data may end up one day, and who might view it. Perhaps future potential employers. Some information is more important, obviously like credit card info, Debit card info, and other similar items. Don’t let the little stuff slip either because even if it’s something small that you feel like nobody would care about, someone else will.

Passwords are also a huge privacy protector and destroyer. Passwords do help people stay out of your account, but share them with the wrong person and it’s game over. Passwords can be guessed too, usually a strong password is something unique to you and something that couldn’t be guessed by a hacker on the first try. Something popular like a movie name or band name with a random set of numbers after it is something that would be figured out quickly. Try to avoid things like 123456 too, though they’re basic and easy to remember, they’re also easy to guess. Never use password as you password.

So, remember next time you make an online purchase or post, you might want to reconsider putting out even a hint of online identifiers out there for anyone to see.

For the success of the trip and benefit for the group, we have altered our timeline for the Wonders of Washing Trip. Our date has been moved from October 2020 to March 2021. This will allow us ample time to have the education sessions with our group about this great nation and our Capital City. As a result of the resent NY Pause, many of our spring events were cancelled. We have accomplished 75% of the funds needed to send all 30+ 4-H members. To kick off the fundraising we have resumed our bottle drives around Franklin County.

Thank you to Alix’s True Value for hosting our volunteered trailers for the first week. We currently have a trailer stationed at the Franklin County Fairgrounds in Malone. Look for other locations or give our office a call to find out where you can bring your bottles & cans in support of our 4-H WOW Trip.

W.O.W. Trip Update

Although we are anxious to join our partner and restart our exciting programming, we are not quite there yet. But the trails are open and what a better way to social distance than a walk in the woods. Paths are easily marked and remember, leave the Earth as you found it!

For more information visit their website at paulsmiths.edu/vic/
Or call 518-327-6241
Entries
- All entries will be made as usual, with the additional option to enter online using the Google forms
- Entries will be due by July 20th to ensure proper time to schedule and line up evaluators
- Fair entry book and printable forms can be found on the CCE Franklin website or can be mailed out by request

Non-Animal Projects:
- Judges will be scheduled to meet one on one with each youth at a convenient location for both
- Evaluation of projects will be completed in the same manner as they would be if exhibited at fair
- Limits will be placed on the number of entries allowed from each youth in each division
- NEW* Best of show awards will be given in place of state fair worthy ribbons for the best item evaluated in each division
- NEW* 2020 Together Wherever Covid Pause time projects will have their own division
- This is for any project completed while on pause that is not listed as a project in the book

Animal Projects:
- A panel of judges for each species will visit the youth on their farm
- Judges will evaluate for showmanship and conformation in Dairy, Goat, sheep, Beef, and Poultry
- Horses sign up for classes that you would have done at fair and will evaluate what will be able to judge as we get closer to our date.
- Ribbons will be awarded with showmanship awards/prizes
- All animals should be “show ring ready”, meaning washed, clipped and fitted to youth’s best ability
- Photos and videos will be taken to review and highlight champions.

Please complete the Survey to help us know what is the best way to get information to your family.

How do you access the Survey?
- Use your smart phone to scan the QC code to the left
- Type in the link https://cornell.qualtrics.com/jfe/form/SV_415XVPzF3Xhluk5
- Visit our website
- Just call our office at 518-483-7403.

Survey Questions:
- Family Name
- What is the best way for you to receive information from the 4-H Office?
- How would you prefer to be contacted for 4-H support
Chateaugay Adventurers
By Ainsley Crawford, Secretary

Even though the Chateaugay Adventurers have been quarantined they are still keeping busy. Whether it is community service or it is a virtual craft, the Chateaugay Adventurers are still doing what they would do in a normal meeting, but just at home or family by family.

In April, we did an Easter craft. Wooden ball bunnies are an easy and fun decoration for Easter. Ainsley Crawford taught the group how to make these cute bunnies by a how-to video she made. Supplies for each member were picked up on a porch and they made them watch the video at their own homes. The bunnies turned out super cute and are fun to make.

One of the Chateaugay Adventurers favorite things to do each year is clean the Chateaugay Fireman’s Memorial Park. Did quarantine stop them from doing one of the things they love doing most? Of course not. They managed to still clean the park and make it look nice by weeding and planting flowers, raking and picking leaves up, and putting the flags and lights up. Different families took turns at different times working hard and doing their parts.

The Chateaugay Adventurers participated in the Chateaugay Memorial Day Parade. With only two of our club members in the parade, we did it! Drew Crawford as Uncle Sam and Hayden Childs as the Statue of Liberty made many people very happy. They rode in the back of a truck and waved to all the people, including the other members of our club who had lined up on the streets.

Lastly, the Chateaugay Adventurers decided to do a virtual Cupcake War with the theme #518rainbowhunt. The Cupcake War is now open to all members of 4H in Franklin County. All participants have to make 12 to 24 cupcakes according to certain rules and submit photos or videos for judging. We love to bake!

We hope all of you are doing well. Happy summer! Don’t forget to make the best better and we can be 4Her’s even in quarantine!!

Bangor Rangers

The Bangor Rangers have not been really busy during the pandemic.

In November we held our family dinner at the Brushton Fire House. We enjoyed some pizza and wings. We also held our election of officers with Gregory St. Hilaire being elected as our President for the 2021 4-H year. With Abby Clark becoming Vice President, Skylar Durant becoming Secretary, Zander Durant was elected as Treasurer, Landon Pierson and Peyton Niles were elected as flag bearers and Audrey St. Hilaire with Lauryn Clark are our scrapbook keepers.

The Farm to market store held a raffle of two lawn ornament tractors with the proceeds going to our kids that
are going to attend the WOW Trip. The kids helped sell tickets at Stewarts in Brushton and at Runnings in Malone.

In December the club made Christmas Bells with a terracotta planter, a bell and jingle bells. It was donated to the Meals on Wheels program at the Brushton Adult Center. Also in December each 4-Her made a snowman hat center piece for Christmas.

In May, Cindy, Jessi, Skylar, Christine, Easton and Wyatt went to the Moira Cemetery on Clark Street. They raked and removed a pile of brush and wood shavings from a tree cut down in the winter. Also in May the club voted to purchase American flags to place on the Veteran’s graves in the cemetery.

We are in the process of doing virtual craft projects, making a bird feeder. Cindy is doing a video on how to make the feeder and they can do it at home. 4-Hers will pick up supplies at Cindy’s house, which will include enough materials to make one extra for each family so they can sell.

4-H Free Rangers

Due to Covid-19 and the resulting quarantine, the 4-H Free Rangers have been officially on hiatus and most of the members have been working independently on at-home projects during the shutdown. Since our last meeting, the Ruvolas have been spending their time reading, tabletop gaming, playing with their new puppy, modeling, and creating lots of art projects. They also made an Indiana Jones spoof movie! Christopher has been busy reading, practicing his camping skills, and enjoying the outdoors, while Logan has spent his free time painting his new models and exploring and searching for interesting types of rocks! The Marciniak children have been working hard on many of their 4H project areas, including cooking, beekeeping, and artwork, as well as starting some new projects such as gardening and raising sheep and goats. We were proud and excited to have Robert Marciniak enter the 4-H Goat Scholarship contest, through which he was selected to receive a beautiful Alpine doe kid donated by Adirondack Alpines. He is looking forward to showing, training, and milking her in the years to come!

NEW CLUB opportunity!! There has been a growing interest in keeping small ruminants (otherwise known as rabbits, bunnies and guinea pigs). A current 4-H leader, Fran Wynnik looking to activate a new club around this interest. The concept would be to meet monthly—which could be online, via Facebook or in person. There would be activities centered around training, showmanship and animal care and would help prepare for fairs and shows (next year of course).

If you are interested, please email Liz Couillard for contact information eat93@cornell.edu or give the office at call at 518-483-7403
**Winged Eagles**

We would like to introduce ourselves, the Winged Eagles of Tupper Lake, and we are so proud to be 4-ners of Franklin County.

We like to help our community by doing food pantry drive, Christmas caroling at our local nursing home as well as the adopt a grandparent monthly get togethers, We do help with community clean-up, raise money for the needy, the wild life refuge and our favorite— 4-H Camp Overlook! We are also helping to raise money for the WOW trip by collecting bottles and cans. We do many projects, pictured here we learned how to sew and made our own pillow cases. We do not belong to an animal/pet group but we join into events when they arise. We, the Winged Eagles, picked our name as we are meant to soar into the future! Our club song is "Try Anything" by Shakira, it reminds us to never give up, never give in and keep on trying. We so look forward to getting back to our regularly scheduled meetings as soon as 2020 starts again, it was off to a rough start! We would also like to welcome back the Emerald Gazette, it always offers so much news.

---

**4-H ‘Kid’ Scholarship Award**

2020 marked the first year for the 4-H Kid Scholarship opportunity……kid as in baby goat! Brenda Hutchins of Adirondack Alpines reached out to Franklin county 4-H with the hopes to give a worthy youth a doe alpine kid. We settled on the idea of making it into a scholarship application where the youth had to write an essay on how they would take care of a goat, what kind of responsibilities they have at home, future goals, and what would they youth do to show it. We had two applicants for this first year of the scholarship, both of very high quality and very well deserving. Robbie Marciniak was named the winner for the 2020 kid scholarship. He is very excited to own his very own goat, named Adirondack Alpines Moon Pie, that he gets to care for and raise to her best potential! He looks forward o breeding and developing his Alpine doe into a great herd.

Thank you Brenda, what a great gift to all 4-H kids involved!

---

**EXTRA! EXTRA! CLUB NEWS!!**

Registration is open for the summer of 2020 Day Camp being held beginning June 29th.

The camp staff have worked diligently to adhere to all health code requirements for sanitizing and social distancing requirements.

Thinking about signing your child up for a week of fun? Visit the website campakalaka.org or give a call to our partner, Malone YMCA at 518-483-2354 for details about rates, discounts, scholarships and all of the fun planned for “The Best Summer Ever” camp theme!
Cooking with Mikayla

4-H Fun with Food: S’mores with a Twist
Getting bored with s’mores? Try a new spin on it! Here’s what you’ll need:

- Sugar/Waffle Cone
- Mini Marshmallows
- Chocolate chips
- Berries, such as cut strawberries, blueberries, raspberries
- Aluminum Foil
- Tongs
- Potholders
- Campfire

First, get a small campfire going with adult supervision. Remember: never leave a fire unattended.
Take a cone and fill it with mini marshmallows, chocolate chips, and berries. Wrap it in aluminum foil and set next to hot coals using tongs. Occasionally turn for about 5-10 minutes. Remove from coals and handle with potholders. Unwrap and enjoy!

*For more information on how to properly start a fire, safety, and more, visit https://smokeybear.com/en/prevention-how-tos/campfire-safety

Summer Cooking Camp
A local chef, and former 4-Her, Cathy Hohmeyer of Lake Clear Lodge has volunteered a summer long project involving her own passion, cooking! Each week a recipe will be shared and posted to her website. It will include the list of materials needed to complete the recipe and will allow a few days to collect them. Thursdays at 3pm Cathy will have a live cooking class that you can follow along with and cook at the same time from your own kitchen!

Want to find out more about how to join? Contact Pat Banker at pab21@cornell.edu, send us a message on Facebook or just call our office!! We will share the link you need to get connected to the live demonstration. In the mean time, check out this website dedicated to the Summer Cooking Camp for 4-H https://adkevents.wixsite.com/cooking-camp This is where you will find sessions, materials for future classes and past recorded videos!!
My Udderly Versatile Goats!

By Oksana Wynnik
4-H Member, Kids 4 Kids,

We have a small herd of NIGERIAN DWARF goats. They are a breed of dairy goats that originated in Africa and are a lot smaller than the other dairy breeds. Their milk differs quite a lot from other goats as well. Their milk has 6 to 10 percent butterfat. That makes it ideal for making other dairy products other than just using it for drinking. Despite their tiny size they produce between 2 to 4 pounds of milk per day. Since we just started milking our goats, we pasteurize our milk on the stove using a double boiler at 160 degrees for 30 seconds. If we had a pasteurizing machine we would set it at 145 degrees for 30 minutes. After you have pasteurized the milk, you chill it as quickly as possible to keep it from going sour. After that, the milk is safe for you to drink or make various products such as cheese, yogurt, ice cream, soap, non-toxic paint, or use for any recipe or purpose as you would use cow’s milk. It takes approximately one gallon of milk to make two pounds of cheese.

As far as breeding and babies are concerned, Nigerian dwarf goats have year round heat cycles, although they are typically stronger August through December. Goats have a gestation period of 145 to 151 days so we track the doe’s heat cycle and then put her with one of our bucks a couple of days before she comes in so that he catches her right at the peak of her heat. Ahead of time we look at the doe’s registration papers as well as her conformation and size to be sure she is large enough to breed and to select the right buck. Both out bucks come from very good milk and show lines but we still choose carefully. Conformation faults can be passed down so we look to always try to improve the lines we have.

While the does are pregnant we watch their size and food intake so that the babies don’t get too big for their mothers to have an easy delivery. Nigerian Dwarf kids weigh between one and three pounds which is quite small. The does we breed have had completely natural births with no human interference because we were so careful and took the steps necessary to have healthy does and kids. Nigerian Dwarf goats are known for their propensity for multiple births – the record is 8 live births in one kidding, but triplets and quads are very common. Of course there will be times when there can be complications but as breeders we minimize this as much as possible. Unless there is doeling or buckling we are going to retain the kids are sold once they are weaned. Until that time we play with them to socialize them and love them every single day until it is time for them to go to their new homes.

But that is not all I do with my wonderfully versatile Nigerian Dwarfs. Look Part 2 in the September Gazette or the full version on our website!
Isn’t this a great name?! The quote from Dr. Seuss sums it up. I did this because even though the days seem to drag and quarantine is a lot, life can still be funny and so can the kids. They can find the fun in themselves and around them.
-Hailee Edwards, 4-H Intern of 2020, SUNY Potsdam

"I know it is wet and the sun is not sunny but we can have lots of good fun that is funny"
- Dr. Seuss.

“Pictures of Positivity”
Are you a SNAP recipient, eligible for SNAP or on Medicaid? If so, you could speak to one of our SNAP-Ed nutrition educators, free of charge.

SNAP-Ed NY teaches people to shop for and cook healthy meals while on a limited budget. Our goal is to give you the tools, tips and tricks that help you make nutritious food choices within a limited budget and choose a physically active lifestyle.

- Do you have questions on how to get enough nutritious food while social distancing?
- Are you unsure of how to use some foods that you may have received from different sources?
- Do you have questions about how to eat healthfully when eating a special diet?

We can help!

Call Cornell Cooperative Extension of Franklin County at 518-481-3367 and ask to speak to one of our Nutrition Educators.
Free Wild Edible Webinar Series

Pat Banker, Cornell Cooperative Extension Franklin

A free 3-part webinar series discussing the identification, safety recommendations, historical usage, and sustainability of wild edibles will be available both as a recorded series or join in live for webinar presented by Cornell Cooperative Extension educators, Pat Banker, John Bowe, and MB Mitchum. Sessions are Thursday, June 25, 1:00 pm and Thursday, July 2, 1:00 pm.

Webinar 2 will include chicory, Queen Anne’s Lace, oxeye daisy, common milkweed, burdock, and yarrow. Recipes will also be included.

Webinar 3 will include stinging nettle, evening primrose, wild leeks, Jerusalem artichoke, cattail, white pine, and staghorn sumac. Recipes will be included.

Pre-registration is required to receive the live webinar link or link to the taped sessions. Contact Cornell Cooperative Extension, 518-483-7403 or pab21@cornell.edu for questions or got to http://franklin.cce.cornell.edu/ in “Gardening and Grounds” section to pre-register.

Virtual 4-H Dairy Judging Workshop

Since we can’t get you all together to dairy judge, we are bringing it to your living room! Join Dr. Doug Waterman, Kevin Ziemba and Casey Hinz for a workshop series that teaches you the ideas and concepts of dairy judging across the breeds. Regardless, if you are new to dairy judging or a seasoned judge, these workshops will give you the opportunity to grow as a dairy judge, connect with your fellow dairy judgers (via Zoom), and build mastery in your dairy judging skills. Open to all NYS 4-H members, parents, coaches and 4-H Educators.

Join us for four sessions with the first session is will include the how to’s and what to look for when judging dairy cattle. Sessions two, three and four you will be practicing judging cattle followed by analyzing them together. Seniors will be able to give oral reasons individually to the instructors via zoom or over the phone to with feedback to grow in their oral reasoning skills.

Session 1 – June 24 7-8:30PM
Session 2 – July 8 7-8:30PM
Session 3 July 29 7-8:30PM
Session 4 – August 5 7-8:30PM

Register in advance for this meeting & receive email confirmation:
https://cornell.zoom.us/meeting/register/tJcsd-2hrjwtHNeu1aAkFgLkg5NdkLDZgBN
Some Events are Coming….

- Virtual Fair 2020 “4-H Together Where Ever”—August 22–August 29th, Entries due by July 20th

- Bottle Drives June & July in a town near you!  Proceeds to support Wonders of Washington Trip (moved from October 2020 to March 2021)

- Franklin County 4-H Horse Camp—Saturday, September 11—September 13  Rescheduled from May—and tentative according to 4-H and NY State allowable guidelines.  Stay tuned!!

The Emerald Gazette is also available online with links to info: franklin.cce.cornell.edu

Would you like to sponsor our Emerald Gazette?
Consider placing an advertisement for your business in the next edition to help cover print & postage!
Call our office at 518-483-7403