

4-H Free Rangers

Congratulations to the 4-H Free Rangers, who were notified by National 4-H, that they were one of the winners of the TSC Paper Clover Display Contest. The theme they chose was "Go Wild with 4-H" and showcased all the wild outdoor activities and curriculum 4-H has : Backpacking, Forestry, Camping Adventures, Fishing, Wild Edibles, Hunting and Trapping, First Aid, Pollinator Gardens, Composting, and Recycling.

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CCE Franklin Staff Updates

We Are Hiring!

Agricultural Program Educator



Cornell Cooperative Extension of Franklin County (CCE Franklin), located in the beautiful Adirondack region of upstate New York, is looking for an Agriculture Program Educator who will lead the organization and work with an exceptional team of people committed to CCE Franklin's Vision, Mission and Core Values.

This position will serve as the Agriculture Outreach Educator for Cornell Cooperative Extension Association of Franklin County and will provide program outreach education to the Franklin County agricultural community. This position will make calls on individuals involved with production agriculture to familiarize individuals with all existing agricultural educational programs and services; refer questions to appropriate specialists within Cornell Cooperative Extension of Franklin County or the state-wide Extension System or to other agencies (i.e. Franklin County Soil and Water, Farm Service Agency, and various financial organizations). This position will utilize existing program resources and materials in program work, assist in the creation of program lesson plans, utilize a variety of delivery methods and assist in delivering innovative educational programs as assigned.

For more information and how to apply:

www.franklin.cce.cornell.edu/jobs

The Chateaugay Adventurers

During the month of May, The Chateaugay Adventurers have done May cleanup day which they cleaned up the streets of Chateaugay by picking up trash and then recycling it. Also, they were part of a Memorial Day parade around the Village of Chateaugay. After the parade they went to the American Legion and honored the people that fought in wars.

In June, the Chateaugay Adventurers were out volunteering again this time they cleaned up the yard at the House of History in Malone. There they swept the driveway, clipped the weeds, raked the leaves, and cut down overgrown tree branches. After they were done, they got a private tour in the House of History.

In the up coming months, they will be working on their money management pin, volunteering at the Strawberry Festival at the Burke Adult Center on June 23rd and hiking High Falls Gorge in Wilmington in July. As well as working on their fair entries and educational display for the fair in August. We can't wait to see our fellow 4Hers at the fair this year!

-Drew Crawford

The Chateaugay Adventurers - Secretary



4-H Horse Camp

Welcome Back Horse “Camp”

4-H’ers and their families were excited to be able to be “4-H Together Wherever” again as they arrived from Franklin, Clinton, Essex, and St. Lawrence Counties to “Learn by Doing” with professional horsemen, and clinicians Michael Dunn, and Scott Loomis at the Franklin County Fairgrounds. A host of amazing volunteer instructors including Jill Kirk, Jessica Nelson, Mary Lou Lester, Tiffany Chapman, and Mara Chiappalone worked with all levels of riders. Horsemanship, equitation, showmanship, barrel racing, roping, hoof care, jumping, miniature horse activities from showmanship to driving, muscle therapy for sore horses, and even how to safely tie a horse were just some of the instruction given over the course of 2 separate Sundays.



Small Ruminant Family Camp

Small Ruminant Family Camp at Camp Overlook

What could be better than kids and lambs with their families at 4H Camp Overlook? 4H'ers were able to stay for overnight camp with their goats and sheep. The 4H families from Franklin, Clinton, and Essex counties stayed in their own cabins complete with fire pits for cooking dinner while the sheep and goats camped out in pens in the rec hall. Campers arrived around 6:00 pm on Friday evening, made sure all the animals were set up for the night then spent the rest of the evening, I've heard the fun lasted until the last game of gaga ball at midnight, thoroughly enjoying being back together outdoors playing games, making s'mores around a campfire, and prepping for the full schedule planned for the next day. Saturday started with a homemade breakfast then progressed into a full day of learning more about conformation judging, showmanship, health care, clipping, hoof trimming, prepping a sheep for showing, and some crafts. Instructors were experienced goat and sheep leaders and 4H alumni from all three counties. Of course there was time scheduled to experience a taste of some of the camp's low ropes course with youth doing the teeter log challenge and the lava pit challenge. Instructors were experienced goat and sheep leaders and 4H alumni from all three counties.



Dairy Camp

We had a great day learning basic dairy cattle showing skills at Poppydale Dairy. State Veterinary, Jessica Smith presented on the C.A.R.T. program and what to do in an emergency with your livestock. John and Nicole Wright instructed the youth on heifer toplines, belly and udder clippings, and show prep for a cow. Jen and Kathryn Bosley stepped up to instruct the two experience levels in showmanship and some changes on what's acceptable in the ring. Diane Dumont and Connie Gerow helped serve lunch along with some special attention to our newest 4-H Cloverbud, Henry Lavoie. We cannot wait to see everyone at fair!!



New Cloverbud learning the ropes



4-H Senior Showcase

Congratulations to all Franklin County 4-H Seniors!

You are moving on to a new and exciting chapter in your life.

We thank you for your continued hard work and dedication over the years and wish you the best of luck on your future endeavors.

*Patrick Bosley
Mackenzie Chapman
Courtney Dumas
Taylor French
Amy Gokey
Jasmine Leroux
Adyson Miller
Julia Oakes
Lane Oakes
Kobe St. Hilaire
Hunter Tucker*



Wild Edible Identification Walks

Wild Edible Identification Walks at the Paul Smiths VIC with CCE Franklin Educator Pat Banker

Learn to identify regional wild, and not so wild, edible plants, their culinary uses, and medicinal history.

Walks are on Wednesdays from June through August, 10 am to 12:00pm. Pre-registration is required with the VIC. <https://www.paulsmiths.edu/vic/visit/>

(Calendar will be updated soon) or contact Pat Banker, pab21@cornell.edu

All walks are handicap accessible. Participant numbers are limited according to current covid guidelines.

Workshops may be offered late summer. Watch the VIC and CCE Franklin website for more information.

4H Clubs and families may schedule a time and place for a private, no fee, Wild Identification Walk by contacting Pat Banker, pab21@cornell.edu

June 30th - July 7th, 14th, 21st - August 18th, 25th



Photo: Lunch is red clover bread with lambs quarters pesto, stinging nettle pasta, dandelion blossom tempura, burdock root fries, wild greens, and salad with violet, ramp, wild garlic, maple vinaigrette dressing. Soup is cream of common milkweed buds.



Franklin County Fair Youth Exhibitor Letter

Dear Youth Exhibitor,

We are very happy to say that we will be going forward with fair as normal! Franklin county fair will be held August 6th- 15th. As many of you know there has been some changes made to the schedule of arrival and release in some departments as well as open entry fees, class premiums, and passes. We are happy to say that the 4-H youth premiums will remain unchanged.

Listed below are some of the changes that you need to be made aware of:

All exhibitors will be receiving a free exhibitors pass, open and youth. Each department has its own levels of passes allowed, for example in cattle you get a free pass for every 4 animals entered. However, these passes are only good for entry at the gate and not parking. A parking pass for the week can be purchased for \$20 at the fair office. This pass is for the driver and does not limit the number of individuals in a vehicle. It is also transferable among vehicles, for example you use your truck to haul in hay in the morning, go home to do chores, and come back with your minivan, the same parking pass is good for either vehicle.

All passes will be issued through the fair office. If you are not an animal exhibitor and are coming to fair to work the food stand or to volunteer in the youth building you will be on a list at the fair office where you can pick up your entry pass.

Open entry fees for animals have increased. For 4-H youth families the fair board recognizes that this could be a hardship for some. So the rule still stands that if you place 1st or 2nd in the youth show you can enter in the open show for just \$1. This entry needs to be made the night before open show. This rule may not apply to all departments due to the show schedule, so please speak to us if increased entry fees will be difficult.

Entries will be due for all youth departments by **July 2nd**. Yes, this is early, but we believe there will be a very large number of entries at fair this year due to surrounding area fairs' decisions in their shows. If we have all of the youth entries early then we can ensure proper space and housing for all animals. Entries can be made online or on paper sent to the 4-H office. Please check the website and Facebook pages for their availability. Call the office if you need any printed materials sent to you.

Youth building entries can be any projects that were done in the last two years. Judging for these exhibits will be done by a schedule this year where each family unit signs up for a time to have their projects evaluated in person, or choose to drop off projects to be evaluated without youth present. If you miss your scheduled time, then the projects will be evaluated as a drop off.

Please see the fair schedule below for your reference. Surveys will be going out in June for volunteers to sign up to help work the youth building, assist in the animal shows, and work the food stand.

Franklin County Fair Youth Exhibitor Letter

Fair this year will be very dependent on the help of volunteers, so please consider giving some time to the collective fair effort.

The 4-H Fair Theme will be: "4-H Together Wherever" SO please design your club, youth, and educational displays around this theme! Sensory stations in the youth building will not be in place this year so any other large displays to fill our center space is greatly appreciated. We also will have two TVs running videos and photos every day. So recorded presentations, youth videos on their projects, or ag promotions are needed to run on this loop.

Please have any of this material in to the 4-H office by July 2nd.

4-H Shows Schedule (does not include Open)

August 2nd-5th: Fair building set up and cleaning, scheduled project evaluations.

- **Friday August 6th- Fair opens**
 - Colored breed cattle and Small Ruminants in place by 11 AM
 - Poultry show end of cattle barn at 3 PM
- **Saturday August 7th-**
 - Colored breed cattle showmanship & Conformation 10AM
- **Sunday August 8th-**
 - Youth 4-H Horses move in
- **Monday August 9th**
 - Horse & Mini show outside ring, showmanship & Jr Sr classes 8 AM
- **Tuesday August 10th**
 - Horse & Mini show Outside ring Cloverbud, WT, WTBC, and game classes 8AM
 - Beef Show inside ring 10AM
 - Sheep showmanship & Conformation 2 PM Sheep Barn Ring
 - Pig Evaluation (after sheep show)
 - Cattle released at 6PM
- **Wednesday August 11th**
 - Holstein, R&W, Grade cattle move in by 3PM
 - Goat showmanship & costume classes inside ring 1PM
- **Thursday August 12th**
 - Goat Conformation classes inside ring 1 PM
- **Friday August 13th**
 - Holstein, R&W, grade showmanship & Conformation 10AM
- **Saturday August 14th**
 - Small Animal and pets evaluations Youth Building 11AM
- **Sunday August 15th**
 - Goat Pack & Obstacle courses inside ring 1PM

Please let us know if you have any questions and we cannot wait to see you at fair!

Liz Couillard & Pat Banker
518-483-7403

Eat93@cornell.edu pab21@cornell.edu

National Dairy Month

National Dairy Month is Here!

Remember That Strong Bodies, Need Strong Bones!



Some fun facts about dairy and the cows that it comes from.

Did you know:

- The average American consumes 25 gallons of milk a year.
- More than 1000 new dairy products are introduced each year.
- US Dairy farms produce roughly 21 billion gallons of milk annually.
- To get the same amount of calcium in an 8 ounce glass of milk, you would have to eat 1/4 cup of broccoli, 7 oranges or 6 slices of wheat bread.
- The greatest amount of milk produced in one year was 59,298 pounds of milk by a Holstein cow, named Robthom Sue Paddy.
- A cow is more valuable for its milk, cheese, butter, and yogurt than it is for its beef.

Consuming dairy products provides many health benefits, especially improved bone health. Foods in the dairy group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Calcium is used for building bones and teeth and in maintaining bone strength as you grow older. Dairy products are the main source of calcium in American diets. About 90% of Americans do not get enough dairy, therefore most individuals would benefit by increasing intake of fat-free or low-fat dairy, whether from milk (including lactose-free milk), yogurt, and cheese, or from fortified soy milk or yogurt.

To learn more about dairy benefits, amounts to consume, and alternatives, please visit

www.myplate.gov/eat-healthy/dairy

SNAP-Ed Recipe

RECIPE

Fruit Pizza

This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try using any combination of colorful fruits. MyPlate recommends that we try to make half of our plate fruits and vegetables at each meal, and this recipe is a very simple, delicious way to reach those goals!

This recipe was provided by SNAP-Ed NY.

Makes: 2 servings

Source: www.snapedny.org/2020/06/fruit-pizza/

Ingredients

- English Muffin (try whole grain!)
- 2 Tablespoons reduced fat or fat-free cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served immediately. Refrigerate leftovers within 2 hours.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 2

Nutrients	Amount
Calories:	120
Total Fat:	8 g
Saturated Fat:	1.5 g
Sodium:	170 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	7 g

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The Extension Nutrition Team of knowledgeable nutrition educators provide practical, hands-on activities and skills for healthy meal prep, as well as explore the importance of physical activity in a healthy lifestyle for the community members in the North Country.



Visit our website www.snapedny.org for more recipes and tips for eating healthy for yourself and your family.

After-School Panther Hour

As the school year winds down, afterschool winds up. Pictured are some of our regular Panther Hour attendees standing with their balloon towers. They were paired up and given a certain time frame to see who could build the tallest tower using inflated balloons, masking tape, and a cardboard base. This project really tested their ability to work together. It was a rocky start, however, they pushed through the challenges and were able to present what they came up with. Afterwards, an idea came up to combine the balloons into an “igloo” of sorts. They continued to reuse the balloons for the rest of the week until they were too deflated to use anymore.



Did you know you can do this at home too?

Try it for yourself and send in pictures to be boasted on our page!

Here's what you'll need:

- 30 Balloons, inflated (we highly suggest using a pump)
- A roll of masking tape
- A piece of cardboard

What to do:

- Start by taping the balloons to the cardboard base so it'll stay upright for you. Now the rest is up to you! Build the tower as high as you can with it freestanding. It's harder than you think, unless you have a technique down.

Good luck building!



4-H Camp Overlook News!

Registration is open for Summer 2021!

Health and safety remain our top priority at 4-H Camp Overlook. We are taking extra precautions this year, including having a reduced number of campers per cabin.

Spots are filling up quickly and some weeks are almost full, so register soon!

You can register and learn more about our safety precautions at:

<https://4hcampoverlook.org/summer2021/online-camp-registration/>



Camp Akalaka News!



Open to children ages 5-12
Monday-Friday
8:00 am to 4:00 pm

\$145/ child per week (avg. \$29/day)
**financial assistance available*

REGISTER TODAY!

THEMED WEEKS

WEEK ONE SPIRIT WEEK 6/28 THROUGH 7/2
WEEK TWO UNDER THE SEA 7/5 THROUGH 7/9
WEEK THREE WILD, WILD WEST 7/12 THROUGH 7/16
WEEK FOUR VIKING WEEK 7/19 THROUGH 7/23
WEEK FIVE DOWN BY THE FARM 7/26 THROUGH 7/30
WEEK SIX OLYMPICS WEEK 8/2 THROUGH 8/6
WEEK SEVEN CARNIVAL WEEK 8/9 THROUGH 8/13
WEEK EIGHT SUPER HERO TRAINING ACADEMY 8/16 THROUGH 8/20

the  CCE

Camp Akalaka is back for Summer 2021!

Registration is now OPEN!

Camp Akalaka is a certified day camp that will be offered from June 28th through August 20th. There is a different theme each week and is packed with camp favorites such as physical activity, arts & crafts, STEM/STEAM projects, cooking classes, educational activities, explorations, and adventure!

This year Camp will be held at the Malone Civic Center at 88 State Street, Malone, NY.

Financial assistance is available for those who qualify. Please contact Michelle Schumacher at mschumacher@maloneymca.org.

Register online at: <https://campakalaka.org/2020-registration/>

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