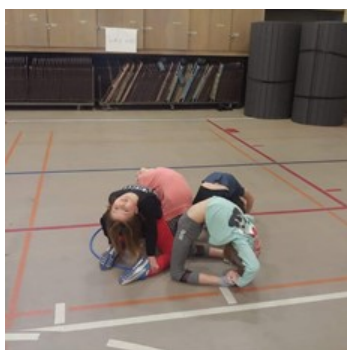


Walmart Healthy Living

By Jarret Lamica - After School Educator

Walmart healthy living is a grant that allows us to go into school's physical education classes. In our meetings we discuss nutrition, healthy habits, and healthy lifestyles. We focus on lecture style education as well as learning through movement as well. We feel that through the combination of both we can better reach the different type of learners and have a more wide spread impact on the education of our students.

In this activity we have our students transform themselves into a fruit or vegetable that matches the color of their hula hoop.



This group has chosen to be blueberries!



This group has turned themselves into a strawberry!



These boys have made themselves into a giant banana!



In this activity we have our students going through a yoga sequence. The kids were skeptical at first but ended up loving it!

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4-H Community Educator

Patricia Banker

Program Assistant

Abby Langdon-Bigness

Director, Camp Akalaka

Jarret Lamica

After School Nutrition Educator

Mikayla Foster

Program Assistant

4H Camp Program Staff

Casey Sukeforth

Camp Director

Teresa Peterson-Martin

Camp Registrar

News Update for 4-H Enrollments

If you were in 4-H in 2020, you will automatically be enrolled for 2021.

Please call the office at 518-483-7403 for any new members, address changes, or any general questions!



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New CCE 4-H Staff & Members



Lindsey Kelly is our new Operations Coordinator/Office Manager at the CCE Franklin Office. Lindsey joined our team in October 2020 and comes to us with a B.B.A in Business Management from SUNY Canton and over 10 years of Administrative experience. She brings a strong knowledge of the surrounding communities as a North Country native and providing an exceptional office experience for both staff and community members is of great importance to her. She resides in St. Regis Falls, NY with her husband. Lindsey will be responsible for assisting with 4-H enrollments, website updates, event registrations, and various other office duties for 4-H.

4-H PAC

Nicole Calnon is the Elementary principal of Chateaugay Central School. Her husband is a 4th grade teacher, and her 3 children all attend CCS. She is highly involved in youth development in the Chateaugay community and plays a key role in the execution of Bulldog hour.

Jessica Shenandoah, Mohawk Wolf clan from Akwesasne and a mother to 3 children. I have an environmental technician degree, and I work for the mohawk council of Akwesasne as a camp coordinator. I coordinate cultural camps to youth groups, schools, universities, work programs and more. I do medicine walks where I talk about the traditional practices of collecting wild plants to use as medicines. I am also part of a non-profit community garden called Onkwe. We invite people to participate in the gardening with us as well as to learn how to connect traditional knowledge and western science. I want to add that I bring in presenters from the community and surrounding areas to help us with

their expertise. I look forward to working with your program.

Ag PAC

Dr. Jennifer Groetsch was born and raised on a dairy farm in Albany, MN. She received a Bachelors in Dairy Science from the University of Wisconsin - River Falls. After she attended the University of Minnesota and received a Doctorate in Veterinary Medicine and a Master's in Public Health, she moved to the North Country in 2018 and has been working as an associate veterinarian for North Star Veterinary Service. Her and her fiancé live in Burke, NY with their two cats. During their time off they enjoy hiking, traveling, and spending time with friends and family.

John Bonaparte, I am 25 years old and I am a Mohawk of Akwesasne. I was previously the manager of the Strong Roots Community Garden for 2.5 years and left this summer to pursue my own farming dreams. My farm, Bare Bones Farms will be an ecological, educational training ground where we will be focusing on growing the next generation of mohawk farmers, providing local food for the community and to be a model for ecological agriculture in an area where we are lacking. I occasionally do workshops with community members to be able to share the things I have learned throughout the years and am always trying to connect with people who are interested in eco ag to help them get started with advice, sharing resources, or involving them in activities on the farm.



Fair 2020



Pheasant Chick Program



DEC's Cooperative Day-Old Pheasant Chick Program
Raise Pheasant Chicks

For more than a century, volunteers have been raising pheasant chicks and releasing pheasants to enhance New York's fall hunting opportunities," Commissioner Seggos said. "Raising chicks continues to be a great way to learn about animal husbandry and wildlife management". The program provides pheasant hunting opportunities through a partnership among DEC, hunters, 4-H youth, and interested landowners.

For more information Contact:
Department of Environmental Conservation
1115 Route 86, PO Box 296
Ray Brook, NY 12977
(518) 897-1291



Check out the New York Farm Bureau Scholarship for 2021 High School Seniors!

<https://www.nyfb.org/prog.../promotion-education/scholarship>



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_415XVPzF3XhIuk5
- 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



EXTRA! EXTRA! CLUB NEWS!!



4-H Babysitting 101 Course

THIS COURSE IS FOR YOUTH AGES 12+ WHO
HAVE A VESTED INTEREST IN BECOMING
CERTIFIED BABYSITTERS

THE COURSE WILL RUN FROM
2/16-2/19 FROM 1-3:30PM VIA ZOOM

THE COST FOR 4-H MEMBERS IS \$25 AND
\$35 FOR NON MEMBERS

FOR MORE INFO CONTACT CHELSEA @
CLB299@CORNELL.EDU

PRE-REGISTRATION IS REQUIRED, PLEASE VISIT
THIS LINK:

[HTTPS://PUB.CCE.CORNELL.EDU/EVENT_REGISTRATION
/MAIN/EVENTS_ACTION.CFM](https://pub.cce.cornell.edu/event_registration/main/events_action.cfm)

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with Disabilities and provides equal program and
employment opportunities."

4-H Babysitting Course

Registration is required by February 8th, 2021.
Class will be during February break from
school. Open to youth ages 12 and up.

Gingerbread House Contest Participants



Our participants received awards for their creativity (besides getting to eat their creations after) from Moody Farms, Barefoot Acres, and Liz Couillard. Congratulations!



SNAP-Ed Recipe!

RECIPE

Baked Tortilla Chips

By Dan Sweet
SNAP-Ed Educator

One of the MyPlate recommendations is to make half of your grain's whole grains, which we usually do by using whole wheat bread, brown rice, or whole wheat pasta as staple foods in our dishes. Another great way to add in some whole grain foods to your diet is through snacks!

These baked tortilla chips count towards your daily whole grains and allow you to add as much or as little flavoring as you'd like! Combine these chips with salsa, guacamole or some low-fat cheese and you have yourself a delicious, healthy snack.



Small Changes,
BIG Difference!



Ingredients

- 2 whole grain corn tortillas (6 to 8 inches)
- 1/8 teaspoon salt (optional)
- 1/4 teaspoon oil (optional) or cooking spray
- 1/8 teaspoon seasoning (try garlic powder, onion powder, cumin, chili powder, or a mixture)

Directions

1. Preheat oven to a temperature between 375 degrees and 450 degrees Fahrenheit.
2. Brush oil on one side of each tortilla, or if using cooking spray, spray lightly.
3. Apply seasonings if desired.
4. Cut tortilla into 8 wedges, arrange in a single layer on a baking sheet.
5. Bake for 5 to 10 minutes depending on oven temperature, watch closely to avoid burning.

Nutrition Information

Serving Size: 8 chips

Servings per container: 2

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 70 |
| Total Fat: | 1 g |
| Sodium: | 80 mg |
| Total Carbohydrates: | 15 g |
| Dietary Fiber: | 2 g |
| Total Sugars: | 2 g |
| Protein | 2 g |



4-H Camp Overlook News!

We need your help

4-H Camp Overlook has enjoyed growth and stability the past 75 years. The COVID-19 crisis has changed our world, but not 4-H Camp Overlook's commitment to providing a positive experience for local youth. We need your support to help us keep the spirit of Overlook alive.



Unfortunately in 2020, 4-H Camp Overlook has been forced to drain its operating reserves to survive the pandemic. This leaves 4-H Camp Overlook in a vulnerable place moving forward. When this crisis is over, Camp will be here for North Country Youth, but we need your help. Your gift to 4-H Camp Overlook will ensure we overcome this challenge and continue to provide a natural Adirondack environment where youth, under the guidance of positive role models, take part in a personal growth experience that emphasizes community building, positive social interactions, environmental awareness, skill building and fun.

Please consider making a gift today to our 2021 Resiliency Campaign.



Your support can help guarantee camp's future for generations to come.



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WILL YOU MAKE A DIFFERENCE TODAY?

Please make checks payable to 4-H Camp Overlook

Contribution Amount: You may also donate online at <http://4hcampoverlook.org/donate>
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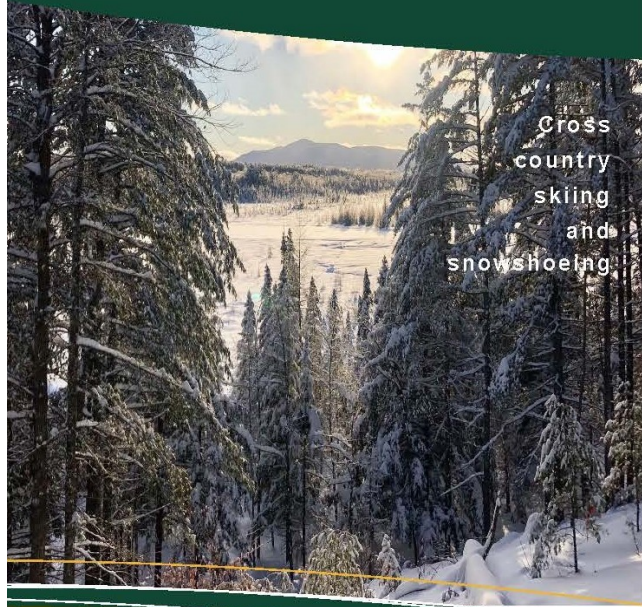


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ADVINE2013

Winter at the VIC!



Cross country skiing and snowshoeing

Trails open dawn to dusk, 7 days/week

8023 State Route 30, Paul Smiths, NY
See website for details on rental equipment and trail passes:
paulsmiths.edu/vic

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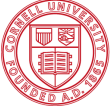
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Stay Tuned For Upcoming Events....

Feb 2021: Virtual Make and Take with the VIC

March 15th—19th: Ag Literacy Week

April 2021: Ag Innovators Grant

May 2021: Horse Camp

June 2021: Dairy Camp

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

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