



Ph: 518-483-7403 Fax: 518-483-6214 http://franklin.cce.cornell.edu

October 2021

Are You Ready For Fall??

Look at this beautiful Fall display put together by Tucker's Black Angus Ranch located in North Lawrence, NY.

A Veteran owed business, that takes pride raising their animals. They offer 3 or 6 month CSA that contain their homegrown black angus beef, pork, and chicken.



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> **Patricia Banker** Program Assistant

Jarret Lamica

Director, Camp Akalaka After School Nutrition Educator

> Mikayla Foster Program Educator

4H Camp Program Staff

Casey Sukeforth
Camp Director

Teresa Peterson-Martin

Camp Registrar

Chris Lamica

Camp Caretaker

Barry Webb

Camp Caretaker



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Emerald Gazette

Cornell Cooperative Extension of Franklin County

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CCE Franklin Staff Updates

Welcome Justin Tucker!

Agricultural Program Educator



Justin Tucker, I grew up in Franklin County on my parents dairy farm. We milked around 100 cows. I joined the Marine Corps when I graduated high school in 2002 and was deployed to Ramadi in the Al Anbar Province of Iraq in 2003 and 2005 spending 19 months working with our Explosive Ordinance Disposal (EOD) team finding and disposing of roadside bombs (IED's). I returned home in 2006 and met my wife Kelli. We started to raise our family of 4 children and build our current operation here in Franklin County.

Tucker's Black Angus Ranch, established in 2011 with 4 pregnant registered black angus heifers and one steer and has grown to over 125 head of black angus cattle, Alpine and Nubian dairy goats and Boer meat goats, Southdown Babydoll Sheep, Scottish Blackface sheep, and several pigs, rabbits, chickens, turkeys, ducks, and even Emu's.

Our meats are processed and sold USDA inspected. We hold numerous certifications for Animal Welfare Approved, Homegrown By Heroes, Beef & Pork Quality Assurance, and New York Grown & Certified.

We sell our products from our storefront walk-in freezer and from our website at www.tuckersblackangusranch.com. Customers can also find our products at various stores and restaurants throughout the area.

I'm excited to be part of the CCE Team and look forward to serving our many farms here in Franklin County.

Justin can be emailed at jwt93@cornell.edu or at our main office (518) 483-7403.



What do you make with burdock, stinging nettle, lambs quarters, dandelions, red clover, sheep and wood sorrel, wild carrot, pine cambium, ramps, common milkweed, evening primrose, and other wild roots, shoots, and greens? Answer: Lunch with breads, jerky, stir fry, jellies, pesto, salad, and cookies for dessert. Could you make a meal or survive on the abundance of healthy and delicious wild food available around you? Participants in this class received hands-on identification, nutritional information, safety in handling wild foods, and instruction on how to sustainably harvest and prepare wild foods.

Seven Franklin County leaders attended the required 4H Wild Edibles curriculum training session at 4H Camp Overlook with the goal of starting a county-wide wild outdoor program. The proposed program would include identification of wild edible plants, berries, barks, and roots, tracking, shelter building, orienteering, fire building, and everything "outdoors" with both trained 4H leaders and guest instructors who are adept in each area.

Leaders that attended: Alesha Truelove, Kim Barcomb, Katie Smith, Liz Couillard, Karen Smith-Ashley, Kelli Tucker, and Fran Wynnik. Three more leaders will be trained soon.

If you would like to help with an outdoor club, or would like more information, contact the 4-H office at (518) 483-7403







4-H Fall Fun Family Horse Game Day and Picnic

4-H members and their families came together to finish a year that started with a long awaited in person 2 days of Horse Camp and the fun of meeting old friends and making new friends. Of course, all the learning opportunities, working on equine and human partners schooling is important! The season continued with a busy summer of local and far away horse shows and events with the goal of being prepared for the fun of fair and showing the results of all the 4-H member's work of practicing, bathing, grooming, braiding, banding, clipping, cleaning saddles, wearing show clothing, and planning decorations for the stalls. For this day, all the show clothes were left in the trailers, horses were sporting fuzzy new coats and windblown au-natural manes. 4-H members rode in their comfortable boots, helmets, and clothes to spend the day playing a host of favorite games on horseback. Izzy Dizzy, Egg & Spoon, Musical Sacks-modified, Silly Simon Says, Barrel Race, and Ribbon Race were played by all levels of riders including the biggest kids-parents and leaders. Lunch was a hot dog and burger BBQ with all the side dishes. Ribbons were donated by Lake Placid Horse Show Association and 4H members drew numbers for prizes donated by past 4H members.



4-H Fall Fun Horse Day - Extra eggs used in an egg toss game

4-H Fall Fun Family Horse Game Day and Picnic





The Chateaugay Adventurers

Our club, The Chateaugay Adventurers, will be starting year 9...we are close to having a decade full of awesome learning, growing, service and friendship. I'm so proud of every kid who is currently in our club or has been a member in the past. Even through the pandemic and it's craziness they haven't stopped. The kids are currently doing a service project for the elderly in our community by making them pumpkin decorations.













The Winged Eagles

Winged Eagles making some of the 400 pumpkins going to the Office for the Aging of Franklin County for senior citizens.

Great job! I'm sure they will put a smile on many faces.



2021 Fair for Franklin County 4-H

Well after a year off of the traditional fair we were very happy to have our youth and their families join us again at the Franklin County Fair. Please enjoy the included photos and fair stats. Even with a year off entry numbers and departments held fairly steady, but we hope to have all programs back up in full participation for 2022.













4-H Franklin County Fair Photos







4-H Franklin County Fair Photos

















4-H Franklin County Fair Stats

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2018	2019	2021
Total Ind. 4-H Exhibitors	211	201	206	198	275	255	209	179	196	243	193	224	145	135	144	147
Total Indv. Class Entries	1525	1470	1563	1242	1827	2109	1441	1329	1558	1712	889	1271	679	940	1106	1056
Club Master Exhibits	21	18	19	16	20	17	16	10	15	10	10	10	9	5	6	6
Educational Exhibits Club	2	8	3	1	1	7	3	5	5	7	6	2	3	4	5	4
Educational Exhibits Individuals	5	4	14	8	5	7	2	8	10	6	4	8	8	3	7	16
Demonstrations	4	2	8	8	8	9	17	0	1	0	1	6	0	1	5	1
Dairy Colored	28	29	41	69	36	18	59	42	47	59	79	84	87	103	89	36
Black & White	36	21	29	41	51	23	30	19	20	19	22	68	49	93	68	40
Showmanship	34	26	27	31	41	36	33	23	26	35	36	49	46	56	54	27
4-H Dairy Goats	68	57	52	27	13	5	24	26	62	43	44	30	51	113	144	93
Goat Showmanship	10	8	13	8	6	5	5	9	11	8	7	4	10	16	20	31
Sheep															8	40
Sheep Showmanship															3	12
Horse Exhibitors	41	43	36	31	37	44	35	32	31	36	35	40	28	20	22	24
Showmanship	35	31	27	26	29	41	31	26	24	25	24	27	18	12	14	23
Horse Ind. Entries	273	360	234	201	274	337	313	285	308	360	296	373	278	220	221	241
Livestock- Beef	13	15	13	19	34	67	36	43	52	59	59	55	37	72	62	55
Showmanship	7	9	6	7	13	20	20	20	18	19	18	13	10	15	13	14
Poultry	122	152	218	242	104	127	101	139	162	122	62	71	0	59	40	95
Poultry Showmanship	12	9	22	9	5	14	15	11	13	9	6	4	0	8	6	15
Rabbits	9	33	35	0	0	20	13	19	20	20	1	3	0	1		15
Showmanship	7	14	13	0	0	7	8	8	12	6	0	0	0	0	5	12
Small Pets	2	1	1	4	7	8	0	0	0	3	5	5	0	5	21	3
Horticulture	36	74	60	43	85	102	79	50	69	66	35	26	4	4	3	8
Vegetables	11	29	27	45	51	110	55	41	87	89	13	27	2	4	4	14
Arts & Crafts	425	315	321	194	404	471	212	181	237	316	166	332	34	85	168	126
Textiles & Clothing	53	108	121	79	118	69	34	37	57	59	36	16	6	15	23	35
Food & Nutrition	61	55	99	78	115	135	90	52	83	103	54	66	11	56	90	46
Photography & Scrapbooks	28	30	23	49	77	4	71	86	82	101	74	74	42	69	82	79
Teen Supervisors	8	14	31	14	19	14	10	14	13	6	14	8	12	0	0	0
Recycling projects	0	0	0	0	0	0	0	0	0	0	0	0	0	0		28
Clothing Revue	0	12	22	0	0	0	0	0	0	0	0	0	0	0	0	0
Alpaca									11		4	0	0	0	0	1
Animal Equipment	28	23	45	33	40	86	20	16	5	21	3	31	10	4	8	13
Record Keeping	26	46	47	24	59	70	41	10	0	0	3	0	4	0	1	0
Talent Show								24	16	17	14	0	0	0	0	0
Special Quarantine																7
Mechanical Science Woodworking/Elec.	90	82	44	38	142	27	48	50	62	54	44	23	19	21	31	38
Natural Resources		6		3	0	0	0	13	0	1	0	1	0	0	9	16

Conservation Field Days

Conservation Field Days have traditionally been a day program for elementary schools at Camp Overlook, however the many school districts are not allowing field trips still in this pandemic. We decided to give the schools an option for an in-person program at their school or a virtual option similar to what we provided last year. Unsurprisingly the schools have taken us up on our in-person offer. On September 23rd, the CCE 4-H staff went out to Chateaugay Central school for a full day program. The youth enjoyed learning about wilderness survival and building their own shelter if they were to ever get lost, the role goats play in conservation practices, the effect of pollution and runoff water, water proverbs and phrases, and explored the Marble river for river life!











SNAP-Ed Virtual Nutrition Education



Eat Healthy • Be Active



SNAP-Ed NY Virtual Workshops

Are you on Medicaid or Medicare?

Are you on a fixed budget?

Could you use some help affording healthy food?

Learn how to stretch your food budget with our online interactive nutrition education workshops!

Not familiar with Zoom?
That is okay! These
workshops give
participants the
opportunity to call in
over the phone and
listen!

FREE!

Time: 2:00pm-3:00pm

Dates: Tuesdays in

October

October 5th, 2021 October 12th, 2021 October 19th, 2021 October 26th, 2021

Location: Zoom Workshop

All are Welcome!

Pre-registration is encouraged.

Call: (518) 481-3367

Email: drs369@cornell.edu

Topics

Workshop I:

Enjoy Healthy Food that Tastes Great

Workshop 2:

Quick, Healthy Meals and Snacks

Workshop 3:

Eating Healthy on a Budget

Workshop 4:

Make Healthy Eating Part of Your Lifestyle



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact 1-800-352-8401

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



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

in the North Country.

SNAP-Ed Virtual Nutrition Education



Eat Healthy • Be Active SNAP-Ed NY Virtual Workshops



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Dates: Wednesdays in

October

October 6th, 2021 October 13th, 2021 October 20th, 2021 October 27th, 2021

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

Upcoming Events!



You can also register by visiting

http://franklin.cce.cornell.edu/events/2014/09/04/board-of-directors-meeting

Upcoming Events!

Upcoming Cranberry Harvest Workshop

Cornell Cooperative Extension of Franklin County will be working with Deer River Cranberry Farm to host a Cranberry Harvest Workshop on Monday October 18th. Visitors will get to experience the process from start to finish by learning and observing how the cranberries are harvested, cleaned, packaged, and sold.

We will be hosting two sessions on this date for people to attend 9:00am -11:00am & 1:00pm - 3:00pm



The Deer River Cranberry Farm is located at 482 Keenan Road, Brasher Falls, NY 13613. They are open 7 days a week from 8:00am-5:00pm and are selling berries at \$0.50 per lb.

Please contact Tasha Gamble at 315-296-8666 to place an order.

Visit http://franklin.cce.cornell.edu/events to register!

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with disabilities by providing equal program and employment opportunities.

Upcoming Events!

Cornell Cooperative Extension

Healthy, Hardy, Heifers!

A virtual series for managing heifers post-weaning to calving

CCE Regional Ag Teams are excited to offer this NEW heifer series! Join us <u>VIRTUALLY</u> for an 8-week series on heifer management topics across post-weaning to calving! This series will be offered virtually via Zoom every Friday starting October 1st, 2021, at 12:00pm EST. Sessions will be ~30-45 minutes in length, with a question period at the end.



Registration:

https://scnydfc.cce.cornell.edu/event.php?id=1656

This program is offered at NO COST thanks to our generous sponsors!

For registration help/questions please contact: Donette Griffith, dg576@cornell.edu / 607-391-2662

Sessions offered online (via Zoom) at 12:00pm EST

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



Fridays at 12:00-12:45pm EST

October 1 – Series Kick-Off Murilo Carvalho, Holstein Canada

October 8 – Transition After Weaning CCE NCRAT Dairy Specialists

October 15 — Pre-Breeding Comfort and Nutrition CCE NCRAT and SCNY Dairy Specialists

October 22 — Hoof Health Dr. Dorte Doepfer, UW Madison

October 29 — Repro Strategies Dr. Julio Giordano, Cornell

November 5 – Bred Heifers Dr. Tom Tylutki, AMTS

November 12 — Pre-calving Nutrition

Dr. Mike van Amburgh, Cornell

November 19 — Pre-calving Comfort and Facilities Dr. Katy Proudfoot, UPEI

Upcoming Events!



www.cals.cornell.edu/pro-dairy/ events-programs/regional-programs

Cornell Cooperative Extension

Transition Cow Tuesdays

Transition Cow Management Webinar Series

Tuesdays from Nov. 2 to Dec. 14, 2021 12:30-1:00pm

These webinars are short and to the point, just 30 minutes. Grab your lunch and join us.

Have you...

- ...been working with the farm transition cow program but want to know more about the how, what and why?
- ...wanted to improve the transition cow performance of your herd but need to know where to start?
- ...wanted to increase the skills you bring to the farm or your farm employer?
- ...been wondering where you'll find the time to attend a course or workshop? If so, this webinar series is designed for you.

Dates and Topics:

Nov 2 - Transition Cow Nutrition

This session discusses why the transition diet has a tremendous impact on cow health and milk production, and how to ensure adequate nutrition is supplied at each phase of transition.

Nov 9 - Feeding the Transition Cow

The mechanics of providing feed in conjunction with transition cow behavior is a crucial aspect in providing adequate nutrition. We'll discuss factors in feeding management during this session.

Nov 16 - Selective Dry Cow Therapy

Learn how dry cow therapy impacts transition cow management. We will discuss the basics of selective dry cow therapy.

Nov 23 - Facility Considerations

Housing can make or break a cow's transition period and her next lactation. Both her physical and behavioral needs will be discussed.

Nov 30 - Calving

Parturition is critical step in transition. This session will discuss the basics of cow behavior, calving assistance, and physiology.

Dec 7 - Post Calving Monitoring

This session will outline the steps for monitoring cow health post calving.

Dec 14 - Evaluating Transition Management

This session will cover Dairy Comp items to track and measure success of the transition program.

Register:

This program is available at no cost, thanks to the generous support of our industry sponsors. Preregistration is required.

https://cornell.zoom.us/webinar/register/WN_uQV9ZVpQQX-txWspcLgKfg

Presenters:

Tom Overton, PhD, Professor of Dairy Management, Chair of the Department of Animal Science at Cornell University

Daryl Nydam, DVM, Faculty Director, Atkinson Center for Sustainability, Dept of Population Medicine and Diagnostic Sciences, Cornell College of Veterinary Medicine

Rob Lynch, DVM, Cornell PRO-DAIRY Program

Judy Moody, Agricultural Resource Management Specialist, Dairy One

Margaret Quaassdorff, CCE NWNY, Regional Dairy Specialist

David Balbian, CCE CNY Regional Dairy Specialist

Lindsay Ferlito, CCE NNY Regional Dairy Specialist

Casey Havekes, CCE NNY Regional Dairy Specialist

Betsy Hicks, CCE SCNY Regional Dairy Specialist

Register once for access to all webinars.







Fall Clean-Up Day at 4-H Camp Overlook
Please join us for a day of service at 4-H Camp this Fall. We will be doing a
variety of outdoor and indoor projects to make camp look it's best.

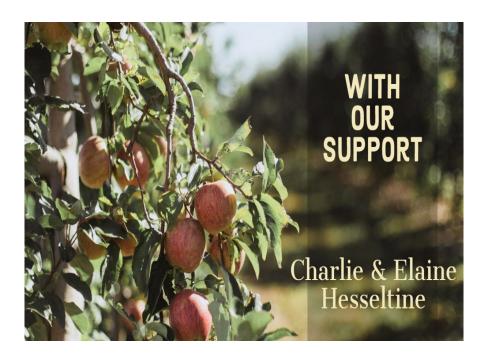
Pre-registration is required for this event. Visit https://www.facebook.com/4HCampOverlook to register.

Please bring a mask for indoor projects. There will also be an opportunity for painting, if you choose to help please bring appropriate clothing!

Gloves are suggested for outdoor projects. Service learning hours for students will be honored. Those younger than 16 need to be accompanied by an adults.

We look forward to seeing you!

Thank You to Our Donors!





Thank You to Our Donors!

THIS MARK MATTERS

It matters to us because it fuels our farms and our families. It brings our dairy to tables around the world. Our mark stands for all the things that bring us together and make us stronger.

DFA is proud to support the Franklin County Cornell Cooperative Extension 4-H program.

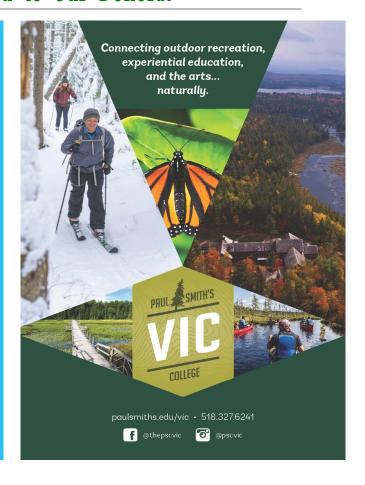
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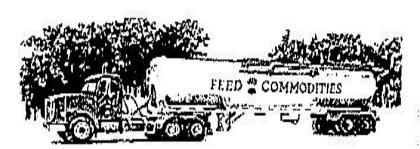




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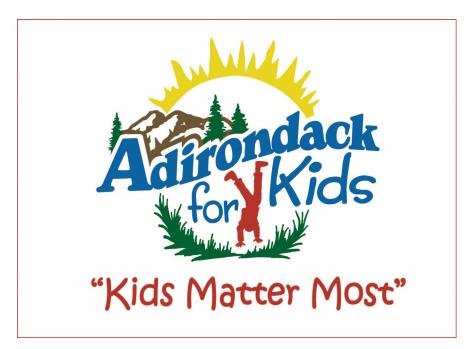
Hours: M-F: 8:30am - 5pm.

Sat: 8:30am - Noon. Sun: Closed





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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







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



Come see us at the Trunk or Treat Event at the Franklin County Fairgrounds on October 16th from 1pm-4pm. This event is provided by the Franklin County Youth Bureau.

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