



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

May 2022

June is National Dairy Month!

Celebrate with your favorite dairy treat!

Try out this Georgia Peach Smoothie Recipe

Peaches are a good source of vitamin C, paired with high quality protein from the plain Greek yogurt, this smoothie is not only refreshing, but good for you as well. It's like summer in a glass any time of year!

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 24 ounces

Ingredients

- ½ cup plain Greek yogurt
- ¾ cup milk
- 2 cups frozen sliced peaches
- 2 teaspoons honey
- 1 teaspoon vanilla

Instructions

Combine yogurt, milk, peaches, and remaining ingredients in blender. Blend until smooth. Divide equally among two glasses and serve immediately.



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News Update for 4-H Enrollments

**4-H enrollments for 2021-
2022 are now open!!**

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

CCE Franklin Staff Updates



Elizabeth Trombley Couillard, Liz, ended her time as the 4H Community Educator recently to take another position that is within walking distance of her home, her family, and Poppydale Farm in Chateaugay. Liz was a great asset as the 4H Team Leader and Community Educator. Liz brought with her years of experience as an active Franklin County 4H member in both the dairy and horse programs, public presentation program, and attending state events. After graduating from college, Liz returned to Franklin County to become a 4H club volunteer, 4H PAC Chairperson, 4H Dairy Committee member, and all around 4H volunteer. Although Liz is no longer an employee, she has assured us that her soon to be 5- year- old son, Calvin, needs to be in the 4H program and she might just start a club. This is not a goodbye, but a “see you soon”. Best wishes for more great things ahead for Liz and her family.



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

Fair Building Clean-Up



Calling all 4-H Horse, Small Ruminant, and Dairy program members and families!

Your help is needed!

Fair Building Clean Up for Animal Camps Day will be **Monday, May 23, 5:00pm** to done. "Many hands make for small work". Barns, kitchen and office area, bathrooms, picnic tables moved, and so much more needs to be done before the buildings are ready for 4H'ers and their families. Come wearing your cleaning clothes. Contact the 4H office with the names of people who will be there to help.



Horses, Goats, Sheep and Dairy Cows



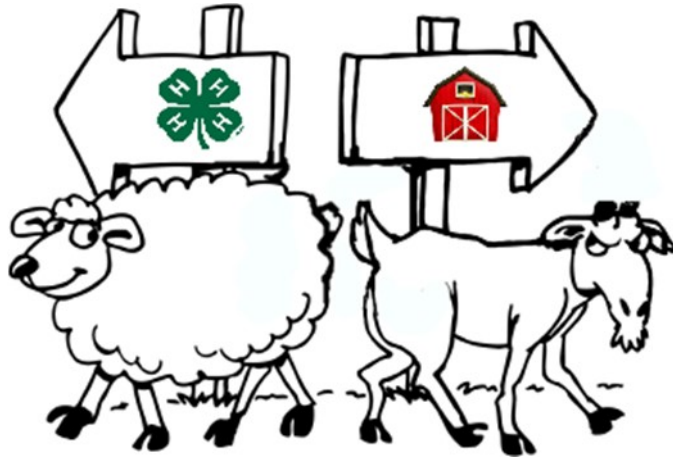
Horse Camp — May 27-29

Join us at the Franklin County Fairgrounds. 4-H Horse Project Youth will be bringing their horses, ponies, and miniature horses to “kick” off the summer season with classes including horsemanship, Equitation, jumping, trail, showmanship, horse health care, farrier science, braiding, banding, clipping, barrel racing, showing miniature horses, driving, and first aid for horse and rider. Crafts will be horse themed and there will be a Tack & Clothing Swap and Sale. People food will be provided Friday evening, Saturday, and Sunday. Friday evening will be Pizza delivered. Saturday evening will be a home style ham and turkey dinner. Horse food and bedding must be supplied by the owners. Coggin’s Certificate must be 2021 or 2022. Rabies certificates must be within 365 days. T-shirts are included in the registration fee. \$25 per youth not to exceed \$40 per family with more than 1 youth. Families are welcome to stay overnight in the 4H building or in their campers. Camping space is \$25 per weekend with full power, water, sewer. New this year? An 80 x 220 indoor arena! 4H will be the official first users of this new facility!

No horse? Yes, you may attend “horseless” and participate on hands-on activities. Just want to visit and watch? Sure! Camp is funded this year thanks to the Agriculture and New York State Horse Breeding Development Fund, aka the Standardbred grant.

You must pre-register here: <https://forms.gle/B51Zv182BTdzD5caA>

4-H Small Ruminant Camp



Small Ruminant Camp - June 10 -12

Join us at the Franklin County Fairgrounds. Goats and Sheep will be housed in the goat barn. Human kids may stay in the 4H building with chaperones or the camper area will be available at \$25 per camper with full hook up. Only 2 adults will be allowed in the goat/sheep barn overnight. Sheep and goats may arrive on Friday to set up. Classes will include clipping, hoof trimming, health care, meat goats, showmanship, pack and therapy goats, sheep show prep, judging conformation, crafts and more! Meals provided. Practice show on Sunday for everyone. If you can volunteer to teach, or have an idea for a volunteer, please contact Pat Banker.

Fee is \$10 per youth and includes a Small Ruminant Camp t-shirt.

Registration required. <https://forms.gle/wt6SPSAVMP2D4dWw9>



4-H Dairy & Beef Camp



Dairy Camp - Date and Location: TBD

Join us at Franklin County Fairgrounds. Dairy & Beef Camps are still in the planning stages. Watch your email, the 4-H Facebook Page, and talk to your club leaders for updates. Volunteer instructors are needed in all areas. If you can volunteer to teach, or have an idea for a volunteer, please contact Pat Banker. There is also a need for cook's for the weekend. Youth are not allowed to stay in the barn. Fee for the weekend is \$10 per youth with t-shirt included.

Poultry Clinic Update!

No 4-H
Poultry
Clinics or
Shows
Until
Further
Notice!



Protect
your
Flock!

NEW YORK STATE PROACTIVELY BANS ALL FOWL AUCTIONS, SALES, MEETS, AND SWAPS TO SAFEGUARD AGAINST AVIAN FLU

Order Expands on Department's Ban Until Further Notice of Fowl Shows and Exhibitions

Current Avian Influenza Strains are not a Threat to Humans

Best practices to protect your flock whether it is 2 birds or 2000 include:

- Discourage unnecessary visitors and use biosecurity signs to warn people not to enter buildings without permission.
- Ask all visitors if they have had any contact with any birds in the past five days.
- Forbid entry to employees and visitors who own any kind of fowl.
- Require all visitors to cover and disinfect all footwear.
- Lock all entrances to chicken houses after hours.
- Avoid non-essential vehicular traffic on-farm.
- After hauling birds to processors, clean and disinfect poultry transport coops and vehicles before they return to the farm.
- Report anything unusual, especially sick, or dead birds, to AGM.

Signs of the avian flu:

- Sudden death without clinical signs
 - Lack of energy or appetite
- Decrease in egg production; soft, misshapen eggs
 - Purple discoloration of wattles, comb, and legs
 - Difficulty breathing
- Runny nose, coughing, sneezing
 - Stumbling or falling down

To report sick birds, unexplained high number of deaths, or sudden drop in egg production, please contact the Department's Division of Animal Industry at (518) 457-3502 or the USDA at (866) 536-7593.

If You Want to Help a Horse - Richard Gast

April 26 is National Help a Horse Day; an initiative launched in 2013 by the American Society for Prevention of Cruelty to Animals (ASPCA) to create and raise awareness of ways to take better care of these often-beloved animals and to promote protection of neglected and abused horses across the country.



I can think of no animal more valued or respected than the horse. Nor can I think of one that has had greater influence on civilization. Horses were among the first animals to be tamed and broken. And, without question, the domestication of horses transformed the world.

Once their speed, strength, and power were quite literally harnessed, they became an essential means of transportation, enabling individual riders to cover great distances in a fraction of the time it took to walk. But more than that, they could pull carts, wagons, and coaches over equally long distances, allowing drivers and handlers to easily

transport groups of people, including entire families, along with their possessions, hundreds; even thousands of miles.

Horses revolutionized agriculture. They were used for herding livestock. And to draw plows and harrows through fields, enabling farmers to cultivate larger parcels of land with increased efficiency. More food could be grown and the surplus could be brought to nearby towns and cities in horse-drawn wagons, to be traded or sold, creating a new prosperity.

They were used to harvest timber and move stone, greatly increasing the supply of raw materials needed by carpenters, masons, and builders, including boat- and ship-builders. When you consider the work done by horses, it's no wonder that we still measure the capability of modern engines using the term horsepower.



The military service of horses transformed the battlefield. Horse-mounted warfare can be traced back to the Macedonian cavalry of Alexander the Great (338 BC), the chariots of ancient

Rome, and the armor-clad medieval knights. Even into the 18th and 19th centuries, cavalries of combatants on horseback were able to outflank and outmaneuver enemy armies of foot-soldiers.



Horses also facilitated improved communication. Records from the fifth century BC indicate that Persian officials used mounted couriers to hand-deliver messages. And consider the importance of the pony express or the midnight ride of Paul Revere in American history.

Clearly, these extraordinary animals can be trained for many tasks. But being able to successfully train, handle, ride, and humanely care for horses requires time, patience, kindness, resolve, and a fair amount of learned know-how and experience.

I'm not a horse person. But during my years at Extension, I got to watch a lot of 4-H club-member-kids grow to become capable equestrians. I remember those kids decorating and readying the stalls that would temporarily be home to their prized horses. I could feel the

If You Want to Help a Horse - Richard Gast

high-spirited excitement of those boys and girls as they prepared to showcase their skills, their showmanship, and their animals at the Franklin County Fair. And words cannot describe the mutual affection, pride, joy, devotion, respect, and care I've seen shared between some of those kids and their horses. As 4-H Program Educator Pat Banker says, "If you want to help a horse... Get 'em a kid."

If you have or know a kid that's keen on horses, the New York State 4-H Horse Program and Cornell Cooperative Extension (CCE) offer programs and clubs that allow youth ages 5-19 to develop fundamental horsemanship skills, along with an understanding and knowledge of grooming, nutrition, horse safety, and the equine industry. The kids learn these skills through educational events including demonstrations, hands-on activities, contests and competitions, horse judging, and horse camp. And you don't need to own a horse to be part of this program.

Club membership is available regardless of gender, race, color, national origin, religion, or disability. Our adult volunteers are provided with leadership training, project instruction, and assistance and support from Extension staff. And, in addition

to carrying out their responsibilities as club leaders and special interest group instructors, they serve on 4-H Boards of Directors and advisory committees.

For more than 40 years, the Franklin County CCE 4-H Horse Program has provided 4-H-club-member-youth with opportunities to attend Horse Camp at the Franklin County Fairgrounds in Malone. This year, the kids will be working with their horses in the main ring, the infield, and the new indoor arena. And the Standardbred harness racehorses will provide their annual educational program and the exciting 4H Spring Races. The 4H Horse Camp program is made possible by a grant from Agriculture and New York State Horse Breeding Development Fund, commonly referred to as the Standardbred Grant.

If you have a child 5-19 years old who would like to become involved with a 4-H Horse program, it's easy to join. And if horses aren't their thing, you can find a club that better-fits your child's interests. All you have to do is contact your local Cooperative Extension office.

- Richard Gast



Thank You from Franklin County 4-H!

MALONE — A local 4-H club and volunteers were on hand for a farm retirement auction Saturday morning on Muzzey Road. Charles and Elaine Hesseltine's retirement auction was a chance to reflect on the local farmers' impact on the farming community and their support for 4-H programs over 30 years in Burke and Malone.

Connie Gerow, a volunteer with Franklin County Cornell Cooperative Extension 4-H, said the Hesseltines have been important supporters of 4-H in the community, helping groups prepare for the Franklin County Fair each summer and throughout the year.



Gerow, who was a 4-H member as a kid, recalled that when 4-H kids have organized booths to sell baked potatoes at the county fair they could always count on the Hesseltines to supply vegetables, which helped to raise funds for trips and scholarships. "We wouldn't be where we are today without them," Gerow said. "They always wanted to help the local 4-H clubs to be

successful." Gerow said the auction company running the sale, Northern New York Dairy Sales LLC, reached out to 4-H about operating a concession stand during the event. Kids ran the stand, selling chili, hot dogs, brownies and other sweets. "All the funds are going to go to support the kids and their clubs," Gerow said. "It can go towards trips, scholarship money and activities they are going to do during the year." The Hesseltine dairy farm started out in Burke, and the farm later shifted to growing vegetables, Elaine Hesseltine said. The couple moved to Malone about five years ago. Some of the vegetables they grow around their home include rye, potatoes, pumpkins and sweet corn. Hesseltine said they have also grown other vegetables, including broccoli and cauliflower, on a nearby property. Elaine Hesseltine said her mother was part of 4-H in Chateaugay before her own time, and her husband also started with the club at a young age.



The couple's two children were

also part of 4-H, showing cows at the Franklin County Fair. "We loved to help sponsor things and just help out," Elaine Hesseltine said. "4-H is so important to the kids, not just the ones farming, but children in the community too. It is a great experience." She said that although her husband, who is 79, is retiring, it doesn't mean the family will stop farming completely. "It'll just be on a smaller scale," she said. "He bought a couple of new tractors. We still love it." Items available at Saturday's auction included custom spray equipment, tractors, vegetable and potato equipment, and a large assortment of spare sprayer parts.

- Alexander Violo
The Malone Telegram



How To Make Your Own Bottle Rocket

First Step: Build a Launch Pad

You can use any materials you want, as long as it's stable and big enough to hold an upside-down 2-liter bottle. Some materials might be popsicle sticks, Legos, a large metal or plastic mug, etc. Build it tough because this is where the most pressure will be released.

Step 2: Get Supplies for Rocket & Prepare for Launch

2-liter Soda Bottle, rinsed (or the like)

Baking Soda

Vinegar

Paper towels

A cork (or substitute something like a pool noodle piece, a cork will give more power to your launch!)

Your newly constructed launchpad

A big open space: the rocket may fly far, so keep that in mind when picking a place to launch it. (it's going to get messy!)

Decorate your bottle to make it look like the most awesome rocket there is.

Set your launchpad in the big open area, on solid ground.

Step 4: Fuel Up The Rocket

Place approximately 1 – 2 cups of vinegar in the bottle.

Take a piece of paper towel and cut it into a 4 inch square.

Place a heaping tablespoon of baking soda in the center of the paper towel. Fold up the paper towel so the baking soda is wrapped up inside and it fits snugly inside the mouth of the bottle.

Insert the cork into the mouth of the rocket. Make sure it's tight.

3... 2... 1... BLAST OFF!

You need to move quickly for this next part. Flip the bottle over, place it in the launchpad and move back quickly!



How to be Mindful in this Madness

How does your day go? Does it look a little like this: wake up for school, go to classes, get done with classes, go to sports or clubs, get homework done, have dinner, text friends, have conversations at home, check phone for notifications, take a shower, get ready for bed, and then finally sleep; only to do it all again the next day.

Seems a bit *busy* doesn't it? How and where do you find time for yourself? Life can be overwhelming. Don't let your sanity suffer.

Here's some things you can do in *5 minutes or less* to keep calm throughout the day and feel ready to take on anything:

Get some fresh air! Step outside and take a deep breath in through your nose and slowly release out your mouth. Try this breathing exercise to see if it works for you: breathe in through you nose for 4 seconds, hold for 4 seconds, and slowly release through your mouth for 8 seconds. Repeat 3-4 times. How do you feel?

Try some yoga. Stretch it out. Yoga is a great way to release built up tension. It'll leave you feeling loose and relaxed. The key is to let yourself be completely in the moment and let go of any stresses.

Put on some music. Pick something that is calming, but not sad. Good vibes only!

Meditate. It's not as complicated as it sounds. It's quite simple. Find a quiet place to sit down. You can sit on the ground or in a chair, as long as your body isn't moving and you're not going to fall over. Now close your eyes and focus on your breathing. It may be hard to at first, but practice sure does help. If you find you're too restless to close your eyes, pick something in front of you to focus on. Listen to your breathing. Clear your thoughts. Imagine them leaving as they come in. Find a way that works for you to keep your brain clear for the time you meditate. Set a timer for 5 minutes or however long you have to yourself. Now forget about the time and be in the moment. You got this. The goal is to have complete clarity and reset your mind and body to be mindful.



4-H'ers Spreading More Joy to Meals on Wheels

Over 200 bunnies were made to bring smiles to Senior Citizens in our area.

4-H Artisan Homecrafters



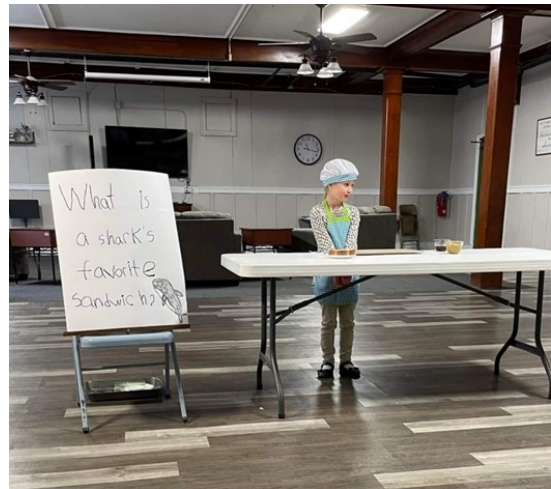
4-H Winged Eagles



4-H Public Speaking

Learning by Doing!

Youth from Cloverbuds to Seniors attended Presentation Workshops during the month of March to either learn how to do demonstrations and presentations or how to improve their techniques. After a 2-year hiatus, it was wonderful to see so many 4H'er present in 4 locations. Topics were varied from food to animals, science to engineering, and tumbling to tortoises. Approximately 60 4H youth will have completed presentations by the end of April. Several more will do theirs at Horse Camp using live horses. Congratulations to all the amazing 4H'ers who did a fantastic job! 3 were recommended for District Level and more for doing a presentation at Franklin County Fair.



4-H Public Speaking



Spring Has Sprung!



Dandelion Tempura is crispy, sweet, easy to make and delicious!

Dandelions, *taraxacum officinalis*, are often called weeds by gardeners, farmers, and those who want a perfectly green lawn. *A weed is a plant that grows where you don't want it to grow. Botanists refer to them as an herb due to the fact that all parts of the dandelion are edible, nutritious, and good for your health. They are also the first nectar rich food for the bees. Dandelion teas, fritters, jellies, greens, and a host of other culinary dishes make this herb will make you welcome their bright, yellow flowers!

Dandelion Tempura

New blossoms on short stems – spring's first dandelions! Pick the blossoms with the sepal (green base) intact by late morning or early afternoon as the blossoms start to close by late afternoon. Blossoms also won't be open on a dark day.

1 c. milk or enough to make a light, runny batter

1/2 tsp. salt optional

1 egg beaten with a fork or whisk

1 c. flour –any type

hot cooking oil – enough to have 1 inch deep in a wok or frying pan. Drop small amount of batter in to see if it sizzles

Pick new dandelion blossoms, those on short stems, and rinse lightly in cool water. * Always pick in pesticide and commercial fertilizer free areas that are at least 50 feet from any highway.

Cut off the stem ends close to the flower heads keeping as much of the sepal needed to hold the blossom together. Leaving stem will make the fritters bitter.

Place blossoms on paper towel, gently pat with dry paper towel. Using tongs, dip blossoms in batter. Batter lightly! Batter will make outside crispy not thick. Place battered blossoms on a plate until enough are made to place in hot oil without overcrowding.

Drop the batter-coated blossoms into pan with hot oil and fry until one side is lightly browned and flip until both sides are lightly browned. They cook fast!

Remove from oil. Drain excess oil on paper towel.

Delicious either served with your favorite dip or lightly dusted with powdered sugar.

Upcoming Events!

**MAY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 STARR Leave Court- house at Noon	7 STARR Animal Crackers Cornell
8 STARR	9	10	11	12	13	14 WOW Boston Bound Camp Overlook 10:00 am
15	16	17	18	19 Horse Camp Registration due in office	20	21
22	23 Fair Build- ings Clean up for Animal Camps 5:00pm	24	25 Wild Edible Walk VIC 10-12 Register w/VIC	26	27 Horse Camp Franklin Fairgrounds	28 Horse Camp
29 Horse Camp	30 Memorial Day	31				

**JUNE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Dairy Month		1	2	3 Camp Overlook NMP Team Building over- night	4 Camp Overlook NMP Team Building
5	6	7	8	9	10 Small Ru- minant Camp- Fairgrounds and Dairy Camp	11 Small Ruminant Camp and Dairy Camp
12 Small Rumi- nant Camp Dairy Camp	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Wild Edible Walk VIC 10-1:00 Register w/VIC Sampler	30		

July Dates

July 2—All 4-H Fair entries are due

July 9—Goat and Small Ruminant Hike at The VIC w/picnic

August Dates

August 8—14: Fair 2022

Aug 4—Exhibit setup

Aug 5—Small Ruminants arrive

Aug 7—4-H Horses Arrive

Upcoming Events!

Upcoming Beef Quality Assurance Training

Register by visiting: https://reg.cce.cornell.edu/NNYBQA_222 or call/email Abby Jantzi at 315-778-8450 ext. 278 or aej48@cornell.edu.



Beef Quality Assurance Training

Beef Quality Assurance is a nationwide certification program to help ensure a safe, wholesome and quality beef product for consumers.

Topics covered include cattle nutrition, handling and vaccine protocols.

Part 1 of the training will be offered virtually

Part 2 will be offered at 4 locations

(County residency does not matter for county location selected for chute-side training)

\$15/Person \$30/Farm

(Payment accepted in-person at chute-side training)

Please register by following the link below:

https://reg.cce.cornell.edu/NNYBQA_222

or call/email Abbey Jantzi at 315-778-8450 ext. 278 or aej48@cornell.edu.

Part 1: Online Classroom Training: Friday, May 20th
7:00pm (Zoom Virtual Training)

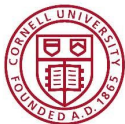
Part 2: Chute-side Training: Saturday, May 21st
Lewis: Scott & Lin Sawyer, SS Milkyway Farms, Boonville
9:00am-11:00am

Jefferson: The Minaert Family, Star School Farm, Dexter
1:00pm-3:00pm

Franklin: TBD

St. Lawrence: TBD

(Registration Required)



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.

Cornell Cooperative Extension

4-H Camp Overlook



COME HELP FRESHEN UP 4-H CAMP OVERLOOK

On April 30th, from 10:00am to 4:00pm, come help with some of the various cleaning tasks at 4-H Camp Overlook. Come for an hour, come for two, or stay all day... it's up to you! 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.

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 adult.

We look forward to seeing you then!

Sign Up at the Link Below:

<https://forms.gle/5efFSY12CCZa33GNA>



PREORDER NOW!

The 4-H Camp Overlook Team is currently taking preorders for a personalized 2022 frame. The frame is made of bamboo and engraved with the year, a clover, and our camp name. The frame must be preordered by May 27th at our online store at the link below. The frame will be available for pick up during pick up with your camper and will include a printed photo of your campers cabin photo by a professional photographer. This is a great memento to be leaving camp with!



Camp Akalaka

Visit www.campakalaka.org
to register for the 2022 Summer at Camp Akalaka!



REGISTER TODAY!

June 27th - August 19th
Monday - Friday
8:00 am to 4:00 pm
Open to children ages 5-12

\$155/child per week
*Financial assistance available

THEMED WEEKS

WEEK ONE DOWN ON THE FARM
6/27 through 7/1

WEEK TWO SPIRIT WEEK
7/5 THROUGH 7/8

WEEK THREE WILD, WILD, WEST
7/11 THROUGH 7/15

WEEK FOUR THEATER AND PERFORMANCE ARTS
7/18 THROUGH 7/22

WEEK FIVE SUPERHERO TRAINING ACADEMY
7/25 THROUGH 7/29

WEEK SIX AROUND THE WORLD
8/1 THROUGH 8/5

WEEK SEVEN CARNIVAL WEEK
8/8 THROUGH 8/12

WEEK EIGHT HELPING HANDS
8/15 THROUGH 8/19

Campers will participate in activities that promote:

- Physical Activity
- Social and Emotional Health
- Sustainability
- STEM / STEAM

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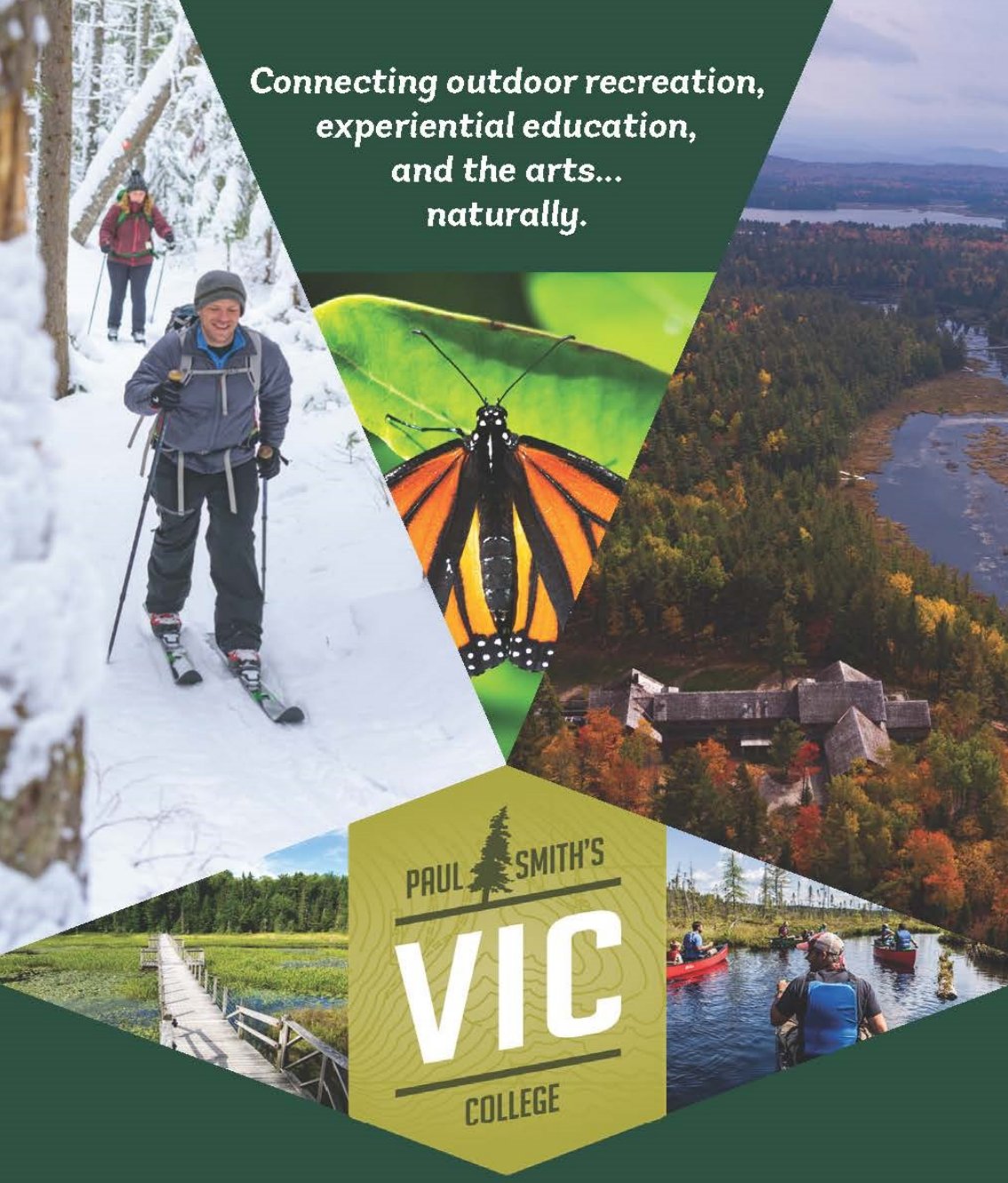
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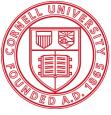
"Kids Matter Most"

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