



**January 2014 4-H e-Newsletter**  
**4-H Youth Development Program**  
**Fulton & Montgomery Counties**

**Quick View of What's in this Month's 4-H News**

- 4-H Club Officer Training – January 25 - Johnstown
- 4-H Volunteer Team Meeting – January 25 – Johnstown
- January's Health-H-Challenge
- Lewis County 4-H Teen Winter Weekend – February 14 - 16
- Winter Regional 4-H Shooting Sports Training – February 21-23, Saratoga Springs
- 4-H Pie, Cheese, chocolate & Honey Fundraiser – February 23 – March 23
- 4-H STARR – April 11 – 13, NYS Fairgrounds
- Jennifer Freeman 4-H Memorial Scholarships – Due April 30
- 4-H Dairy Judging Barn Meeting – January 4, Richfield Springs
- County Level Horse Bowl – January 11, Johnstown
- 4-H Youth Development Mission Statement



## 4-H COMINGS AND GOINGS

### 4-H Member Re-enrollments Were Due December 1. Do We Have Yours?

The annual CCEFM 4-H member enrollment fee is \$20.00 per year with a cap of \$50.00 per family unit (3 or more youth residing at the same location). **Payment of the 4-H enrollment fee is the responsibility of the family** and must be paid directly to Cornell Cooperative Extension. The enrollment fee form is due at the time of enrollment.

*Re-enrollment forms and fees were due on or before December 1, 2013. An individual re-enrollment submitted after December 1st must include a \$10.00 late fee. A family unit re-enrollment submitted after December 1st must include a \$15.00 late fee. **You are not a current 4-H member nor are you covered by 4-H insurance until the forms and fee are submitted to CCEFM.** Prompt return of these required forms will ensure you will continue to receive uninterrupted 4-H communications. Thanks for your help.*

### 4-H Club Officer Training- Saturday, January 25<sup>th</sup> 9:30 – 11:00 a.m. at the Shirley Luck Senior Citizen Center, 109 East Main Street, Johnstown, NY 12095

Those 4-H youth who have been elected as officers of their 4-H Club will learn what it takes to do the best possible job with their leadership role. Offices to be covered include, President, Vice President, Secretary, Treasurer, News Reporter, and, Choose Health Officer/Recreation Leader Please notify the 4-H Office who will be attending by pre-registering by 4:30 p.m. on Tuesday, January 21. Call 673-5525 ext. 113. **Please note: this meeting will take place concurrent with the 4-H Volunteer Team meeting.**

### 4-H Volunteer Team Meeting – Saturday, January 25<sup>th</sup> 9:30 – 11:30 a.m. at the Shirley Luck Senior Citizen Center, 109 East Main Street, Johnstown, NY 12095

WHO: At least one 4-H volunteer rep from each regular and Cloverbud 4-H Club as well as any interested 4-H resource volunteers.

**It is critical that each club be represented at this session for the entire agenda.**

WHY:

- For Food & Fun – We'll have morning refreshments and a get-to-know you mixer
- For Networking with other 4-H club volunteers and 4-H staff
- For Learning More About:
  1. Update on 4-H Member Project Record Books
  2. 2014 County Funding for CCEFM, Staffing and 4-H Youth Development Programming
  3. 4-H Chocolate, Cheese, Honey and Pie Sale, February 23 – March 23
  4. 4-H Choose Health in 4-H Clubs
  5. 4-H Projects and New Project Materials/Resources for Members & Clubs
  6. 4-H Public Presentations

Please r.s.v.p. on or before January 22, 2014 to 673-5525 ext. 113 or [gad23@cornell.edu](mailto:gad23@cornell.edu).

**CHOOSE HEALTH – January’s Health-H-Challenge: Have more un-plugged fun by limiting screen time!**

**WHY?**

- Screen time doesn’t build strong bones and muscles!
- Food ads can tempt you to eat when you don’t need to!
- It’s easy to eat without thinking while watching TV!
- Have fun together!

**HOW?**

- Keep televisions, computers, video games & phones in public areas of your home – not in bedrooms.
- Limit use to 1 – 2 hours daily.
- Give kids 20 half-hour coupons to use how they like each week. When the coupons are gone, it’s time for un-plugged fun!
- Start a family fun night when kids get to pick games to play!

**BE A HEALTHY FAMILY!**

- Look for ways your family can have active un-plugged fun together!
- Make dinner time family time with no TV!
- Create family dinner rituals that make sitcoms pale in comparison.
- Ask, “What was the funniest thing that happened to you or that you saw today?”

**Lewis County 4-H Teen Winter Weekend, Friday February 14 (6-8 p.m. Arrival/Registration/Snacks) through Sunday February 16 (lunch)**

Enrolled 4-Hers ages 13 to 19 (as of January 1) are invited to join other 4-H teens from across New York at this weekend of indoor hands-on workshops, winter sports, ice breakers and fun at the Oswegatchie Educational Center at 9340 Long Pond Road in Croghan, New York.! Outside activities may include cross country skiing, snow sculpture, ice skating, snowshoeing and a night hike! Lewis County 4-H Teen Ambassadors are working on the planning of the program and workshops focusing on the theme of the ‘80s. It costs \$70.00 per participant. This covers lodging, meals (Saturday breakfast to Sunday lunch) as well as snacks and most workshop supplies.

VIP approved 4-H adult chaperones are also needed to accompany teens from Fulton and Montgomery Counties and provide transportation at the fee of \$70.00 each. Volunteers/chaperones will be required to help with meals and supervise kitchen clean-up. Registration/payment deadline with CCEFM is on or before January 22, 2014. For more information and to indicate your interest in participating, contact Linda at 673-5525 ext. 114 or lew9@cornell.edu at your earliest convenience.

**Winter Regional 4-H Shooting Sports Training, February 21, 22 & 23 at the Saratoga County 4-H Training Center in Ballston Spa, New York 12020**

The New York, Maine, New Hampshire, New Jersey and Vermont 4-H Shooting sports Programs’ Annual winter workshop will certify adult volunteer leaders as 4-H Shooting Sports

instructors. The workshop will feature the following disciplines (based on a minimum enrollment of five participants): Air Pistol, Archery, Coordinator, Living History, Muzzle Loading, Rifle and Shotgun. Adults will be certified to teach the applicable discipline to youth participating in formal 4-H shooting sports programs and camp situations. Each state maintains its own standards for certification that may exceed those established by the National 4-H Shooting sports curriculum standards.

Especially critical at this time is the role of the VIPP (Volunteer Involvement Policy and Procedure) guidelines adhered to by CCE. *No one should be attending this training that has not completed and submitted the required applications, passed a background check, and had his/her references checked by CCEFM staff. CCEFM is responsible for the completion of these procedures for any volunteer residing in Fulton and Montgomery Counties.*

Please request more information and a registration brochure by contacting Linda Wegner at 673-5525 ext. 114 or [lew9@cornell.edu](mailto:lew9@cornell.edu). The registration fee per 4-H volunteer is \$85.00 which includes materials and meals. Lodging is on your own; however, because Fulton and Montgomery Counties are so close to the training location, participants can probably commute to the training activities from home. **Any individual interested in participating in this training must submit his/her paperwork and \$85.00 registration fee to the CCEFM 4-H Office in Canajoharie on or before Wednesday, February 12.**

*Please note two changes in the format of the training in regards to Living History and Coordinator.* The Living History curriculum is now broken into two components: Level 1 is geared toward a program directed to general 4-H members and focuses on activities and projects while Level 2 is geared toward those who are more interested in developing a complete persona with their youth. This is a much more in-depth activity and may not be suited to a general 4-H audience. *If you've completed Living History in the past, you DON'T need to repeat.* t

Coordinator/STEM is geared toward educators, key volunteers, and club leaders. The Science, Technology, Engineering, and Mathematics (STEM) curriculum takes a step beyond developing safe shooting skills for the range and applies safe scientific analysis to shooting sports. The program will use activities outlined by Colorado State University as well as some activities developed here in NYS.

Why 4-H Shooting Sports? The need for the 4-H Shooting Sports Program is more important today than ever. 4-H volunteers, members and families learn and are able to make sound decisions based on knowledge and hands on learning – the 4-H way. Remember the following 4-H Shooting Sports tenet: Youth Development is the primary goal of the 4-H Shooting Sports program. Introducing safe use of firearms & archery equipment opens up the opportunity for valuable vocational and recreational life-long learning. By combining demonstration, lecture and hands-on activities, 4-H Shooting Sports youth participants build self-confidence and

develop life skills. Societal issues are best addressed through education with 4-H Shooting Sports providing unbiased information based on the National 4-H curriculum.

#### 4-H Pie, Cheese, Chocolate & Honey Fundraiser – February 23 – March 23, 2014

<b>February 23, 2014</b>	<b>Sale Begins!</b> Take advance orders for pies, candy bars, chocolate bunnies & tracks, cheese packages and honey. Collect money at the time of sale. Keep an accurate record of customers for use in delivery later. Order forms will be available at <a href="http://www.ccefm.com">www.ccefm.com</a> !
<b>March 23, 2014</b>	<b>Sale Ends!</b> No more orders may be taken after this date. Tally your sales and verify that you've collected the accurate amount of money. <i>Submit your order &amp; money to your 4-H club leader no later than March 24<sup>th</sup>.</i> Independent 4-H members & CCE supporters must tally sales and submit order with check or money order to the 4-H office on or before March 26th.
<b>March 26, 2014</b>	<b>Orders</b> with <u>check or money order</u> <b>due</b> at 4-H office in Canajoharie or brought to 4-H Volunteer Team Meeting in Johnstown. <u>No cash accepted!</u>
<b>April 10, 2014 2:30-6:30 pm</b>	<b>Pies, Candy Bars, Chocolate Bunnies &amp; Tracks, Cheese &amp; Honey Arrive!</b> Identify one person to pick up the order at the Fonda Fairgrounds.

#### Want to be a STARR? – NYS Fairgrounds, Syracuse, NY – April 11 – 13, 2014

The State Teen Action Representative Retreat (STARR) is a three-day, fun-filled event where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. The event is planned by teens and adults serving on the youth/adult STARR planning committee. STARR is open to all NYS 4-H Teens.

Cost: \$75.00\* per person. Registration fee covers lodging, meals, and workshop supplies.

\* Additional fees may be charged if you register late, cancel, or don't show up.

Watch for more details in upcoming months.

#### Jennifer Freeman 4-H Memorial Scholarships – Applications Due April 30th

Applications are now available for the Jennifer Freeman 4-H Memorial Scholarships sponsored by 4-H private support funds. Two scholarships (each \$300.00) are awarded annually to encourage 4-H members to pursue formal education beyond the high school level. Major emphasis is given to a candidate's 4-H experiences and achievements including the influence 4-H has had on the individual's career and educational goals. The scholarship may be used for any legitimate higher education purpose.

Eligibility requirements are as follows:

1. Candidate must be a current or former 4-H member who will be enrolling as a freshman at an accredited college, university, junior college, community college, technical or trade school in the fall of 2014. This includes 2 and 4-year education programs in any field.
2. Candidate must have been a 4-H member for at least 3 years with at least the most recent 4-H membership in the Fulton/Montgomery 4-H program.

Please request an application from the 4-H office by calling 673-5525 ext. 113 or 114 or e-mailing [lew9@cornell.edu](mailto:lew9@cornell.edu). **Completed forms are due to the 4-H office in Canajoharie no later than April 30, 2014.** Scholarship recipients will be selected at the May meeting of the 4-H Youth Development Committee. If at all possible, awards will be made directly to the individual recipients at scholastic awards ceremonies or graduation.



## ANIMAL HAPPENINGS



### 4-H Dairy Judging Barn Meeting – January 4, 2014 at 1:00 p.m.

The first 4-H Dairy Judging Barn Meeting for this 4-H program year will begin at Roedale Farms in Richfield Springs. After judging there, participants will travel to Ovaltop Farm nearby to judge and round out the day. Barn meetings will be led by 4-H resource volunteer James Canary. Interested 4-H members must pre-register on or before January 1, 2014 by emailing Bonnie at [bsp8@cornell.edu](mailto:bsp8@cornell.edu). Individuals may also register by contacting Jim Canary directly at 894-7101.

Directions to Roedale Farm: Take route 80 (southwest) from Fort Plain 12.2 miles. Just past Van Hornsville stay straight onto Chyle Road (route 80 veers left). Go 2.5 miles then turn left onto McShane Road. #626 is on the left. Those attending will receive directions to Ovaltop when they get to Roedale.

### County Level Horse Bowl - January 11, 2014, 9:00 – 11:00 a.m. at the Shirley Luck Senior Citizens Center in Johnstown, New York

The 4-H Horse Bowl Season will begin with an opportunity to test your knowledge about horses and possibly be selected to represent Fulton and Montgomery Counties at the Regional Horse Bowl Contest in Voorheesville on March 22nd. Novice, Junior, and Senior Teams will be selected on this date. Note: Novice Division is for youth ages 8-13 (as of January 1, 2014) who

have competed 2 years or less as a Novice. Junior Division is for youth ages 9-13 (as of January 1, 2014). Senior Division is for youth ages 14-19 (as of January 1, 2014).

Please pre-register by calling Bonnie at the 4-H office at 673-5525 ext. 115. If we have to cancel or postpone for any reason, only those registered will be contacted.

### Pheasant Chicks Available Again for 4-H Rear and Release Projects

The Day-Old Pheasant Chick Program provides a great educational experience involving aspects of wildlife management and ecology to broaden the environmental awareness of 4-H youth ages 9-19. Day-old pheasant chicks are provided free from the NYS Department of Environmental Conservation (DEC) to qualified enrolled 4-H youth applicants.

4-H members must have or are willing to provide a brooding facility, a covered outdoor rearing pen, appropriate food, water, and other needs for approximately 8-10 weeks until the birds are released into the wild. Daily care is necessary to monitor the health of the birds and ensure there is adequate feed and water for the rapidly growing chicks. The pheasants may be released when they are eight weeks old or older and no later than the end of the pheasant-hunting season, which varies for different regions of New York State. All release sites must be open for public hunting and the number of pheasants released is recorded at the end of the project.

The Day-Old Pheasant Chick Program began in the early 1900s. At that time, pheasant eggs and chicks were distributed to farmers and rural youth.

Cooperative ventures between local sportsman's clubs and 4-H youth are encouraged.

The rearing and release of pheasants requires a great deal of responsibility by 4-H youth and a substantial time commitment.

Why raise pheasants?

- Rearing pheasants is enjoyable, challenging and teaches youth responsible behavior.
- Released pheasants offer fall hunting opportunities.
- People enjoy seeing and hearing pheasants.

To become involved and receive more information, please call the 4-H office at 673-5525, ext. 114 as soon as possible. **Forms sent to you for completion must be returned to the 4-H office no later than Thursday, March 13.** We must let the DEC Reynolds Game Farm know the quantity of chicks needed by Fulton/Montgomery 4-Hers by March 15th. All pheasant chicks will be hatched and delivered from the game farm in Ithaca, New York to the CCEFM Office in Canajoharie in early May.



## **4-H YOUTH DEVELOPMENT MISSION STATEMENT**

The mission of Cornell Cooperative Extension 4-H youth Development is to build youth adult partnerships to enable youth to become fully engaged in their learning process. New York State 4-H is a leader in enabling youth to develop the knowledge, skills, attitudes and abilities to become productive citizens and is a catalyst for positive change to meet the needs of a diverse and changing society.

### **Through 4-H Youth Development, youth will:**

- Practice effective problem-solving and decision-making skills
- Possess positive work attitudes and skills
- Value diversity
- Accept community and social responsibility
- Contribute to positive relationships with families, peers and community
- Demonstrate communication and leadership skills
- Value lifelong learning

### **Cornell Cooperative Extension values:**

- 4-H Youth Development as the focus of all youth development activities
- Partnerships for supporting, conducting and extending the program
- Volunteerism as a cornerstone of the program
- Diversity and the strengths it brings to Cornell Cooperative Extension programs



### **Mark Your Calendars for Upcoming Program and Activity Dates**

**December 23-January 5:** CCEFM Office Closed for the Holidays

**January 4:** 4-H Dairy Judging Barn Meeting – Richfield Springs

**January 11:** County Horse Bowl Try-outs - Johnstown

**January 20:** CCEFM Office Closed for Martin Luther King Jr. Day

**January 25:** 4-H Club Officer Training - Johnstown

**January 25:** 4-H Volunteer Team Meeting - Johnstown

**January 29:** 4-H Youth Development Committee Reorganizational Meeting - Johnstown

**February 14, 15 16:** Lewis County 4-H Teen Winter Weekend

**February 17:** CCEFM Office Closed for Presidents' Day

**February 21-23:** 4-H Shooting Sports Instructor Training - Ballston Spa

**February 23:** 4-H Pie, Cheese, Chocolate & Honey Sale Begins

**March 2 – 4:** 4-H Capital Days – Albany



**March 13:** Orders for Day-Old Pheasant Chicks for 4-H Rear and Release Project Due to CCEFM  
4-H Office

**March 14:** 4-H Public Presentations - Johnstown

**March 17 – 21:** NYS Ag Literacy Week, *Who Grew My Soup?*

**March 23:** 4-H Pie, Cheese, Chocolate & Honey Sale Ends

**March 26:** 4-H Volunteer Team Meeting - Johnstown

**March 26:** 4-H Pie, Cheese, Chocolate & Honey Orders and Money Due to CCEFM Office

**March 28 & 29:** Dairy Discovery, Cornell University

**April 11 – 13:** NYS 4-H STARR, NYS Fairgrounds, Syracuse