### December

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>5</td>
<td>4-H Club Secretary Reports due to 4-H office</td>
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<tr>
<td>8</td>
<td>Candlelight Evening at Farmer’s Museum</td>
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<tr>
<td>12</td>
<td>4-H Robotics - 4-H office</td>
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<tr>
<td>24-25</td>
<td>CCE Office closed in observance of Christmas Holiday</td>
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### January

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<tr>
<td>TBA</td>
<td>Horse &amp; Dairy Quiz Bowl practice/clinics</td>
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<tr>
<td>1</td>
<td>CCE Office closed in observance of New Years Day</td>
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<tr>
<td>2</td>
<td>4-H Robotics - 4-H office</td>
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<tr>
<td>5</td>
<td>4-H Club Secretary Reports due to 4-H office</td>
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<tr>
<td>14</td>
<td>Registration deadline for Photography and Sewing Workshop</td>
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<tr>
<td>16</td>
<td>Applications due for 4-H Capital Days Trip</td>
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<tr>
<td>17</td>
<td>4-H Teen Winter Weekend applications with payment due</td>
</tr>
<tr>
<td>21</td>
<td>Martin Luther King’s birthday observed - CCE closed</td>
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<tr>
<td>21</td>
<td>Photography and Sewing Workshop - Herkimer Reformed Church</td>
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### February

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<td>5</td>
<td>4-H Club Secretary reports due</td>
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<td>6</td>
<td>4-H Robotics - 4-H office</td>
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<tr>
<td>8-10</td>
<td>Teen Winter Weekend</td>
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<td>8</td>
<td>Registration deadline for Winter break workshops</td>
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<td>13</td>
<td>4-H Dairy Discovery Applications due</td>
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<td>14</td>
<td>Farmers’ Museum Heirloom Seed orders due</td>
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<td>15</td>
<td>2012 NYS 4-H Foundation Scholarship Applications due</td>
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<td>18-19</td>
<td>Veterinary Science Program</td>
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<td>18</td>
<td>Presidents’ Day - CCE closed</td>
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<tr>
<td>20</td>
<td>Beginner Robotics, Gardening and Public Presentation workshop</td>
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<tr>
<td>28</td>
<td>Public Presentation</td>
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<tr>
<td>3-5</td>
<td>4-H Capital Days, Albany Trip</td>
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<tr>
<td>5</td>
<td>4-H Club Secretary reports due</td>
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<tr>
<td>6</td>
<td>District Horse Communication contest at CCE Oneida - 6pm</td>
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<td>9</td>
<td>4-H Horse Bonanza Contest</td>
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<td>16</td>
<td>District Dairy Bowl Contest</td>
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<tr>
<td>18-22</td>
<td>NY Agricultural Literacy Week</td>
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<td>22-23</td>
<td>Dairy Discovery</td>
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<td>National 4-H Week</td>
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<tr>
<td>Surplus of Heluva Good cheese and dips for purchase</td>
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<td>4-H Government Intern</td>
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<td>4-H Community Service</td>
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<td>Choose Health</td>
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<td>Thank You</td>
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**4-H HONOR SECRETARIES**

Congratulations to: **Rowan Albin**, Foxy Totters; **Hilary Creater**, Little Falls 4-H Friends; and **Sabrina Reel**, Norway Hillside Riders 4-H club for turning in their September 4-H Club Secretary report by October 5.

Congratulations to: **Julia Lewosko**, Barnyard Buddies; **Tyler Conover**, Merry Moos; **Brook Mucurio**, Schuyler Hillbillies; and the Whistling Willows 4-H club; for turning in their October 4-H Club Secretary report by November 5.

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**2013 VETERINARY SCIENCE PROGRAM**

“From Airedales to Zebras” - youth grades 3-5 will have the opportunity to learn more about veterinary science. This program will give youth the ability to identify different breeds of animals, interpret an animal’s behavior, describe the different roles of animals, identify nutrients in feeds, explain the purpose of body systems, measure medication properly, make your home safe for pets, and explain what veterinarians do while describing the tools they use.

This two day program will be offered Monday, February 18th and Tuesday, February 19th. Don’t miss this great opportunity to interact with other animal enthusiasts while learning more about the veterinarian profession. Contact Kristi at the Oneida County 4-H office and to register at 736-3394, Ext. 122.

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**ATTENTION HORSE PROJECT MEMBERS!!!!**

There is a new horse project record book available here in the office and also on our website.
4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

4-H TEEN WINTER WEEKEND
Lewis County 4-H is once again sponsoring Teen Winter Weekend, February 8-10 at Camp Oswegatchie in Croghan. Theme - Wild, Wild West. Teen Winter Weekend is open to teens ages 13 and up in grades 7 through 12. You must provide a chaperone.

The cost is $70.00 which includes lodging for two nights, LOTS OF FUN, all meals and snacks, LOTS OF FUN, most workshop costs and LOTS OF FUN! Applications and money deadline is January 17. Call Jenn at the 4-H Office to get more information on this program or to reserve your place.

4-H CAPITAL DAYS, ALBANY
This trip is for two 4-H'ers who are at least sophomores in high school. Delegates from each NYS county meet in Albany on March 3-5, for this two and a half day government awareness program.

The goals are: to achieve a better understanding of the scope of NYS government; to create an awareness of career opportunities in state government; to gain a better understanding of our county as it relates to NYS; to provide the opportunity for delegates to meet with their legislators and other 4-H'ers from across NY State.

Applications for this event are due to the 4-H office by January 16. So don't delay, call or email Wendy (wlr45@cornell.edu) at the 4-H office today for your application. The cost of the trip will be $50 per participant which is due with the application. The 4-H office covers the remainder of the cost.

4-H HORSE AND DAIRY QUIZ BOWL
Interested in learning more about the horse and/or dairy industry? Why not try horse quiz bowl or dairy quiz bowl. Practices will start after the first of the year, so please call Jenn at the 4-H Office if you are interested in participating or volunteering to coach a team. If you are planning on participating, here are some important dates to remember:
- The District Horse Bonanza Contest (Horse Bowl and Hippology) will be held on Saturday, March 9th in Morrisville. District Horse Communications will be held on Wednesday, March 6 at CCE Oneida.
- The District Dairy Bowl Contest will be held on Saturday, March 16th at South Lewis High School.

FARMERS' MUSEUM HEIRLOOM SEED PROJECT
The Farmers' Museum will again offer interested 4-H members new varieties of heirloom seeds to grow.

As in the past, 4-H members are required to grow the seeds and then exhibit the mature specimens at the Farmers' Museum Annual Autumn Harvest Festival in September. Specimens exhibited at Harvest Festival will be judged and given awards.

Watch for details in the February/March newsletter. Orders will be due on February 14.

National 4-H Conference
Calling all Leaders – please tell your 4-H'ers that we are looking for a few good 4-H'ers to represent the best that New York State has to offer at the National 4-H Conference. Applications are due to the NYS 4-H postmarked by December 31st. The National 4-H Conference will be held April 6th, -13th, 2013, at the National 4-H Youth Conference Center in Chevy Chase, MD. For additional information please go here to http://www.4-h.org/4-h-conference/
2013 NYS 4-H FOUNDATION SCHOLARSHIP PROGRAM

The NYS 4-H Foundation and generous sponsors are pleased to provide scholarships to members for their accomplishments as a result of 4-H experiences, and to support future educational goals.

Eligibility Requirements

- Applicant must be eligible for 4-H enrollment. Youth who have reached their nineteenth birthday before January 1, 2013 are not eligible to apply for scholarships.
- Applicant must have been a 4-H member in New York State, or participated in a Cornell Cooperative Extension 4-H Youth Development Program for at least one year.
- Applicant must be enrolled or planning to enroll in an accredited university, college or technical school.

Scholarship Application Procedures.

Download the form and follow the instructions carefully at http://www.nys4hfoundation.org/programs/foundation-programs/opportunity-scholarship-program/. Applications can be sent electronically as an attached file to esearle@4hfoundation.org or mailed to NYS 4-H Foundation, 248 Grant Avenue, Suite II A, Auburn, NY 13201. The application and all required materials are to be received NO LATER THAN FEBRUARY 15. Notification of scholarship awards will be made in June.

4-HER’S AT TRACTOR SUPPLY CO.

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.
Congratulations and thank you to the following 4-H Clubs, Independent Members and Board Members for participating in the county 4-H Cheese Fundraiser and selling over $6,000 worth of cheese.

Barnyard Buddies 4-H Club; Foxy Trotters 4-H Club; Haderondahs & Little Haderondahs 4-H Club Hoof Pickers 4-H Club; Little Falls 4-H Friends 4-H Club; Merry Moos 4-H Club; Mini Merry Moos 4-H Club; Norway Hillside Riders 4-H Club Schuyler Cow Patties 4-H Club; Schuyler Hillbillies 4-H Club; Up, Up and Away 4-H Club; Whistling Willows 4-H Club, Independent 4-H Members Dylan, Hayden & Kendra Shaver and Mariah Lee and Board Members Michelle Florian and Doug Bowne.

NY AGRICULTURAL LITERACY WEEK ~ MARCH 18-22

In celebration of National Agriculture Week (March 18-22), volunteers throughout the state will read a book with an agricultural theme to second graders. This year we will be highlighting the Bee Keeping Industry with the book The Beeman by Laurie Krebs and Valeria Cis. Students and teachers will also benefit from hands-on lessons and receive follow up activities. The book will be given to the school library with a bookplate recognizing the donor and NY Ag Literacy Week. More than 1,500 books were donated last year while thousands of second graders participated in fun and educational activities. If you interested in volunteering to read please, contact Jenn.

Are you interested in horses or the horse industry in general? Why not consider giving your public presentation as a “Horse Communication”. County level horse communications will be given on February 28th along with the other 4-H Public Presentations. From the county event, you may be chosen to go on to the district event being held March 6th. And who knows, you may be selected from there to go onto the NYS Horse Communications Event at Cornell. Check out the rules for horse communications at http://www.ansci.cornell.edu/4H/horses/rulebook/edevents/Communications_Co

4-H ROBOTICS WORKSHOP

The Foxy Trotters 4-H Club would like to invite you to come and be a part of the 4-H Robotics program that they are working on. Under the direction of 4-H Volunteer Andy Culver, the group gets together once a month for an hour and a half and "plays" with robots. They meet at the 4-H Office and welcome all Herkimer County 4-H members with an interest in robotics to attend. The December meeting will be Wednesday, December 12th from 5PM-6:30PM. (after December, meetings will be held on the first Wednesday of the month) Please RSVP to Sue Culver sculver135@gmail.com by December 10th if you plan on attending.

HORSE AND TACK EQUIPMENT AUCTION

By JP’s NORTH
Sunday, December 2, 2012
Preview at Noon - Sale starts at 1 PM
Location: Verona Firehall, Verona, NY
5555 Volunteer Ave, just off the NYS Thruway, Route 365 and Route 31 in Verona
For more information, contact Kristi Cranwell, CCE Oneida County 4-HProgram @ 736-3394 x 122 or email kac292@cornell.edu
4-H PUBLIC PRESENTATION

It is time to begin thinking about Public Presentations. Now is the time to come up with a topic and decide which type of presentation you will be giving. It is highly recommended that you begin with giving a demonstration before venturing on to another type of presentation. After you master the art of “demonstrating” then you can present a speech or recitation. Cloverbuds... Don’t forget you should be giving “show and tell” demonstrations. So pick your favorite topic, toy, etc. and tell us about it.

County presentations will be held February 28th at the Herkimer High School. Watch the February/March 4-H Facts for more info.

4-H MID-WINTER WORKSHOPS

Wednesday, February 20, 2013

A whole week off from school! If you’re looking for something to do inside, why not join other 4-H’ers from across Herkimer County for the day? The 4-H office is looking to offer workshops on:

- **Public Presentations** to fine tune your public speaking and resources. This workshop is designed to help you finalize and give a presentation.

- **Beginner Robotics** where they will have the opportunity to program a homemade robot to clean up a simulated environmental spill. Youth with build their own Eco-Bot, develop a plan of action, and clean up a “spill”.

- **Gardening** where they will learn how to start seeds, and plant a healthy garden for maximum summer produce.

Stay tuned for times and the location for these upcoming workshops, as details becomes available. Updates will be on our Facebook page at www.facebook.com/HerkimerCounty4H or call Wendy to get more information on these workshops or to reserve your place.

4-H PHOTOGRAPHY AND SEWING WORKSHOP

4-H will be offering workshops on Martin Luther King Day, January 21st, to be held at the Herkimer Reformed Church. Workshops for Sewing and Photography will be given to members interested in learning a new skill or would like to improve their abilities in either project.

The photography workshop will be covering how to take better pictures, and 4-H requirements for the NYS Fair. The goals of a 4-H photography project are to increase knowledge of how to use a camera and related equipment, understand the value of good photos and to be creative, solve problems and have patience while practicing a skill. 4-H youth who sign up will need to bring their camera for this workshop.

The sewing workshop will be making an organizer for a 5 gallon bucket. The 4-H Sewing project goal is to teach youngsters the art and skills of creating useful items with hand needle and thread or sewing machine, to make clothing and wardrobe essentials and helpful items for daily living. In addition to teaching lifelong skills, sewing encourages critical thinking and creativity. Learning to sew also helps individuals develop skills for fulfilling hobbies. Those who sign up are asked to bring:

- A sewing machine
- One yard of sturdy fabric such as denim or canvas.
- Thread
- One four yard package of double fold bias tape
- Scissors

The photography workshop will start at 9:30am. The sewing workshop will start at 12noon. If you plan to attend both workshops, please bring a bag lunch with you. Registration deadline for these workshops is January 14th.
**DAIRY DISCOVERY**
**MARCH 22-23**

Dairy Discovery is a hands-on workshop held annually at Cornell. It is a statewide program for youth ages 15-19 years old. Each year the youth will spend the 1½ days (Friday afternoon until Saturday late afternoon) here on campus learning about dairy careers and rotating through a series of hands-on stations which focus on a specific aspect of the dairy field each year. Due to the hands on approach of the sessions, participation is limited to the first 60 individuals to enroll by deadline. Youth who are 15-19 years of age as of January 1, of the current year and have an interest in dairy cattle and production management are eligible and strongly encouraged to attend (with their parents or chaperones).

Participants will get to meet Cornell faculty and students, learn about different aspects of dairy production management and dairy industry related careers. They will also be able to interact and exchange information with professional producers, industry experts, and more! Hands-on workshops are planned for each focus area.

The cost of **$45 per person** will cover the basic handouts, materials, dinner and activities on Friday evening, and lunch on Saturday. **Lodging is NOT included** for this program but a group of hotel rooms are blocked prior to this event each year.

4-H project members and FFA youth with a dairy interest or desire to learn about dairy are strongly encouraged to attend (with their parents or chaperones).

Call Jenn at the 4-H office by February 13, 2013 to register and for more details on lodging accommodations. For more information watch for the Feb/March newsletter or go to [http://www.ansci.cornell.edu/4H/dairycattle/DairyDiscovery/index.html](http://www.ansci.cornell.edu/4H/dairycattle/DairyDiscovery/index.html)

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**NATIONAL 4-H WEEK**

The Barnyard Buddies 4-H club of West Winfield set up a display at the town library to promote National 4-H Week. Pictured in photo: Katie Livingston

**Little Falls 4-H Friends 4-H club** promoting National 4-H week

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**SURPLUS OF HELUVA GOOD CHEESE AND DIPS**

The 4-H office would like to thank everyone who participated in our Annual Cheese Fundraiser – it was a HUGE success. We have some dips & cheese still available if anyone is interested. It will be great for the holidays! 8 oz bricks are $2.50 and 12 oz dips are $2.00. Please contact the 4-H office for more information.
4-H Government Intern

Eight high school students from 4 Herkimer County high schools, which includes Ilion, West Canada Valley, Mohawk and Frankfort-Schuyler, participated in the 4-H Government Intern Program at the Herkimer County Legislative Chambers. Students from the area schools were Cayla Carrillo (Ilion); Brandon Miner (West Canada Valley); Scott Van Patten, Paul Joyce and Tyler Kehl (Mohawk); Cassidy Banas, Markie Burr and Hallie Serianni (Frankfort-Schuyler). The program is made possible by the Herkimer County Legislature and administered by Cornell Cooperative Extension 4-H youth development program of Herkimer County.

The fall session started in October, with 4 sessions total, to provide students with insight into the legislative process. Students reviewed issues, toured county facilities, interviewed county legislators and attended a county legislature meeting. Students heard from guest speakers, got involved in the legislative process, researched topics, and gave presentations on current topics. They presented reports on amending the influence of the Electoral College, and taping and broadcasting of legislative meetings. Some highlights of this fall were visits from Legislators Helen Rose and Jean Maneen, Sheriff Chris Farber, and Attorney Thad Luke.

Youth thanked the many speakers and legislators that supported the program along with parents and teachers.

4-H Community Service

Merry Moos and Mini Merry Moos were at Stewarts in Middleville supporting the Middleville and Newport fire departments by selling Heluva Good cheese and dips and baked goods.

Pictured L to R: Ben, Josh, Madelyn, Tyler and Mariah Conover.

Pictured L to R: Rebecca Elwood, Denten and Logen Spellman.
**4-H OfficEr TrAining**

Fifteen Herkimer County 4-H members from three 4-H clubs recently attended the countywide 4-H Officer Training workshop held at the Herkimer Reformed Church. 4-H clubs have elected their officers for the 2012-13 4-H year, and this workshop provided them with the proper initial training to help ensure a successful 4-H experience.

Local 4-H members who participated included from the Milk Shakers 4-H Club: Robbie Becker and Anna Becker; Merry Moos 4-H Club: Rebecca Salm, Janelle Salm, Tyler Conover, Madesen Spellman, Ed Smith, Isabella Smith, and Madelyn Conover; Foxy Trotters 4-H Club: Anna Culver, Alexa Luke, Isabella Raux, Laura Culver, Rowan Albin, and Alexis Becker. The newer Choose Health Officer role was covered by Linda Robbins from CCE Herkimer with healthy recipe options and activities to get clubs moving. After receiving individualized instruction for their specific office, each group chose an officer to represent them in a simulated 4-H Club meeting.

The sessions better prepare the 4-H club officers to conduct more efficient meetings, training young people to understand their role in a group and operate an effective meeting according to parliamentary procedure. This is an investment in life long skill development.

**MADESEN SPELLMAN WINS 2012 4-H “EARN A CALF” AWARD**

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.
4-H Club News

The Barnyard Buddies 4-H club made paint chip book marks and painted a primer coat on treasure boxes. The club also elected officers President Alyson, Vice President Katie, Secretary Julia and Treasurer Cassandra.

The Mini Merry Moos and the Merry Moos 4-H club had their first 4H meeting of the year!! The meeting was held at Kim Salm's house. Elected officers are President Rebecca Salm, Vice-President Janelle Salm, Secretary Tyler Conover, Treasurer Madesen Spellman, News Reporter Ed Smith, Health officers Madelyn Conover and Recreational officer Isabella Smith. Our new officers attended Officer Training on Nov. 12. Our club has 21 returning members and 3 new members in the club.

Members also discussed project ideas for the year and decided to make a wearable object out of duct tape.

The Merry Moos and Mini Merry Moos discussed their fundraising ideas for the year. They are participating in the county cheese sale, holding a bake sale at the Tractor Supply Open House on November 10, and a bake sale/cheese sale at Middleville Stewarts later in November.

The Schuyler Hillbillies 4-H club had a bake sale/bottle drive fundraiser at Triples produce Stand. They went to Moss Island and had a lot of fun exploring and going rock climbing. The members also attended a town board meeting, where they went and gave a presentation about what their trip to D.C. was like and what they liked most about going.

Norway Hillside Riders 4-H club plan to go to Weller Park for a fundraiser. They are bringing small petting zoo, popcorn, cotton candy, and face painting on October 6th. Then plan to do the same event at Abuchon hard ware store in Herkimer to raise money for breast cancer. They also plan to go to Fly Creek to learn the proses of making apple cider and to Hidden Valley Adventures to visit the animals.

Winter Weather

Herkimer County is such a wonderful place to live, we offer the following information regarding Cornell Cooperative Extension and 4-H.

1. Sometimes the weather is bad in one part of the county and not in others. Use your own judgment when deciding to travel.

2. Sometimes it’s too late to cancel a meeting when the weather turns bad, again use your own judgment.

3. If the Cornell Cooperative Extension office closes, evening meetings are cancelled.

4. If you decide not to travel to a meeting, please call the office ahead of time if possible.

5. If the Herkimer County Office Building is closed, the Cornell Cooperative Extension Office will also be closed. Canceling and trying to reschedule meetings is very difficult, so if at all possible, meetings will be held. Again, use your own judgment and do not travel if you do not feel safe.
Healthy Snack Ideas

- raw vegetables and cottage cheese dip fruit
- (try something new) & peanut butter dip
- pudding sandwiches (on graham crackers)
- cheese & crackers sliced
- apple & peanut butter "sandwiches toasted
- cheese sandwiches (with tomato) &
- low-fat milk, milkshakes, fruit smoothies
- whole wheat toast & peanut butter vanilla
- yogurt (add your favorite fruit)
- yogurt pops with fruit
- cottage cheese (plain or with fruit)
- anything high fiber and low fat, sugar and salt!

Make Food Fun!
Get creative in the kitchen:

- Cut a food into fun and easy shapes with cookie cutters.
- Invent and help prepare new snacks or sandwiches. For example, make your own trail mixes from dry cereal and dried fruit.
- Jazz up the taste of vegetables with low-fat dressings or dips. Try hummus or bean spread as a dip for veggies.

Choose smart, fun snacks and meals:

**Bagel snake:** Split mini bagels in half. Cut each half into half circles. Spread the halves with toppings like tuna salad, egg salad, or peanut butter. Decorate with sliced cherry tomatoes or banana slices. Arrange the half circles to form the body of a snake. Use olives or raisins for the eyes.

**Frozen graham cracker sandwiches:** Mix mashed bananas and peanut butter, spread between graham crackers and freeze.

**Frozen juice cups:** Pour 100% fruit juice into small paper cups. Freeze. To serve, peel off the paper and eat.

**Frozen bananas:** Put a wooden stick into a peeled banana. Cut large bananas in half first. Wrap in plastic wrap and freeze. Once frozen, peel off the plastic and enjoy.

English muffin pizza: Top half an English muffin with tomato sauce, chopped veggies and low-fat mozzarella cheese. Heat until the cheese is melted.

The following websites include games, coloring sheets, recipes and activity pages for ideas to eat more vegetables and fruits and other healthy foods.

**United States Department of Agriculture website:** [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) At same website, see more ideas at: [http://www.choosemyplate.gov/information-educators.html](http://www.choosemyplate.gov/information-educators.html)


At this same website, connect with more info on getting kids involved at: [http://www.fruitsandveggiesmorematters.org/get-kids-involved](http://www.fruitsandveggiesmorematters.org/get-kids-involved)

**Academy of Nutrition and Dietetics website:** [http://www.eatright.org/](http://www.eatright.org/) At this same website, connect with resources for parents and caregivers at: [http://www.eatright.org/kids/](http://www.eatright.org/kids/)

See the 4-H Choose Health website for more ideas at: [http://nys4h.cce.cornell.edu/about%20us/Pages/4-HClubChooseHealthOfficers.aspx](http://nys4h.cce.cornell.edu/about%20us/Pages/4-HClubChooseHealthOfficers.aspx)

At this site, you will find the Choose Health Calendar for 2012-13 at: [http://nys4h.cce.cornell.edu/about%20us/Documents/4-H_Choose_Health_Calendar%202012-13%20final.pdf](http://nys4h.cce.cornell.edu/about%20us/Documents/4-H_Choose_Health_Calendar%202012-13%20final.pdf)

Thank You

A big THANK YOU goes out to Angela Hanson for six years of service on the 4-H Program Committee. Her commitment to 4-H and Cooperative Extension is greatly appreciated.
"THE PURPOSE OF THE 4-H YOUTH DEVELOPMENT SYSTEM IS TO ENABLE YOUTH TO DEVELOP KNOWLEDGE, ABILITIES, ATTITUDES, AND BEHAVIORS TO BE COMPETENT, CARING ADULTS"

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