

April 13, 2020

CCE

Saratoga County

NEWSLETTER

Cornell Cooperative Extension

EXTENSION UPDATES

4-H Leaders Serving Their Community to Fight COVID-19

One of our multi-generational families and Resource Leaders for the Robotics Program are utilizing their knowledge and values gained through 4-H to do their part in [fighting COVID-19](#).

The Russell Family (Tyler and mom Lisa, pictured) wanted to do a little something to help during these trying times. As leaders of our Robotics Program, and very big



into delivering STEM programs to our youth, they shifted their focus to doing so much more. The family has been printing the 3-D parts for face shields.

It started out as a way to keep family and friends safe, but it has now grown far beyond that.

On Sunday, the family delivered 60 3-D parts to St. Peter's Hospital, and the rest were delivered Monday: 40 to Eddy Visiting Nurses, 50 to SUNY POLY, and 36 have been delivered to individuals. Way to go, Russells!



Our Mission

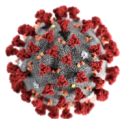
[Cornell Cooperative Extension puts knowledge to work](#) in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

CCE Saratoga in times of COVID-19

CCE prioritizes the health, safety and well-being of the communities we serve. Given the uncertainty surrounding COVID-19, and due to an abundance of caution, all on-site and off-site programs, workshops & 4-H activities and all 4-H Club meetings are cancelled effective immediately until further notice.

In addition, our offices will be closed to the public, including our volunteers, beginning at noon on

Wednesday, March 18, again, until further notice.



Please be assured we are committed to supporting our communities through this very difficult time and encourage you to visit our website and social media regularly for up-to-date information including links to relevant websites.

If you need to contact us, call (518) 885-8995 and leave a message or email [our staff](#).

Letter from Our Executive Director

BEING POSITIVE....

The COVID-19 pandemic has taken all of us into uncharted waters, while many remember the collapse of the Twin Towers due to terrorists or the explosion of the Challenger space shuttle, the current virus can easily reach everyone. The impact of being in Pause-NY unable for many to go to work or to feel safe going shopping, to visiting family and friends. When is it going to end? These are questions that have confronted us for almost three weeks and we look through the tunnel to where the end almost seems in sight... maybe the end of April. So how are we holding up?

Being positive is what it is all about. We are going to survive, there will be paper towels, sanitizers and most of all doing what we really enjoy – a return to our routine. Being with family and friends, going to work, shopping even paying with cash, most of all being normal. We each have our own definition of normal and while it can be different for everyone, it is our normal that means the most. It is our routine, planning that vacation, worrying about a coming snowstorm or preparing for gardening, gathering soil samples to take to the Cooperative Extension office or being part of a 4-H activity or event.

*CCE is helping
NYS families,
households
& businesses
in a difficult time,
as we have for over
100 years.*

The Cooperative Extension family and friends are positively involved in our new routine. We are involved in new activities, now from home where we work, play and provide support to others at home, online or on the phone. Our circle of family and friends is different; sometimes smaller and for others it can reach across the state or the country.

We have new ways to learn, to share knowledge and experiences, and we will never return to where we were. The resources and people of Cornell Cooperative Extension bring a world of opportunities to our friends and neighbors. We may not be in the office, but the work does not stop. Staff are working from home where most are conducting programs virtually. The Master Gardener Training Program is going on, despite attending classes from home, we have reached out to media outlets sharing where locally grown and produced products are available. Meetings are ongoing... online and all CCE staff are attending professional improvement classes. Everywhere from campus to counties across the region are sharing experiences and techniques.

Be Safe, Be Healthy and always follow the basic rules to survive this pandemic – maintain your social distance and it won't be long before we are meeting in person.

We will continue to bring changes into our lives, take less for granted and always buy more toilet paper.

William M. Schwerd
Association Executive Director



Saratoga County 4-H receives Stewart's Holiday Match Grant

Cornell Cooperative Extension of Saratoga County is excited to announce that Saratoga County 4-H has received a 2019-2020 Stewart's Holiday Match Grant for 2020. Each year we successfully apply for this grant to support or extend the outreach the 4-H Program does in our communities.

Last summer, we piloted summer programming through the 4-H Camp Wild Program, and The Great Campout. This year's grant funds will go toward expanding upon the success of those experimental programs.

We appreciate the commitment Stewart's has toward not-for-profit organizations in the community, and that they saw fit to release the funds during these uncertain times.

Thank you, Stewart's!

(Stewart's Shops' matches individual donations made in their shops from Thanksgiving Day to Christmas Day. The Holiday Match program is part of Stewart's Shops' annual commitment to give back to their local communities.)



Pathway to Health & Wellness

By Diane Whitten, M.S., Nutrition Educator, Cornell Cooperative Extension Saratoga County

Maintain Healthy Habits to Improve Your Immune System

Habits are a funny thing, changes in our routine can interrupt them, and boy, have we all had changes to our routine. Don't ignore the obvious health habits that can keep your immune system strong, so you can fight off the COVID-19.

Eating Habits

With new daily routines, your eating habits may have changed. Since you're home more, it's easier to snack, or maybe you're baking more. If you're a stress eater, you may be eating more in general. Beware that you don't gain the COVID-19, that is 19 pounds while you're home waiting for this epidemic to end. Try to eat as you have, or if needed improve your eating habits. To keep your immune system healthy, eat plenty of fruits and vegetables, they give you immune boosting vitamins and minerals.

Immune Boosting Foods

Citrus fruits
Berries
Dark leafy greens
Mushrooms
Orange vegetables, like carrots and sweet potatoes
Broccoli and other Brassica vegetables, like cauliflower, Brussel sprouts and cabbage
Spices, especially garlic, turmeric and ginger
Fermented foods, such as yogurt, kombucha and miso
Home-made chicken soup, research shows it works



Stress

Stress reduces your body's ability to fight off infections, so find ways to decrease your stress level. Exercise is one of the best ways to do that, but your usual exercise routine may be disrupted. This is an opportunity to start a new routine, maybe you need to get up earlier than your kids to fit in exercise, or try a new type of exercise. Even just walking outside is good exercise, and you may see neighbors you can talk to while maintaining social distancing. In fact, social interaction is good for the immune system too, according to the American Psychological Association.

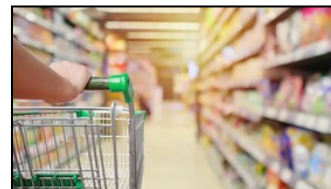
A lot of the stress we experience involves the way we respond to a situation, how you think about it. Therefore, you can control your stress level by controlling your thoughts. Meditation is a powerful tool to help you take command of your thoughts. Meditation practices vary, so search Google to find a method that works for you. Simply breathing mindfully is a great start. Many of us use alcohol to reduce our stress, but too much will weaken your immune system. If you drink, do so in moderation; no more than one drink per day for women and two for men.

Sleep

Finally, don't underestimate the power of sleep to keep your immune system strong. Again, habits play an important role in quality sleep. As your daily routine and habits may have changed due to COVID-19, your sleep habits may have changed too. Try to go to bed at the same time and get up at the same time each day. You probably know how much sleep you need, for most people it's between 7 and 9 hours.

Stay safe and stay healthy, start a new healthy habit today.

Stay Healthy at the Grocery Store and Beyond. Follow this link to an excellent article on how to [“Protect Yourself from Coronavirus When Grocery Shopping”](#). While the article doesn't address wearing a mask, the CDC recently recommended wearing a cloth face covering in public settings where other social distancing measures are difficult to maintain, such as grocery stores. Primarily, this is a good practice in case you may have the COVID-19 virus and not know it; wearing a mask could keep you from spreading it unknowingly. The biggest risk while in a grocery store is contact with people who have the virus, so maintain your 6-foot distance from other shoppers. Secondly, there is a much lesser risk that produce or a food container may carry the virus. Rest assured that the virus is not transmitted by eating food, your stomach acids will kill the virus, as it does many other bacteria that enter our gastrointestinal system. [Face Mask Tutorial](#)



preparing an EMERGENCY FOOD SUPPLY



WRITTEN BY DIANE WHITTEN, CORNELL COOPERATIVE EXTENSION

You don't need to be a homesteader to be prepared in time of an emergency. In our area, a snow storm or high winds can disrupt power for days. Preparing an emergency food supply will allow you to feed your family for a few days, even if you have no electricity. When preparing your emergency food supply keep in mind your family's food preferences, and include some comfort foods which will help to elevate spirits in a stressful situation. Avoid salty food that will make you thirsty because water may need to be conserved. The general recommendation for water is one gallon per person per day for drinking and sanitation. To find out which items are suggested when selecting emergency food supplies continue reading this article "[preparing an EMERGENCY FOOD SUPPLY.](#)"

Homesteaders & Self-sufficiency

If you are interested in becoming a homesteader and more self-sufficient then we have good news for you. CCE Saratoga educators are currently creating an educational webpage where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform will bring together agriculture (livestock), food preservation and cooking, gardening, hunting and wildlife recourses.



Fishing is a great way to maintain mental and physical health

Trout and salmon season has officially opened. While the NYS Department of Environmental Conservation (DEC) recommends the following guidelines to make your fishing trip as safe and as enjoyable as possible,

the **Hudson River Fish Advisory Outreach** suggest you heed the following health advice if you fish in the Hudson River:

Fishing is fun and fish are an important part of a healthy diet. Fish contain high protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish from the Hudson River



south of the Corinth dam contain chemicals at levels that may be harmful to your health. For more information on fish caught in the Hudson River and for a map of Saratoga County Fishing Waters (NYS Department of Health Fish Advisories & Public Accessible Water) click [here](#).

Make your own worm compost bin



Fish can also be a stress reliever, as well as a learning experience for our young companions. Spend an afternoon collecting red wiggler worms and [making a worm bin](#) out of a recycled Styrofoam cooler.



FISH LOCAL

Stay close to home. Keep your fishing trip short. Avoid high-traffic destinations.



BE SAFE

Avoid crowds and groups. Keep a distance of 6 feet or more from others. When fishing from a boat, make sure it's large enough so persons on board are at least 6 feet from one another.



STAY HOME

If you're not feeling well, stay home. Anyone 70 and older or with a compromised immune system should postpone their trip.



BE ADAPTIVE

Move quickly through parking lots and paths. If crowded, choose a different fishing location, or time to visit.



For alternative fishing locations visit <https://www.dec.ny.gov/outdoor/7749.html>

IN AN EMERGENCY CALL 911

DEC EMERGENCY DISPATCH: 518-408-5850

IN THE ADIRONDACKS: 518-891-0235

CAPITAL REGION PRISM A PARTNERSHIP FOR REGIONAL INVASIVE SPECIES MANAGEMENT

"Detect, prevent, and control invasive species through direct action and education to protect biodiversity, the natural environment, economy, and quality of life."

Hello Saratoga County,

Whether you are fishing the waters of Saratoga County or beyond, working in your backyard or hiking area trail, you are most likely to come in contact with an invasive species. Below is a little bit about the PRISM and our services that may benefit you regarding invasive species.



ABOUT THE PRISM

The Capital Region (PRISM) a Partnership for Regional Invasive Species Management (PRISM), is hosted by the Cornell Cooperative Extension of Saratoga County. The PRISM is financially supported through the New York State Department of Environmental Conservation via the Environmental Protection Fund. We are a not-for-profit quasi-government agency. Our office is staffed with a full time Terrestrial, Aquatics, and Lead Coordinator. Our seasonal staff includes part time educators and interns from affiliated colleges and universities in the Capital Region. The PRISM provides services in eleven counties in the New York State Capital Region.

WHAT WE DO

- Coordinating partner efforts regarding invasive species management
- Delivering education and outreach to government agencies, non-for profits, and private entities
- Recruiting and training citizen volunteers with woods walks, workshops, and IMapInvasives trainings
- Establishing early detection and monitoring networks for invasive species
- Implementing eradication and control efforts
- Develop and implement effective restoration methods for areas that have been degraded by invasive species and where suppression or control has taken place
- Releasing funds for invasive species work through a Request for Proposals (RFP) process
- Provide and deliver Memorandums of Understanding (MOU's) for work to be executed on behalf of the PRISM based on prioritization needs
- Aid and assist partners in developing a Framework for Response from giving best management practices to providing control plans.
- Provide for networking opportunities across domains at our partners meetings

Reach out to one of our coordinators if you have questions or need help with a project. For more information please check out our website: <http://www.capitalmohawkprism.org/>

Join our list serve and share information through our network:

To Join our ListServ, send an email to: cce-capitalprism-l-request@cornell.edu

Type "join" in the subject line with no quotes and do not leave a message or signature in the message box.

Communications through the list serve are to be reviewed by the PRISM and distributed at the offices discretion.

Sincerely

Kristopher Williams

Invasive Species Coordinator

Capital Region PRISM

Mrs. Curren's 4-H Happy Place

Mrs. Curren is bring 4-H School Outreach to elementary students through her "4-H Happy Place." [Mrs. Curren's 4-H Happy Place](#) is a place to extend the fun and learning usually experienced in the classroom ... just in your home. The 4-H Happy Place is designed with you and your family in mind. Everyone is encouraged to participate. All programs are specially designed by Mrs. Curren to be age appropriate for elementary students with some adult help required at times.



Saratoga Trail BINGO Challenge

A walk in the woods is a great way to social distance, enjoy some fresh air and just do something for the whole family to do. The wonderful thing about Saratoga County is there's plenty of open space. BINGO Challenge features several walking trails around the county that are appropriate for all ages. Each trail has three cards so the whole family can team up and play. Start your [Saratoga Trail Bingo Challenge](#) now!



Walk with a Purpose

A great way to walk with a purpose is to participate in Citizen Science. Citizen Science is the gathering and analysis of information about the natural world in our own backyard and outside our windows by regular people. Usually this information is given to professional scientist. Many of the projects are done in collaboration with universities and colleges.

Below are 2 of the MANY Citizen Science opportunities that are out there. Cornell University has several through the Lab of Ornithology.

[Project Nest Watch](#) is an excellent one for this time of year as birds are getting ready for spring. Nests will being built and used soon. Keep track of nesting birds throughout their breeding season. Share information with others around the world.

University of Wisconsin Madison [Journey North](#) tracks migrations and changing seasons. You can participate by providing information on one or on many different seasonal events. The Monarch Butterflies have left Mexico, the tree leaves are budding, plants are sprouting, and so many species are in the midst of spring migration... Join the scientist and supply information about our exciting natural world.

Create Your Own Pollinator Garden

[Create Your Own Pollinator Garden](#) is a web-based learning unit. It will run from April 6th and continue through planting season right before Memorial Day. The learning unit will include videos, activities , as well as, templates.

The curriculum will include seed planting, caring for plants, along with creating a plant journal, learning parts of a plant, designing a garden, measuring sunshine in the area, making seed bombs, decorating containers, and understanding what different pollinators need, including host plants.



A Warning about Ticks

By William M. Schwerd, CCE Saratoga County Association Executive Director

A Beautiful Spring day...perfect for yard work, garden preparation or a cleaning wooded area following a windy winter that brought weaker trees to the forest floor, but there is a small creature that causes many problems, the tick! Ticks never really went away, but with warmer weather and being disturbed as leaves are raked or brush moved, they look for a new host. People make ideal hosts. Ticks will find their way in your clothes and look for warm moist areas where they will attach finding food and a place to hide.



It is strongly recommended that family members should check for ticks when returning from being outside. Remove any found on clothing or fastening themselves on their host. The [DEC website](#), the [Saratoga County Department of Health](#) and [our website](#) have many resources that are invaluable to Saratoga County Residents.

One of the foremost tick authorities is Dr. Holly Ahern who has been a featured speaker at Cornell Cooperative Extension events in Saratoga and surrounding Counties. While there are a number of tick bourn illnesses the most well known is Lyme disease that has the biggest impact on people. [Dr. Ahern is one of the foremost authorities on Lyme disease](#) and how the disease impacts those that contract it. If you have the opportunity to attend a program featuring Dr. Ahern it is worth the time and it may save your health.

Sounds of Springs....

By William M. Schwerd, CCE Saratoga County Association Executive Director



Spring Peepers... What's that sound? This is the time of year when we are enjoying the return of waterfowl, song birds and for most of us we enjoy the [peeping sound](#) of this small amphibian. The best way to learn about Spring peepers is to do a little research watching and listening to these little carnivores that mainly eat beetles, ants, flies and spiders. One of the most identifying characteristics is their tan and brown bodies with a black "X" on their back. They have a three year lifespan. They have the ability to have most of their bodies to freeze during the winter hibernation. Peepers spend their time high in trees while doing most of their hunting in ground level vegetation.

Backyard Invasive Species


Webinar by Lauren Mercier, Capital Region PRISM Education and Outreach Coordinator

A Guide to Disposal and Composting of Common Invasive Species

["A Guide to Disposal and Composting of Common Invasive Species"](#) is a webinar that explains what invasive species are, the impacts they have on the environment, how they get here, what the PRISM does, what we can do to prevent, remove and /or control invasive species and how to monitor them.

Japanese Barberry (*Berberis thunbergii*)

- Identification
 - Stem: woody stem with thorns at each node
 - Leaves: small, smooth edged, elongated oval-shaped, turn purple in late summer/early fall
 - Flowers and Fruit: develops clusters of yellow flowers in May that hang from bottom of stem, develop clusters of small, red, oval-shaped fruit in by July



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Test your Soil's pH

Spring has sprung, which means its time to test your soil and get it prepared for planting, whether for lawn, vegetable or flowers.

April - May is the time to test your soil pH to determine if it is within the preferred range of 6.5-7.0. If not, recommendations will be given to either apply lime to increase the pH or apply sulfur to reduce the pH.

TAKING A SOIL SAMPLE ...THE CORRECT WAY

For most situations (Lawn, vegetable garden, ornamentals, etc.), the soil should be sampled every 2 to 3 years. For situations involving high-value cash crops or soils under intensive use, it is recommended that the soil be tested prior to planting the crop.



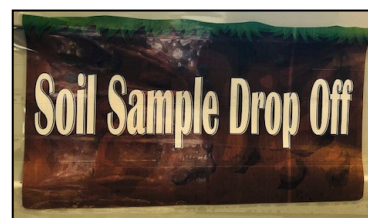
Soil samples may be taken at any time during the year; however, avoid extremely wet soil conditions unless absolutely necessary. It is recommended that successive samples from a given situation be taken about the same time of year.

- (1) Using a garden spade or shovel (if available, a soil probe or auger works best) slice into the soil to a depth 4-6 inches.
- (2) Take a one-inch-thick slice of soil from the side of the hole. Repeat this process to obtain 5-10 samples, randomly taken, depending on the size of your lawn or garden.
- (3)** Combine all samples into a clean container and mix thoroughly, removing any plant debris or stone.

ONE CUP OF SOIL IS ALL THAT IS NEEDED FOR Ph TESTING (IF SENDING FOR COMPLETE ANALYSIS 2 CUPS ARE NECESSARY). Avoid as much hand contact as possible as it may alter the true pH of the soil.

- (4) If your soil is wet, you will need to let it dry. Let it dry naturally. **DO NOT** dry in a conventional or microwave oven.
- (5) Label samples for proper identification (ie: back lawn, vegetable garden). Include your name, address, daytime phone number, and email address.

Samples can be brought to the Cornell Cooperative Extension Office, 50 West High Street, Ballston Spa for testing. There is a fee of \$1.00 per sample for pH testing. Currently the turn around time for samples is a max of one week. **Please use the Soil Sample Drop Off Box located in front of the building entrance.**



If a more complex testing of soil nutrients is desired, a soil sample can be sent the Agro-One Soils Laboratory in Ithaca, NY. The fee for this testing is \$13.00 or more per sample depending on information desired. In addition, there would be a \$7.00 shipping charge applied to each sample sent.

Preorders, Deliveries, and Other Ways to Get Your Fresh Food!

Farmer Markets are still essential to the community

Many Saratoga Farmers Market vendors are offering preorders to make your visit to the market quicker on Saturdays. And if you are unable to come to our market, there are also many other ways to purchase from our vendors. **[Find here our spreadsheet with what we know from our vendors so far.](#)** This spreadsheet is continuously being updated as more of our vendors figure out how to best serve their customers - so check back often!

If you do not see a vendor listed in the spreadsheet yet, please see the **[website](#)** for a complete listing of vendor contact information.

Junior Master Gardener Program (JMG)

The **Junior Master Gardener Program (JMG)** is an international youth gardening program of the Land Grant University Cooperative Extension network. JMG engages children in new, hands-on group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind. If you would like to learn more about this program please visit <http://imgkids.us/>.

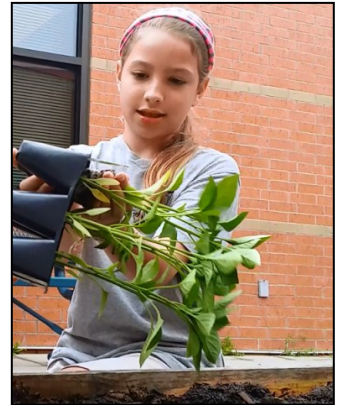
Due to the cancellation of face to face programming in accordance with current mandates, the national program is hosting a **Virtual** National JMG Group for elementary age kids on **Facebook Live!** Classes have already begun (though feel free to join any session) and will continue every *Tuesday and Thursday @ 2:00pm*. Students can earn a **JMG** Certification in Plant Growth and Development by participating in the activities led by our JMG team! We have created a webpage with resources, schedule of lessons, supply lists, downloadable pdfs, and more.

Follow this link <http://imgkids.us/fblive/> for more information. We highly encourage you to share with your family, teachers, etc. We view this as a great opportunity to support and continue to creatively

impact our youth and families during this unusual time in our nation.

Additionally, **April is Kids Garden Month!**

Each April, our friends at [KidsGardening](#) celebrate the joy and wonder of gardening with children. Since our ways of connecting with one another have rapidly changed, this year, KidsGardening invites families to share how they #GardenTogetherAtHome, and be entered for a chance to win one of many cool prizes! JMG encourages teachers, families, students, and individuals to share what you're doing, learn from others, and virtually build community. We're in this together. Let's #GardenTogetherAtHome!



If you have any questions about JMG, or would like to receive monthly updates with fun gardening activities, please refer to our website (imgkids.us) or email the JMG NYS Coordinator, Lily-Anne, at lt442@cornell.edu

4-H Activities for Keeping Kids Busy at Home

RUBBER BAND CARS



Rubber Band Cars

<https://4-h.org/parents/stem-agriculture/youth-stem-activities/rubber-band-cars/>

Build a car out of plastic bottles and rubber bands – its easy, fun and a great way to engage your kids' learning abilities. Takes approximately 30 minutes and no special materials. See [more STEM-based activities](#) .

Growing Great People: Training Skills for Dairy Farmers

Cornell Ag Workforce Development in partnership with Cornell Cooperative Extension (CCE) has rescheduled their training workshops “Growing Great People: Training Skills for Dairy Farmers” as online webinars. “Become an Effective On-The-Job Trainer” will be offered:

In English on April 14, 6:30-8pm - <https://cornell.zoom.us/j/220191306>

In Spanish on April 16, noon-1:30pm- <https://cornell.zoom.us/j/293244800>

Participation is free and registration is not required. The webinars will be recorded and available after the event. In-person trainings conducted simultaneously in English and Spanish will be rescheduled in fall.



Effective trainings contribute to success of employees and the farm business. With training, employees learn how to best complete their task and why it is important to the farm’s success. When employees have the knowledge, skills, and attitude needed to do the job right and understand why it should be done this way it: saves time and avoids problems; makes people feel important and involved, which keeps them engaged and reduces employee turnover.

The workshops will overview the learning system of: TELL: Describe the procedure and why it is important; SHOW: Demonstrate the procedure and emphasize key points; DO: Allow the learner to try and answer any questions; REVIEW: Are the steps in the procedure done correctly? After the workshop you will be able to: Plan for organized and effective trainings, train in a way that works for most people and measure and follow up to make sure learning happened

These workshops are supported by a grant from the New York Farm Viability Institute. Visit Cornell Ag Workforce Development online at agworkforce.cal.cornell.edu.

Paycheck Protection Loan Program

Over the past week, we have seen the Agriculture community take a huge hit by COVID-19; especially the dairy industry with all the milk dumping. With that we have had information brought to us about the Paycheck Protection Program through the Small Business Administration (SBA). This is a program that the farms qualify for.



The recent CARES Act provided additional emergency funding through Small Business Administration (SBA) for businesses who are facing losses due to COVID-19. If you are a farm business, the most important program to be aware of right now is the Paycheck Protection Loan Program, which was authorized in the CARES Act. Farms that meet SBA small business thresholds are eligible to [apply for this low interest, forgivable loan program](#).

Grants, Loans & Legal Support to Assist Farmers

Over the last few weeks, you have been asked to consider many new practices and strategies to build resilience of your farm in the face of COVID-19. All of this takes time and money, and probably adds to the stress you are already feeling.

As an essential business critical to the health and wellbeing of our communities, we all need you to thrive despite this pandemic. It has been heartening to see so many organizations step up to support farmers in these uncertain times.

Cornell Small Farms Program has put together a [list of grants, loans and legal support to help farmers](#) build their own resilience through this pandemic.

Saratoga County 4-H Teen Council Meet-Ups

Saratoga County 4-H has begun a weekly series of virtual meet-ups for our 4-H teens. These take place via Zoom Conference, every Saturday at 6:00pm. In addition to checking in with each other we have been doing fun activities such as trivia nights and scavenger hunts. These meet-ups are open to all 4-H Teens. Please keep an eye out for weekly email notices. If you have not been getting these notices, please contact Leland at glb76@cornell.edu so he can add you to the mailing list. We hope to see you at our next Meet-Up!



Teen Council is a countrywide group specifically for teen members. Its purpose is to help teen 4-H'ers develop leadership skills, while helping to build a strong, county 4-H program that benefits all members and volunteers. Teen Council members meet to plan and implement 4-H educational programs, as well as community service, fundraisers, and social activities. Each year, Teen Council manages and staffs the 4-H Snack bar at the Saratoga County Fair. Money raised from this fundraiser helps to support educational opportunities for all youth leaders in Saratoga County 4-H. To learn more about Saratoga County 4-H Teen Council and other 4-H opportunities for teens in Saratoga County click [here](#). *(Photos taken prior to social distancing)*

Saratoga County Tractor Safety

Even though we can't meet for our usual hands-on event, 4-H Tractor Safety is in full swing. On Wednesday, April 8th our participants attended an online presentation by the New York Center for Agricultural Medicine and Health to learn about Farm Hazards and Safety. Topics included: Tractor Rollovers (the leading cause of agricultural related deaths in NY), PTO shafts and safety, as well as highlighting many other common workplace hazards and how to protect yourself and avoid them.

We look forward to providing more virtual experiences for this year's participants, and look forward to testing and certification taking place in June.

Saratoga County 4-H "Ignite the Spark Challenge"



Saratoga County 4-H has started a weekly Social Media challenge for our 4-H members. Each week we will feature a new challenge that is meant to engage our members to think, create, act, and ignite their own SPARK. Members are encouraged to share their

challenges via Facebook and Instagram, where we will feature their work. We cannot wait to see the awesome things that our members can do! This week's challenge is all about Generosity. Visit us on our [Facebook Page](#) to see what our 4-Hers have come up with. *(Everyone is welcome to participate, but we are only able to post pictures of 4-Hers.)*

4-H Virtual Vet Science

Twenty 4-H members joined 4-H Animal Science Coordinator Brianna Hughes at the Saratoga County 4-H virtual Vet Science course hosted on 4/6/2020 at 6:00. Participants learned about monogastric and ruminant digestive systems. Here is a link to a video of a few of our participants talking about what we learned: <https://www.youtube.com/watch?v=9-QxhLC2mz8>



Next week at Saratoga Counties 4-H Virtual Vet Science we are going over animal anatomy! If you have a 4-H member who would like to join our Virtual Vet Science Class, please email Brianna Hughes at bh548@cornell.edu!

Canine Training

We are still accepting registrations for our anticipated 4-H Canine Training course we offer every Spring! Please note that the start date will change, at the moment we are aiming to have our first class on May 18th, this is not official and we will be contacting those that have registered as soon as we finalize dates. Please email this [form](#) to Kim Wilbur at kmw82@cornell.edu. Thank you for your understanding and patience; you don't want to miss out on this opportunity!

Saratoga Horse Symposium Canceled—Online series in its place

CCE Equine will be canceling the annual Horse Symposium and launching an online series in its place. We will be creating a course list and sending it out mid-April. CCE Equine is partnering with the New York State Horse Council to create an impact assessment survey of Covid 19 on business in the equine industry in New York.

CCE's Occupant Protection Program

CCE's Occupant Protection Program is working to keep Saratoga County families safe during these trying times while on the roads. CCE is very excited to see families riding bikes and encourage this type of activity for exercise as long as social distance can be maintained. I have noticed several families and teens on bike rides with no helmets.

1. NY State Law requires those under the age of 14 to wear a helmet when riding a bicycle
2. Everyone regardless of age should wear a helmet to protect their head should they experience a fall or crash while on their bicycle.
3. Properly fitted helmets are key to protecting our brain from a traumatic brain injury should a fall or crash occur



CCE's Occupant Protection Educator is available to do a virtual helmet fitting if needed and is able to provide a properly fitting helmet for families due to COVID-19 are unable to afford one. Please call our office at 518-885-8995 x 2228, and leave your name and return phone number. I will receive your message via email and can call you back to set up a virtual fitting, and if needed, set up a place to have you pick up a helmet. ~ Cindy Dort

Inter-municipal Stormwater Management

Into each life a little rain must fall... Where it goes once it has fallen is everybody's business.

Every year millions of gallons of Stormwater, in the form of rain and snow melt, flow through our county. As stormwater flows through developed areas, it picks up sediment and other pollutants. These pollutants, including oil, chemicals and trash, are being deposited in our lakes, ponds and rivers. If left unmanaged, stormwater can cause waterbodies to become impaired by debris, sediments and flooding, worsening water conditions for drinking, fishing and natural processes. Find out how you can [help with stormwater management](#).



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