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CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

Dietetic Interns Tour Local Dairy Farm

Diane Whitten, MS, Food & Nutrition Educator, CCE Saratoga

Emily Hall and Cidney Overly are completing the Russel Sage College Dietetic Internship Program, a requirement for taking the exam to become a Registered Dietitian. While Emily was working with Diane Whitten at Cornell Cooperative Extension of Saratoga County to learn about community nutrition education, Diane arranged a private tour of the Koval Brothers Dairy Farm in the town of Saratoga in Saratoga County, N.Y. Diane wanted to give the interns a peak into the local food system, since agriculture is the

#1 industry in Saratoga County. The tour guides, Jen and Chris Koval, love to educate people about dairy farming, so they gave the interns an unforgettable experience where they learned things they wouldn't have otherwise learned in their nutrition studies.



The Heifers in this barn are just as interested in the interns as they are of them.

Emily and Cidney arrived just in time to see a 10-minute old calf which neither of them will ever forget. They learned that calves weigh about 75 pounds at birth and the gestation is only 10 months. "That's crazy", Emily said in comparing that to human infants.

While visiting the Heifer barn, Chris Koval, who owns this family farm with his brother Adam, explained that the cows like being inside the barn. They prefer it to being out in the hot sun in the summer and the cold wind in the winter. "When cows are given the option of being inside or outside, most of the time they'll be in the barn.", said Koval. Emily and Cidney also learned that cows grow up together and develop friendships with other cows their age, forming cliques not unlike people. Also like people who have to cut their nails regularly, cows need to have their hooves trimmed twice a year, a procedure the interns got to observe.

The tour on this beautiful May day ended at the Milking Parlor where nearly 5000 gallons of milk are collected daily. "I'm surprised at all the technology behind the milking system.", Emily said, as Chris explained how information is gathered about how much milk each cow produces, and tracks the temperature of the

....Continued on next page



Cidney Overly and Emily Hall with new born calf.



Left to right: Chris Koval, Cidney Overly, Jen Koval, and Emily Hall (front).

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.

Dietetic Interns...continued from previous page

milk as it goes to the cooling tank for storage before being picked up. All of the Koval Brothers Dairy Farm milk is sold to Stewarts' Shops. So the next time you buy milk or ice cream at a Stewarts' Shop, say 'Thanks' to Koval Brothers Dairy Farm, including Jen, Chris and Adam Koval.

Emily and Cidney were grateful for this experience, a look into a part of the food system that is so vital to what nourishes our country and is a part of our cultural food tradition including milk, cheese, yogurt and the Northeast's favorite dairy product, ice cream. They gained a new appreciation for farming and the hard work and countless hours that go into managing a dairy farm. When they go into their careers as Registered Dietitians they'll know that they are part of the larger food system that includes the farms where our food is produced.

Job Opportunities at CCE Saratoga

4-H Small Livestock Educator

CCE of Saratoga County is seeking a part time (24 hours/week) 4-H Small Livestock Educator primarily responsible for delivering youth based educational programs for CCE of Saratoga County. Program areas include but are not limited to: small livestock (chickens, goats, sheep, rabbits, etc.), county and state fairs and animal shows, egg incubation and embryology, and youth agricultural literacy. The Educator collaborates with educational partners including schools, the New York State Association of Cornell Cooperative Extension 4-H Educators (NYSACCE4-HE), and other partner organizations.

Please note, this position must be applied for through the Cornell Workday site, follow this link for details on the position and how to apply:

[Cornell Cooperative Extension | Jobs \(ccesaratoga.org\)](https://ccesaratoga.org/jobs)

Spring Tire Recycling Program

When: Tuesday, May 25,
4:00pm - 5:30pm

Where: Moreau Transfer Station
(Corner of Route 9 & Butler Rd,
Moreau)



This program is open to all Saratoga County residents. Registration & proof of residency is REQUIRED; please register by Friday, May 21.

- Photo ID with address will be required at drop off
- Maximum of 10 tires per vehicle
- Tires must be:
 - whole and clean
 - passenger car or passenger truck tires only
- Payment is due at time of collection (\$5.00 each)
- Payment must be made in EXACT CASH
- Registration must be done through email or mail.

[Registration form due by May 21.](#)

Aquatic Invasive Species Watercraft Steward & Lead Steward

WATERCRAFT STEWARDS work independently at various boat launch locations throughout the Capital Region PRISM region (including Albany, Columbia, Dutchess, Green, Herkimer, Montgomery, Orange, Saratoga, Schenectady, Ulster, and Westchester counties).

LEAD WATERCRAFT STEWARDS assist in providing oversight to Watercraft Stewards. Lead Stewards work independently and travel frequently between various boat launch locations throughout the Capital Region PRISM region (including Albany, Columbia, Dutchess, Green, Herkimer, Montgomery, Orange, Saratoga, Schenectady, Ulster, and Westchester counties).

A list of locations can be found [by clicking here](#)

Please note, this position must be applied for through the Cornell Workday site, follow this link for details on the position and how to apply:

[Cornell Cooperative Extension | Jobs \(ccesaratoga.org\)](https://ccesaratoga.org/jobs)

Can a Pacific Northwest silverfly save eastern hemlocks in New York State?

The Huyck Preserve in Rensselaerville, NY is leading the way in finding out

It's called biological control, and it means putting a natural predator near its prey as a way of managing a pest. Think lady bugs killing aphids, or deer mice eating gypsy moths. Now, an Upper Hudson Valley nature preserve is a testing ground for two species of silverflies that might help save native hemlock populations.

The Edmund Niles Huyck Preserve, a 2,000+ acre nature preserve, accredited land trust, and biological research station in Rensselaerville, NY is working closely with the New York Hemlock Initiative (NYSHI) at Cornell University to implement biological control of the hemlock woolly adelgid (HWA), a destructive pest of eastern hemlock trees that was introduced in Virginia in the early 1900s. Since that time, HWA has killed millions of hemlocks from northern Georgia to Nova Scotia.

The Huyck Preserve is a partner in the Capital Region PRISM (Partnership for Regional Invasive Species Management), a nonprofit quasi-governmental agency hosted by the Cornell Cooperative Extension of Saratoga County and funded through the NYS Department of Environmental Conservation via the Environmental Protection Fund. In 2018, the Huyck Preserve began work on its first invasive species management and monitoring plan, and Capital Region PRISM became a significant resource for protecting the lands and waters of the Preserve from the harmful effects of invasive species including forest pests like hemlock woolly adelgid. With support from Capital Region PRISM and advice from the NYSHI, the Huyck Preserve undertook its first chemical treatment of HWA in 2020. HWA has continued to spread across the nearly 350 acres of hemlocks at the Huyck Preserve, and last fall Capital Region PRISM and the NYSHI approached the Huyck Preserve with a proposal to release HWA biocontrol agents as a second tool in the fight to save the Preserve's important trees. This spring, the NYSHI released two species of silverflies, *Leucopis argenticollis* and *Leucopis piniperda*. These tiny flies are native to the Pacific Northwest of the United States and are specialist predators of HWA. In other words, they only feed on HWA and are at very low risk of causing ecological problems. The silverflies feed on HWA eggs as larvae and are some of their most numerous predators on the western hemlocks of the Pacific Northwest.

This year's release is part of a long-term study coordinat-

ed by the three organizations, and future monitoring will determine the success of establishment of silverfly and control of HWA. Only time will tell if the release of a small number of silverflies (compared to the vast infestation of HWA at the Preserve) is successful. Will the silverflies thrive in this environment? Will they suppress the HWA population enough that hemlock trees will survive? This spring's release is one of the first in the Capital Region. Although systemic insecticide treatment is currently the most effective method in managing HWA, long-term, landscape-scale conservation of hemlocks will likely depend on biological control. Eastern hemlock is New York's third most common tree species and is a foundation species in our forests. Hemlock trees are important for maintaining healthy wildlife habitat and fresh water resources, and their loss would drastically change our landscape.

For more information visit these sites:

- www.capitalregionprism.org
- <https://blogs.cornell.edu/nyshemlockinitiative/>
- www.huyckpreserve.org



Nicholas Dietschler, Research Technician with the NYS Hemlock Initiative at Cornell University (R), and Nicole Campbell, Terrestrial Invasive Species Coordinator for the Capital Region Partnership for Regional Invasive Species Management (L), discuss plans to release silverflies at the Huyck Preserve in Rensselaerville in an effort to combat invasive hemlock woolly adelgid.

More photos can be viewed on next page.



Above: Nicole Campbell, Terrestrial Invasive Species Coordinator for the Capital Region Partnership for Regional Invasive Species Management, inspects a hemlock infested with hemlock woolly adelgid at the Huyck Preserve in Rensselaerville.



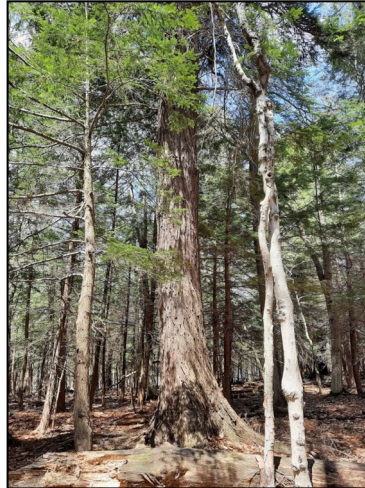
Above: Telltale woolly masses from hemlock woolly



Above: *Leucopis piniperda* was released in a hemlock stand infested with invasive hemlock woolly adelgid at the Huyck Preserve in Rensselaerville as part of a biological control study aimed at conserving hemlocks.



Above: Huyck Preserve Executive Director Anne Rhoads, Ph.D. releases silverflies in a hemlock stand infested by



Above: An example of the hemlock trees at the Huyck Preserve that the Preserve, Capital Region PRISM, and the NYSHI hope to protect from invasive hemlock woolly adelgid with the help of biological control



Above: Huyck Preserve Stewardship Coordinator Garrett Chisholm releases *Leucopis piniperda* in a hemlock stand infested with invasive hemlock woolly adelgid at the Huyck Preserve in Rensselaerville.

Invasive Species Awareness Week

Sunday, June 6th - Saturday, June 12th

The Capital Region Partnership for Regional Invasive Species Management has week long events from June 6-June 12 for Invasive Species Week.

Highlighted EVENTS include:

- **Social Media BINGO** (Check out our Facebook page for more information on how to participate.)

- Take the Clean, Drain, Dry pledge with one of or watercraft inspection stewards in the region
- Capital Region PRSM Art Contest winner to be announced!

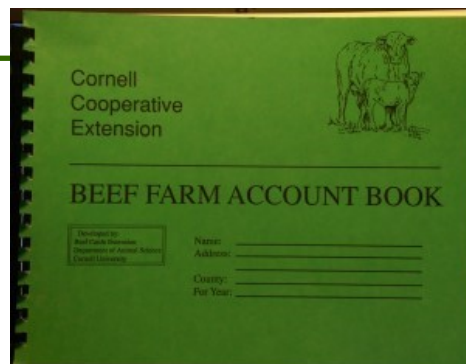
[Complete list of Invasive Species Awareness Week Events](#)

For more information on NYISAW and events hosted throughout the state, visit www.nyisaw.org.

Beef Farm Account Book Available

The Cornell Beef Farm Account Book is available. This accounting record book is designed specifically for beef producers. A complete and accurate set of financial records helps producers develop accurate tax returns, but , just as important, gives them the data to analyze their business.

To purchase a copy of the Cornell Beef Farm Account Book, contact your local Cornell Cooperative Extension Livestock Educator, , <http://beefcattle.ansci.cornell.edu/field-staff/> or Tom Gallagher, Cornell Cooperative Extension, Albany County, tiq3@cornell.edu, 518-765-3500.



Credits: The Cornell Beef Farm Account Book was designed and created by Caroline Nowak Rasmussen and Dan G. Fox, Department of Animal Science, Cornell University.

Cornell Crop and Pest Management Guidelines

The Cornell Guidelines are designed as a practical guide for producers, consultants, educators, pesticide dealers, and others involved in producing agricultural crops. Cornell Guidelines can be purchased through any Cornell Cooperative Extension office or from the Cornell Store at Cornell University. To order from the Cornell Store, call (844) 688-7620 or [order online](#).

Capital Area Ag & Hort Program Recorded Presentations

Did you miss a CAAHP event? Recorded presentations are available!

1. Spring Turn Out Grazier Meeting 2021

Cost: \$5.00 fee for unlimited access to this video

Topics include:

- **Livestock Management:** How to select and adapt sheep, goats, and beef to your grazing operation
- **Pasture Management:** The value and management of chicory, plantain, dandelions, and native forbs in your pasture
- **Business Management :** How to spend money and different types of money on the farm

2. What Rental Rate Should I charge for My Land?

Cost: \$10 fee for unlimited access to video and four handouts

Do you own land that you rent to farmers? Are you a farmer who rents land for your farm business?

This is a recording of a virtual meeting for rural farmland owners who are lessors and farmers who are lessees, so they may gain more information about forming farm rental rates. With better understanding of how to establish farm rental rates, both parties will be satisfied and lessen the risk of misunderstanding between lessor and lessee.

3. 7th Annual Hudson Valley Value-Added Grain School

Day One, Recordings of Presentations

Link to: Grain Storage Management, Dr. Sam McNeill

[Link to: Insect Pests of Stored Grain, Ken Wise](#)

Link to: Farmer Panel

Day Two, Recordings of Presentations

[Link to: Above Average Grain Storage Management,](#)
Shawn Shouse

Link to: [Heritage Corn, Dr. Margaret Smith](#)

Link to: Ancient Grains, Dr. Mark Sorrells

[Click for All Links Which Are Available on CAAHP's Blog](#)

4. 2021 Winter Green-Up

Cost: \$20.00 fee for unlimited access to recordings to all three sessions

The Winter Green-Up has a long tradition of presenting speakers with expertise in grazing, meat and food production, and livestock handling. Winter Green-Up 2021 was no exception. 2021's speakers included: Elizabeth Marks, Ed Rayburn and Fred Provenza

Contact Ashley at (518) 649-0267
or arp253@cornell.edu with any questions or for more
information.

INTRODUCTION

The foot of the horse is a very unique structure that undergoes a tremendous amount of strain and stress. The foot is the foundation of the horse and a structure is only as strong and stable as its foundation. Hence, the old adage “No Foot, No Horse.” The foot is the most common area of forelimb lameness because of the amount of stress to which the equine foot is exposed. Thus, it is necessary to have knowledge of the foot, clinical conditions associated with the foot and ways to avoid and treat the more common foot problems.

ANATOMY OF THE FOOT

The foot structure is primarily composed of three bones: the third phalanx or coffin bone, the second phalanx or short pastern bone and the distal sesamoid or navicular bone. The short pastern and coffin bones support weight while the navicular bone serves as a fulcrum for the deep digital flexor tendon. The joint between the first and second phalanges is the proximal interphalangeal or pastern joint, and the joint between the second and third phalanges is the distal interphalangeal or coffin joint.

Besides the bones, there are numerous soft tissue structures within the hoof. The deep digital flexor tendon courses down the back of the limb and angles around the navicular bone to attach to the back of the coffin bone. The navicular bursa is a fluid-filled pouch that sits between the navicular bone and the deep digital flexor tendon and helps cushion and protect the bone and tendon. The navicular bone also has three ligaments attaching it to the second and third phalanges. There are two large collateral ligaments attaching the second and third phalanges. Any combination of these structures may be injured and a source of lameness.

There are also numerous external structures of the foot with which one should be familiar. The coronary band is where the skin and hair intersect with the hoof wall. The hoof wall grows from the coronary band at a rate of approximately 0.25 inches per month. On the bottom of the foot, there is the sole, frog, white line and bars. All of these structures are important and vital to the overall health of the equine foot.

CONFORMATION

The relationship of how the foot is related to the limbs and how the limbs are related to the body determines the conformation of the horse. Genetics and growth will determine the limb conformation. However, the foot can

be influenced throughout the horse's life by trimming and shoeing. Horses will often toe-in and toe-out, which will affect whether the horse travels straight or paddles out or wings in. Only when the horse is very young should attempts be made to correct these types of defects. Generally, the mature horse limb conformation should not be altered, as this is the angle with which the bones, tendons and ligaments have developed.

Foot conformation is extremely important in maintaining the health of the foot and the soundness of the horse. Ideally, the horse will have a large round front foot and a similar-sized more elongated hind foot. The sole needs to be concave, which allows for foot expansion and absorption of concussion each time the foot hits the ground. Normally the horse's foot should land heel first and the heels of the foot subsequently expand. Thereafter, the pressure is moved from the walls of the foot to the frog, which further absorbs concussion as well as helps move blood through the foot and back up the leg.

There is no one ideal foot angle for the horse. The angle of the front hoof wall should parallel the pastern angle of the horse. Thus, if a horse has an upright shoulder and pastern angle then the hoof conformation needs to be upright. If the horse has a long sloping pastern, then the foot will also have a longer sloping angle. When there is an abrupt angle change in the pastern/foot angle, there will be abnormal forces exerted through the foot.

[Continued reading article](#) by American Association of Equine Practitioners

Hoof Growth in 30 seconds

This video explained by Dr. Simon J. Curtis of the American Association of Equine Practitioners shows a year of hoof growth in 30 seconds from newborn foal to yearling.



Farmers' Market Recipe

Emily Hall - Dietetic Intern, CCE Saratoga

Mushrooms are now available at the Farmers' Market! Mushrooms are rich in B vitamins such as riboflavin, niacin, and pantothenic acid. These vitamins are great for skin, heart, and digestive health.

Grilled Mushroom Antipasto Salad

Ingredients

- 2 lbs. assorted mushrooms, wiped clean and trimmed
- 7 tbsp. extra virgin olive oil
- Kosher salt
- 2 tbsp. champagne vinegar or white wine vinegar
- 1 tsp. Aleppo-style pepper
- 1 tsp. dried oregano
- 1 garlic clove, finely grated
- 2 oz. shaved parmesan
- ½ cup olives, coarsely chopped
- ¼ cup drained Peppadew peppers, coarsely chopped

Directions

1. Prepare a grill for high heat.
2. Toss mushrooms and 3 tbsp. oil in a large bowl.
3. Grill the mushrooms 2-6 minutes, turning occasionally.
4. Return grilled mushrooms to bowl & season with salt.
5. Next, whisk the vinegar, Aleppo-style pepper, oregano, garlic & remaining 4 tbsp. oil in a small bowl to combine and season with salt and black pepper.
6. Pour mixture over the mushrooms & toss to coat evenly.
7. Add parmesan, olives, and peppadew peppers and toss to combine.



Farmers' Markets

Spa City Farmers' Market

"All participating vendors are premium local brands and the best of the best including a bounty of the State's most sought after farmers and producers – to ensure the integrity of the market all vendors MUST be legitimate producers and open to facility inspection."



When: Sundays

Time: 10 AM - 2 PM

Where: Lincoln Baths, 65 South Broadway
Saratoga Springs

Link: <http://www.spacityfarmersmarket.com/>

Saratoga Farmers' Market

"A producers-only farmers' market with local products in Saratoga Springs, NY. A source of great food, plants, crafts, and live music. Our members practice and support sustainable agriculture and slow food practices."



When: Saturdays 9:30 AM - 1:30 PM

Wednesdays 3:00 PM - 6:00 PM

Where: Wilton Mall Parking Lot
(area of BJ's Wholesale Club and Former Bon-Ton)

Link: <https://www.saratogafarmersmarket.org/>

HOMESTEADING & SELF-SUFFICIENCY

CCE Saratoga educators have created an [educational webpage](#) where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform brings together agriculture (Livestock & Animal Husbandry, Food Preservation & Preparation, Hunting & Gathering, and Planting & Growing recourses.

If you missed the 8-week video series for Homesteading and Self-sufficiency [you can find it here](#).



Poultry 101: Raising Chicks, Ducklings & Poult



When: 7:00 PM - 8:00 PM

Online, via Zoom

FREE, but [pre-registration is required](#).

Springtime is the time of year to begin raising poultry. This online class, through Cornell Cooperative Extension of Jefferson County, will be held through Zoom.

The class is structured for beginners to learn the basics in raising chicks, ducklings and poult from start to finish. Includes information on the best management practices, bird care, production models, processing and marketing of poultry.

Veterans and Military are welcome and encouraged to attend.



Cleaning Products You Can Make at Home

You can pretty much make any cleaning product you might need from these three ingredients: lemons, baking soda and vinegar.

LEMONS



Lemons are acidic and therefore contain antiseptic and anti-bacterial properties, plus they cut grease, dissolve soap scum and hard water deposits and can be mixed with baking soda and vinegar to make a nifty cleaning paste. Lemon juice is also very effective for removing stains from countertops and for cleaning copper and brass, especially if you add a little salt to the mix.

VINEGAR



Vinegar is another extremely effective cleaning agent and disinfectant and can be used as an all-purpose cleaner by combining one part vinegar and one part water in a spray bottle. If you don't like the smell, you can mellow it by adding lemon juice.

BAKING SODA

Then there's baking soda, which appears to be the Universal Cleanser. You can use it in your dishwasher, on your counter tops, on bathroom tile, even in the toilet. You can use it to freshen and unclog drains, as a furniture polish, to clean pots and pans and microwaves and as a deodorizer for the fridge, the garbage, shoes, laundry, the list goes on. And of course, you can brush your teeth with it.



All Purpose Cleaner

Make a solution of 1/4 cup of baking soda, 1/2 cup of vinegar, and 1 gallon of hot water to clean grease and grime as well as eliminate odor.

Unclogging and Freshening Drains

Option #1

Pour 1 cup of baking soda down the drain followed by 1 cup of hot vinegar. Try heating the vinegar in the microwave before adding it to the drain. Wait 5 minutes before flushing the drain with 2 quarts of hot water. You can repeat this process a few times if it is necessary. If this is the first time you have cleaned your drain in a long time it may be necessary to repeat the baking soda flush a couple of times.

Option #2

Try pouring 1 Cup of baking soda and 1/2 Cup of salt down the drain. Let this mixture sit in the drain for several hours, overnight is best, before flushing the drain with 2 cups of boiling water.

[Continue reading to see how to use the ingredients to clean the microwave.](#)



Care for Blooming Hanging Baskets

By Cindy Haynes, Department of Horticulture, Iowa State University Extension and Outreach

Did you receive a hanging basket for Mother's Day? Many mothers (and others) will decorate their porches, decks, and other outdoor areas with hanging baskets this gardening season.



Whether your hanging basket has just one or many blooming plants, care is required for best blooms throughout the growing season. Below are some tips for growing and maintaining hanging baskets.

Watering Hanging baskets often contain several closely spaced small plants and their roots grow quickly in the potting mix. Typical potting mixes are light and well-drained. With a well drained soil mix and an abundance of crowded and thirsty roots, frequent watering is necessary, especially during the summer. When the small plants have grown and established roots, check baskets daily for water needs. On hot sunny days it may be necessary to water more than once a day. When watering hanging baskets, be sure to water them until water runs out the bottom of the container. This ensures that all the roots have access to plenty of moisture.

Try not to let the soil dry out completely. Not only will this cause the plant to wilt, it makes it more difficult to water. If the soil becomes too dry, it will separate from the side of the container. In this instance, remove the basket from its location so that you can place the basket in a tub of water for a couple of hours. This forces water to be absorbed slowly from the bottom of the container. Do not keep the basket in the tub of water for long periods as this practice may increase root rot.

Fertilization Plants in hanging baskets often require frequent fertilization. Water soluble fertilizers or slow release granular fertilizers may be used. Ideally, complete fertilizers with a 1:2:1 ratio of nitrogen, phosphorus, and potassium will keep plants healthy and blooming well. Fertilizers that are high in nitrogen should be avoided as they cause excessive vegetative growth at the expense of

flowers. Always remember to read and follow the label directions carefully to apply appropriate amounts of fertilizer.

Deadheading Many annual species require regular deadheading to keep plants in bloom throughout the season. Deadheading is the removal of dead or dying flowers. This prevents seed from forming, and can ultimately lead to more flowers. Generally speaking, larger blooming plants like petunia and geranium require deadheading for continual blooms. Smaller blooming plants like lobelia and sweet alyssum are generally "self-cleaning", meaning deadheading is not necessary. Regardless, inspect plants as you water and remove spent flowers, if possible. This will keep plants fresh looking and blooming throughout summer.

Tips for Starting Your Own Hanging Baskets First, start with a good, well-drained, potting mix. The best mixes for hanging baskets do not contain garden soil. Instead, these soilless mixes are made up of sphagnum peat moss, vermiculite, and perlite. Slow release fertilizers may be included in a purchased mix or can be added to the mix prior to planting. This will insure that the plants receive regular "low-doses" of nutrients throughout the summer. Water-absorbing crystals are another additive that may be present in a purchased mix or that can be purchased and added separately. These crystals, while expensive, will absorb large quantities of water and help keep the soil moist between watering.

Plants for Hanging Baskets Plants with full or trailing habits tend to be preferred for hanging baskets. Yet, don't let that stop you from trying something else in a hanging basket, you might be surprised at how well it will perform! Like any plant, matching the right plant with the site is essential. Shade loving plants will suffer in full sun, and sun-loving plants bloom poorly in shade. Below is a brief listing of commonly available plant species suitable for hanging baskets in sunny or shady sites.

[Click here to view chart on Sun-loving Plants and Part Shade/Shade-loving Plants.](#)



Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

The following article was published in the Country Folks Newspaper on April 6, 1987. It was also part of a Teen Ambassador Scrapbook project to document 4-H activities from 1983-1989.

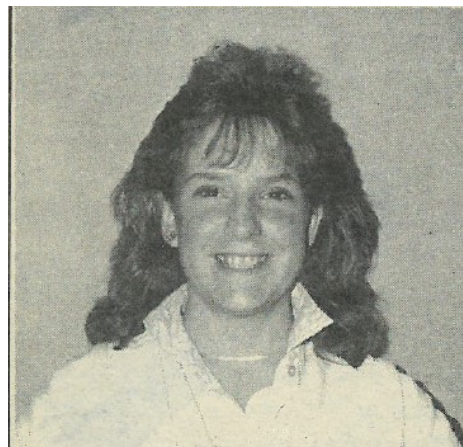
Saratoga County 4-H'er "Speaks Out" For 4-H

At some point in your life, being able to make an effective public presentation may be all that stands between you and success. Yet how many of us have had any training in public speaking? With our society becoming more and more "information-based", the ability to communicate effectively with groups of people is increasingly important.

Learning to give a public presentation is one advantage of belonging to a 4-H club. 4-H'ers as young as 9 have learned how to gather and organize information and then present it as a lecture or demonstration, often enhanced with visual aids such as charts or illustrations. These presentations, and the skills that go into them, teach participants how to communicate their ideas to a group and that ability often separates leaders from the rest of the crowd.

Saratoga County 4-H'er, Kris Schlegel of Ballston Spa, has become one of these leaders, having developed and perfected her communication skills through practice. Kris received county medals for public speaking and achievement this year as well as one for rabbits and veterinary science, and was selected to complete a State Report Form to compete at the state level in public speaking and veterinary science.

This active 4-H'er is enrolled in over 10 project areas and involved in many 4-H events such as Horse Bowl, Horse Judging and Hippology. She serves on the 4-H program Committee, attends 4-H Horse Development meetings and attended the Citizenship Focus Trip in Washington, D.C. and the Agribusiness Career Conference in Cobleskill, N.Y. Miss Schlegel is a member and Jr. Leader of the Boots & Saddles 4-H Club. Treasurer of the Saratoga County 4-H Dairy Club, Secretary of the 4-H Teen Council,



Kris Schlegel, 16, Ballston Spa

and member of the county rabbit club and 4-H Teen Ambassadors, the "Spokesmen for 4-H." Aside from her 4-H commitments, Kris helps with school fundraising, plans to work on her neighbor's farm, and cares for her rabbits, horse and pony at home.

How does this 16 year old do it all? With dedication, determination, and enthusiasm says parents Robert and Marjorie Schlegel. "We've supported every challenge she's taken on. If she's serious about it and willing to work for it, we tell her -Go For It!"

Miss Schlegel has volunteered for a number of speaking engagements this year; her passion for public speaking radiating throughout each appearance. She became "President for the day" at a Ballston Spa Rotary Meeting, and spoke about teen programs and activities at a "4-H Teens Swim" and for various 4-H clubs. She participated in the 4-H "Nutrition Through clowning" video shown to elementary students throughout Saratoga County and enlightened youngsters as to the opportunities possible through 4-H at a "Discover 4-H Night." Acting as Mistress of Ceremonies for the 4-H Dress Revue and attending a Master Gardener's Meeting as guest speaker add to her growing list of accomplishments.

Kris was also a hostess and participant at the 4-H Senior Public Presentation Day on February 7.

Schlegel comments, "4-H has helped prepare me for college and decide on my career goals. She plans to attend SUNY Cobleskill and Cornell University and wishes to become a 4-H or Agriculture Extension Agent. With her history of commitment and accomplishments backed by skills in public speaking and communication there is little doubt that Kris will succeed in doing just that.

Website and Social Media

Click the photos to be navigated to each of our Facebook accounts:



CCE Saratoga



4-H



CCE Equine



Agriculture
Economic
Development



Capital Region
PRISM

Who We Are

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4-H/FCS Program Committee

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Elisabeth Hodgdon	Dan Donahue
Mike Basedow	Maire Ullrich
Ethan Grundberg	Chuck Bornt
Laura McDermott	

Central NY Dairy, Livestock and Field Crops

Erik Smith	Ashley McFarland
David Balbian	Nicole Tommell

GC-SBN Leads

Mike Ryan	Erik Yager
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