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Volume 1, Issue 22

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

4-H Leaders' Chicken BBQ: A Huge SUCCESS!

Annually during the Saratoga County Fair we hold our 4-H Leaders' Chicken BBQ. It's a time when we see all of those faces; our supporters, our constituents, our leaders and members in one place. 2020 has taken us to different places and to new levels. Recently, we were able to provide a Drive-



thru BBQ for the community in Ballston Spa. Our efforts were met with great success and rave reviews. We sold out of our 400 chickens days before the event, saw many of those same folks, even if it was with a thumbs up through their window or a hello from the car, our people and the community came out in droves. We also received a lot of kudos from those who attended through phone calls, emails, and via social media. Due to the success of this BBQ, we are planning another BBQ in Early Fall. Stay tuned! Finally, many thanks to all of our volunteers who came out to help "put on" this BBQ. It's events like this that make us feel 4-H will come out of the pandemic stronger than ever.



Saratoga County, WE are coming for you...

By Cynthia Dort, Occupant Protection Educator

CCE and their Police partners have teamed up to KEEP Children Safe in Saratoga County. The past few weeks, CCE's Occupant Protection Educator and Saratoga Springs PD, Officer Glenn Barett, have driven around Saratoga Springs to "catch" children riding their bikes. The children wearing a bike helmet when caught receive an ice-cream certificate and a child not wearing a helmet, receives a free, properly fitted helmet. The goal of our program is to help children understand the importance of helmet safety, how to wear a helmet properly and provide helmets to children that may not be able to afford a new helmet. What better way to spread some joy during these trying times than to get "caught" doing something safe.



continued on next page

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.

Saratoga County WE are coming for you...continued from front page

****Every hour more than 57 children are in need of treatment for bike injuries****

Helmet safety reduces head and brain injuries by approximately 85% when helmet is used properly. Many families do not know how a helmet should fit to give the best protection. CCE's Occupant Protection Educator has the following safety tips:

- NYS Law requires children up to 14 years of age to wear a helmet when riding a bicycle
- IF you are over 14, WEAR a helmet... for your own safety and to be a role model for others
- Front of helmet should sit only 1 finger above the eyebrow
- Only 1 finger should be able to fit between the chinstrap and the neck
- The chin, ear strap should form a "V" under each ear
- Helmets should fit like a glove on the head- there should be no movement front to back or side to side

Facts about Brains:

- More than 30,000 children each year are permanently disable from a brain injury
- Brain injury is the leading cause of death in bicycle crashes
- Most deaths of bicyclists result from collisions with motor vehicles

Excuses for not wearing a helmet:

- "I never fall"
- "I look stupid"
- "Helmets are not cool"
- "I'm more into fashion"
- "Helmets are not comfortable"
- "My friends don't wear one"
- "I'm over 14 so I don't have to wear one"



Always answer with, "B-I-L-Y" BECAUSE I LOVE YOU, you will wear a helmet!!





CCE EQUINE CCE Equine is creating an updated directory for the Capital Region equine community. This directory will be available to the public on Cornell Cooperative Extension of Saratoga County's website.

If you would like your business to be a part of this valuable recourse, [please fill in your information on the form](#) and send it to Nicolina Foti at nvf5@cornell.edu or mail to CCE Equine, 50 West High Street, Ballston Spa NY 12020

Drive-through Horse Farm Tour

SARATOGA COUNTY, NEW YORK

Drive-through Horse Farm TOUR



SEPTEMBER 6, 9AM-12PM

**Mill Creek Farm
1019 Co Rd 70
Stillwater, NY 12170**

Please visit the [CCE Saratoga website](#) to download and listen to the audio recording that will guide you through the life on Mill Creek Farm (best experience is to listen while on the farm).

The website will also give other information on the tour, such as, how to access the farm, maps and a from-your-car scavenger hunt.

Here is a sneak peek for our Drive-Through Horse Farm Tour of Mill Creek Farm.



Study: Horseback riding can aid dexterity-building in autistic kids

Autistic children and horses have long been seen to have a bond, and facilities all across the country that cater to this connection have sprung up. Now, first-of its-kind research published in [Frontiers in Veterinary Science](#) shows that therapeutic horseback riding combined with brain-building exercises can improve the dexterity, coordination, and strength of children with neurodevelopmental disorders.

Neurodevelopmental disorders — such as attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD) — affect as many as one in six American children. Physical activity can benefit these patients in a variety of ways, but this is the first study showing the short and long-term effects of a program combining horseback riding and cognitive training.

“Our findings should be helpful to therapists and other healthcare professionals who are tasked with implementing strategies and interventions to improve motor skill proficiency in children and youth with ADHD and ASD, which were the most common diagnoses in our study,” said Dr. Brandon Rigby, of the Texas Woman’s University in the United States.

For the study, Rigby and his collaborators recruited 25 children with neurodevelopmental disorders between the ages of 5 and 16. Each child completed one of several different programs ranging in length from eight weeks to one year. The programs included weekly introductory horseback riding, as well as sessions with a speech therapist two to three times per week...[read more for the study's findings.](#)



SOURCE: AGDAILY.com

Webinar on Coronavirus Food Assistance Program for Maple Producers



The U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) in New York, in conjunction with the New York State Maple Producers' Association is hosting a webinar about the [Coronavirus Food Assistance Program](#) (CFAP) specifically for maple producers. The webinar will be Wednesday, September 2nd at 7pm.

The [Coronavirus Food Assistance Program](#) (CFAP) is available to farmers and ranchers whose commodity prices have been directly impacted by the coronavirus pandemic. CFAP provides direct relief to producers who faced price declines and additional marketing costs due to COVID-19. Maple sap (syrup) was recently added to

the list of eligible specialty crops. The webinar will highlight program information and discuss the application process.

The webinar will be available to attend online or with a conference call phone number. Please email Lynnette.wright@usda.gov to receive a calendar invite to the webinar, or follow this link at the appropriate time: **Wednesday, September 2nd at 7pm** or call: 347-690-4420; Conference ID: 477 875 086#

FSA is accepting applications for CFAP through September 11, 2020. To find the latest information on CFAP, eligible crops, payment rates, application and payment calculator, visit farmers.gov/cfap.

New York State Forage Exchange Announced

Within New York State several regions have experienced drought conditions reducing the quality and quantity of forages produced for dairy and livestock production. To help agricultural producers locate forage to purchase, or for producers that have forage to sell, Cornell Cooperative Extension announces the NYS Forage Exchange website, found at <http://nysforageexchange.com>

The NYS Forage Exchange provides a free system to match potential sellers and buyers of forage within New York State. Sellers can easily register within the system and then post the forage they have available to sell. Potential purchasers can browse the advertisements, and then contact the seller through email for additional information or to complete purchase arrangements.

A screencast on how to use the NYS Forage Exchange can be found at <https://youtu.be/GNPjSIPLrxM>. The video is also available on the Forage Exchange website.

This is a moderated website, so all ad submissions are reviewed for appropriateness before publication on the forage exchange website. The information provided is general and educational in nature. Employees of Cornell University and Cornell Cooperative Extension do not endorse or recommend any specific product or seller listed on this site.

For more information about Cornell Cooperative Extension, or to find your local Cooperative Extension office visit <http://cce.cornell.edu>

New York State Announces Confirmed Finding of Spotted Lanternfly on Staten Island State Agencies Encourage Public to Report Findings of Invasive Pest

The New York State Department of Agriculture and Markets (AGM), Environmental Conservation (DEC), and Office of Parks, Recreation and Historic Preservation (OPRHP) today confirmed that Spotted Lanternfly (SLF), an invasive pest from Asia, has been found on Staten Island. Several live, adult insects were discovered by OPRHP staff in Clay Pit Ponds State Park Preserve. SLF (see photo) is a destructive pest that feeds on more than 70 plant species, including tree-of-heaven, and plants and crops that are critical to New York's agricultural economy, such as maple trees, apple trees, grapevine, and hops...[click here to continue reading](#).



Photo courtesy of Lawrence Barringer, Pennsylvania Department of Agriculture

As a partnership with the NYS DEC and the Capital Region PRISM please be aware of the following updates regarding Invasive Species

Boat Responsibility - Clean. Drain. Dry. Every Time!

You can help *Protect Your Waters*! One of the most effective ways we can all help stop the spread of aquatic invasive species is by following proper procedures for cleaning, draining, and drying watercraft and equipment every time you leave the water.

[New York's boat stewards](#) are here to help. You'll find them staffing launches and boat washing stations [across the state](#). If you're [near a boat washing station](#), they offer a convenient way to make sure your watercraft is free of invasive species. Find out more by [watching our new video](#).

Aquatic invasive species can prevent us from enjoying our lakes and rivers and can even harm native fish populations. This summer and always, help us make sure they don't stand a chance in New York. Can we count on you to *Clean. Drain. Dry.* every time? Learn more about aquatic invasive species and what else you can do to help prevent their spread [on our website](#).



SOURCE: NYS DEC

Biological Control for Japanese Knotweed Released in New York

Japanese knotweeds (*Reynoutria japonica*, *Reynoutria sachalinensis*, and their hybrid *Reynoutria X bohemica*) are invasive plants that are infamously difficult to control and have negatively impacted ecosystems and economies in the US, Canada and Europe. For several years, researchers have sought to find a biocontrol for knotweed. Biocontrols are species selected from an invasive species' native range that are used to control the invasive species in its introduced range. This approach is more targeted than chemical methods, and when successful, it permanently suppresses the invasive species. Now, after several years of biocontrol research for knotweeds, there may be some good news on the horizon.

After extensive testing and review by federal agencies, in March of this year, an insect native to Japan called the knotweed psyllid (*Aphalara itadori*) was approved for release in the United States as the country's first biocontrol agent for Japanese knotweed. This sap-sucking insect was released in New York State on June 10 by Dr. Bernd Blossey and colleagues from Cornell University. A week after releasing the 2,000 *A. itadori* adults at two locations in Tioga and Broome counties, the researchers found the insects had successfully laid eggs. The releases in NY are part of a nationwide effort with similar releases made in Rhode Island, Massachusetts, West Virginia, North Carolina, Oregon, and Washington State.

The Blossey Lab remains cautiously hopeful for success of *A. itadori* releases, however they will continue to explore additional safe, effective biocontrol organisms from Japan and China. This work in NY is led by Dr. Bernd Blossey in collaboration with the [NY Invasive Species Research Institute](#), with funding from the Environmental Protection Fund as administered by DEC.



Photo of biocontrol release provided by
Dr. Stacy Endriss

SOURCE: NYS DEC

New York organic dairy market: A silver lining

Most organic fluid milk is sold through grocery stores and these sales were on the rise

Four months have passed since the COVID-19 pandemic caused a shutdown of nearly all aspects of people's lives. In the food markets, the shutdown impacted everything from production to processing as well as how consumers purchased their food. Even though markets are still in flux and will continue to be for some time, I wanted to get a sense of what was happening to the organic dairy market. I facilitate the New York Organic Dairy Task Force, a group that has been meeting for 15 years. The Task Force consists of organic dairy and grain farmers, processors, certifiers, as well as state and extension personnel. We convene to gather the different perspectives of the organic dairy industry in New York and how we can work together to help it grow. I worked in conjunction with the Task Force to prepare this report.

It is important to note, for the past four years, the organic dairy industry had been under duress, caused by over production. Some of the national organic processors implemented supply management as a way to manage milk supplies with sales. There is strong reasoning to do

this, since organic processors sign yearly contracts guaranteeing a price to their farmers. When there is over-supply, the processor is responsible for the difference between what they pay the farmer vs. what they get from the market. Any milk that does not get sold on the organic market, gets sold on the conventional market, which can be a loss of \$15-\$20 or more for every hundred weight (cwt) of milk...[continue reading article](#).

SOURCE: Morning AgClips



(Stock photo via U.S. Department of Agriculture, Public Domain)

Positioning Your Livestock Business for Financial Success: A Financial Management Workshop for Live stock Producers

September 30; October 7, 14, 21 and 28; November 4 and 18, 2020 (Wednesday evenings)

A Series of Seven Webinars, 7:00 - 9:00 PM

The cost of this workshop series is \$40 per farm.

[Register Now](#).

How do you feel, financially, about your livestock business? What information would help you feel more comfortable with the decisions you make? CAAHP CCE Educators Dayton Maxwell and Steve Hadcock are offering a seven-week workshop series on farm financial management for livestock producers.

This workshop series will help you better understand the financial position of your livestock business. A better understanding of your financial position will help you use what you learn to make your business thrive.

Each week, Dayton and Steve will host a webinar covering a specific topic. Guest speakers with firsthand experience will be joining us throughout the series. Participants will be able to ask any questions they may have.



For more information or to register by phone, 518-765-3518 or cce-caahp@cornell.edu

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](#).



Can Food With Less Water

By Diane Whitten, Nutrition & Food Resource Educator

In 2015 the University of Wisconsin published research on canning using a steam canner, so the canning processes can be done using less water. The processing times are the same as they are for boiling water canning. A steam canner is limited by the amount of water in the canner base, so it cannot be used when processing times are 45 minutes or longer because the water will boil dry.



More details can be found at the National Center for Home Food Preservation at: https://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html

Buying a Steam Canner - What to Look For

There are several brands of steam canners available on the market, some have a temperature indicator on the lid that helps to determine when to start counting the processing time. Others come with instructions to vent the steam from the canner for 10 minutes or wait until the temperature reaches 210- 212 degrees inside the canner before starting the processing time. Multi-use canners are on the market also, which allow you to do either boiling water or steam canning.

Step by step instructions can be found at our Homesteading & Self-Sufficiency web page. <http://ccesaratoga.org/resources/using-a-steam-canner-1>



Winter is Coming!

By Nicolina Foti

Creeping up at the end of August, a homesteader's schedule is fairly packed. But as fall creeps around the corner, we have the chilly morning reminder winter is close behind. And with fall comes winter preparation. Preparing for winter is something that it is never too early to start.



Photo by Jon Bilous

On a homestead, summer is a time for growing and managing, but I am always on the look-out for things to prep to make my life easier for those winter months.

When it comes to livestock and housing, one of the most important things to be mindful of is airflow. Whether it is horses, cows, goats, or chickens; airflow is essential. Knowing the difference between airflow and a draft is critical.

Airflow in a barn allows for fresh air to circulate and allow for moisture to escape. A draft will blow through a barn and remove any heat generated by the livestock and will also enable the elements into the barn area. For example, when winterizing chicken coops, many people will put a plastic wrap or film around the inside of the barn or outdoor run. When doing this, it is essential to leave a gap at the top of the plastic wrap to allow moisture to escape from the coop. Chickens create a great deal of moisture even during the winter months, and that moisture needs a place to go, if not, that moisture will breed bacteria and disease. ... [continue reading article](#).

Soil pH Testing

We are still taking soil pH samples! CCE Offices are open to staff but remain closed to the public. Cornell Cooperative Extension Saratoga County Master Gardeners Program has a drop box located to the right of the entrance of the Ballston Spa building. Samples (plant, insect, soil pH) may be dropped off at any time. Please call the Master Gardener's Office at (518) 885-8995 if you have any questions.

[Please refer to this link for instructions on how to take a soil sample.](#)

Be sure to label each sample with your name and the location in your garden, e.g., rose bed, west lawn, vegetable garden, etc.

A pH test measures the acid/alkaline level of your soil. In the pH scale, 7.0 is considered neutral; lower numbers indicate acid soil, while higher numbers indicate that the soil is alkaline. Most plants prefer a pH of 6.8. pH levels influence nutrient availability, with most nutrients being available to plants when the pH is in this range (6.8-7.0). If soil is too alkaline or too acid, certain nutrients may be limited. To change soil pH to the desirable range, you will either add lime if the soil is too acid or sulfur if the soil is too alkaline. With your pH test result, we will let you know what amount of lime or sulfur is needed if any.



For Nutrient Testing with Cornell Recommendations



Cornell University's research-based nutrient guidelines for both soil and plant tissue (tree- and small-fruit leaf and grape petiole) are available through [Agro-One Services](#). They provide more about their services, sampling instructions, submission forms (gardeners use [Form H](#)), and [pick-up points](#) throughout the Northeast.

<http://gardening.cals.cornell.edu/garden-guidance/healthysoil/>

Healthy Soils, Healthy Communities

The [Healthy Soils, Healthy Communities](#) project is a research and education partnership with New York's urban gardeners and others interested in healthy gardening. We help people make informed decisions to address concerns about lead and other contaminants in gardens, farms, and other community spaces.

On this site, you will find information about: Soil Contaminants, Healthy Gardening Practices, Compost and other resources.



Whether you are day-tripping or spending some time in the Adirondack Park this summer, check out the listing of farms and farmers markets on www.adirondackharvest.com.

Late summer is when most local vegetables are in abundance and now is a great time to visit a local farm for fresh local products direct from farms and local processors. Their site includes the southern Adirondacks of which Saratoga, Washington, and Warren County are a part. If you are a farmer located in all or part of the Adirondack Park, you can become of a member and share in their cooperative marketing efforts.

Can You Eat that Striped Bass from the Hudson River?

By Diane Whitten, Cornell Cooperative Extension of Saratoga County

Striped bass are one of the most well-known fish in the entire Hudson River, prized by generations of fishermen. It's prized not only for its size (they can be upwards of 30+ pounds) and the exhilaration of catching one, but it's also prized for its culinary value. Surveys of fisherman done over the past ten years by the Hudson River Fish Advisory Outreach Project reveal that 75% of people who say they eat Hudson River fish, say they eat striped bass.

For decades the Hudson River was polluted with the industrial chemical Polychlorinated Biphenyls (PCBs) which builds up in fish and is stored in their fat tissue. Most anglers consider striped bass "ocean fish," believing they spend only a short portion of their lives in the Hudson River during their annual spring spawning run. This is why they think that striped bass are not contaminated with PCBs, compared to other Hudson River fish.

However, tagging studies done by researchers showing the migration of striped bass indicate that some striped bass stay in the Hudson River for much longer than previously thought. Researchers have discovered a "resident population" that stays in the Hudson River, especially between Troy and Catskill, for much longer than their spawning run. Sampling of striped bass for PCBs by New York State Department of Environmental Conservation (NYS DEC) over many decades shows that these fish have PCB levels often three to four times

higher than other striped bass found south of the Rip Van Winkle Bridge in Catskill, as high as catfish. The study data shows your chances of



catching a striped bass with high PCB levels is much less if you fish south of the Rip Van Winkle Bridge in Catskill. How do you know if the striped bass you catch is one of those

resident fish? The answer is - you don't! For this reason, the New York State Department of Health (NYS DOH) has a "do not eat" advisory on recreationally caught striped bass between Troy and Catskill and different restrictions south of Catskill. This advisory has been in effect for more than 20 years.

Where You Fish Matters

Even though striped bass are a migratory fish, data collected over decades shows striped bass caught between Troy and Catskill can have PCBs well above the recommended NYS DOH guidelines. Your chances of catching a striped bass with high levels of PCBs is much lower if you fish south of Catskill. So, if you plan on eating the striped bass you catch, make sure to fish between the Rip Van Winkle Bridge in Catskill and the NYC Battery.

continued on next page

Can You Eat that Striped Bass from the Hudson River? - continued from previous page

(Want to see the data? Visit

www.health.ny.gov/fish/stripedbass.htm.)

Who You Are Matters

Women under 50 (during their childbearing years) and children should not eat any striped bass from the Hudson River. Women who eat highly contaminated fish and game and become pregnant may have an increased risk of having children who are slower to develop and learn. Some contaminants may be passed on to infants in mother's milk. Exposure to contaminants may also have a greater effect on young children than adults. Women over 50 and men may face fewer health risks from some chemicals. For that reason, the advice for women over age 50 and men over age 15 allows them to eat more kinds of sportfish and more often.



The Bottom Line

No one should eat striped bass from the Hudson River caught between Troy and Catskill. Consider practicing catch and release fishing. South of Catskill men over 15 and women over 50 can eat up to one, half-pound meal per month of striped bass. Women under 50 and children under 15 should not eat any striped bass from the Hudson River.

Find out more about Hudson River striped bass and PCB levels in Hudson River fish here:

www.health.ny.gov/fish/stripedbass.htm.

For a complete listing of fish consumption advice for New York State, visit: www.health.ny.gov/fish.

References :

Hudson River Fish Advisory Outreach Project,
www.health.ny.gov/hudsonriverfish

Can You Eat That Striped Bass From the Hudson?
www.health.ny.gov/fish/stripedbass.htm

Farmers' Market Recipe

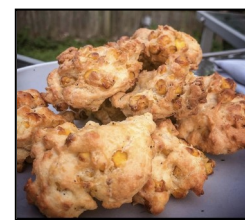
By Diane Whitten, Nutrition & Food Resource Educator

We are very fortunate to live in the upper Hudson Valley; home to best sweet corn in the world. Once sweet corn has been harvested the simple sugars that make it so sweet are converted to starches quickly, so it's best to purchase corn the day it's harvested and eat it as soon as possible. This recipe is great for breakfast, lunch or dinner.

Corn Fritters

4 ears of corn on the cob* (or 2 cups corn)
1 large egg*
½ cup low-fat milk
1 tablespoon melted butter
1 ½ cups flour
2 teaspoons baking powder
1 teaspoon salt
Canola oil for frying, about ½ cup

Husk the corn and cut the kernels off the cob with a sharp knife. Each cob will yield about ½ to ¾ cups of corn. Measure out two cups of corn. In a medium bowl beat the egg, and add the milk and melted butter. Sift together the dry ingredients, and add them to the wet ingredients. This will make a thick dough. Stir in the corn. You'll cook the fritters in batches as you would cook pancakes. Heat about three tablespoons of the oil at a time in a skillet on medium to medium-high heat. (The oil should not smoke.) Drop a quarter cup of the corn fritter batter at a time into the hot oil. Press the batter down to resemble a pancake. After it's browned on one side, flip the corn fritter to brown on the other side. Remove from skillet. Add more oil and repeat with remaining batter. Serve hot with warmed maple syrup.



*Buy Local

Want to Join 4-H?

Even though our programming has been impacted by COVID-19, we are still taking new 4-H members. If you or someone you know would like to become a 4-H member, you can call and leave a message for Leland at 518.885.8995 or email glb76@cornell.edu.



Saratoga County 4-H Alumni Facebook Group



If you were a prior 4-H'er in Saratoga County, we invite you to join our Facebook group Saratoga County 4-H Alumni. We hope this group will help our 4-H Alumni connect with their fellow 4-H'ers!

**SARATOGA COUNTY
4-H ALUMNI**



New York State 4-H Showcase

4-H Teen Zoom Meet-Ups and Virtual Interstate Exchange



All Saratoga County 4-H Teens are invited participate in an IN-PERSON! Paint and Snack event at the **4-H Training Center** on



Saturday, September 12th from 6:00-7:30pm. This will be our first in-person teen event since March! This is a great opportunity to get together with your 4-H friends in safe and socially distanced environment!

This event is limited to 20 participants, and we will be following strict safety guidelines. Please see our [Event Safety Plan](#) for more information. Registration is required, and we will not be able to accept new registrations after the event is full. You can register [HERE](#). If you have to cancel your registration, please let us know as soon as possible so we can open up the spot.



NEW YORK STATE 4-H SHOWCASE 2020

Due to COVID-19 NYS 4-H Youth were unable to exhibit their project work at fairs as they normally would. So, this year we offered the opportunity for recognition in digital format. For each day of what would have been The Great New York State Fair, we will be featuring submissions from different project areas. Youth were asked to submit a photo and answer a few questions about their project experience. Please enjoy these highlights of their great efforts and progress!

Saratoga County 4-H is honored to have several of our members featured in the New York State 4-H Showcase. 4-H members from across the state submitted projects from a wide variety of project areas to demonstrate their project work during 2020. These projects have been organized into a slideshow, with a new gallery be featured each day over the next couple of weeks.

NEW YORK STATE 4-H SHOWCASE 2020: SPECIAL & UNIQUE

Robin Wintsch
Saratoga County

How has this project helped you grow as you worked on it? (What have you learned?)
"The project I did was geocaching this helped me grow with teaching useful skills like how to use a GPS it was also great for helping me grow closer with my friends."

What challenges did you face and how did you work through them?
Some challenges I faced are when I cannot find the geocache I am looking for by looking through the activity of other users to see if I can identify some hints."



4-H

NEW YORK STATE 4-H SHOWCASE 2020: SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS - PART 2

Ethan Stone
Saratoga County

How do you plan to grow more in this project area in the future?

"I plan to grow in this project area in the future by building more complicated machines and wooden projects. Also I plan to use my lego motors in more complicated ways, for example can drive many things with one motor."

What challenges did you face and how did you work through them?

"A challenge I had while building this boat was the water from the paddles was being kicked up and into the boat and the water could fry the electronics. After a while of transforming the boat I had was to build covers for the paddles to stop the water going up and into the boat"



4-H

NEW YORK STATE 4-H SHOWCASE 2020: POULTRY

Ella Wolfe
Saratoga County

How has this project helped you grow as you worked on it? (What have you learned?)
"It has helped me grow tremendously, it's expanded my knowledge on the incubation process of eggs. I think this is very practical as it pertains to many other things as well, such as the development being very similar in other bird species."

How do you plan to grow more in this project area in the future?

"I would like to track the development in eggs next. I've incubated eggs many times but have never actually tracked the development and saved the data or information."



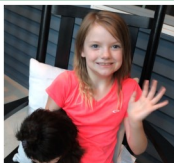
4-H

NEW YORK STATE 4-H SHOWCASE 2020: POULTRY

Sophia Wolfe
Saratoga County

How has this project helped you grow as you worked on it? (What have you learned?)
"I think that I learned more about chickens. Especially why they have particular parts."

How do you plan to grow more in this project area in the future?
"I plan to learn even more parts of both hens and cockerels. Then I can do well in showmanship."



4-H



[Follow the link to view more projects by 4-H'ers.](#)

Stroll down the page to click on links to previous slideshows.

4-H Horse Evaluations Completed!

On August 15, 4-H members gathered to complete their Horse Evaluations. Every year those competing in 4-H Horse events must complete a horse evaluation with the 4-H educator and another horse professional. Horse evaluations are designed to assess the horse and rider pair. Evaluators look at riders equipment, how the rider handles the horse on the ground, and how well the rider controls their horse while riding. Rider and horse pairs can evaluate for different riding levels, the level they evaluate at is the level that they can show at for the rest of the year. This year evaluations were much later than usual, but Brieanna, the 4-H Animal



Science Educator is excited to see the youth working with there animals and seeing other 4-H youth and horses. There will be a couple more evaluation opportunities before our Horse Show on October 10th that is apart of the Saratoga County 4-H Animal Show Series.

For more information, contact Brieanna at bh548@cornell.edu or 518-885-8995 x 2206

4-H'ers help local farmers hand out thousands of pounds of food

For Caitlyn VanDeusen and her classmates, the cars never seemed to stop coming Wednesday.

"Honestly, it's really surprising," said VanDeusen, who will start her sophomore year at Schuylerville High School in a few weeks. "When I pulled in this morning it wasn't supposed to start until 11 and there were so many people lined up already. I was shocked."

VanDeusen grew up on the Koval Brothers Dairy Farm in Stillwater and has participated in Saratoga County's 4H program since she was seven. "4H for me has been one of the best opportunities I've ever gotten," she said.

At the fairgrounds Wednesday, the 4H students were among the dozens of volunteers handing out local milk, food and produce to hundreds of people in need. "I think it is really great that we are able to help out our county so much and realize that there are people that are worse off than we are," VanDeusen said.

Featuring more than 30,000 pounds of food and 2,500 gallons of milk, the event was put on by the American Dairy Association and Saratoga County Fair committee...[continue reading article.](#)



Learn about Nutrition with Play Dough



Topic: Nutrition
Grades: Pre-K-2

In this activity, young kids will identify healthy foods alongside the classic children's book, *The Very Hungry Caterpillar*, and practice what they've learned by using a simple recipe to make play dough to mold the shapes of healthy foods.

[Click here for the list of supplies and how to do the project](#)

SOURCE: Utah State University

Saratoga County 4-H 2020 Fall Animal Show Series



The cancellation of the Saratoga County Fair was devastating for all of us here in the 4-H office. We can only imagine the feelings all of our youths and volunteers were experiencing. We understand many things were different this summer. We know how important it is to exhibit the hard work you have all put into caring for and preparing your animals. To honor our youth, Saratoga County 4-H has taken the initiative to offer an Animal Show Series for most of the species that are typically shown at fair.

Every Saturday, starting September 12th and ending October 10th, there will be a 4-H Show for a different animal species. We are excited to be offering these shows for **FREE** to all Saratoga County 4-H members. All shows will begin at 9:00 AM with registration at 8:00 AM. All shows will be held at the **4-H Training Center, 556 Middleline Rd, Ballston Spa 12020**, weather permitting. Social distancing guidelines will be followed.

Rabbits and cavies entries must be turned in by **September 6th**. Remaining entries should be received by **September 15th**. All entries need to be sent to Kim Wilbur at Kmw82@cornell.edu. If you need hard copies of the registration forms mailed to you, please call the 4-H Office at 518-885-8995. Otherwise, all entries can be done electronically with our fillable online form.

[Exhibitor Hand Book](#)
[Entry Form](#)

If you have any questions or ideas please call Brianna at 518-885-8995 or email her at Bh548@cornell.edu.

Date	Species	Gates open	Registration	Show Start
September 12 th	Rabbit & Cavies	7:45am	8:00am	9:00am
September 19 th	Beef & Sheep	7:00	7:45	9:00am
September 26 th	Goat	7:00	7:45	9:00am
October 3 rd	Dairy	7:00	7:45	9:00am
October 10 th	Horse	7:00	7:45	9:00 am
LOCATION: 4-H Training Center, 556 Middleline Rd. Ballston Spa, NY 12020				

Superhero Selfie



Topic: Creative Arts
Grades: Pre-K-12

Using your definition of art above, create a self-portrait with a cartoon. Think about your favorite super heroes. Why do you like them? What are their super powers? Why do you relate to them? How do they represent you? What would you want as your super power? How would you use it? Develop a list of five to 10 super powers that you would want to have and how to use them. Use this list when creating your superhero self-portrait.

Materials needed: Drawing paper, pencils, thin permanent marker, and colored pencil.

Using a sheet of paper, plan your superhero costume by writing down your ideas. Be sure to think about the form and function of the costume. Does the suit need to fly? Stretch? Blend into surroundings? Be a specific color? Using a different sheet of drawing paper, create a comic book cover featuring your superhero self. Add texture, shape, space, color and value to your portrait by using the thin permanent marker and colored pencils. Use this self-portrait as motivation that you are an ART superhero!



Find more information in the Project Activity Guide: [Art Finding Your Inner](#)

[Artist Activity Guide PDF](#)

SOURCE: Louisiana State University



Saratoga County 4-H Archives Corner

Clubs 'Round the County'

By Wendy McConkey, Records Management Officer

Beginning in May of 1957 in Saratoga County 4-H, a club member was chosen by the club to be the club historian. Their responsibility was to introduce the club to Saratoga County in the 4-H newsletter called "Saratoga County 4-H Club News." These stories also appeared in issues of the Schenectady Union Star.

The first Clubs 'Round the County' stories was written by Dorothy Pollock of the Gansevoortettes 4-H Club in the May 1957 issue of Saratoga County 4-H Club News.

GANSEVOORTETTES 4-H CLUB

The Gansevoortettes 4-H Club was formed in 1954 by Mrs. Martin Bergquist. At this time there were no 4-H girls in our community (Gansevoort). So, she thought it would be a good thing for the girls as well as the community.

The present leaders are: Leader, Mrs. Charles Abare; assistant leaders, Mrs. Clifford Pollock and Mrs. Milton Post.



DOROTHY POLLOCK

Since the opening of our club we have always had 20 or more members. At the present we have 21 members.

Our meeting is held in the Gansevoort School, except for special projects, which are held at the leaders' homes. We meet every second and fourth Monday of each month at 6:30.

The present officers are: President, Dorothy Pollock;

Vice President, Patty Foote; Secretary, Alice Pollock; Treasurer, Sandra Foote; News Reporter, Jean Moss; and Song Leader, Sandra Post.

Becoming a member of our 4-H wasn't hard for it was a kind of experience for all of us. We found out that all it took was a little time and energy. The first projects we all took were ABC's of Cooking and Learning to Sew. As the years went by, we took up harder projects which took more time than before. The cooking projects are the best liked in our club for we use them every day.

The community of Gansevoort has cooperated with all the 4-H'ers in this area. They have called on us to help at church suppers and the firemen's and Masons' turkey suppers. We have always helped in the Heart Fund and Red Cross drives by going from one house to the other asking for donations.

Each year we have a Christmas party and a Parent Night. We go carol singing at Christmas and at Thanksgiving we fix sunshine baskets for the shut-ins of our community.

But the biggest event for a 4-H'er is the County Fair where we exhibit all our achievements of the year. To me, being a 4-H club member is a good, clean and healthy way of spending your time.

—By DOROTHY POLLOCK

The Gansevoortettes 4-H Club was formed in 1954 and was dissolved in 1960.

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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Central NY Dairy, Livestock and Field Crops

Kevin Ganoë	Ashley McFarland
David Balbian	Nicole Tommell

GC-SBN Leads

Mike Ryan	Erik Yager
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50 West High Street, Ballston Spa
(518) 885-8995
Saratoga@cornell.edu
www.ccesaratoga.org

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