

Sept. 7, 2020

Volume 1, Issue 23

# CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

## EXTENSION NEWS

### 4-H Chicken BBQ - Let's Do It Again!



**OCTOBER 10, 2020**

**4:00 PM– 7:00 PM**

**CCE OFFICE , Ballston Spa**

Due to the overwhelming , the Saratoga County 4-H Program will be hosting another one of our famous 4-H BBQ's to benefit the 4-H Program. The BBQ will take place on **October 10<sup>th</sup>**. The menu will be the same, cost is the same **(\$14)**, and it will be held once again at the **CCE offices at 50 West High Street in Ballston Spa**. [Please click on the link](#) today, and enjoy a tasty Chicken BBQ while supporting the 4-H Program. Last time we did sell out!

### Help Shape our Region's Future by Completing the 2020 CENSUS!

More than 90 million households have already responded to the 2020 Census, but we are still missing critical voices from our region!

As of August 30, the response rates for our four-county region is as follows:

- Albany County: 64.3%
- Rensselaer County: 62.1%
- Saratoga County: 66.6%
- Schenectady County: 65%

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for our community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.



The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

The Capital Region risks getting less funding every year for the next 10 years if we don't respond to the 2020 Census now. This means we could lose benefits we already have.

The deadline to complete the census is September 30, 2020, [Respond to the 2020 Census](#)

## OUR MISSION

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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.

### Stewart's milk is New York's cream of the crop for 2020

Stewart's, which also won for best-tasting chocolate milk, topped a field of 21 dairies from across the state

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Cornell University's Milk Quality Improvement Program has awarded Stewart's Dairy in Saratoga Springs top honors in New York state's annual fluid milk competition, conducted on behalf of the New York State Department of Agriculture and Markets.

The Cornell program serves as the state's official judging group. Stewart's, which also won for best-tasting chocolate milk, topped a field of 21 dairies from across the state; results were announced Aug. 25.

"Congratulations to our dairy processors and our dairy farmers behind these fantastic products," said Richard Ball, commissioner for the Department of Agriculture and Markets. "We know New York produces some of the best milk there is, and I am honored to join Cornell in sharing these stories of success with all New Yorkers."

Due to the coronavirus pandemic, the awards were presented online rather than on the traditional Dairy Day at the New York State Fair. "While I miss our annual gathering at the Great New York State Fair to celebrate our

processors and producers," Ball said, "I am grateful for this special online presentation and raise my glass of milk to all of New York dairy."



(Photo by Erik Mattheis, Flickr/Creative Commons)

"This annual milk competition is unique in that it considers the overall quality of fluid milk products throughout the entire time the product is on the market by assessing various characteristics, including – most importantly – milk flavor," said Kathryn Boor, the Dean of the College of Agriculture and Life Sciences.

Stewart's won the competition five times previously, most recently in 2017, and has finished second twice. Garelick Farms of Rensselaer was the runner-up in the overall fluid milk category. The dairy won last year and in 2015. [...continue reading.](#)

## Calf & Heifer Management Online Course

October 16 - December 18, 2020

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This course is designed for dairy business on-farm personnel (owner or employee) who are seeking to increase their knowledge of calf and heifer management. Participants should possess a formal or informal background in dairy cattle management, but not necessarily in calf and heifer management...[Read more on who should attend and how it works.](#)

[Online registration is open until October 13](#)

This course has been approved for a maximum of 2.1 CEUs from the Cornell School of Continuing Education. Upon completion of this course, you will receive a certificate notifying you of the CEUs awarded.

## Choosing a social media platform to promote your farm

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As of July 2020, Facebook has 2.6 billion active users. YouTube has 2 billion, Instagram has 1.8 billion, and TikTok has 800 million, totaling to 7.2 billion active users every day. That's [80 times more active social media](#) users every day across those

platforms than there are acres of soybeans planted in the United States each year.

Using these social media platforms can drive customers to your agricultural business. You just have to know what platform to use and how to use it...[read article.](#)



**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](mailto:nvf5@cornell.edu) or mail to CCE Equine, 50 West High Street, Ballston Spa NY 12020

### Deworming your horse

This article by the University of Minnesota discusses how to control and treat parasites in your horse. It talks about such things as common parasites, selecting a dewormer, medication dosing methods, and frequently asked questions.

[Link to article](#)

**SOURCE:** University of Minnesota Extension

Some quick facts about deworming your horse:

- Deworming is key to horse and foal health care programs.
- Some studies show 80 percent of colic cases relate to parasites, with larval strongyles most responsible for colic in adult horses.
- Fecal samples can test for internal parasites except tapeworms and bots.



### Using grazing muzzles to reduce forage intakes in horses

Grazing muzzles can reduce a horse's pasture intake by about 30 percent, regardless of grass species. They also appear to be a simple, effective tool to restrict forage intakes of grazing horses and may help reduce obesity in horses.

Obesity continues to increase in the horse population. About 40 percent of the horse population is considered obese with a body condition score (BSC) greater than or equal to 7. Obese and overweight horses are at risk for the following:

- Laminitis
- Insulin Resistance (IR)
- Equine Metabolic Syndrome (EMS)
- Poor thermoregulations: unable to maintain body temperature
- Poor performance

Horse owners have tried to manage weight by restricting forage intake such as decreasing pasture time. Researchers found that horses with restricted



pasture time can increase their intake rates. As a result, owners need a simple, affordable way to restrict pasture intake while maintaining their horse's natural environment.

[Continue reading the article](#) to find out what grazing muzzles are and whether or not they are effective

**SOURCE:** University of Minnesota Extension



# Nature Fest 2020

On **SEPTEMBER 12th**, Check out the Capital Region PRISM virtual field trip at Moreau State Park, and How You Can Prevent Invasive Species from Spreading to our Parks!

### STOP INVASIVE SPECIES IN YOUR TRACKS

**REMOVE** plants, animals & mud from boots, gear, pets and vehicles

- CLEAN your gear before entering & leaving the recreation site
- STAY on designated roads & trails
- USE CERTIFIED or local firewood & hay
- SPREAD THE WORD. NOT THE PROBLEM

### CLEAN, DRAIN, DRY!

*Stop Aquatic Hitchhikers!* is a national campaign that helps recreational water users to be part of the solution to help prevent and slow the spread of aquatic invasive species.

Recreational activities such as recreational boating, angling, waterfowl hunting, and diving may spread aquatic invasive species. Some aquatic invasive species can attach to boats, while others can become tangled on propellers, anchor lines, or boat trailers. Many species can survive in bilge water, ballast tanks, and motors or may hide in dirt or sand that clings to nets, buckets, anchors, and waders. Fortunately, completing simple steps can prevent the transport of aquatic invasive species. Remember to Clean, Drain, Dry...In every waterbody, every time.

[Check out Nature Fest at this link](#)

[Watch](#) this video to find out how and why its important to CLEAN, DRAIN, DRY!

## Knotweed Biocontrol Webinar



**September 30<sup>th</sup>, 11am ET**

Join New York Invasive Species Research Institute (NYISRI) for the monthly PRISM webinar as Dr. Bernd Blossey from Cornell University speaks on Knotweed biocontrol.

[Webinar Schedule and Zoom Link](#)

Save the date for future webinars: October 28<sup>th</sup>, November 18<sup>th</sup>.

## Swallow-wort podcast



[Extension Out Loud](#), a Cornell Cooperative Extension podcast, recently featured our swallow-wort biocontrol project. In this podcast, NYISRI director Carrie Brown-Lima and CCE Educators Sharon Bachman and Laura

Bailey discuss the invasive creeping vine and the biocontrol measures employed to control it.

**SOURCE:** NYISRI

## Funding Received Humans and Dogs Seek Spotted Lanternfly



Credit: Arden Blumenthal of NYNJTC

In August, Spotted Lanternfly (SLF) was [found for the first time in NY](#), and detecting this invasive pest efficiently is key to mitigate further damage. Recent funding from Cornell's Atkinson Center for Sustainability allows NYISRI and partners to research SLF detection in a new way: with humans, and dogs. [Read the article.](#)

**SOURCE:** NYISRI



The Capital Region Partnership for Regional Invasive Species Management (PRISM) is built on a partnership made up of representatives from state agencies, not for profit organizations, and citizens concerned with the spread of invasive species throughout New York State. The Capital Region PRISM provides services in eleven counties in the New York State Capital Region: Albany, Columbia, Montgomery, Rensselaer, Schenectady, and parts of Fulton, Herkimer, Saratoga, Warren, and Washington.

## 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.](#)



### Make Yogurt in Just Four Hours

Diane Whitten, Nutrition & Food Resource Educator

Did you know it only takes four hours to incubate (ferment) milk to make yogurt? Many homesteads include a source of dairy; a cow, a few goats or sheep for milk, which can be used for making yogurt. If you don't have your own source, any milk from the store can be used to make yogurt, including powdered milk. Yogurt is a cultured, fermented food that has live, active probiotic bacteria that improve your health and boost your immune system. This article from the University of Missouri Extension includes five methods of incubating yogurt, if you don't want to buy a yogurt maker (they're all easy), equipment (you'll need a double boiler and thermometer), directions for making yogurt, plus common problems and solutions.

#### Making Yogurt at Home: Country Living Series

*Barbara J. Willenberg, Karla Vollmar Hughes and Lyn Konstant*  
Department of Food Science and Human Nutrition

Yogurt is a cultured dairy product that can be made from whole, lowfat or skim milk, including reconstituted nonfat dry milk powder. Although most yogurt in the United States is made from cow's milk, any type of milk can be used. In other countries, yogurt is made from the milk of water buffalo, yak, goat, horses and sheep. As interest in raising goats increases in the United States, so does the popularity of making yogurt from goat's milk.



If you like yogurt and eat it often, you may enjoy preparing yogurt at home. Depending on the form of milk used, you will probably save money, as well. The guidelines and procedures in this guide will help you make a quality product.

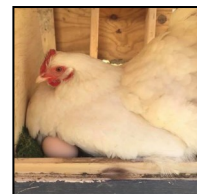
Read the full article here:

<https://extension2.missouri.edu/gh1183>



### Simple Ways to keep backyard chickens healthy

For some, having backyard chickens means sharing experiences of raising animals with their children while also teaching them responsibility. Others raise a backyard flock because they want to know where their food comes from and they enjoy the freshness of the eggs. Still, others tend to chickens because it's a fun hobby or they consider them pets. But for the majority of backyard chicken owners, it's a combination of all of those things. Plus, unlike other traditional farm animals, chickens don't require a lot of space, so even those living in urban and suburban areas can keep a few chickens on their property.



Whatever the reason, keeping backyard chickens has grown in popularity over the past five years. There are countless websites, social media groups and periodicals dedicated to the growing trend. When the Covid-19 pandemic hit, the already trendy hobby became exponentially more popular.

Dr. Robert Stock, Director of Poultry Research and Development at Ralco says he's seen the impacts first hand. "A lot of the chick suppliers are completely sold out this year. And they sold out early. So a lot of people have decided that if they're going to stay home, they might as well have these chickens, get their own eggs, and they don't have to worry about grocery stores running out of eggs."

Just as someone might do when bringing home a new dog or cat, it's important to research and learn as much as possible about maintaining the overall health and well-being of backyard chickens. Knowing the risks the birds are subject to and the proper way to care for them can truly be the difference between life and death for some of these animals, so being proactive in caring for one's flock is vital...[continue reading.](#)



## Growing Herbs Indoors

By Conrad Richter



Everyone seems to want to grow herbs these days. And why not? Herbs pay triple dividends in good looks, good flavors, and good scents. The magic of

freshly chopped chives sprinkled over an omelet or soup; the Mediterranean charms of fresh rosemary, oregano, and thyme; the intoxicating aroma of lemon verbena - all make it difficult not to get passionate about herbs. And these rewards aren't limited to the summer garden. Even just a few pots of herbs indoors can supply you with wonderful flavors and herbal gifts through the rest of the year.

### Herbs That Grow Well Indoors

Not every herb likes indoor life. Coriander (cilantro), garden cress, and dill are short-lived annuals that, when cut for harvest, do not regrow. You have to resow these herbs to produce a continuous crop. Three pots of each plant, each at a different stage (seeded, intermediate growth, and ready to cut), are usually enough. Forget trying to grow coriander, dill, or other spice herbs indoors for their seeds: They won't set enough to warrant the effort.

You can grow parsley in pots, but I prefer to bring in established plants from the garden at the end of the season. The older leaves will fall off, but the thick taproot will drive new growth from the center. However, parsley grown indoors from seed never reaches the size and productivity of plants dug from the garden. That's why I dig outdoor plants in fall and bring them inside. Keep the soil around the taproot intact, and be sure to use a pot that's deep enough to accommodate the root.

Unless light is plentiful, growth of most indoor herbs will slow or even stop during the winter, even with enough warmth. When growth slows, reduce harvests and hold back a little on the water. Reducing the indoor temperature to 60° to 65°F, if possible, also helps.

French tarragon and chives in particular benefit from a cool period. When growth flags in winter, place them in an unheated shed or garage (or in the refrigerator) for a month or two; freezing temperatures are fine. When

returned to room temperature and good light, they'll put out succulent new growth.

My mother, co-founder of Richters Herbs, grows herbs indoors in window boxes. She "plants" herbs in their pots in a window box filled with soil up to the rim of the pots. This system may seem odd, because the roots can only get at the soil outside through the holes in the pots. But herbs do precisely that, with faster and more lush growth than in stand-alone pots. The extra soil prevents the plants from becoming potbound, humidity and soil moisture remain more even, and the herbs seem to grow better. Also, the roots don't become so intertwined that it's difficult to rearrange or replace plants. A firm yank dislodges them.

Herbs are sun worshipers for the most part. As expatriates of the Mediterranean region, most flavorful herbs don't thrive in the un-Mediterranean environment and inadequate light our houses provide. Herbs don't tolerate north-facing windows, or any window that gets less than four hours of direct sunshine a day.

**Provide light.** Even if your indoor herbs get their four hours of direct sunshine daily, installing supplementary lighting is a necessity. The light coming through a window may seem bright to your eyes, but its intensity in winter is often less than one-tenth of the outdoor light during a summer day. Grow lights will work if their light intensity is high enough and the spectral quality is right.

**Acclimate plants gradually.** Plants produce two kinds of leaves in response to strong or weak light. High-light leaves are thick, strong, and narrow. Low-light leaves are thinner, more delicate, and broader than high-light leaves. But narrow high-light leaves are less efficient in converting light energy into food than low-light leaves. High-light leaves are accustomed to an abundance of light, so they don't have to be as efficient at food production. A plant that is adapted to abundant light often turns brown and drops leaves indoors. This is because it can't produce enough food to maintain itself. The plant tries to make food by shedding the inefficient leaves and producing efficient leaves higher up and closer to the light source. When you bring herbs indoors, this leaf drop and increased leggy growth can happen within weeks, or even days. Some herbs cannot make the transition fast enough to survive.

[Continue reading article](#)

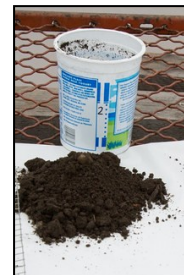
## Soil pH Testing

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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.

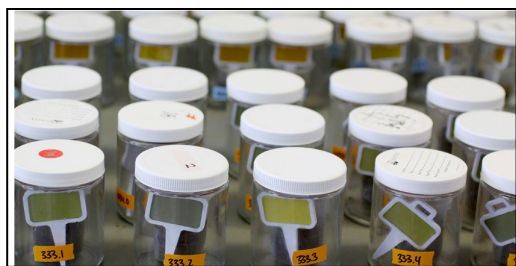
[Please refer to this link for instructions on how to take a soil sample.](#)

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



## For Nutrient Testing with Cornell Recommendations

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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

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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.

## Adirondack Harvest Find Farm Fresh Food & Local Products

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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](http://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.



## 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](mailto: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



### 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.

The Galleries and Schedule of Events can be found here: <https://nys4-h.org/2020-nys-4h-showcase>



#### NEW YORK STATE 4-H SHOWCASE 2020 : RABBIT & CAVY

**Aaron Myatt**  
Saratoga County

**How has this project helped you grow as you worked on it? (What have you learned?)**

"I did not know a lot about my guinea pig before starting this project. I learned about pregnancy and how many guinea pigs are in a litter."

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

"I had a lot of time left over, so I decided to add details to my project by coloring the landscape and making a 3D tree. It was hard to make the guinea pigs and tree stand up but with some help from my leader I figured it out."



#### NEW YORK STATE 4-H SHOWCASE 2020 : Arts & Crafts - Part 4

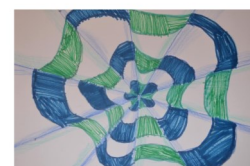
**Aaron Myatt**  
Saratoga County

**How has this project helped you grow as you worked on it? (What have you learned?)**

"I learned that certain shapes can make illusions - like looking like 3D when it's really just a piece of flat paper."

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

"I had to redo some things and start over. I told myself that it is OK to mess up and that I should never give up if I want to be successful."



#### NEW YORK STATE 4-H SHOWCASE 2020 : Arts & Crafts - Part 4

**Bethany Myatt**  
Saratoga County

**How has this project helped you grow as you worked on it? (What have you learned?)**

"I have learned that you have to be precise in measuring things if you want it to turn out well."

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

"I had trouble with the folding when I first started and got really frustrated. Then I kept working and realized that I just had to keep going and it wasn't that big of a mistake."



Other Saratoga County 4-H Youth were highlighted in last week's newsletter.

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

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





## 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 second Clubs 'Round the County' story was written by June DeVore of the Malta Ridge Live Wires 4-H Club in the June 1957 issue of Saratoga County 4-H Club News.

#### Malta Ridge Live Wires 4-H Club

In March twenty years ago a group of interested parents met with Douglas Deuel at the Malta Ridge schoolhouse to form a 4-H club. As a result there emerged two clubs—a boys' club and a girls' club. The latter is the Malta Ridge Live Wires. (The boys' club is known as the Go-Getters; it will be described in an article to be published later in the series).

Mrs. Harriet Wood and Mrs. Mary Ramsdill were the first leaders of the Live Wires. After two years Mrs. Wood resigned and Mrs. Ramsdill has been the sole leader since then. More than 80 girls have been members over the years.

At one time or another club members have carried on the projects of cooking, sewing, gardening, grooming, freezing, home nursing, poultry, junior leadership and almost all the other projects offered. The club has been meeting at members' homes on the first and third Wednesday of each month.



JUNE DE VORE

Community projects have always interested the club. For three years, the club has sung to the patients at Durham's, Haniman's and Manor Rest Nursing Homes. Members have canvassed for the polio and cancer funds in addition to having the polio benefit dinner. The club contributes to the Heart Fund, Hawley Home Tuberculosis Fund and Red Cross.

The members have always been willing to assist the church or grange in any of their activities. On 4-H Sunday, the club has always participated in the service at the Malta Ridge Methodist Church. This past winter, a new project was inaugurated—community Christmas caroling.

Recreation has always been a major part of the club's activities. Picnics, marching in parades, hayrides, dancing, ice skating and swimming parties, tours through different business establishments, and achievement night programs have all contributed to the girls' enjoyment.

In 1954, the club was selected as one of eight New York State 4-H clubs to receive an award and an engraved certificate for outstanding recreational and rural arts programs. Because the Malta Ridge Live Wires 4-H Club has been very active, it has been an honor club in Saratoga County for many years.

Several members have received honors. Agnes Seaman was selected as outstanding girl in the county one year. She was awarded a trip to the State Fair as a result.

Roberta Seeley was state alternate to Chicago in the recreational and rural arts program. Carol Ferris won the Capital Day award to Albany during the National 4-H Club Week in 1955. After winning a blue award in the district dress revue, Carol was in the state dress revue in Syracuse. In 1955, she won the county community relations award.

The New York State homemaking award trip to New York City was won by June DeVore in 1956 as well as the county home freezing award. Kathleen Geren has participated in the county dress revue and won to compete in the eastern district dress revue. Carol Ferris and June DeVore have been praised for their excellent news reports.

The present officers include June DeVore, president; Kathleen Geren, vice-president; Caryl Davis, secretary and news reporter; Laura Seeley, treasurer; and Ann Wolf, recreational leader. The other members are Sue Ann Brown, Arlene Carr, Marlene DeVore, Carol Ferris, Linda Melber, Barbara Morris, Dawn Palmateer, Marianne Righton and Claudia Sabatini.

...Continued on next page

## Clubs 'Round the County'

### Malta Ridge Live Wires 4-H Club - Continued

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Three of the members have summed up 4-H as thus: "To me, 4-H has always meant a lot of fun. I think 4-H members are the nicest kids you can meet. I learned how to dance through 4-H and now enjoy teaching younger kids to dance. I am sure 4-H will bring back many pleasant memories in the future," said Kathleen Geren.

Carol Ferris remarked: "Having been engaged in 4-H activities for a few years, I can truly say 9-H does more for a person other than keeping him or her out of mischief. I have encountered many experiences that I shall never forget. Each one of them will help me achieve my position in life."

Caryl Davis said: "You have so many opportunities to meet other people your own age and to visit many places. The many projects help you in daily life."

—By JUNE DEVORE

### DIY Flashlight

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In this activity, kids will learn about electrical energy using batteries and conductors. Kids will use the materials to create a battery-powered flashlight with an on/off switch.

This activity requires the use of scissors and wire strippers.

Topic: Electrical Engineering

Recommended Grades: 4-7

Estimated Time: 1 Hour

Messy Meter



[View the DIY Flashlight activity](#)

### Abstract Art

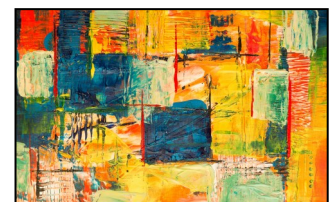
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Topic: Creative Arts

Grades: PreK-12

Learn about abstract art and create your own abstract art project by following along with [this video](#).



### DNA Extraction Experiment at Home

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Learn how to extract your own DNA at home with a 4-H Educator as your guide.



Topic: STEM

Grades: 3-12

#### Supplies

- Clear or Light Colored Sports Drink OR Salt water (make your own)
- Clear liquid Dish Soap
- Pineapple Juice or Meat Tenderizer
- Toothpicks
- Rubbing Alcohol (>50% works best)
- Small narrow and tall container
- Eye Dropper or Spoon

[Click here to view experiment](#)

## Website and Social Media

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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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John Mishoe, Secretary	Pat Clairborne, Cornell Rep.

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Julie Curren	Lauren Henderson
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Laurie Kruppenbacher, Vice Pres.	Leland Bramer

*\* Board Representative*

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Kohlby Himelrick, Student	Meg Soden

*\* Board Representative*

### Eastern NY Commercial Horticulture

Crystal Stewart	Teresa Rusinek
Elizabeth Higgins	Jim Meyers
Elisabeth Hodgdon	Dan Donahue
Mike Basedow	Maire Ullrich
Ethan Grundberg	Chuck Bornt
Laura McDermott	

### Central NY Dairy, Livestock and Field Crops

Kevin Ganoë	Ashley McFarland
David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	



### ***Building Strong and Vibrant New York Communities***

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