Hello 4-H’er!!!

Happy 2019!!!! Hope your holidays were terrific and that you’re gearing up for the New Year!!! Have you been thinking about any New Year’s resolutions? Maybe this year, you can start out by thinking about things you are grateful for – your family and friends, your animals, your parents, your 4-H Leader... See how many things you can write down – try doing this every day for one week and see how you feel. You may find that you’ll not only be happier but good things will happen to you in return. The more positive things we can think about, the better we’ll feel. And we’ll make everyone around us feel good too!!

We’re very excited about the New Year and we’re working on new programs for 2019. Albany County 4-H Public Presentations will take place on Friday, March 8th and Saturday, March 9th at the CCE Albany office in Voorheesville. As always, we’re looking forward to seeing what you’ve been working on!!! This is one of our favorite times of the year because we always learn so much from all of you!!! If you don’t have a topic in mind and just can’t think of what to do, talk to your 4-H leader or get in touch with an older 4-H member – they can give you some ideas for topics they’ve done in the past that you might like to do. Just think of the things you love to do. If you like to cook, care for your animals, sew, or if you have a new hobby, think about showing off what you do by presenting what you know to others!

We will be holding several horse programs from January to April. Please be on the lookout for more details in upcoming emails! Also, don’t forget to mark your calendar for the 4-H Spring Brunch which will take place on Sunday, April 7th. The 4-H Teen Action Group will be working on this event with some very dedicated 4-H volunteers so it is sure to be fun and will help raise money for the 4-H Scholarship Fund.

Please Stay Warm and Safe these next few months!!!

-Barb
Getting Ready for the 4-H Model Horse Show Workshop

Attention all you Model Horse lovers!! There will be a workshop to learn how to show your model horses, tips for what a judge is looking for, and ideas for classes you can enter with your horses! The workshop will take place on Thursday, February 7th from 6:30-8:00 pm at the 4-H office in Voorheesville. Please email Barb Stevens at bes13@cornell.edu or call her at (518)-765-3541 if you have questions or would like to sign up. Hope to see you there!!!

4-H Model Horse Show

Mark your calendar!!!! The Albany County 4-H Model Horse show will be held on Saturday, February 23rd beginning at 9:00 am at the CCE office in Voorheesville. All Albany and Schenectady County 4-H members are invited to bring their model horses to have them judged and receive ribbons!! Please email Barb at bes13@cornell.edu or call (518)-765-3500 for a class list.

*SAVE THE DATE*

CCE Albany County 4-H
Third Annual Spring Brunch

Hosted by
Albany County 4-H Teen Action Group and Albany County 4-H Leaders Association
Proceeds will benefit the 4-H Youth Development Scholarship Program

Sunday, April 7, 2019
11:00 am - 2:00 pm
Cornell Cooperative Extension
Albany County
Voorheesville, NY 12186
Schenectady County 4-H Shop2Gether night was a resounding success!
On the night of Wednesday November 28 Schenectady County 4-H teamed up with Open Door Bookstore on Jay Street in Schenectady to hold our very first Shop2gether fundraiser. Open Door Bookstore generously donated 15% of all purchases made between 6:00 pm and 7:30 pm by people who gave in our special donation flyer. 4-H teens also busied themselves gift wrapping purchases for donations to the 4-H program. We were also very excited to have a very special guest from the North Pole come to support our event! We raised over $65.00 from the wrapping proceeds alone. 4-Hers, 4-H leaders, parents, and friends all came out to make purchases in support of our program. We are very thankful to everyone who came out to support our program as well as Open Door Bookstore for being such gracious hosts. We also give a big shout out to Maddie Westervelt, Norah Delaney, Eamon Delaney, and Alex Stelline for helping wrap gifts!

Albany County 4-H Teen Action Group Update
The teens have been working hard this year and we’ve been so proud of them for stepping up and doing a terrific job! In November, they hosted a 4-H Family Fun Night with a pot luck dinner and holiday activities for the 4-H members and their families. There were more than 50 people in attendance! The teens then met in December to shop for their Adopt-A-Family community service project. Money raised from the 4-H Milkshake Booth at the Altamont Fair was used to purchase gifts and supplies for a single mom and her four children. The gifts were then wrapped and delivered the week before Christmas. The Teen Action Group will begin to meet to plan the 4-H Spring Brunch which will be held in April. Thanks again to all of our teens for making such an incredible difference!!
Youth Community Action Network (Youth CAN) Update

Albany Youth CAN has been very active this fall and is looking forward to making a difference the upcoming year!

In October, the teen leaders planned and implemented a Safe Halloween Party at Ezra Prentice Homes in collaboration with the Ezra Prentice Tenants Association. The teens were completely in charge of the event, advertising to the community, setting up the facility, and planning the activities and games. The event was a huge success with more than 75 youth in attendance and positive feedback from many members of the community.

In November, the Ezra Prentice teen leaders decided to create two Thanksgiving baskets that they delivered to families in need within their community. The teens worked with community members to identify two deserving families and then collected items to include nonperishable food items to include in the basket. The teen leaders then delivered the baskets to the families the week prior to Thanksgiving.

For the holiday season, the teen leaders are assisting with the Ezra Prentice Holiday Party in collaboration with the Ezra Prentice Tenants Association. After meeting with the tenants association, the teens have decided that they will plan and implement all of the activities and crafts for the party.

The Arbor Hill Community Center Youth CAN teen leaders began meeting in November and hit the ground running by writing and decorating holiday cards for an organization call A Million Wishes, Inc. This organization asks for letters and cards from community members to send to servicemen and women overseas. The teen leaders set a goal of collecting 75 cards and asked Ezra Prentice Youth CAN to help them reach their goal. Between the two groups, the teen leaders were able to donate over 110 cards to this organization.

In December, the Arbor Hill Youth CAN teen leaders decided to partner with Cornell Cooperative Extension of Albany County to assist in their Adopt-a-Family program through the Department of Children, Youth, and Family Services of Albany County. The teens leaders wrapped all of the donated gifts that will be given by the employees of Cornell Cooperative Extension and are working to find a day to deliver the gifts to the family the week before Christmas.

Albany Youth CAN also began meeting at the Tony Clement Center for Education during the month of December and the teen leaders are beginning to identify different community service projects to help address issues in their community. We are so excited to be offering Albany Youth CAN at this location and cannot wait to share the amazing projects that these teen leaders come up with!

As always, we look forward to continuing to make a difference in the community!
4-H Clover Chefs

The Clover Chefs have started up again for the new year! The group had lots of fun making cookies and sharing holiday traditions at the meeting in December. Thanks to all of you for making it such a wonderful time for the CCE staff who helped!!!
Albany County 4-H Public Presentations Event
Friday & Saturday, March 8 & 9, 2019
CCE Albany County, Voorheesville

The Albany County 4-H Public Presentations event will be held on Friday, March 8 and Saturday, March 9 at the 4-H office. You will find a registration form in this issue of the Clover News along with a description of the different types of Public Presentation categories. If you have any questions or need more information, please contact Barb Stevens at 518-765-3500 or bes13@cornell.edu. We are all looking forward to this event and know it will be a terrific experience for all of our 4-Hers!

Here is a review of the five different categories of presentations available to you...

1. **Demonstration*** - The presenter shows and explains how to do something (How to bake bread, juggle, do warm-up exercises, etc.). Models or illustrations are used as needed to explain information, show the result of a step in the demonstrated process, show a larger scale replica of something that is too small for the audience to see, etc. (*Team demonstrations are allowed only if the presentation requires two people to be effective.)

2. **Illustrated Talk** - The presenter uses visual aids to tell about the topic. The effective use of charts, pictures, posters, graphs, examples, models, etc. plays a major role in communicating the presenter's message (Teams are not permitted to do illustrated talks).

3. **Formal Speech** - The presenter aims to persuade, motivate or inform the audience without the use of visuals. Poetry, quotations, humor or imagery may be incorporated to command attention or emphasize a point, but not purely for the purpose of entertainment (No team speeches are allowed).

4. **Recitation** - the presenter, with the use of vocal inflection and body language as communication tools, delivers his or her rendition of a piece of pre-written material. Props should not be used, but appropriate dress to subtly represent the character or mood for the written piece is acceptable. Dress should not overwhelm the presentation. Memorization is expected, but notes are permitted (No teams are allowed in recitation.)

5. **Dramatic Interpretation*** - The presenter or team delivers a reenactment of a piece of scripted material. Content of presentation can be taken from plays, movies, sketches, and monologues-dramatic or comedic. This form of presentation, by definition, should include props and costumes. Props need to be simple and minimal; no detracting from the strength of the presenter(s) (*Teams are allowed in Dramatic Interpretation).

**Types of horse presentations**

For horse presenters, there are three categories:

- **Individual Presentation**: should be between 9 and 12 minutes; visual aids, i.e. charts and posters may be used.

- **Team Presentation***: should be between 10 and 15 minutes; same criteria as above and both presenters should have an equal role in the presentation.

- **Public Speaking**: should be between 7 and 10 minutes; no visual aids, charts or other equipment may be used.

*please note: a team consists of only two presenters*
INTRODUCTION

This is where you introduce yourself and the topic.

a. Greet your audience.
b. Introduce yourself.
c. Tell what you are going to present and why.
d. Tell how you became interested in the topic.

SUMMARY

This is your last chance to put your points across.

a. Show the results of your presentation to the audience.
b. Re-state or briefly repeat the main points.
c. Give the names of resources you used in your presentation—for example, books and encyclopedias, internet, etc.
d. Give the audience ample opportunity to ask questions.
e. Thank the audience for attending the presentation.
f. Give out samples or materials (optional).

Before the Presentation:

1. Practice as much as possible to work out the rough spots.
2. Be able to say all the main points without reading from your notes.
3. Know what the judges will be looking for. Get a copy of an evaluation form from your leader.
4. Make a list of all the equipment you will need and check it before you begin.

During the Presentation:

1. Speak in a loud, clear voice.
2. Smile!
3. Use correct grammar.
4. Look at your audience while you speak.
5. Use natural hand and face expressions.
6. Stand up straight.
7. Wear casual, neat clothes.
8. Do not let your movements become distracting.
9. Do not read your presentation to the audience.
**Cornell Cooperative Extension Albany County**

**4-H Public Presentations Registration**

Friday & Saturday, March 8 & 9, 2019

CCE Albany County, Voorheesville

Name:_________________________________ Club:________________________

Age: ___ # years in 4-H ___ # Public Presentations done____

Presentation Title:______________________________

Public Presentation Type: (circle one) Demonstration – Illustrated Talk – Recitation – Formal Speech – Dramatic Interpretation-Interview-Cloverbud

Horse Communications Type: (circle one) Individual-Team-Public Speaking-Cloverbud

Power Point Presentation? _____Yes _____No

Please register for One Time Period:

Friday, March 8, 2019

_____5:00 - 5:45 pm

_____6:00 - 6:45 pm

_____7:00 - 7:45 pm

Saturday, March 9, 2019

_____10 am - 10:45 am

_____11 am - 11:45 am

_____12 pm - 12:45 pm

Please return no later than Wednesday, February 27, 2019 to:

CCE Albany County

Attn: 4-H/Barb Stevens (bes13@cornell.edu)

24 Martin Rd.

Voorheesville, NY 12186
Due to the decrease in 4-H fundraiser income and the limited vehicle space, Cornell Cooperative Extension Albany County and the Albany County 4-H Leaders Association have developed the following policy effective for 4-H teen trips:

A 4-H Teen Trip application must be returned to the 4-H office on or before February 1, 2019. This does not commit you to the trip, but it indicates your interest in the trip. After all trip applications are received and evaluated, youth will be notified which trip(s) they are eligible for and what the cost of the trip will be.

Priority will be given to those who have not attended the particular trip.

Chaperones are needed for all of these trips. Trip participants are expected to recruit chaperones (chaperone registration fees are covered by CCE Albany County).
4-H Teen Trip Descriptions and Registration Specifics:

**STARR (April 2019)**
Held at the New York State fairgrounds in Syracuse, this is an opportunity for teens to gain leadership skills. Teens will participate in a variety of workshops and will learn how to make an impact in their community through leadership and action, all while meeting new people and having a great time! Cost for the trip per teen will be approximately $50.00.

**4-H Capital Days (May 2019)**
Held in Albany, two teen delegates will be selected. Teens will meet with leaders in state government, members of the court system, and officials from various state agencies. There will also be presentations from state assembly people and senators as well as tours of various agencies and the New York State Capitol building. Total cost for the trip will be approximately $200.00, but the participant’s cost will be 50% or less.

**Cornell Career Explorations (June 2019)**
Held at Cornell University in Ithaca, there are two programs: University U is for those entering 8th or 9th grade in the fall. They will participate in six different programs in a variety of topics. They will also be given a guided tour of the Cornell campus and participate in workshops about preparing for college. The other program is Focus for Teens; this is for teens entering grades 10th, 11th and 12th or for those members who have participated in University U. Teens will choose a specific program area (i.e. animal science, food science, physics, horticulture, human services and natural resources to name a few). Total cost for the trip will be approximately $270.00, but the cost to youth receiving Leaders Association scholarships will be lower. This trip is limited to 15 teens from Albany County. Preference will be given to those attending for the first time. The 4-H Leaders Association will provide scholarship money to those who are attending for the first or second time only. Other youth will be responsible for the full registration cost and allowed to participate if there is room available.

**Agri-business Career Conference (October 2019)**
Held in Cobleskill on a Thursday and Friday, this conference is co-sponsored by New York State 4-H, the NYS Farm Bureau and the State University at Cobleskill. It features tours of farm and agriculture facilities and businesses, as well as a variety of workshops about agri-business and entrepreneurship. Participants also have the opportunity to meet with college faculty and learn about different majors and course requirements. Participant cost is approximately $50.00.
**2019 CCE Albany County 4-H Teen Trip Application**

<table>
<thead>
<tr>
<th>NAME OF TRIP</th>
<th>NUMBER OF TIMES PARTICIPATED</th>
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</thead>
<tbody>
<tr>
<td>____ 4-H Capital Days</td>
<td>____</td>
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<tr>
<td>____ STARR</td>
<td>____</td>
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<tr>
<td>____ Cornell Career Explorations</td>
<td>____</td>
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<tr>
<td>____ Agri-business Career Conference</td>
<td>____</td>
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</tbody>
</table>

**NAME:** __________________________________________________________  **AGE (on 1/1/2019):** _____

**Email:** __________________________________________________________  **YEARS IN 4-H:** __________

**MAILING ADDRESS:** ______________________________________________________________________

**TELEPHONE:** ________________________________

**4-H CLUB NAME:** ________________________________________________

**REWARD POINT ACTIVITIES FOR 2018:**

Please check those that apply.

<table>
<thead>
<tr>
<th>These activities are worth 5 Reward Points........</th>
<th>These activities are worth 10 Reward Points.......</th>
</tr>
</thead>
<tbody>
<tr>
<td>____ Enrollment forms received by 4-H office by</td>
<td>____ Service Project (as a member or group/agency</td>
</tr>
<tr>
<td>December 1, 2018</td>
<td>project)</td>
</tr>
<tr>
<td>____ Worked at TAG Milkshake Booth</td>
<td>____ Service Project (as part of a club project)</td>
</tr>
<tr>
<td>____ Teen Evaluator</td>
<td><strong>These activities are worth 20 Reward Points.....</strong></td>
</tr>
<tr>
<td>____ Junior Superintendent</td>
<td>____ Fashion Revue</td>
</tr>
<tr>
<td>____ Club Officer</td>
<td>____ Public Presentations</td>
</tr>
<tr>
<td>____ TAG Member</td>
<td><strong>These activities are worth 30 Reward Points.....</strong></td>
</tr>
<tr>
<td>____ Quiz Bowl Member</td>
<td>____ County Medals</td>
</tr>
</tbody>
</table>

Other:

____________________________________________________________________

____________________________________________________________________

Please note any other activities that may also be used to award Reward Points; this will be at the discretion of the Trips Review Committee.
August was a very busy fair month. On the first day we entered our vegetables and other exhibits into the 4-H building. Many of our items even made it to state fair. All the judges were super nice and spent their time talking to us about our exhibits. We also had our 4-H milkshake booth orientation day and we got to look around and see what we could do. We really enjoyed that day!

The other day we went to the fair to look around and enjoy it. We saw the 4-H building, then we saw the cow barn, sheep and goats, horses, and chickens. Then we went to the circus which was good this year. Later we got to go on all our favorite rides! We had an awesome time.

The Family Farm 4-H Club made an awesome dinner for our family and friends in September. We made pizza, dip, salad, stuffed cherry tomatoes, lemon grass tea, tomatillo salsa, and delicious zucchini ice-cream sandwiches! We came to the barn at 1:30 and started cooking. All of us headed to the garden and harvested what we needed and brought it back to the barn. Then we chopped, blended, and mixed away! Each year we do this dinner for our families! When we were done with the food we had one of our parents go up to the house and cook the pizza. After that we cleaned up the cooking area and started to decorate the tables and the barn! Some of us picked flowers and others took out food and put up lights! Then everyone came and had a good time! All the food came out great! We had fun working together and our families had a fun time too!

The Family Farm 4-H Club had a meeting October 27, 2018. We talked a lot about greenhouses and what they’re good for. We then went up to the farm’s greenhouses and saw the greens that were in it. Greenhouses increase production, lengthen the plant’s production time and make the plants have a warmer little climate! Then we went out to our garden and took out all our signs, stakes, and drip lines! It was super cold out! Then we harvested beets, carrots, and leeks and brought them up to the barn to get washed. After that we cut the tops off all of them. Then we went and sat down and enjoyed hot cocoa, grapes, and tangerines! After that we played a really fun game. We had a good time once we got inside with the heater blasting!

The Family Farm 4-H Club had a meeting November 10, 2018. We went to a Middleburg bowling alley. We had some money saved up from our plant sale for an activity and we chose bowling. Since we had a lot of people, we got pizza and fries. We got to bowl for two whole hours and we all got in four whole games. We really enjoyed it and hope to do it again next year.

In November, the Family Farm 4-H Club had a tour of the Carrot Barn, Schoharie. One of the owners of the farm gave the tour. We got to see their huge coolers. We went and saw one of their soil mixing areas. They also had an old carrot washer which was huge. Then we went outside and saw their Christmas trees. They get all of their water from the creek. After that we went into one of their greenhouses where they had tons of poinsettias. Last of all we went to their baked goods area where they had some delicious stuff. After we finished eating, we got some Christmas shopping done. We learned a lot about the Carrot Barn!
The Pony Pals 4-H Club had a meeting Nov. 2. We cleaned the upstairs of our club room and put up our club banners. Then we elected officers. The officers included president, song leader, game leader, secretary, treasurer, and news reporter. After that we fed horses and brought 2 of them out so we could learn how to lunge e horse. Lunging is where you have the horse going around you in a big circle on a lead. Lunging helps with your horse’s respect. We got a lot done!

The Pony Pals 4-H Club had a meeting December 7. We had the meeting at one of the mom’s houses. We played games and exchanged gifts. We also ate cookies and cupcakes. Then we had our gift exchange. We all drew a number and got to either take a gift from the pile or steal a gift from someone else. After that we did a craft. It was cutting out a horse and coloring it. You could also make its legs move. The food, games, gifts, and crafts were a lot of fun!