Hello 4-H’er!!

Hope you’ve all been able to handle the weather the last few weeks! I don’t know about you but I’m hoping spring is right around the corner!! March means that Public Presentations are coming up - we can’t wait to see what you have to show us!!! This is one of our favorite times of the year because we always learn so much from what you have to share with us!! And you’re learning such an important skill that will help you throughout your entire life!! So many of our 4-H members who have graduated from college or gone on to a job interview always come back to tell us how glad they are that they learned how to give a presentation when they were in 4-H. It will help you in so many ways later on! That’s a promise!!

The 4-H horse members have been working really hard with Lynn Dente to get ready for the Regional Horse Bowl competition coming up on Saturday, March 9th. They’ve been having a good time practicing and learning a lot about horses! We are also looking forward to the 4-H Spring Brunch that will be held on Sunday, April 7th from 11:00 am to 2:00 pm at the 4-H Office in Voorheesville. The brunch was a huge success the last three years, thanks to our volunteers, our 4-H TAG members, and all of you!! What a terrific way to raise funds for our 4-H Scholarship Fund, which in turn helps to fund 4-H trips, scholarships, and recognition events. We hope to see another fantastic turn-out again this year!!

In this issue of the 4-H Clover News, there are lots of things happening.....you’ll find:

- Information about 4-H Regional Dog Day on Saturday, March 9th
- An application for the 4-H/AOC Dog Camp at the Albany Obedience Club in Glenmont
- Highlights of the 4-H Model Horse Show and scenes from the Wonders of Washington Trip

Please also make sure you mark your calendar for a 4-H Small Animal school that will take place on Saturday, May 11th from 1:00 pm – 4:00 pm at the 4-H Office in Voorheesville.

As the weather gets better, make sure you take some time to get outside and enjoy the fresh air!! It’s so good for you!!!!

Talk to you soon!!!!

~Barb
**Wild Life Rehabilitation Workshop**
On Wednesday May 8th from 6:30 to 8:00 pm, Albany County 4-H is hosting a wildlife rehabilitation workshop. Local rehabilitator Jean Simmons will give an educational presentation on rehabilitation including paths to become a rehabilitator and fun ways families can support rehabilitation efforts, from crafting birds’ nests to collecting acorns. Expect to learn when it is appropriate to contact a rehabilitator based on the behaviors a young animal is displaying and to get a firsthand look at what goes into rehabilitating wildlife day to day. Depending on availability, Jean may also bring a special guest or two, possibly including an albino squirrel, an orphaned opossum or any other wild critter she may end up rehabilitating. Please call the 4-H office at (518)-765-3500 or email Emily at ee62@cornell.edu to register or for more information. Hope to see you there!

**Schenectady County Public Presentations**
March 31, 2019
10:00 am - 4:30 pm
It is that exciting time of year again when 4-Hers across the state and nation get to dust off their public speaking skills and dazzle judges while showing off their interests and talents. For those who have not participated in 4-H Public Presentations, it is an opportunity for 4-Hers to prepare a short speech, presentation, demonstration, dramatic interpretation, or skit that they then present in front of a panel of 4-H judges. The judges then judge the 4-Her based on a variety of aspects of public speaking and presentation. This is a wonderful opportunity for 4-Hers of all ages to learn, grow and gain new skills. If you have any questions or are interested in participating in the Schenectady County 4-H Public Presentations event, please reach out to Rachel Lee at rcl227@cornell.edu or by phone at (518)372-1622 ex: 261.

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**Regional 4-H Dog Fun Day**
March 9, 2019
2:00 - 4:00 pm
Grab your dog and join us for an afternoon of fun-filled activities at the Albany Obedience Club (AOC) on Wemple Road in Glenmont.

The AOC indoor training facility provides a great space for a doggy play date event and an opportunity for 4-H members from all counties within the region to come together. It is a social event for you and your dog.

Together you can take a turn on the obstacle course, learn/play some games, show off some of your tricks, and sample a few treats for kids and canines. It is also a chance for you to tell us what dog-related events you would like to see in the future. Please join us.

Bad weather can still occur in March, so be sure to sign up for the program by Wednesday, March 6th. Contact Barb Stevens in the Albany County 4-H office at 518-765-3500/bes13@cornell.edu. With registration information we can better plan the day’s events, and have contact information to notify participants of a cancellation due to weather.
Spring Brunch

Hosted by
Albany County 4-H Teen Action Group
and
Albany County 4-H Leaders Association

Sunday, April 7, 2019
11:00 am - 2:00 pm
Cornell Cooperative Extension
Albany County
Voorheesville, NY
-Brunch Buffet-
-Silent Auction-
-Door Prizes-
-Special Guests-

RSVP by Monday, March 25, 2019
Seating is limited, reservations required.

Call the 4-H office at 518-765-3500 or email:
Emily at eel62@cornell.edu
Barb at bes13@cornell.edu
to reserve seats

Proceeds will benefit the 4-H Youth Development Scholarship Program
4-H TRACTOR SAFETY

MONDAY, APRIL 22-WEDNESDAY- APRIL 24

Open to all youth ages 14 and above

Cornell Cooperative Extension of Columbia and Greene Counties
4-H would like to welcome all area youth (4-H and non-4-H) who are 14 years old and older, to participate in the 2019 Capital District 4-H/HOSTA Tractor Safety Program at the Washington County Fairgrounds. This program is a great opportunity for youth who currently work on farms or around machinery, those who will be seeking employment on a farm, or anyone who would just like to learn more about farm and machinery safety. There is a mandatory meeting for parents and teens on Monday, March 25 at 5:30 PM at the Extension Education Center in Hudson. For more information, contact Maggie at (518) 828-3346 x211.

Accommodations for persons with disabilities may be requested by calling the office at 828-3346 by March 25th to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.

Cost is $30/4-H members and $35/non 4-H members

LEARN ESSENTIAL SAFETY SKILLS

GAIN HANDS ON EXPERIENCE WITH TRACTORS, SKID STEERS AND ATVS

EARN YOUR HOSTA SAFETY CERTIFICATION

Register by March 15 online at https://reg.cce.cornell.edu/2019Tractor_210 or mail or drop off a check (made payable to CCE) or cash to the Extension Education Center, 479 Rt 66 Hudson NY 12534.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEC, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.
News From Alyx Trulsen, 4-H Alum

In November 2018, I was able to compete in the National 4-H Horsebowl Competition at the Eastern States Roundup in Kentucky! We toured Churchill Downs, Rood and Riddle Equine Hospital, and NAILE. Our team was able to make it to third place overall! I am really proud to have been able to represent the NYS 4-H program, especially Albany County! I wanted to thank the 4-H Horse Advisory Committee and my family for their support of my trip, Lynn Dente, Sue Mason, and ALL of my coaches over the years, my teammates, and all of the 4-H leaders who make the competition possible at every level! 4-H has given me many wonderful experiences over the years, and I am so glad to have been able to attend this trip! Thank you so much!!
Highlights of the 2019
Highlights of the 2019 4-H Model Horse Show
4-H Regional Small Animal School
Saturday, May 11, 2019
1:00 pm - 4:00 pm
CCE Albany County
24 Martin Road
Voorheesville, NY 12186

Topics will include:

Poultry, Rabbits and Cavies Care and Feeding
Tips for Fitting & Showmanship for all species
Quiz Bowl during lunch

Please call the Albany County 4-H Office at 518-765-3500 to register.

*A pizza lunch will be available for purchase*
2019 A.O.C./4-H Camp

A Pawsatively GRRREAT experience...

Camper's Name

________________________

Address

________________________

________________________

Age ____ Club ____________

Please indicate t-shirt size:
Youth: S M L XL Adult: S M L XL

Parent/Guardian Name

________________________

Phone Number

Home ______________________

Work ______________________

E-Mail ____________________

Dog's Name

________________________

Breed ____________________  Age ___

Level of Obedience:  Sit  Down  Heel

Other: (i.e. Canine Good Citizen)
__________________________________

Does your dog use a crate?  Yes  No (we will use crates or k-pens during camp)

~Camp will be limited to 28~

A.O.C./4-H Camp

Albany Obedience Club (A.O.C.) Facility

July 8th—12th, mornings from 9:00 am to 12 Noon

Amount due: $90.00

Make check payable to:
CCE Albany County

Please send check to:
Attn: Ashley Pierce, CCE Albany County, 4-H Office
24 Martin Road, Voorheesville, NY 12186

Applicants will be accepted in the order that their enrollment forms and payment arrive in the 4-H Office.
Please write a few sentences about your dog and what you do together...
also write a little about your own interests.

If you attended last year, what have you done with your dog since?

What would you like to do at camp this year?

Cornell Cooperative Extension is granted permission to use and/or publish my or my child’s photograph or image (including audio, film, digital image or any other media) for educational programs, websites or promotion of Extension programs. We, the undersigned, do hereby release Cornell Cooperative Extension of Albany County and the Albany Obedience Club from all or any claims for injuries, damages or otherwise which may be sustained by my child/dog by reason of any such participation.

__________________________
Parent/Guardian Signature
Llama 4-H Club
In February, the Albany County 4-H Llama Club had the pleasure of having Dr. Jill from River Run Veterinary Hospital talk to the kids all about animal care and llamas. Dr. Jill demonstrated acupuncture on River the llama, who is recovering from an injury and acupuncture is helping in the healing process. Kids got to see just how small an acupuncture needle is and the difference between a regular needle that administers medicine and an acupuncture one. (Acupuncture uses a smaller, not hollow needle)

Kids and parents also got to learn about the anatomy of a llama’s eye and ask Dr. Jill lots of questions about being a veterinarian. It was awesome! Thanks again to Dr. Jill and Teri for such a great day!

Family Farm 4-H Club
The Family Farm 4-H Club had a meeting February 16. We planned our garden and got a bunch of fun new ideas! Some of them included a bunch of interesting ideas for plant and flower varieties. Also, we had a plan for a new pathway to cross to the other side of our garden. We drew pictures of what we wanted our banner at the Altamont fair to look like. Then we talked about what plants we want to donate to a community garden in Schenectady. We had cupcakes and hot chocolate for a snack. Last of all we wrote down what kinds of experiments we want to do in our garden. We had a good time and got a lot done.

Meadowbrook Farms 4-H Club
In February, we had our first 2 meetings of the Meadowbrook Farms 4-H club. Our first meeting was an introduction and planning meeting. There are several new members to this group. Most of the members have decided to do a 4-H Public Presentation and at our second February meeting we discussed our topics and what is expected during the presentation. Our group will meet bi-monthly at this point. At our second meeting, we also made terrariums. We all brought a plant and put them in a glass jar along with soil, sand, pebbles and marbles. They all looked great when finished. We elected our group officers (President, Vice President and Secretaries). We also talked a bit about the Spring Brunch which we will be helping out at and will get more information at our March meeting. We were asked to bring fabric to our next meeting so we can cover our achievement binders for documenting our 4-H experience at Meadowbrook Farms. Once the weather warms up, we will get into the barn to select our cows that we will be working with for the fair. This group seems like it will be a lot of fun and educational.
Youth Community Action Network (Youth CAN) Update

Albany Youth CAN is continuing to work hard this winter!

In December, the teen leaders assisted with activities and games at the Ezra Prentice Holiday Party in collaboration with the Ezra Prentice Tenants Association. The event was well received by the community with over 35 youth in attendance and positive feedback from the members of the community. During the winter, teen leaders made Valentine’s Day cards to donate to local nursing homes and started creating Activity Craft Kits for the patients at the Albany Medical Center Children’s Hospital.

The Arbor Hill Youth CAN teen leaders have decided that the issue in their community that they would like to address is gun violence and is currently drafting letters/emails to local organizations in hopes of partnering to offer programming to youth in afterschool programs in the City of Albany. The goal of their project is to create awareness among the youth living in the city and collect different art projects that can be displayed for others to see. In February, the teen leaders donated toiletry bags to the homeless shelter for teens at St. Anne’s Institute, collecting items such as toothpaste, toothbrushes, soap, shampoo, tissues, and other supplies.

The teen leaders at the Tony Clement Center for Education are continuing to work to identify a problem in the community that they would like to address and then design a project around the issue. In January, the teen leaders recruited the help of the basketball team at Tony Clement to make 50 bagged lunches that were donated to the Capital City Rescue Mission. In February, the teen leaders decided that they wanted to help the Ezra Prentice teen leaders with their Valentine’s Day card donation, making an additional 50 cards that they donated to the Guilderland Nursing Home.

As always, we look forward to continuing to make a difference in the community!
Urban 4-H Program Update

Indoor gardening programs have begun at Sheridan Preparatory Academy and Howe Library in the City of Albany

Sheridan Preparatory Academy
The school garden club is working with aeroponic growing systems. This is an advanced form of hydroponics that is able to grow plants in an air and mist environment rather than soil. Aeroponic systems use water, liquid nutrients, and a soilless growing medium to efficiently produce fruits and vegetables. The program will incorporate lesson plans and learning materials that touch on subjects that include science, math, literacy and healthy eating.

Howe Library
Youth are growing leafy greens and herbs under a grow light system, while also incorporating what they harvest into food activities. They will learn about the different parts of a plant, their functions and how we use each part in meals we prepare. The program will acknowledge that fruits and vegetables are unique in how they grow and highlight the benefits they offer to our bodies.
My name is Emily Lapinel and I am the new 4-H program coordinator at CCE Albany. To provide a little background on myself, I was an active member of 4-H in Delaware county from clover bud until aging out of the program. I cannot stress enough the positive impact 4-H had on me in a multitude of ways and I am so excited to be giving back to the program that did so much for me.

I originally started out with rabbits and continued that project for years before moving on to horses and eventually beef cattle. I will add, however, that I never quite outgrew the rabbit habit and I currently raise Rex, Satin and crossbred rabbits.

Within the equine program I participated in both showing horses and in Horse Bowl and Hippology, as well as public speaking. While I don’t get out into the ring much these days, I still ride regularly and just generally embrace my inner horse crazy girl. Horse Bowl and Hippology served as major building blocks for me as well, each of them taking me to national competition and two incredible trips to Kentucky. Seriously worth it for anyone with an interest in horses.

My last two years in 4-H I managed to branch out my love for livestock a little further and purchased two project steers. It was a sharp learning curve to say the least! The first year, Tuff and Ty escaped their pen and went for a two day long adventure while my long suffering family and I desperately attempted to track them down and bring them home. We eventually recovered them about thirty minutes from the barn (by truck and trailer) and I learned a few vital lessons: stampedes are real, a cow probably did jump the moon (seriously, their fence was not exactly low), and if there is one thing you always need in the livestock world, it’s the ability to learn and adapt. The following year I was prepared, determined and dedicated. My new steers, Riggs and Murtaugh, had me feeling like a hybrid between farmer and cosmetologist as I prepared them for the fair with a proper enclosure (lol), the best feeding regimen I could muster, a beauty routine far more involved than my own and a summer full of showing before we hit the real deal, the fair. 4-H certainly rewards hard work and the summer I took home master showman as well as grand and reserve champion market steer honors. The following year was even more rewarding as I was able to share my passion with my younger brother and sister as they raised, fitted and presented their own market steers.

After 4-H, I attended SUNY Cobleskill and obtained a degree in Agricultural Business and worked on the college’s dairy farm for four years.

I currently own dogs, horses, chickens, rabbits and cattle, but I also have experience with goats, sheep, ducks, turkeys and a little with pigs. Llamas are completely new to me, but I am excited to learn!

Can’t wait to meet you all!!!!!!

Emily
Albany County Department of Health

2019 RABIES CLINIC SCHEDULE

The following series of Rabies Vaccination Clinics for dogs, cats, and ferrets has been arranged by the Albany County Department of Health in cooperation with the Capital District Veterinary Medical Society.

All dogs, cats, and ferrets must be on leashes or in carriers.
A record of prior vaccination will be required for a three year immunization-certification. If no record is presented, a one year vaccination certification will be issued.

All clinics are open to any Albany County resident.

Any inquiry can be directed to Division of Environmental Health Services (518) 447-4620 or (518) 447-4625.

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<tr>
<th>Saturday, March 16*</th>
<th>Tuesday, June 4**</th>
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<tbody>
<tr>
<td>1:00pm - 4:00pm</td>
<td>4:00pm - 7:00pm</td>
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<tr>
<td>Town of Berne, Highway Garage</td>
<td>Bethlehem Town Park</td>
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<tr>
<td>Route 443, Helderberg Trail, Berne</td>
<td>Elm Avenue, Bethlehem</td>
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<tr>
<th>Saturday, September 7*</th>
<th>Saturday, November 16*</th>
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<tr>
<td>1:00pm - 4:00pm</td>
<td>1:00pm - 4:00pm</td>
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<tr>
<td>Village of Colonie, Municipal Garage</td>
<td>Village of Green Island</td>
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<td>2 Thunder Road, Colonie</td>
<td>Public Works Garage</td>
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<td>Cohoes Avenue, Green Island</td>
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* Saturday Clinics - 1:00 - 2:30 pm for cats and ferrets, 2:30 - 4:00 pm for dogs
** Tuesday Clinic - 4:00 - 5:30 pm for cats and ferrets, 5:30 - 7:00 pm for dogs

DONATION: $8.00 PER ANIMAL

MAPS TO CLINICS ON BACK

Daniel P. McCoy
Albany County Executive

ALBANY COUNTY
Cares about our health