

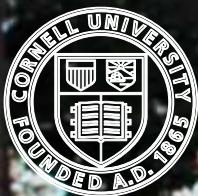
February 2015

Volume 16, Issue 2



Green Ink

2015 4-H Camp Wabasso Brochure is HERE!



Cornell University
Cooperative Extension
Jefferson County

4-H Youth Development

I PLEDGE; my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service,
and my HEALTH to better living,
for my club, my community, my country,
and my world.

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NYS 4-H RESOURCE LINK

The NYS 4-H Resource Directory

may be accessed at:

[http://nys4h.cce.cornell.edu/
ResourceDirectorySupport.php](http://nys4h.cce.cornell.edu/ResourceDirectorySupport.php)

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Cornell Cooperative Extension Association of Jefferson County educates youth, families, farmers, and communities using research-based knowledge for practical application and lifelong learning.

Building Strong and Vibrant New York Communities

Green Ink

Green Ink is a monthly publication of the 4-H Youth Development program of Cornell Cooperative Extension Association of Jefferson County.

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4-H Camp Wabasso



By: Matt Greene, 4-H Camp Wabasso Manager

Camp Staff Search

We are beginning to look for staff for the 2015 summer camp season at 4-H Camp Wabasso. Staff need to be 18 years of age with a desire to live outdoors and work with youth. We are looking for staff in the areas of nature, arts and crafts, recreation, high and low ropes, and lifeguarding. Past experience in any of these areas is a plus but we will offer training. Interested young adults should call the Cornell Cooperative Extension of Jefferson County office at (315)788-8450 and speak with Matt Greene at ext. 247.



Camp Wabasso Registration

The 2015 4-H Camp Wabasso Brochure is here! In it you will find all of the summer offerings for youth at 4-H Camp Wabasso. Our rates have been frozen at 2014 levels for 2015!

Swimming, paddle boarding, archery, high ropes, and so much more await our campers. Come meet new friends and reconnect with old ones. Sing your favorite camp songs in the dining hall and around the campfire. Who knows what our wacky counselors will come up with next! The camp brochure with registration form is available at <http://ccejefferson.org/4-h-camp-wabasso>. Look on the left hand side of the page. If you have any questions please don't hesitate to call Matt Greene or Lori Robinson at (315)788-8450. Also look for the 4-H Camp Wabasso brochure to come home with your child from school in the next couple of weeks!

2015 4-H Camp Wabasso Rates

Week	Age	Early Bird – Jefferson County	Early Bird – Out of County	Full Rate – Jefferson County	Full rate – Out of County
Cloverbud	6-8	\$95	\$110	\$105	\$120
Cloverbud Plus	6-8	\$150	\$160	\$160	\$170
Traditional Camp	8-16	\$310	\$335	\$335	\$360
Trad. Day Camp	8-16	\$220/week-You provide transportation to and from 4-H Camp Wabasso.			
Trad. Day Camp	8-16	\$275/week-Transportation from Indian River High School (subject to availability)			
Week 7 Day Camp	8-16	\$300/week-Transportation from Indian River High School (subject to availability)			



NY 4-H Military Clubs: Healthy Living



By: Cathy Chrisman, 4-H Military Clubs Educator

February is heart month. The American Heart Association (AHA) states emphatically that living a life free from cardiovascular disease (CVD) needs to begin in childhood. We are used to hearing about the changes that adults need to make to reduce our risk of heart disease, but have we ever stopped to consider when heart disease begins? When do we need to begin making changes? Research from the AHA demonstrates CVD begins in the elementary school years. Consider these statements from the AHA:

- ◆ Children who have CVD risk factors at age 13 or younger can develop heart disease as young adults.
- ◆ Children who have CVD risk factors in their early teens may have hardened arteries that look like the arteries of adults many years older.

So what are the CVD risk factors talked about in these statements? The same ones that are cited for adults and children are forming these deadly habits at younger ages. The top four risk factors are:

- ◆ Smoking
- ◆ Lack of physical activity
- ◆ High blood pressure
- ◆ High cholesterol

Today we are going to look at a “habit” that is likely driving our blood pressure to higher and higher levels and affecting the health of the next generation. High blood pressure (HBP) is a major risk factor for developing heart disease. Why is it that we are seeing HBP in individuals at a much younger age than previously? The AHA states that research shows that 90% of our kids eat too much sodium. Research shows a link between high sodium consumption and high blood pressure.

According to the AHA one in six children ages 8-17 already have raised blood pressure. This increase in blood pressure can increase the likelihood of heart disease development by 40%. An even greater increase is likely if these youth are also overweight.

Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared, and served. Since kids preferences for salty-tasting foods are shaped at a young age, it is imperative that we be vigilant in reducing the salty foods that are offered to our youth. The “**Salty Six**” that add the most sodium to the diet of youth ages 6-18 are as follows.

- ◆ Pizza (a recent survey of pizza worldwide done by World Action on Salt and Health found that pizza in the USA is the saltiest in the world!)
- ◆ Bread and rolls
- ◆ Cold cuts and cured meats
- ◆ Savory snacks (chips, pretzels, etc.)
- ◆ Sandwiches
- ◆ Cheese

These foods are among the top 10 foods most eaten by our youth. So what can we do to help reduce the amount of sodium our youth are consuming? Try a few of the following tips for youth and yourselves, remembering that the role modeling method of teaching is likely the most effective.

Tips to reduce sodium intake in your diet

The research is clear: eat less sodium and you will lower the effects on your blood pressure. But how low do we go? First of all recognize that sodium is addictive in that our taste buds become less sensitive to the salty taste over time so to reduce too quickly will not likely be sustained as the food will not taste as good (salt enhances other flavors in the food). Reduce gradually with a long-term goal of 1,500-2,300 mg per day. Research show 2-19 year old boys and girls consume more than 3,100 mg per day. The older children get the more calories and sodium as they tend to eat. Boys ages 2-19 eat the most sodium, an average of 4,220 mg/day. Following are some tips to try to gradually reduce the sodium you and your family consume.

- ◆ Compare labels and choose the product with the lowest amount of sodium.

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- ◆ Look for fresh and frozen poultry that has not been injected with "saline," sodium solution, or broth. Most meats that have not been injected or marinated have sodium levels averaging about 100 mg per four ounce serving.
- ◆ Cook at home more and use herbs and spices to improve the flavor of the foods you serve. Check out the following link for healthy recipes you and your family will love: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipe_Collections_UCM_465115_Collection.jsp?cid=4031.
- ◆ Choose condiments carefully, looking at the labels and choosing those with the lowest amount of sodium. Search for homemade substitutions on the AHA website.
- ◆ Choose foods with potassium such as potatoes and bananas. Potassium offsets some of the effects of sodium.
- ◆ Finally, control portion sizes, especially of the "salty six." Cutting calories will usually reduce total sodium intake and will help with weight management.

Remember, we are our children's first teachers, and as educators/leaders, we must set forth and lead by example. We have a responsibility to those we lead to teach them how to live healthy productive lives. In so doing we will impact the future health of our nation and of ourselves. Take small steps to enact big change, but make sure you move forward and don't stand still.

Operation: Military Kids



By: Kathryn White, *OMK Director*

Attention National Guard & Reserve Parents



Did you know four out of five children of Reservists deal with increased stress during a deployment? Having a parent serve in a war zone is stressful. The same can be said for children coping with a parent's recovery from severe injury sustained while serving our country. For both, grants from Our Military Kids ease stress by paying for participation in sports, fine arts, and tutoring programs.

If you or your spouse are in the National Guard or Reserves and are deployed overseas, Our Military Kids can help pay for sports, fine arts, and tutoring programs for your children. This grant will pay up to \$500 per child for up to six months of extracurricular activities of your choice.

More good news... Our Military Kids funding can be used to cover the cost for one week at 4-H Camp Wabasso! Just go to the website, www.ourmilitarykids.org, and download and complete the application. Once your application and documents have been received, a check will be sent within ten days directly to the service provider of the activity.

Contact Our Military Kids office at (703)734-6654 with any questions or for additional information.



4-H Junior Master Gardener



This fun new group is open to all Jefferson County youth. We will explore the existing world of Horticulture while partnering with groups around our county to do some exciting and meaningful community service. Explore every aspect of gardening while having fun and getting our hands dirty. The group will also be in charge of its very own garden plot! For more information and to sign up for the new and exciting group contact Maggie via email at mms426@cornell.edu or by phone at (315)788-8450, ext. 229.

- **March 30** 1:00-3:00PM

CCE- Come meet your peers and learn basic botany

- **April 27** 6:00-8:00PM

CCE- Soil Science

- **May 18** 6:00-8:00PM

CCE- Germination, Seed ID, and start your County Fair Plant

- **June 22** 6:00-8:00PM

CCE- Tree ID, Garden Culture

- **July 12** 1:00 PM

County Fair Judging Day

- **July 27** 6:00-8:00PM

CCE- Garden Culture Part II , practice tests for State Fair competition

- **August 24** 6:00-8:00PM

CCE- Garden Time and last study session as a group before State Fair

- **September 28**

Harvest time and end of the program party!



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NY Recycles Poster Contest



By: Sayre Stevens, *Recycling and Solid Waste Educator*

Did you know that for the last few years not one student from Jefferson, Lewis, or St. Lawrence County has won the NY Recycles Poster Contest? **Let's show the rest of New York State that the North Country cares about recycling and what great artists we are!**

The New York Recycles Poster Contest is open to all public and private school children and youth organizations. It is a great way to showcase our talents and commitment to the environment. The contest is sponsored by the NYS Department of Environmental Conservation (NYSDEC) and the New York Recycles Steering Committee. This contest helps to achieve the goal of higher excellence in recycling, composting, buying products that are recycled, or in recycled packaging.

The NYS winners receive the honor of having their artwork in a calendar which will be distributed throughout the state. The schools or groups with winning entries will also receive a recycled content tote bag filled with educational materials. Rules are available on the NYSDEC website: <http://www.dec.ny.gov/education/32506.html>.

Entries must be submitted to the DEC by **May 22, 2015**. Go to the website listed in this article for complete rules and submission guidelines.

We have a few copies of the 2015 NY Recycles Calendar available in our office. If you would like one, please stop by our office at 203 N. Hamilton St., Watertown, or call Sayre Stevens for more information at (315)788-8450.

(Adapted from the NYSDEC website)



4-H News



Reduced Calorie Dog Biscuit

By: Karen Soule, 4-H Educator

This recipe is for a healthy biscuit for the dog that may need to lose a little weight. Just like their human counterparts, some dogs tend to gain weight in the winter. Homemade treats are a better choice than what you can find in the grocery store or pet store chain. It's also quite fun to make them! Here is what you will need:

- 1 cup beef broth
- 1/4 cup skim milk
- 1 Tbs. margarine
- 1/2 cup shredded reduced fat cheddar cheese
- 3 1/2 cups whole wheat flour



Preheat oven to 350 degrees. Mix the shredded cheddar cheese with flour, adding skim milk, margarine and beef broth. Knead dough until firm, **and roll to 1/4" thickness. Stamp out with a cookie cutter** and place on an ungreased cookie sheet. Bake at 350 degrees for 30 minutes. Makes 2 1/2 dozen.

I have found that sometimes biscuits might not be hard enough after designated cooking times. Check often. You can also let them 'harden' for an hour or so on the baking sheets once you have taken them out of the oven.



Winter Break Special

By: Karen Soule, 4-H Educator

Come join us on Tuesday, February 17, 2015, for our annual Winter Break Special! We will have hands-on activities for you in the morning and, following a lunch break, we will head to Dry Hill for an afternoon on the slopes. There will likely be a reduced fee for those that want to participate in tubing. Morning sessions will include Yoga and a craft with instruction by an afterschool Educator. One or two more mini workshops have yet to be finalized. We will start at 9:00 a.m. at the Cornell

Cooperative Extension of Jefferson County office and end the day at 4:00 p.m. at Dry Hill. Transportation can be provided from the office to the hill, but you will need a ride from Dry Hill by 4:00 p.m. If you have any questions or to RSVP, call Karen at (315) 788-8450.



Oat Carrot Horse Cookies

By: Karen Soule, 4-H Educator

Do you ever wonder what to do on a cold, snowy weekend day? If you have a horse, here is a simple and quick recipe to make treats for your horse! It would also be a good entry for county fair (Section 7 Class 716 Pet Treats).

Ingredients

- 1 cup uncooked oats
- 1 cup flour



- 1 cup shredded carrots
- 1 tsp. salt
- 1 tsp. sugar
- 2 tsp. vegetable oil
- 1/4 cup molasses

Mix ingredients in a bowl. Make small balls and place on a greased cookie sheet. Bake at 350 degrees for 15 minutes or until golden brown. Your horse will be much appreciative!

4-H News



New York Farm Show

By: Margaret Smith, 4-H Educator

Attention Jefferson County 4-H members! A new and exciting opportunity awaits you. If you are interested in going to the New York Farm Show on February 28, 2015, please call Maggie at (315)788-8450. The trip is free and a great opportunity to explore the agricultural industry as a whole. We will be leaving at 9:00 a.m. All you will need to bring is money for lunch.



4-H Choose Health Leader Training

By: Margaret Smith, 4-H Educator

Attention Jefferson County teens! If you are interested in being a 4-H Choose Health Leader in your club and community, contact Cathy or Maggie at the Cornell Cooperative Extension of Jefferson County office. This program teaches leadership and career development in the area of nutrition, fitness, and health.

This training is helpful and relevant to all youth as part of the healthy habits initiative we have adopted here in Jefferson County. The program training will

be held on February 19 through 20, from 9:00 a.m.-4:30 p.m. Lunch will be provided for all who attend. For more information please call (315)788-8450.



4-H Jefferson County Fair

By: Margaret Smith, 4-H Educator

It's that time of year again to start ramping up for the 2015 Jefferson County Fair! Now is the time for 4-H members to start working with your animals, studying for your contests, and getting together your crafts and projects.

Just as you are preparing so are the staff here at Cornell Cooperative Extension of Jefferson County. We have already started making changes and corrections to the fair book as well as beginning our **search for judges. So let's make the 2015 4-H Jefferson County Fair the biggest and the best the North Country has seen in a long time. Let's really bring the 4-H building to life.** Be sure to check out the count down to County Fair on our 4-H Facebook page.

Some important dates to remember:

June 5, 2015: All County fair entry forms and paperwork are due. (It is very important that your paperwork is on time and correctly filled out).

July 12, 2015: 4-H Jefferson County Fair Judging Day

July 14-19, 2015: 4-H Jefferson County Fair



IRCSD DoDEA



By: Julia Tollinchi, *Home/School Liaison*

It is hard to believe that it has been one whole year since the Home/School Liaisons began our mission in the Indian River School District primary schools! So much has been accomplished. We have established effective working relationships with the schools and implemented consistent Science, Technology, Engineering, and Mathematics (S.T.E.M.) enrichment programs that students, families, and the schools have come to enjoy and look forward to with anticipation.

At the Calcium Primary School (CPS) we started doing a monthly family S.T.E.M. event. Each event offers a different theme. In October we performed a variety of simple science experiments using common household products to introduce parents to fun, simple activities they can do at home to expose their young children to S.T.E.M. The research consistently shows that when parents are actively involved in their child's education, children are more successful in school. November's family S.T.E.M. event featured the Star Lab portable planetarium. We had over 100 people from the CPS community come out to experience the planetarium and other astronomy themed activities. Also an additional 175 first grade students and teachers experienced the planetarium during the school day. We are very proud that we

were able to expose so many individuals to the portable planetarium, which is one of the many valuable resources we have at Cornell Cooperative Extension of Jefferson County.

Additionally, Home/School Liaisons were able to meet with the DoDEA S.T.E.M. grant leadership team at Indian River School District and the outside evaluation team from Syracuse University. Looking ahead into year two of the grant we have implemented a plan to administer round two of the PTIQ (Parent Teacher Involvement Questionnaire), which will establish what impacts the Home/School Liaisons have made in the school with regard to parental involvement. As we continue to use science opportunities to engage parents, we hope to see an increase in the overall student achievement in science **as well as parental involvement with their child's education.**



LEAP Program Update



By: Rudy Salisbury, *Program Coordinator*



The Belleville Henderson kindergarten and first grade LEAP students completed a “Holiday Customs Around the World” unit this past December. This unit consisted of taking a **“plane ride” each day through the school hallways** to our great world map on the wall. Our students were so excited to know where we lived and what country **we were flying to each day. We “visited” ten** different countries: Holland, Mexico, Poland, Sweden, Denmark, Greece, Germany, Czechoslovakia, England, and France. The students discovered how people celebrate the holiday season around the world and found out one thing for certain. Holiday customs, warmth, tradition, and joy are the same for many different cultures everywhere. We found that some customs are ancient, while others were much newer.

First, we made a passport and suitcase to prepare us **for our “flights.” Students also learned about** themselves as they filled out their passports. They were very excited to get measured to find out their **height and to look at each others’ eyes to see what** color they are. We made a multicultural tree and colored different ornaments unique to different cultures that represented different customs that originated in each country we visited. These kindergarten and first grade students were taught that many of the holiday traditions that we observe today actually began in other countries years ago.

We made crafts for each country. In **1605, it was Martin Luther’s idea to** decorate the tree with lighted candles. The kindergarten and first grade students made a tree to decorate and also made a traditional holiday calendar since Germany was the first to count down the days until Christmas, which is celebrated widely in this country. The custom of hanging stockings comes to us from Greece. Our students made their own stockings and decorated them to bring home. In France, gonfalons or brightly colored banners greet visitors. We made a banner for our classroom door with a traditional French greeting. Traveling to **Mexico, the student’s favorite country, we made a piñata!** We celebrated with some small festivities and ended with the breaking of the piñata! In Poland, it is a tradition to watch for the first star during the height of the holiday season. The students made a lovely golden star on a stick, which carolers carry when they walk house to house singing traditional holiday songs. Traveling to France, students were taught how to say some traditional holiday words in French and saw how children left out their shoes in hope for special treats, just like children in Holland do.

The students found that England was very similar to many of our traditional holiday celebrations. Denmark was very different since they celebrate with a traditional feast at midnight on the eve of the traditional family gathering. Everyone looked forward to the special dessert pudding that was served in which a nut was hidden. One of our first graders found the nut and will have good luck for the coming year! In Sweden, the students thought it was awesome that a thousand years ago the king declared that the **holiday season would last a month!** The “Holiday Customs Around the World” unit was a great success and it was very entertaining for the kindergarten and first graders. Using the students excitement for the holiday season we focused them on lessons in geography, history, diversity, and culture. They now can point to where we live on the map and some of the countries we visited. They also have a greater understanding of where some of our traditions came from.



Lyme Extended School Day Update



By: Benjamin Plante, *Afterschool Educator*

The Kindergarten group spent this month learning how to cook. They made recipes that require cooking and non-cooking. They made homemade applesauce with cinnamon, fire ants on a log, homemade strawberry jam, and zippy vegetable dip. The students also made sun catchers and paper mache hearts to give to their parents for Valentine's Day. Patti Mothersell taught her students kitchen safety, measurements, using kitchen utensils properly, sanitation, and teamwork.

In January the first grade group learned about holidays that Americans celebrate in December and January. Mary taught several holidays to include Hannakah and Kwanza. They learned the history, meaning, and traditions of each holiday. They sang holiday songs of their choosing up and down the school halls and the staff really enjoyed the youth singing to them. They learned the dreidle game, and made Kwanza mats and all of the symbols of that community focused holiday. The youth had a great time learning the different cultures and the holidays they celebrate with their Educator, Marry Ellen Rosenfeld.

Jill Smith's second/third grade group learned about animals and their habitats. The students worked on an animal research project. Each student selected an animal of their choice and answered seven questions about the animal. After each student completed the questions, they began writing the first draft of their research paper. The students included a picture of their animal for the paper. In addition to their research paper the group had hands-on activities and reading activities to go along with our animal theme. The students learned how to find information from books and online resources to create an informative research paper. With guidance and support from the Educator the students focused on a topic and strengthened their writing skills to include revising and editing their papers. They utilized a variety of tools to produce and publish their papers.

The third/fourth grade group experimented with science. Angela Davis' class learned about the scientific method and used it to solve various

problems. The students learned to form a hypothesis, conduct an experiment, analyze the results, and draw a conclusion. In Odor Detectives and Seeing with Sound, students used their senses to make observations. Finally, we talked about earth science and learned about volcanoes and natural vs. artificial heat sources. The students really enjoyed the themed lessons for this month.

Kathrine Fahey's fifth grade group learned how storytelling and technology can be combined in the art of Claymation. The groups wrote a story, designed backdrops and props, and learned how to use a digital camera. They also learned about the economy and how money works. Kathrine developed a reward system with her students as an

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incentive for participation and good behavior during program. She has created a store and fake money system as another incentive for students where they can earn cash to purchase items from the store.

The sixth through eighth graders explored teamwork and problem solving within the field of Science and Space. This was achieved in the classroom with scenarios similar to that of our modern scientists. One activity was designing a model rocket similar to that used by NASA. By trial and error, the students learned the process to devise, execute, and achieve a goal as a team. This was explored through an activity of building a robot hand used to execute assigned goals to each group. These included moving objects with each team's robot hand. These were built using cardboard, string, tape, and other everyday materials.

On February 19, 2015, Lyme's afterschool program will be heading to Maple Ridge for a fun day of winter tubing! This is always a great time, and gives us a chance to travel with our students and experience winter in the North Country. Field trips of this sort help our older children pair up and help with the younger children in our program.

We are also of planning our next S.T.E.M. night. This has proven to be an effective and fun way for our program to help students explore, discover, and enjoy the particular chosen theme of each individual S.T.E.M. event. We will be starting a new round of **4-H clubs in March for all program youth and it's a** great time for learning new things, working with multi-age groups, and working others.



Wiley Bridges Program



By: Mitch McCormick, *Wiley Bridges Program Coordinator*

The Wiley Bridges Program is off to a great start for the New Year! Each month the program offers a variety of clubs to the youth that attend. We'd like to highlight two new clubs that the program offers this month: Knitting and Snowshoeing.

Knitting Club Educator Joan Gleason



This session the Knitting Club is making purple and white scarves to represent the school's colors. Fifth grade student Allison reported the following about her experience knitting:

"Knitting is a quiet relaxing activity where you can sit back and listen to

music. This week in program we were taught how to use a spinning wheel. The stitches can be challenging, sometimes the yarn comes off the knitting needle. **When you're wrapping the yarn around the knitting needle to do a different stitch for the project, it is really hard without help or a lot of practice."**

On January 13, a guest presenter, Pam Shelmidine, came to program. She brought her spinning wheel, spindles, and samples of different fibers. The children were able to use the wheel and she taught three methods of spinning.



Snowshoeing Club Educators Annie DeStefanis & Sabrina Dreythaler

The Snowshoeing Club is staying active and taking advantage of all the snow! Many of the students said that there is a lot more to snowshoeing than they thought! The club spent the first few days learning how to put the snowshoes on and traverse different terrain. Fifth Grade student Arianna Barker commented on what she learned:

"Snowshoeing is a great way to get outside and play in the snow. We learned how to go up and down hills and how to use the snowshoes to keep you from sinking. Sometimes when you walk in the snow your shoes come off but eventually you'll get it. Here are some tips for people that want to get into snowshoeing: 1) Wear thick gloves, 2) Wear snow boots, not designer boots, 3) To keep your feet dry, put a plastic bag over your socks, then put your boots on."

During week two the Snowshoeing Club will use handheld GPS devices to find geocaches while using the snowshoes.



Happy February Birthday!

2	Amanda Springer Logan Wills	15	Zachary Johnson Aidan Hunter Arthur Grose
3	Cohan Bolton Charles Crawford	16	Katrina Sanford
4	Kayce Polintan Owen Bibbins Aaron Russell	17	Mahala McIntosh
5	Olivia Simpson Morgan Reed	18	Billy VanDewalker
6	Nathaniel Fahrenbach	21	Brandon Williams
7	Angel Serra	22	Anna Payne Ruben Fernandez Emma Bibbins
8	Elly Sewell	24	Georgia Barton
9	Ashyan Baker Marra Rabetoy Summer Reichert Christian Uh-Monissey	25	Julia Askins Jason Kubis Breanna Harmer
10	Sydney Hess	26	Henry Lent Kylee Underwood
11	Ava Lemmon Dylan Froehlich Felicity Gentry Peyton Bellinger	27	Ty Disbro Kole Owen
12	Bryce Wallace	28	Madisyn Ely Rocky Coughlin
14	Sydney Trotter Rebecca Hanson	29	Donnell Lowden



 **Green Ink** 

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4-H YOUTH DEVELOPMENT NEWSLETTER
of Cornell Cooperative Extension
of Jefferson County

Green Ink!

EVENTS CALENDAR

FOR MORE INFORMATION, CALL THE 4-H
STAFF AT (315)788-8450.

DAY	DATE/TIME	EVENT	LOCATION	INFO
Tuesday	February 17	Winter Break Special	CCE of Jefferson County	Pg. 8
Thurs.-Fri.	February 19-20	Choose Health Teen Leader Training	CCE of Jefferson County	Pg. 9
Saturday	February 28 / 9:00 a.m.	New York Farm Show	Syracuse, NY	Pg. 9
Tuesday	March 3 / 9:30 a.m.	Student Government Program Start	BOCES	—
Wednesday	March 11	Vet Science Program	CCE of Jefferson County	—
Saturday	March 14	Regional Horse Bowl	Mexico, NY	—
Saturday	March 21	March Dog Madness	Cornell University	—
Monday	March 30 / 1:00 p.m.	4-H Junior Master Gardener	CCE of Jefferson County	Pg. 6
Friday	May 22	Entry Deadline for NY Recycles Poster Contest	DEC	Pg. 7
Friday	June 5 / 4:30 p.m.	Entry Deadline for 4-H County Fair	CCE of Jefferson County	Pg. 9
Sunday	July 12	4-H County Fair Judging Day	Alex T. Duffy Fairgrounds	Pg. 9
Tues.-Sun.	July 14-19	4-H Jefferson County Fair	Alex T. Duffy Fairgrounds	Pg. 9



4-H Slogan and Motto

Slogan: "Learn by doing" Motto: "To Make the Best Better!"

