



# Clover Chronicle

## December 2023- January 2024

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### Holiday Mitten Tree:

CCE Rensselaer County is again collecting mittens, scarves, and hats for our annual Mitten Tree. Collection began on November 6th. New, unused items may be dropped off at the CCE office in East Greenbush Monday- Friday from 8am - 4pm. Items will be available to pick up from the Mitten Tree beginning November 20th. To drop off or pickup, please call the CCE office at 518.272.4210.



## 4-H Club Reports

### Club Reports

At the end of each month, club secretaries should submit the Secretary's Monthly Report form to Kandis Freer at the CCE.

Refer to page 27 in the "4-H Club Secretary's Handbook" for examples and forms. Even though the Clover Chronicle is printed bi-monthly, secretaries should submit their reports every month. You receive points on the Honor Club Application for every Secretary's Report submitted on a timely basis.

The Secretary's Monthly Report is also available on the Rensselaer County 4-H website. You can find it on the 4-H Forms page. Secretaries, please email reports to [kmf83@cornell.edu](mailto:kmf83@cornell.edu).

### Clover Kids and Critters- Jace Freer, Brunswick

Clover Kids and Critters met in October to elect new officers and plan the Winter Fair. Our 2023-24 officers are Emily Fink- president, Ava Olsen-vice, Jace Freer- secretary and Lilly Bell Elis treasurer. The Clover Kids and Critters hosted the Winter Fair on November 17<sup>th</sup> at Tamarac Elementary School. We had a great turnout and offered activities for participants to make their natural ornament, learn cookie decorating skills, and create a light-up card that will be distributed to the Veterans who live at VanRensselaer Manor. We also met as a club in November and made cake pops and a Thanksgiving place card.

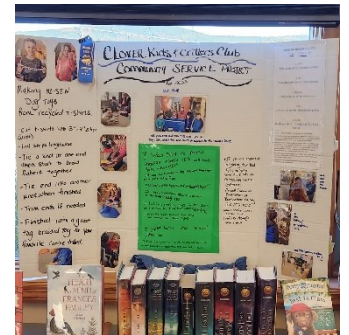


### Blue Ribbon Bandits, Lily Nichols- Brunswick

In October the Blue Ribbon Bandits welcomed two new members to the club- Meadow Hunter and Jenna Anne Hankie. At the meeting, members made a fall craft and elected new officers for the year.

## National 4-H Week Displays

The Clover Kids & Critters did a display at the Brunswick community library.



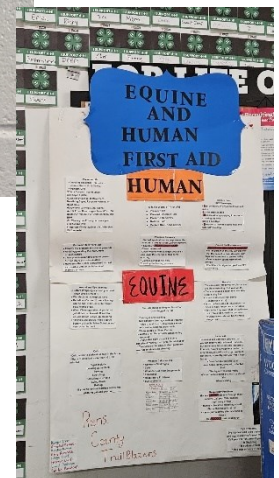
Equine Explorer's club display was at the Poestenkill Library for National 4-H week.

They had a digital screen set up with information and rotating pictures.

The Stablemates put up multiple posters in the Hoosic Valley high school.



The Rensselaer County Trailblazers had two displays. They had a DNA display at the Stephentown Library and a First Aid display at the Schodack Tractor Supply.





## How to reach us

Call the CCE Office: (518) 272-4210  
Monday through Friday, 8 am to 4 pm

You can leave a voicemail message at  
any time!

## 4-H Program Development Committee (PDC)

*4-H PDC members are available to you.*

*If you have comments or suggestions don't hesitate to  
reach out to any of our PDC members.*

### STAFF

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**Fax:** (518) 272-1648 - ATTENTION 4-H

**Facebook:** Rensselaer County 4-H

**YouTube:** CCE Rensselaer  
<https://www.youtube.com/ccerensselaer>

### **Cornell Cooperative Extension of Rensselaer County**

99 Troy Road, Suite 203  
East Greenbush, NY 12061

**Cornell Cooperative Extension is a unique  
educational network, linking Rensselaer  
County with resources from Cornell  
University, USDA, and the land grant  
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Cooperative Extension of Rensselaer County as part of  
our informal educational programs for youth.

No one shall be denied the opportunity to participate or  
receive information based on their ability to pay. If you  
have special needs that we can accommodate, please  
contact us at (518) 272-4210 or  
[renselaer@cornell.edu](mailto:renselaer@cornell.edu)

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Extension.

## Leader's Digest

Volunteers are the life's blood of our organization.

We would like to thank all our volunteers for their passion for working with youth, and their dedication to 4-H.



☆ Please remind members that they can find just about anything they need on our website [www.rensselaer.cce.cornell.edu](http://www.rensselaer.cce.cornell.edu). Just click on the 4-H tab!

☆ Send/e-mail to Kandis: pictures of meetings, community service, and other special 4-H events and we will showcase them with a little blurb in our next Clover Chronicle.

☆ Don't forget Community Service! Our clubs do amazing things, and one of the greatest things that they can do is give back to our community. There are a lot of opportunities for community service if you only look for them. Everything from volunteering at a local nursing home to planting flowers at a community park or library. Remember, not only is community service rewarding, but it's also a lot of FUN!

## Annual Volunteer Harassment Prevention Training

4-H volunteers, the Harassment Prevention Training is an annual requirement to be enrolled as a Cornell Cooperative Extension volunteer and needs to be completed each year. The virtual training takes approximately 10 minutes and can be found at <http://blogs.cornell.edu/ccevolunteertraining/required-training/>. When completed, please forward the confirmation email to [cce-rensselaer-volunteer@cornell.edu](mailto:cce-rensselaer-volunteer@cornell.edu).

## Re-enrollment Update

For the 2023-2024 4-H year, we will be doing reenrollments and new enrollments virtually through 4-H Online beginning on October 1st. You will be asked to reset your password on 4-H Online. Use the email address which you are receiving the email blast with to sign in. If you have any questions, please, or if you would prefer hard copies of your paperwork, contact Eileen at [emd32@cornell.edu](mailto:emd32@cornell.edu). Also, Eileen would be more than happy to join in your club meeting to help members get reenrolled. This is a new process for all of us and the 4-H staff want to be as supportive as possible as we all navigate through this together.

To complete the re-enrollment process please follow the instructions below:

Log into 4-H Online; You will be asked to reset your password on 4-H Online. Use the email address which you are receiving the email blast with to sign in. Update any incorrect information and add any new projects.

Go to the CCE website 4-H Forms section at <https://rensselaer.cce.cornell.edu/4-h-youth/4-h-forms> and complete a Code of Conduct & Acknowledgment of Risk Form/ Photo Release for each youth.

- [Acknowledgement of Risk/ Photo Release](#)
- [Code of Conduct](#)

## Results of the Annual CCE Elections

Thank you to so many who were willing to run for elected seats on our Board of Directors and respective Program Development Committees. Congratulations to the following who were elected, we look forward to working with them for the next three years and beyond.

### Board of Directors At Large

Sarah Westcott – re-elected

Erin Walsh – re-elected

Penny Hill

David Tarbox

### Agriculture Program Development Committee

David Pruiksma – re-elected

Robbie Church

Patrick Michel

### Horticulture Program Development Committee

Betsy Kauffman – re-elected

Ben Larson – re-elected

Janet Brizzell

Jacob Morris

### 4-H Youth Development Program Development Committee

Dona Ries – re-elected

Susan Jacon – re-elected

Megan Myers – re-elected

Liz Ruepp

## Thank you to our PDC Members

A huge thank you to Kelli Grab of Brunswick, NY as an outgoing PDC Member. Kelli has served on the 4-H Program Development Committee for 2 consecutive terms, hardly ever missing a meeting. Not only can you find Kelli at our committee meetings, but she has helped in the Rabbit, Cavy Poultry Barn during the Schaghticoke Fair, judged 4-H horse shows, judged the horse communication contest, and supported CCE and 4-H efforts at fundraising and marketing events. We are very grateful to Kelli for her dedication for the last 6 years to the PDC, but we know she will continue to contribute in other ways to CCE.

Another huge thank you to Dona Ries, Susan Jacon, and Megan Myers for agreeing to run for a second 3-year term, and Liz Ruepp for throwing her hat in the ring and being elected to her first term on the committee. The 4-H Program relies heavily on our Program Development Committee, and we could not do it without you all!

## 4-H Teens

### Teen Exchange

Thanks to everyone who supported our wreath and swag sale. It was a lot of work but so glad we had a wonderful support system and buyers. We are still easing into our new two-year Teen Exchange and will be publicizing upcoming fundraisers via future Clover Chronicles and Monday Morning email blasts.



**Teen Exchange Is Still Recruiting – looking for 7<sup>th</sup> to 11<sup>th</sup> graders.**

If you are between the 7<sup>th</sup> and 11<sup>th</sup> grade this fall, like fundraising, meeting new people, traveling, and diving into new cultures, geographies, and industries – Teen Exchange might be for you. This is a two-year commitment and as of this writing, we have not made a final decision on what county/state we will be matched with for the next 2 years. We will be fundraising regularly which requires full participation, and we will be either hosting or traveling in the summers of 2024 and 2025. If you are interested in reviewing our by-laws or you have any questions, please reach out to Bernie – [bw27@cornell.edu](mailto:bw27@cornell.edu) or call our office at 518-272-4210.

### Ambassador Council Teens

Pizza & Game Night

Wednesday, December 6th at 6:00 pm @ the CCE Office.

All 4-H teens are welcome to join us for an evening of pizza and fun! Please bring your favorite board game, and feel free to bring along some cookies to share! RSVP to Eileen at [emd32@cornell.edu](mailto:emd32@cornell.edu) no later than Monday, December 4th.

## Make a Radio

### 2024 STEM Winter Sessions

Youth at least 13 years old. The cost is \$50 per youth.

Where: CCE Rensselaer- 99 Troy Road, Suite 203, East Greenbush, NY 12061

When: 6 pm on Wednesdays January 10<sup>th</sup> through February 14<sup>th</sup> with a snow date of February 28<sup>th</sup>

How: RSVP to Kandis Freer- [kmf83@cornell.edu](mailto:kmf83@cornell.edu) Space is limited!

Learn about the history of radios by building a 3D-printed crystal radio and ending up with a Bluetooth stereo speaker. Youth will build their crystal radio, learn about how things started in radio, and then build a wireless Bluetooth stereo speaker to show how far radio has come.



## Save-Around Books Fundraiser

This year we will again have a virtual Save-Around book sale and we will also have a limited number of books for sale at the CCE office. We have books on order and when they are available, we let everyone know in the email blast. For the virtual sale, there is a \$.99 credit card processing fee for each book purchased online. This processing fee is charged to the purchaser, NOT the fundraiser. The books will ship automatically to the address provided by the purchaser. There is no shipping fee.

Please watch upcoming email blasts for more information.

All members are encouraged to sell at least one Save-Around book. Money from the Save-Around sales goes back to our members in the form of resources, 4-H educational trip scholarships, and direct 4-H programming. The Save Around sale will end on December 31st.



## FunPasta Fundraiser

*Rensselaer County 4-H is again having a virtual Fun Pasta Fundraiser*

*The fundraiser begins on October 15th*

Download the **Fun Pasta Fundraising App** from the [Apple](#) or [Google](#) stores.

Log in with the primary email address of the seller (can only use one email per seller name), and input our join code: IDCPEG

On the app, customize your Seller's Page by uploading a picture and editing the copy. You can even upload a video!



From the app, use the share icon and send texts or emails to all your out-of-town family and friends and ask them to support you! We have pre-written messages that are easy to share. You can also post your fundraiser on social platforms like Facebook, Twitter, etc.

From your computer, if you'd like to just share a shopping link in an email or Facebook, please copy and paste our group link: [https://www.funpastafundraising.com/shop/rensselaer-county-4-h\\_1689881288720](https://www.funpastafundraising.com/shop/rensselaer-county-4-h_1689881288720)

There is **FREE SHIPPING on orders over \$65!** If your order is under \$65.00, then there is a flat rate of \$8.95 for shipping.

So please share the fundraiser and help support our fundraising efforts! Thank you!

FunPasta Fundraiser ends on Sunday, November 12<sup>th</sup>.

## Bloomin' Socks Fundraiser



Rensselaer County 4-H is holding a Bloomin' Socks fundraiser. The socks come in a variety of patterns including the 4-H Clover, several animal fun patterns (cows, goats, horses, chickens, rabbits, and sheep), and tractors. They would make great gifts or a treat for yourself! The socks are 100% American-made and sell for \$13.00 a pair. Each purchase supports Rensselaer County 4-H. To purchase socks, contact Eileen at [emd32@cornell.edu](mailto:emd32@cornell.edu).



## County Presentations

The County 4-H Public Presentations event is tentatively scheduled for Saturday, March 16th. Please watch the weekly email blast and the next Clover Chronicle for more details. Don't forget that a Presentations Workshop is being offered on February 7<sup>th</sup> to help prepare you for the County Presentations event.

## 4-H Presentations and Horse Communications Workshop

### Wednesday, February 7<sup>th</sup> 6:00pm @ the CCE Office

Will 2023 be your first year doing a 4-H Presentation or Horse Communication Presentation? Have you done a Presentation before, and want to take it to the next level? There is always something to learn! Join Eileen for a presentation workshop on Wednesday, February 7<sup>th</sup> at 6:00 PM at the CCE office. We will be covering everything you need to know about creating and delivering a great 4-H Presentation.

## Public Presentations Guidelines

### *Time Expectancy:*

Cloverbud: 1-3 minutes

1st year: 3-5 minutes

2nd– 4th year: 3-8 minutes

5th year and up 10-15 minutes

Experienced Presenters have served as Teen Evaluators

Pick a topic you like

- Keep it simple– you can do a lot of detail with a simple idea
- Prepare your presentation
- Gather your information
- Prepare your posters
- Develop an outline

☆ You should have an introduction (a question, quotation, or statistic that arouses interest in your topic– something that draws the audience into your presentation)

☆ Your presentation should explain a topic

☆ And a conclusion should sum up what you explained. You should also ask if anyone has any questions.

Practice what you are going to say.

Practice what you are going to do. This is very important. Make sure you handle your equipment, ingredients, diagrams, models, or posters comfortably.

- This should be a positive and meaningful experience.
- Listen to the comments from your evaluators.
- Ask questions so you understand.
- Review the written evaluation.

**Presentations are all about personal growth and building confidence. Good Luck!**



## Bowl Season is Coming

For those members who are non-Cloverbud who are interested in learning more about horses and cattle – bowling may be right up your alley. Horse and Dairy Bowl are two formats of testing members' knowledge of cattle and horses in a “game show – team” event. Members will start meeting soon with bowl coaches to learn in-depth information in a fun and interactive way while members rekindle friendships as well as make new ones and learn a whole lot about cattle and/or horses. If you are interested in being part of the dairy or horse bowl this year, please contact the CCE office ASAP so you can be placed on a contact list for coaches and be informed of practices in the upcoming months.

## Junior Chefs

January 22nd

6:00 pm @ the CCE Office

### **Breakfast For Dinner**

The 4-H Junior Chefs will meet on Monday, January 22<sup>nd</sup> at the CCE Office at 6:00 pm. This workshop is for youth of all ages, and they will be making breakfast items for dinner. There is a \$10.00 registration fee for 4-H members and \$15.00 for non-members, and preregistration is required. To register a youth, or for more information, please contact Eileen at [emd32@cornell.edu](mailto:emd32@cornell.edu).



## 4-H Shooting Sports



We need more 4-H Shooting Sports volunteers! The annual New York State 4-H Shooting Sports Winter Instructor Training is tentatively scheduled for February 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>, 2024 at the 4-H Training Center in Ballston Spa. This three-day training is open to all 4-H approved and enrolled volunteers, as well as 4-H teens 14 years old and older. This training will be a combination of virtual and in-person workshops. Disciplines offered at this training are Archery, Rifle, Air Pistol, Hunting/Outdoor Skills, Muzzleloader, and Shotgun. Registration will be very limited, if you are interested in attending, please contact Eileen at [emd32@cornell.edu](mailto:emd32@cornell.edu) as soon as possible.

## Annual Horse Inservice at Cornell



## General Interest & Livestock Banquet

The General Interest Banquet was held at the Brunswick Community Center. At the event, 4-H volunteers and members were recognized for their leadership, dedication, and outstanding achievements. New club officers for the 2023 – 2024 4-H year were installed.

4-H members recognized for their participation at the 2023 Schaghticoke Fair were:

Junior Shepherdship Award for Sheep, Bret Giglio

Senior Shepherdship Award for sheep, Luke Giglio

Goat Herdsmanship, Pyper Bliss-Rafferty, Jacob Nichols, and Lily Nichols.

Honor Club awards were presented to: Blue Ribbon Bandits, Clover Kids & Critters, Equine Explorers, and the Rensselaer County 4-H Trailblazers 4-H clubs. Honor clubs are 4-H clubs that go above and beyond to help during the year when needed planning and assisting at events. Additionally, the Blue Ribbon Bandits, Cantering Cowpokes, Clover Kids & Critters, Green Earthlings, and the Rensselaer County 4-H Trailblazers 4-H clubs were recognized for National 4-H Week displays.

Congratulations to all our award winners and all the new club officers for the upcoming 4-H year! It was a fun evening celebrating the past 4-H year and a great way to kick off the new one!



## Golden Shovel

On behalf of Rensselaer County 4-H, we would like to congratulate Jennifer Hurd as the 2023 4-H Golden Shovel recipient.

Jenn grew up in Schodack on the greenhouse operation her family operated – Krug’s Nursery. Her first experiences with 4-H were as a member of a club that her mom and Aunt led – East Schodack Seed Sowers. As a parent of two 4-H members, Jenn then became a leader of the Green Earthlings 4-H Club where she encouraged her kids and others to live the 4-H motto and learn by doing. She and her family are always quick to volunteer, involved in annual events like the Winter Fair, and 4-H Auction, and gathering donations to support all our fundraising efforts.

I had Eileen pull the list of projects Jenn was enrolled in, and it would be easier to list what she wasn’t involved in. I always say you get out of 4-H what you put into it, and the Hurd Family is responsible for supporting kids, related and not, in literally everything.

Some of my first memories of being a 4-H educator are of the Hurd/ Krug family. If I had a question, or if they thought I was headed in the wrong direction, they never hesitated. You always know where you stand with Jenn and the entire family, they are all straight shooters and always with the intent to make the Best Better in 4-H and CCE.

Jenn was an elected member of the 4-H PDC for 2 full terms, and held officer roles such as president, vice president, and 4-H Board Rep. For the last 3 years of her term as the 4-H representative to the Board of Directors she served as the Vice President, was active on committees, and was extremely supportive and helpful to CCE as we navigated COVID and the move to 99 Troy Road. Jenn is a good one for bringing great ideas to the table being open to change and moving forward while respecting our past and hanging onto things that work. She is a natural promoter of 4-H and CCE when she is out in the community and is always willing to help a new leader or potential new leader by lending her expertise.

Jennifer and her family are always there when you need help, she was a very supportive parent with Teen Exchange and came in super handy when it came to our Wreath/Swag fundraiser, as she is a real whiz at making wreaths! Her husband Mike has donated his time and expertise to making some amazing woodworking projects for the annual auction and fixing the leaking roof on the 4-H Snack Bar shed. They are always willing to help and although both her kids are now graduated, we hope to be able to count on them to continue to be supporters of Cornell Cooperative Extension and 4-H Youth Development.

Thank you, Jennifer, and the Hurd Family, for all your efforts in Cornell Cooperative Extension. We are honored to call you the 4-H Volunteer of the Year.



## 2023 Rosekrans Award

Congratulations go to Mackenzie Powers as the 2023 Rosekrans Award Recipient. The Rosekrans Award recipient is determined by the Cattle Club Leaders. The award recognizes a High School Senior member who demonstrates a high level of involvement in the 4-H Cattle program, is a good role model, and works well with their peers and adult partners. Mackenzie is the daughter of Edward and Shannon Powers of Hoosick Falls, NY. She has been a member of Rensselaer County 4-H for 12 years and a recent graduate of Hoosick Falls Central School District where she played field hockey. Mackenzie was a member of the Hoosick Shamrocks 4-H Club where she enjoyed showing cattle. Congratulations Mackenzie, we wish you luck in life after high school!



## Cattle Banquet Award Results

### Dairy Club Herd

- 1<sup>st</sup> Stateline Livestock
- 2<sup>nd</sup> Stateline Livestock
- 3<sup>rd</sup> Southern Livestock

### Dairy Judging

- Senior Champion
- Res. Senior Champion
- Junior Champion
- Res. Champion Junior

Connor McNeil  
Evan Atherton  
Elijah Wilwol  
Adam Somerset

### Dairy Challenge

- Senior Champion
- Senior Res. Champion
- Junior Champion
- Junior Reserve Champion

Merritt Cropsey  
Luke Hoag  
Reed Hoag  
Emma Wilwol

### Beef Judging

- Senior Champion
- Res. Senior Champion
- Junior Champion
- Res. Junior Champion

Devin DeLaMater  
William Cottrell & Aaron Cipperly  
Issac Bushner  
Ella Guile

### Herdsmanship

- 1<sup>st</sup> Southern Livestock
- 2<sup>nd</sup> Critter's Club
- 2<sup>nd</sup> Somerset Family

**Calvin Herrington Memorial Award-** This award goes to the youth who placed highest in the Bred by Exhibitor class. This year this award goes to Luke Hoag

**Murray Moore Memorial Award-** donated by the Moore Family. This is awarded to the individual who places highest in Beef Judging and receives a blue in showmanship. This year's Murray Moore Memorial Award goes to Hannah Somerset.

## 2023 Lohnes Awardee

Kaylie Millar of West Sand Lake and daughter of Shari Mantini also of West Sand Lake and Robert Millar of Loudonville was selected as the 2023 4-H Lohnes Award recipient.

As a well-rounded 4-H member, Kaylie has been involved in the Rensselaer County 4-H Program as a club member of the Stablemates Club and a teen representative to the countywide 4-H Program Development Committee. Over the years, Kaylie served in a variety of leadership roles. She is currently the Treasurer of the Stablemates Club, has spoken at the County Legislature on behalf of 4-H, and was a teen instructor at our Annual 4-H 3-Day Equine Clinic to name some examples. In 2022 Kaylie earned the Champion English Rider award and was Reserve Champion for Showmanship and Western Riding at the 4-H Schaghticoke Fair Horse Show. Throughout Kaylie's 4-H career, she has been a mainstay helping and participating in many 4-H horse events, countywide Ambassador-Council-Teens Committee, and excelling in 4-H Horse Communications from the regional to state levels.



Kaylie graduated from Columbia High School in June of this year and is currently completing her freshman year at The State University of New York at New Paltz. This year, sponsorship of the Lohnes Award was provided in memory of Bob Cross, a charter club leader to the Hudson Valley 5-Hers. Thank you to the Lohnes Family who continues to honor this award in memory of Bob Lohnes who initiated this award in 1983.

## Year End 4-H Equine Awards

At our year-end 4-H Equine Banquet we celebrated all our members and members receiving special recognition. Congratulations to the following members:

### Horse Shoe Awards

Bronze Junior – Bridget Rowland, Allison Gansowski, Mallory Rowland, Mackenzie Martin, Eryn Patenaude, Sophia Young, Olivia Doroski, Abby Reynolds, Carlo Colarossi and Niko Colarossi

Bronze Intermediate – Kiley Howes, Lilja Franklin, MaryAnn Murray, Annabel Reynolds, Thomas Colarossi, Kira Colarossi and Maya Fanning

Bronze Senior – Grace Huffam, Emilee Roadcap, Morgan Cross, and Karissa Scheeren

Silver Junior – Emmeline Heer

Silver Intermediate – Lili Ruepp

Silver Senior – Kaylie Millar

Gold Junior – Heidi Beraldi

Gold Intermediate – Ava Severance

Gold Senior – Lindsey Oswald

## **Year-End High Point Awards**

Senior Champion High Point – Grace Huffam

Senior Res Champion High Point – Lilja Franklin

Junior Champion High Point – Ave Severance

Junior Res Champion High Point – Kiley Howes

Novice Champion High Point – Lili Ruepp

Novice Champion High Point – Mikayla Stanley

Novice Res Champion High Point – Mackenzie Martin

## **Exceptional Project Records**

Nikki Minkler

Alicia Minkler

Annika Silver

Emilee Roadcap

Grace Huffam

Kira Colarossi

Lindsey Oswald

Kaylie Millar

Maya Melendez

Morgan Cross

Lily Franklin

Thomas Colarossi

Alice Bourdeau

Lili Ruepp

Allie Manchester

Bethany Miller

Ava Severance

Bridget Rowland

Emmeline Heer

Mallory Rowland

Sophia Neet

Makayla Stanley

Kiley Howes

Grace Pelletier

Harleigh Nealon

Niko Colarossi

Carlo Colarossi

Eryn Patenaude

Mackenzie Martin

Madyson Bull – CB

Mya Bull

Olivia Doroski

Abby Reynolds

## **Schaghticoke Fair Herdsmanship**

First Blue – Rensselaer County Trail Blazers

Blues – Jogging Juniors, Stablemates, Barn Bums and Playful Ponies

## Eastern National 4-H Roundup

The first full weekend in November Kira Colarossi and Emilee Roadcap found themselves on a bus bound for the Eastern National 4-H Roundup in Louisville, Kentucky. Kira was a member of the New York State Horse Bowl Team and Emilee was on the New York State Horse Communication Team. Both members spent their roughly twelve hours on a tour bus getting to know their fellow New York members who were also on state teams and headed to Kentucky. The day before the contest was spent touring the Kentucky Horse Park, Claiborne Farm and Keeneland Raceway, and the Auction facility in Lexington. Please look at the pictures included in this issue to see what a great adventure this was for both of them. Contest day was Saturday followed by the awards banquet on Sunday morning. Members were able to meet others from across the country and spend more time with their new friends from New York. Sunday morning, we learned the New York State Horse Bowl team placed 9<sup>th</sup> as a team and the New York State Horse Communication Team placed 3<sup>rd</sup> with some high individuals. Emilee placed 6<sup>th</sup> for Public Speaking and her teammate who was an individual presenter placed 1<sup>st</sup> and the team comprised of two members from Albany County placed 8<sup>th</sup>. We were able to celebrate the other New York State Teams. The Hippology Team brought home the Reserve Champion team award with many high individual placings among all the members of the Hippology Team. Horse Judging also experienced great success and placed 6<sup>th</sup> as a team and 4<sup>th</sup> for reasons! If you are interested in learning more about Horse Bowl, Hippology, Horse Judging, or Horse Communications, reach out to Bernie at [bw27@cornell.edu](mailto:bw27@cornell.edu). These 4-H Horse Educational Events really can take you places! Congratulations to Kira and Emilee for representing New York State and Rensselaer County so well!



# Career Explorations 2024

Career Explorations Trip: June 26 – 28, 2024 @ Cornell University

Application Due: Friday, JANUARY 5th, 2024



Youth currently in grades 7-11

## Description:

This annual state-wide event brings teens from across New York State to Cornell University for 3 days. Youth will participate directly with Cornell University faculty and students to explore a variety of program areas. Additionally, youth have the opportunity to create lasting friendships with other 4-H'ers from across the state. This is an overnight trip, youth stay in university housing and receive meals at university cafeterias. The county 4-H program provides partial scholarships to 4-H members based on application materials.

## Requirements:

1. Cover Sheet – Fillable PDF can be found on our website
2. Activity Log – Fillable PDF can be found on our website—should reflect activities from the most current completed year.
3. Resume:
  - The resume should be one page in length (one-sided).
  - It should be printed in a size 10 or 12 Arial or Times New Roman font. (Utilize your margins) sleek and simple is best, keep it consistent and stick with basic colors.
  - Spell-check and proofread — words may be spelled correctly but will not be picked up by spellcheck.  
(See example and use the “Directions and Mock Resume” packet as guidance, found on our forms page on our website.)
  - Your Resume must include:
    - Professional Summary
    - 4-H Project Work including 3-5 life skills that were obtained within each project area (see list of 4–H projects on the members and leader’s forms of our website)
    - 4-H Leadership and Participation
    - School Summary
    - Community Activities

## How to Write Your Résumé

### Professional Summary

This is a statement explaining why you should be chosen to attend the Award Trip, and what you are hoping to get out of the trip. This statement will give the Trip Committee an idea of why you want to



attend the Award Trip. Future employers will read this to understand why you want to apply for a job with their company. We look forward to reading everyone's summary.

Make a list of all of your 4-H projects then select 3 to 5 projects that you feel best represent you.

- Your resume is a great way to show your accomplishments and qualifications.
- You want to present a strong statement concisely.
- Remember— quality is more important than quantity.

Think about those 3-5 projects.

- Written in a paragraph or bulleted format show the depth and scope of the project area (how long you have worked in that project area and how you have progressed). What you did.
- Then highlight 3 to 5 life skills you have learned or sharpened for each project area. (see life skills model on the website). These should be in bullet format.

#### **4-H Projects**

Sewing and Textiles (2020– present)

While working on several sewing projects which included a blanket, dress, and numerous small projects, many skills were attained; how to use a sewing machine, matching seams, and ironing.

- Self-motivation has improved through this project
- Many decisions and planning had to take place while working on these sewing and textiles projects and this has helped in other areas outside the project area as well
- Self-confidence was obtained when others complimented the finished projects.

#### **Leadership roles and participation**

- Be brief - organize and consolidate your leadership roles
- Combine roles, when possible, e.g., Teen Council (President, Vice President, Secretary) or State Fair Teen Assistant (County Booth, Poultry Exhibit, Press Corps)

**School Summary** (This should be smaller in comparison to 4-H project work and participation because this is a 4-H resume, think of who your audience is when writing)

- Course of study and special interest courses
- Extracurricular activities
- Awards and honors
- Extra-curricular activities

#### **Community Activities:**

- Select the most important- Remember “quality vs. quantity.” If you must shorten your list, include activities that you have participated in the longest. A wide variety of activities is not always a good idea, especially if you have tried things and moved on. Colleges and employers are looking for commitment.

## Capital Days

### 4-H Capital Days

The 2024 4-H Capital Days event will take place from Sunday, May 19<sup>th</sup> to Tuesday, May 21<sup>st</sup>.

4-H Capital Days allows youth to meet and interact with legislators and tell their 4-H story, create an awareness of career opportunities in New York State government, better understand state government, and network with delegates from other counties.

Two teens will be selected to represent Rensselaer County at 4-H Capital Days! This event fits especially well with the 11th-grade social studies curriculum; some teens have even gotten “extra credit” for attending Capital Days!

While in Albany, the teens and their chaperones will:

- Tour the New York State Capitol building.
- Explore the Empire State Plaza.
- Visit the New York State Museum
- Visit with State Senators and Assemblymen.
- Enjoy the accommodations of a local hotel.
- Network with 4-H'ers from across New York State.

To apply for Capital Days, write an essay of 200-300 words answering the question:

“If you had 5 minutes to talk to your State Senator or Assemblyman, what would you tell them about 4-H in Rensselaer County?”

The selection is made by an unbiased committee and is based on essay content.

Submit your essay **UNSIGNED**. Complete the form below and attach it to your essay. Essays may be handwritten, or computer generated. Essays must be sent to the 4-H Office (via mail or email) with a postmark or date stamp no later than March 1<sup>st</sup>, 2024.

Submit your application to

4-H Office (ATTN: Eileen DePaula)  
CCE of Rensselaer County  
99 Troy Road  
Suite 203  
East Greenbush, NY 12061

## Capital Days Teen Planning Committee

Teens who are interested in applying to be on the Planning Committee can find the application here <https://www.nys4-h.org/capital-days>. Applications are due no later than January 19<sup>th</sup>.

# 4-H Capital Days Application

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade in School \_\_\_\_\_

Birth Date \_\_\_\_\_ Years in 4-H \_\_\_\_\_

*As the applicant's parent/guardian, I support her/his desire to act as a 4-H delegate for this trip.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*Attach this form to your essay.*



## State Teen Action Retreat- STAR

ATTENTION ALL 4-H YOUTH. We are looking for any 4-H youth who has attended STAR (State Teen Action Retreat) at least once to apply to be on the design team.

Remember, STAR is a fantastic opportunity where 4-H teens (in partnership with 4-H approved adult volunteers or staff) representing their counties in New York State come together to design and run a conference for other 4-H teens from across New York State.

If you have ever had ideas about what leadership should look like, if you enjoy being part of a team creating something much larger than itself, if you want to make a positive impact on your fellow 4-H teens, then you absolutely should apply to be on the 2023-2024 STAR design team Right Now!

We need to have a team assembled and a meeting schedule in place within the next few weeks to start planning, so sign up now.

We intend to have bi-monthly remote planning meetings, as well as at least 1 face-to-face overnight (Saturday into Sunday). We do ask that teens who want to be a part of this team commit to being able to meet and participate. Also, as indicated above, youth will work with adult partners to plan the event. Ideally, you will identify a 4-H-approved adult with whom you want to work. If need be, the co-coordinators can help in the search for 4-H-approved adult partners.

So... if you want to be a part of a great team and help design a great event, then don't miss this fantastic opportunity to help shape and run the 2024 State Teen Action Retreat!!

The exact dates for the Retreat have not been confirmed yet, but we can plan for a weekend in May or June.

Applications are due as soon as possible! Please use the following link to complete your application:

<https://cceconferences.wufoo.com/forms/wponqkd0d6jusc/>

or, use the following QR code



## 2024 National 4-H Conference

Mark your calendar for the **2024 National 4-H Conference** to be held April 19-24, 2024, at the Hyatt Regency Crystal City in Arlington, Virginia. Known as “the Secretary’s Conference,” this Conference is the flagship youth development opportunity of the U.S. Department of Agriculture.

Check out this [video](#) about the conference!

Applications for NYS 4-H members and educators interested will be posted shortly. All registrations are completed by the NYS 4-H Office. However, scholarships are available through USDA/NIFA again in 2024, attached you will find the scholarship forms in [English](#) and [Spanish](#). **These scholarship forms are due January 19, 2024.** These scholarships are separate from the ones New York State 4-H offers. If you have a need, please apply! Scholarships are open to educators and youth delegates. The 2024 double occupancy registration rate for youth and adults is \$945 and \$1,450 for a single occupancy rate.



The graphic features a green background with a white curved shape on the left. At the top, there is an illustration of a classical building with columns and a pediment, flanked by two trees, with a banner below it that reads "NATIONAL 4-H CONFERENCE". Below this is a white four-leaf clover with the letters "H" on each leaf. The text "save the date" is written in a large, bold, green font. Below this, there is a smaller green four-leaf clover with "H" on each leaf, followed by the text "2024 NATIONAL 4-H CONFERENCE". Below that, the dates "FRIDAY, APRIL 19 – WEDNESDAY, APRIL 24" are listed. At the bottom, the USDA logo is shown next to the text "National Institute of Food and Agriculture" and "U.S. DEPARTMENT OF AGRICULTURE".

**save the date**

 2024  
NATIONAL  
4-H CONFERENCE

**FRIDAY, APRIL 19 – WEDNESDAY, APRIL 24**

 National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

# Approved and Prohibited 4-H Activities

42.

**PROHIBITED ACTIVITIES:** If you do not see an activity on the prohibited activities list, **DO NOT ASSUME** that an activity is okay because another Association is doing it; always call [The Wood Office](#).

<p><b>Air Pistol Booths</b>  <b>Amusement Rides</b>  <b>Aircraft</b> - any kind  <b>ATV Activities</b>  <b>All-Terrain Vehicles</b> - including four-wheelers and utility terrain vehicles  <b>Backyard Slippery Slides</b>  <b>BMX Biking/Bicycle Motocross</b> - severe terrain, jumping, trick performance, racing, etc.  <b>Bounce Houses and similar Inflatable Bounce/Climbing Structures</b>  <b>Bungee Jumping</b> and similar events  <b>Carnivals</b>  <b>Caving</b> - spelunking  <b>Child Car Seat Fittings</b>  <b>Circuses</b>  <b>Climbing Walls of any kind</b> <b>Community Gardens</b>  <b>Decorating as a Personal Service</b> - including no religious or political items  <b>Demolition Derbies</b>  <b>Dog Dips</b>  <b>Dog Washes</b>  <b>Dog - Open Shows</b>  <b>*** Downhill Skiing, Tubing, etc.,</b> unless at a commercial facility  <b>Drinking Booths</b>  <b>* Farmers Markets</b> - call The Wood office  <b>Fireworks</b> - including but not limited to skyrocket, bottle rockets, sparklers or firecrackers lit with a match or lighter  <b>Fishing Contests</b>  <b>Forestry Events</b> - Chainsaw, logging, etc.</p>	<p><b>Fresh Food Distribution Events</b> or programs including sales of slaughtered animals such as chickens, rabbits, beef, or pigs  <b>Greased Pig/Greased Pole</b> or similar events  <b>Goat Shows</b> - Open Shows  <b>Haunted Houses</b>  <b>Helmet Fittings</b> of any kind  <b>Horse-Racing Events</b> where more than one horse competes  <b>Horse - Polo</b>  <b>Horse Training</b> where fee is charged. Leaders changing for services/training MUST provide proof of own liability insurance and be approved by The Wood office  <b>Horse Shows</b> - Open - that do not follow established 4-H guidelines for Open Horse Shows  <b>Inflatable Bounce</b> type events  <b>Kiss-A-Pig</b> or other similar animal events  <b>Martial Arts</b>  <b>Mechanical Bull Riding</b>  <b>Milk</b> - no raw milk consumption  <b>Milk Auctions</b> - including sale of non-processed/raw milk  <b>Motor Cross Events</b>  <b>Motorcycle Events</b>  <b>Mountain Biking</b> - severe terrain obstacle course  <b>Mountain Climbing/Rappelling</b>  <b>Paint Ball Shooting</b> of any kind  <b>Parade Seating</b> or setups/sales  <b>Parking Cars</b> - valet parking  <b>Pie-in-the-Face Fundraisers</b>  <b>Pontoon Boats</b>  <b>Power Boats</b> - all including personal watercraft</p>	<p><b>Rabies Clinics</b>  <b>** Raffles or Games of Chance</b>  <b>Recycling Center Operation</b>  <b>River Rafting</b>  <b>Rodeos</b> - including calf roping/cutting  <b>* Ropes Courses</b> - unless pre-approved each time by The Wood office  <b>Roller Blading</b>  <b>Scratch-off Fundraisers</b>  <b>Scuba Diving</b>  <b>Shooting Sports</b> - only in approved 4-H Club  <b>Skateboarding</b>  <b>Ski Resort or Facility Snowmobiling</b>  <b>Sling Shots</b>  <b>Snowboarding, Snow Tubing</b> - unless at a commercial facility not under direction of CCE; contact The Wood Office  <b>Soap Sales</b> - homemade soap  <b>Store Compliance Checks</b> for anti-tobacco  <b>Swine Shows</b> - Open shows  <b>Trampoline or Trampoline Houses</b>  <b>Triathlon/Obstacle Course Events</b> (Tough Mudders, Warrior Dash, etc.)  <b>Truck/Tractor Pulls</b>  <b>Tunnel Maze</b> or similar events  <b>Water Balloons</b> - any kind  <b>Water Skiing/Tubing</b>  <b>Whitewater Rafting</b>  <b>***Water Slides</b> - unless at a commercial facility not under direction of CCE; Contact The Wood Office</p>
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**KEY**

- \* Contact The Wood Office for review
- \*\* Contact Extension Administration for review
- \*\*\* See Section on Waivers and Releases from other organizations
- \*\*\*\* Disclaimer required - "This booklet is for information purposes only and does not constitute any endorsement by JAGGES or 4-H."

**ALSO PROHIBITED:**

Youth under age eight (8) participating in events with horses or large animals, except as provided for in the 4-H Cloverbud Guidelines.



**APPROVED ACTIVITIES:** If you do not see an activity on the approved activities list, **DO NOT ASSUME** that an activity is okay because another Association is doing it; always call [The Wood Office](#).



- \*\* Ad Booklets
- \* All-Terrain Vehicle - approved ATV courses only (no DMV certification)
- \* Alcoholic Beverage Sales, auctions/ fundraising events where any kind of is made including tickets or tasting
- Animal Photo Shoots
- Animal Shelter Volunteering
- \* Auctions - live and silent
- \* Babysitting Classes for Youth (teaching)
- Babysitting only at Extension sponsored program; must be 14 years and older
- \* Bands
- Bake Sales
- Baton Twirling
- \* Bee Keeping -
  - 4-H clubs/youth - per 4-H
  - ACR required for all participants
- Cake Walks
- Car Washes
- \* Carnivals - backyard
- \* Charter Boat Trips
- Christmas Tree Sales
- Chicken Barbecues - with adult supervision
- \* Chicken Processing - hands-on for adults only
- Cloverleaf Horse Program - see guidelines
- Cookie - dry ingredients in a jar
- \* Corn Maze - with clear paths; supervised
- \* Community Gardens - education only; no managing by staff, volunteers, or clubs
- Covered Dish Dinners
- Craft Items
- Cross-Country Skiing
- Dances - supervised
- \* DDT's - w/contract approval via The Wood Office
- Dogs in nursing homes - w/contract; screened
- Dogs - Open Obedience Class/Open obstacles adult supervision at all no pit bulls or other

- Drones - see guidelines
- Face Painting - hypoallergenic paint only
- Fencing - with approved instructors
- \* Flea Markets - no more than two per year
- Food Cook-Off - chili, chef competition, etc.
- Food Coupon Sales - contract submission
- Food and Drink (Non-alcoholic) Sales
  - Meals prepared and sold at site
  - Minimum age to serve - 14
- \* 5K Run/Walks - see CCE Guidelines
- Garage Sales
- \* Garden Maintenance - no management, no power tools; MOU required
- Halloween Festival - no haunted houses
- Hay Maze - same as corn
- Hayrides - adult chaperone and control
- Herdling Classes
- Horse-Open Clinic - no participants under age 8 riding or handling horses
- Horse-Open Shows - no participants under age 16; subject to Open Show guidelines
- Horse-Open Trail Ride - no participants under age 8
- \*\*\*\* Horse Judges Booklet - disclaimer required
- \* Ice Fishing
- Ice skating - at a commercial establishment
- Jail Fundraiser - people raise bail for release
- Kidly Pedal/Tractor Pull
- Lemonade Sales
- Livestock Sales (4-H only) - see guidelines
- Manure Sales
- Milking - 18 years and older
- Miniature Golf Tournament
- Model Rockets
- Model Show
- Newspaper/Magazine Subscription
- \* Open Mike Karaoke - see DJ guidelines
- Open Demonstrations - 9 years and older
- \* Parades - any involvement, see guidelines

- Parking cars (directing only) - minimum age 16 years; with safety vests
- Pet Shows - adult supervision
- Petting Zoo - no donkeys/oxen/geese/lamas; all animals attended at all times and following sanitation guidelines
- Pile Baking - in controlled commercial adult supervision
- Plant/Flower Sales
- Pony Rides - see guidelines
- Pony Ride Pictures - same as above
- Prepackaged Food Sales - commercially prepared packaged foods only
- Prepackaged Product Sales - commercially packaged only
- Public Auction
- Rabbit Hopping/Agility
- Recycling Collections - cans, bottles, non-toxic items only
- \* Run/Walks (up to 5K) - see CCE Guidelines
- \* Rocketry - using electrical water-propelled or air compression launch systems
- Rub-on Tattoos
- Save-A-Label
- Save-A-Tape
- Sliding/Flat Bottom Toboggans - no runners
- \* Shooting Sports - with approved guidelines in club setting only
- \* Silent and Live Auctions
- Soap Making -
  - without lye for 4-Hers/youth
  - with lye for adults only
- Tack Sale/Swap
- Talent Show
- Tractor/Wagon Rides: Drive 18 years older; assist on and off
- \* "Thons" - Bike-a-thon, Walk-a-thon, Bowl-a-thon, Skate-a-thon

- Trail Rides
- \* Welding Clubs
- Woodworking Clubs - under NYS 4-H guidelines
- Wrapping Gifts
- Yard and Garage Sales
- Yoga - participating and teaching; includes goat yoga

## KEY

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## Tradition of the Yule Log

At Dyken Pond Center, December 10<sup>th</sup> - 1pm – 3pm

The Dyken Pond Center celebrates uniquely every December. Every year, the Center hosts a Yule log celebration, and you are invited! The Yule log celebration roughly coincides with the winter solstice which is the shortest day of the year and occurs on December 21, 2023. Following the winter solstice, the days increase in length which is a true cause for celebration!

Yule logs have been a seasonal tradition for Centuries and have their origins in Europe. Imagine that the days keep getting shorter and shorter and you have no explanation as to why. That is exactly what people were experiencing in the 1600s when the tradition of the Yule log began. Yule logs were burned to coax the sun to return for longer and track higher through the sky. There is much mystery around the origins of Yule log celebrations and numerous traditions associated with these gatherings. At Dyken Pond, our celebration touches on a lot of these traditions in our unique way.

Our celebration begins with an explanation of the science behind the winter solstice. We talk about why the days have been getting shorter, provide an explanation of the changing seasons, and allow youth to move around a campfire in the manner of the earth circling the sun. We then provide clues as to the location of the hidden Yule log. The group goes out into the forest, finds the Yule log, and rings a bell to alert the others that it has been found. We then work as a team to carry it back to the campfire where it is burned and enjoyed. Historically Yule logs were so large that they burned for several days. The celebration traditionally lasted as long as the log. Our Yule log is a more manageable size and only burns for a short time. As the log burns one tradition is to make a wish for the coming year when you see sparks fly up from the fire. Another tradition that we follow is to not burn the log completely and to save a portion to start the following year's Yule log fire. It is considered good luck to do this and bad luck to burn the log completely.

Once the log is burning on the fire there is time to visit around the fire while enjoying some seasonal refreshments. Greens are available to make holiday arrangements. The Yule Log Celebration is a unique event that kicks off the Winter in a festive and fun way. We hope that you can join us! The program is free but we ask that you preregister at (518) 658-2055 or [jp844@cornell.edu](mailto:jp844@cornell.edu). If you want to bring a treat to share, feel free to but there is no pressure to bring anything other than yourselves!



## Birthdays

### December

Grace Huffam

Allison Michel

Jessica Haynes

Lucy Haynes

Niccolo Colarossi

Fiona Clague

Morgan Cross

Madelyn Goyer

Rich Stifter Jr



### January

Hannah Nichols

Grace Pelletier

Jacob Nichols

Allie Manchester

Emilee Roadcap

Olivia Goyer

Ashleigh Herrington

Blake McCornick

Abby Reynolds

Jameson Roberts

Silas Ellis

Thomas Colarossi

## Calendar of Events

### December

Horse & Dairy Bowl Practices to start

5<sup>th</sup> 4-H PDC; 6:00 pm at the CCE Office

6<sup>th</sup> ACT Pizza & Game Night at the CCE Office; 6:00pm

6<sup>th</sup> CCE Board of Director meeting – 7 PM at CCE office

25<sup>th</sup> Christmas, office closed

### January

1<sup>st</sup> New Year's Day; office closed

10<sup>th</sup> First night of STEM Sessions 6 pm CCE Office

15<sup>th</sup> Martin Luther King Day; office closed

16<sup>th</sup> Horse PDC 7 PM via Zoom

17<sup>th</sup> STEM Sessions 6 pm CCE Office

24<sup>th</sup> CCE Board of Director meeting – 7 PM – at CCE office

24<sup>th</sup> STEM Sessions 6 pm CCE Office

31<sup>st</sup> STEM Sessions 6 pm CCE Office

### February

7<sup>th</sup> STEM Sessions 6 pm CCE Office

14<sup>th</sup> STEM Sessions 6 pm CCE Office

28<sup>th</sup> STEM Sessions make-up date