

### 4-H YOUTH DEVELOPMENT PROGRAM



Thirty-six high school senior government intern students from five area high schools went to Albany where they met with Senator Seward and Assemblyman Butler, visited the 9/11 Memorial at the NYS

Museum, toured the Capitol building and Empire State Plaza and learned about State Government.

4-H Clubs have been spotted in the area. Among the places they've been are: Van Allen's Nursing Home doing community service, on floats at the Violet Festival parade, and picnicking at the ODY School.



35 4-H'ers attended dairy clinics at local farms. Other animal events included 4-H Horse Quiz Bowl, 4-H Animal Crackers at Cornell and 4-H Dairy Quiz Bowl.

750 area six-graders attended 4-H Conservation Field Days. 600 area fifth-graders attended Farm Safety Day Camp.



### AGRICULTURE PROGRAM



The CNY Dairy and Field Crops Team sampled four alfalfa fields and six grass fields for forage quality during the spring of 2005. Two of the grass fields were in Herkimer county. To help producers make timely first cutting harvest date

decisions the quality information was made available at the team web site:

<http://www.cce.cornell.edu/programs/cny-dairy-livestock-crops/index.html>

Approximately 70 people attended the final wind power seminar at the Best Western in Little Falls. A total of 500 people attended the 6 meetings throughout the winter and spring which were organized by CCE staff.

Staff did three WIBX radio interviews on the subjects of wind power, tent caterpillars and garlic.

Agriculture staff presented at the "So You Bought the Farm" seminars at Cobleskill on sheep and horses. Thirty-eight attended.

### HUMAN ECOLOGY PROGRAM



Nutrition staff had an exhibit and stir-fry demonstration at the "Family Fun Day" held at the Folts Home in June. A variety of community agencies participated to promote positive eating and physical activity habits for families. Over 100 attended.

"A Wellness Approach to Eating" was the topic of the April Health and Nutrition Forum held in Herkimer and taught by Kristin Douglas, registered dietitian. Twenty-four professionals and interested consumers attended the program.

Nutrition staff worked with 8 parents and staff at the Agribusiness Child Development program in the Leonardsville building with a "What's Cooking" series of six nutrition workshops. Feedback was positive with hopes of offering another series in the fall.



Nutrition Teaching Assistants made 286 home visits to 78 families; 30 recruitment visits to 5 food pantries (262 contacts); and 16 visits to 9 WIC clinic locations (146 contacts).

Christa Da Costa Gomez, Sage Graduate School Dietetic Intern, completed a 4-week community nutrition placement with CCE which involved



developing nutrition articles for newsletters, inservice training for staff, a "Broccoli Bonanza" presentation for a DSS staff lunch program, and nutrition exhibits for the Basloe Library and Family Fun Day.