

LIVINGSTON LIVEWIRE



JANUARY 2024



Produced in New York

Date: January 26th & 27th

Times: 5:30pm (Friday) OR
9am, 11am, or 1:30pm (Saturday)

Location: United Methodist Church (Livonia)

What is PINY?

- Youth select a recipe that contains at least 1 cup of something produced in NY.
- Prepare the recipe during your scheduled time and have a sample ready for the judges.
- Receive feedback from judges on your cooking skills & the appearance of your finished dish.
- PINY is a great way to begin gaining confidence with your presentation skills, it's a lot of fun - and it can help you qualify for the 3A Award Trip!

REGISTER BY JANUARY 12 AT:

https://reg.cce.cornell.edu/PINY_2024-2_224

FORMS AVAILABLE AT:

<https://ccelivingstoncounty.org/4-h-youth/activities-and-events/produced-in-new-york>



CALENDAR OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Jan. 1		Photo Contest Entry Deadline & CCE Livingston County CLOSED
Jan. 8		4-H Poultry Club RSVP Deadline
Jan. 10	6pm	4-H Poultry Club Meeting (Chip Holt Nature Center)
Jan. 12		PINY Registration/Recipe Submission Deadline
Jan. 12		Deadline to Register for 4-H Activity Night/Art Club Meeting
Jan. 15		CCE Livingston County CLOSED
Jan. 16		Photo Contest Voting Deadline (Facebook)
Jan. 16 & 17	5:30-7pm	4-H Activity Night/Art Club Meeting - Gyotaku (Chip Holt Nature Center)
Jan. 22		Deadline to Submit Birthday Cake Kit Amounts to Renee
Jan. 24	5:30pm	4-H Rabbit & Cavy Club Meeting - LivCo Nibblers (Chip Holt Nature Center)
Jan. 26 & 27	5:30pm Fri. OR 9am, 11am, 1:30pm Sat.	Produced in New York Food Demonstrations (Livonia United Methodist Church)
Jan. 29	7-8:30pm	4-H Teen Council Meeting - Birthday Cake Kits (CCE Livingston)
Feb. 12		RSVP Deadline for 4-H Parent/Leader Training - Freezing
Feb. 16	10am-2pm	4-H Parent/Leader Training - Freezing (CCE Livingston)
Feb. 19		CCE Livingston County CLOSED
Feb. 21	5:30pm	4-H Rabbit & Cavy Club Meeting - LivCo Nibblers (Chip Holt Nature Center)
Mar. 22		4-H Parent/Leader Training - Preserving Food by Drying
Mar. 23, 26-28	TBD	Public Presentations (CCE Livingston)
Mar. 27	5:30pm	4-H Rabbit & Cavy Club Meeting - LivCo Nibblers (Chip Holt Nature Center)
Apr. 19		4-H Parent/Leader Training - Pressure Canning
Apr. 22		Animal Crackers Registration Deadline
Apr. 24	5:30pm	4-H Rabbit & Cavy Club Meeting - LivCo Nibblers (Chip Holt Nature Center)
Apr. 30		4-H Enrollment Deadline
May 4		Animal Crackers (Cornell University)

TEEN FUN!



Coming Up...

Monday, January 29 | 7-8:30pm
CCE Livingston Office

Community Service Project - Birthday Cake Kits

Connect with your local food pantry, school, or church organization to determine how many kits they would like. We will create the kits during our meeting and teens will take them home that night.

**Want to Join the Teen Email List?
Sign-Up Here:**

<https://forms.gle/xxn9dmpdVkmEtNqY8>

4-H MEMBERS 12+ ARE INVITED TO JOIN OUR NEW OFFERINGS FOR LEARNING, LEADERSHIP, COMRADERY AND FUN! QUESTIONS & RSVPS TO RENEE (RH445@CORNELLEDU)



WHAT'S GOING ON IN 4-H?!



PARENT/LEADER TRAINING PRESERVE BY FREEZING

FRIDAY, FEBRUARY 16TH, 2024 | 10AM-2PM

(LUNCH INCLUDED)

CCE OFFICE - 3 MURRAY HILL DRIVE, MT. MORRIS, NY 14510



JOIN OUR SNAP-ED NUTRITIONIST, COLLEEN THERRIEN, TO LEARN THE BASICS OF FREEZING FRUITS AND VEGGIES!

EACH PARENT/LEADER WILL RECEIVE A COPY OF THE 4-H FREEZING MANUAL TO USE WITH YOUR 4-H YOUTH.

SAVE THE DATE FOR UPCOMING PRESERVATION TRAININGS:

MARCH 22ND - DRYING | APRIL 19TH - PRESSURE CANNING

RSVP REQUIRED BY FEBRUARY 12TH TO RENEE (RH445@CORNELL.EDU)



LET'S EXPLORE PRINTMAKING

Tues., January 16 (OR) Wed., January 17

5:30-7pm | Chip Holt Nature Center, Lakeville

RSVP to Renee (rh445@cornell.edu) by 1/12.

Gyotaku - Japanese Art of Fish Printing!

Don't worry, we won't use real fish, but we will learn about the tradition of Gyotaku and create one-of-a-kind prints.



A Grab-n-Go Kit will be created for you to use with your members. Tentatively available in February 2024.



WHAT'S GOING ON IN 4-H?!



Public Presentations

Saturday, March 23 | Tuesday, March 26
Wednesday, March 27 | Thursday, March 28
CCE Livingston County Office

WATCH YOUR EMAIL FOR MORE
INFORMATION!



Watch
your
email
for
more
info
on the
January
Animal
Activity
Night!



Congratulations Dalton Bennett on
earning a Tompkins Community
Bank \$500 4-H Beef Scholarship to
help purchase his beef project animal!
Thanks to Tompkins Community
Bank for their continued funding of
this scholarship!



The 4-H Program has four sewing machines
and a serger available for member use.
Contact Renee for details!



Fair Theme: Fairy Tales
Slogan: "Step into a world
of infinite possibilities"



WHAT'S GOING ON IN 4-H?!



PHOTO CONTEST TIME!

HEY LIVINGSTON COUNTY 4-HERS!

Here's your chance to show off your photography skills!

Snap your best shot of your favorite pet or a festive holiday scene.

Send it over to Jessica Gramkee at jgramkee@gmail.com. Make sure to add your name and photo title with your email. Or use this form to submit your entry: <https://forms.gle/5arowW7Br7BdAzmX7>

DEADLINE: You have until January 1st, 2024, to submit your entry.

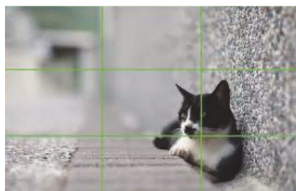
All photos will be posted on the CCE Livingston County Facebook page on January 2nd. **The photo with the most likes as of January 16th will receive a prize!**

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PHOTOGRAPHY CHALLENGE:

Showcase your best use of the Rule of Thirds.

What is that? It is when you divide your image into thirds with an imaginary grid of 2 horizontal and 2 vertical lines. It helps create a photo that uses the negative space well and makes the subject and background work well together.



**ACCEPTING
NEW
MEMBERS**

POULTRY CLUB

January 10, 2024 | 6pm | Chip Holt Nature Center

Join us as we learn all about poultry health and diseases. We will learn about the most common poultry illnesses, how to prevent disease and keep your flock healthy, and why is biosecurity important.

RSVP to Jenn at jls669@cornell.edu by January 8th.
OPEN TO ALL AGES AND SKILL LEVELS



ANIMAL SCIENCE

ONTARIO COUNTY 4-H UNMOUNTED HORSE CLINICS

Join Ontario County 4-H for learning throughout the fall/winter months! Anyone interested in horses is welcome! All clinics held at the CCE Ontario County Office located at 480 N. Main St., Canandaigua, NY 14424. For more information, email sab423@cornell.edu or call 585-394-3977.

- **January 10th (6-8pm) - Equine Confirmation**
- **January 24th (6-8pm) - Horse Quizzing Fun**
- **February 7th (6-8pm) - Horse Educational Kit**
- **February 21st (6-8pm) - All About Bits!**

***Each clinic will count 5 points towards the Livingston County 4-H Horseman of the Year Program points and the required 10 non-mounted educational points to qualify for the State Fair 4-H Horse Show. Please contact Mark at mjw16@cornell.edu if you attend any of these clinics.



ANIMAL CRACKERS

Saturday, May 4, 2024 | Cornell University
ALL CREATURES GREAT & SMALL:
FEATURING HORSE, SWINE, BEEF, & DOG!

Registration - \$25/youth participant. \$10 per adult/chaperone
Register by contacting Mark at mjw16@cornell.edu no later than April 22nd.

The annual Animal Crackers program provides New York youth with fun, hands-on, science-oriented learning experiences on Animal Science topics.

This workshop is for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; emphasis on different species groupings and activities varies annually. Participants will learn about different aspects of animal care, interact and exchange information with faculty, staff, students, professional producers, industry experts, and more, utilizing the unique facilities of Cornell University. Hands-on workshops are planned for each species group. Suggested age range is 8-12, however, all youth 8 and up are welcome.

Complete event details may be found at
<https://cals.cornell.edu/nys-4-h-animal-science-programs/state-events/programs/animal-crackers>



WHAT'S GOING ON IN 4-H?!



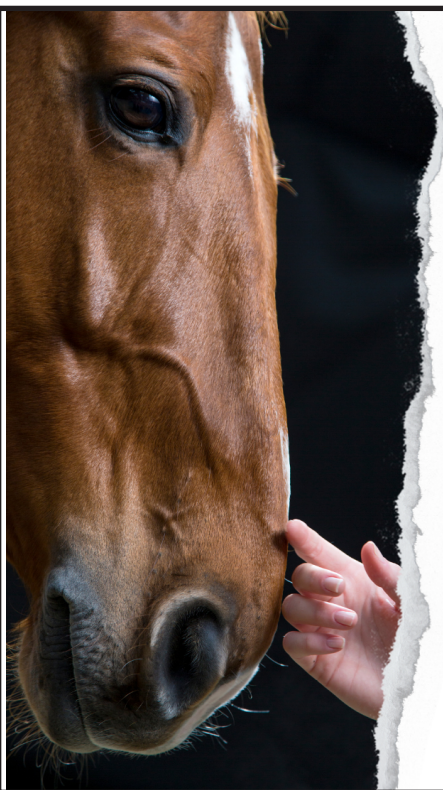
NYS 4-H Horse December/January Newsletter!

Make sure to check out the NYS 4-H Horse Program newsletter (<http://tinyurl.com/bdetv35e>) to keep up-to-date on all the state events, activities, and opportunities available to 4-H members interested in the horse program. Highlights from this issue include:

- NYS 4-H Horse In-Service - February 9th & 10th, Cornell University
- NYS 4-H Horse Judging Clinic - February 11th, Cornell University
- 2024 State Educational Event Dates
- NYS 4-H Horse Program Creative Writing Contest
- 4-H Youth, Family, & Alumni Input Surveys

Follow CCE Livingston County on Facebook for helpful tips, photos from recent programming, information about upcoming events, and more.

CCE Livingston County will be closed on December 25th, January 1st, and January 15th for the holidays.



NEW NYS 4-H HORSE PROGRAM ACTIVITY LOG CONTEST

<https://tinyurl.com/2bpjk7yw>

We are happy to start the NYS 4-H Horse Program Log Sheet. This log sheet isn't just for those NYS 4-H youth who ride, it is riding, driving, and groundwork as well! Log your hours with your horse(s)! Please use different sheets if you are working with more than one horse. This program will run from October 1st, 2023 to September 30th, 2024.

The top two Cloverbud, Junior and Senior youth with the highest documented hours will be selected for prizes from the NYS 4-H Horse Program! If your hours fill more than the chart provided, you may use more than one sheet!

Logs should be submitted to Jessica Tyson at jms943@cornell.edu by October 1, 2024.



Produced in New York Food Presentations



Recipe Form

Youth to fill out:

Name: _____		
Age (as of Jan 1, 2023): _____	Year in Food Project: _____	Years in PINY _____
Registration in online this year at	https://reg.cce.cornell.edu/PINY_2024-2_224	

Registration and Recipes due no later than Wednesday January 12th

Title of Recipe: _____ Featured NY Ingredient: _____

Number of Servings: _____ Source of Recipe: _____

Attach recipe or complete the boxes below. Please use complete sentences where appropriate and correct spelling and grammar.

Ingredients: (list in the order that they are used in the recipe)

Complete Directions: (list steps taken, temperature and time)

Attach additional pages if necessary

*****Please plan to bring your completed Menu Planning Sheet with you to your demonstration.*****



Produced in New York Food Presentations

Menu Planning Sheet

Directions: Youth members fill out the following information and bring with you to your scheduled PINY Demonstration time. Please note, there is a different Cloverbud Menu Planning Sheet.

Name:		
Age (as of Jan 1, 2024):	Year in Food Project:	Years in PINY
Recipe Title:		Featured NY Ingredient:

Menu Plan- Plan a complete menu for one meal that includes your recipe. Be sure to consider balanced nutrition, appearance, texture and flavors. (Please use correct grammar and spelling when completing these areas.) Have you included all the food groups from My Plate?

My Menu Plan is for (please check): Breakfast Lunch Dinner Snack



Story of your Recipe- Tell us the story of how you came to use this recipe. Where did you get the recipe? Why did you pick this one? Does your family like it? Did you change anything about it?



Nutrition Statement- outline the nutrients by major ingredients in your recipe. Try to include at least 3 top ingredients.

Major Ingredient or Food	Which Food Group (fruit, veg, protein, grain, or dairy?)	Nutrient Provided by Food	Function of the Nutrient
Ex: Milk	Dairy	Calcium	Builds strong bones and teeth

Produced in NYS Statement- Tell where the featured ingredient(s) is grown or produced in New York State and tell us at least 2 interesting facts about it.

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**.





Produced in New York Food Presentations

Cloverbud Menu Planning Sheet



Directions: Youth members fill out the following information and bring with you to your scheduled PINY Demonstration time.

Name:	
Age (as of Jan 1, 2024):	Years in PINY:
Recipe Title:	

What ingredient or ingredients are grown in New York State?	
Where did you get your recipe?	Why did you choose this recipe?
What makes this recipe healthy for you? What food groups are in your recipe?	Is there anything you might have changed in the recipe?
Name a new skill that you learned while practicing this recipe OR name something you tried to improve.	What did you like best about the recipe or ingredient?



Slime Activity Night Pictures



SAVE!
THE DATE!

STAR

May 3rd-5th, 2024

New York State Fairgrounds
Syracuse, NY

4H
NEW YORK

Print-Making Activity Night Pictures



Teen Council Birthday Cake Kit Community Service Project



Goal of Project: To provide birthday cake kits to families in need.

How 4-H Teens Can Participate:

1. Contact your local food pantry, school counseling office, church or other community organization.
2. Find out if they could use the kits and if so how many.
3. Let Renee know how many kits you would like by January 22nd.
4. Come to the Teen Council Meeting on January 29 from 7-8:30pm to assemble and take home your kits.

Questions? Want to RSVP? Contact Renee at rh445@cornell.edu.

Volunteers Honored at CCE Livingston Annual Meeting/Trivia Night

Long time volunteers Pat Auinger and Tess Wallace were honored at the CCE Livingston County Annual Meeting on Thursday, December 14th. Together Pat and Tess have contributed 70 years of volunteering in the 4-H program in a number of roles. In addition to running their own clubs, both have been dedicated evaluators at many county and District 4-H events. You most likely have seen them at Produced in New York Cooking Demonstrations, Public Presentations, Creative Fiber Arts Revue and as judges at the Hemlock Fair. Their respective knowledge of subject matter and supportive and helpful feedback offer youth in our program an opportunity to share their learning experience with caring adults, which is an essential part of the learning process. Please thank Tess and Pat and any other 4-H volunteer next time you see them at one of our events. Our program couldn't function without them!



NYS 4-H Animal Science Website

[HTTP://4H.ANSCI.CORNELL.EDU/](http://4h.ansci.cornell.edu/)

Check out resources, project records, project ideas, rule books, and state event information for all animal species!

Have you completed a community service project lately? Send us a paragraph about your work and include a picture! It could end up in Livewire, on Facebook, or in the newspaper!

Livingston County Nibblers

Rabbit and Cavy Club

Open to all enrolled 4-Hers. We will meet monthly and work on showmanship, rabbit and cavy care and other activities.

Upcoming meeting dates:

November 29th

December 27th

January 24th

February 21st

March 27th

April 24th

May 29th



Meetings are at 5:30 pm at the Chip Holt Building. Please RSVP before the meeting date to Jessica Gramkee @ jgramkee@gmail.com.

TEEN COUNCIL MEMBERS
LEARNED TO MAKE SUSHI
AT THEIR MEETING



CLUB NEWS

Lightning Bolts

In our November meeting, we made cards and put together a care package. We will be sending it to the troops overseas.

Submitted by Kiara Gramkee

Rising Stars

The Rising Stars made leaf bowls and reserved tie dyed club shirts in October. Then in November we learned about wood burning using two techniques: traditional wood burning with a burner and chemical wood burning with ammonium chloride.

Submitted by Jayden Coty



2023-2024 4-H ENROLLMENT OPEN!

Enroll before your first 4-H activity!



Age as of January 1st:
Cloverbud: 5-7 years | 4-Her: 8-18 years
Teen Council Members: 13-18

Enrollment Fees:
\$15/Youth
\$40/Family (3+ Youth)



NEW THIS YEAR! We have switched to a new online enrollment form!

Visit <http://ccelivingstoncounty.org/4-h-youth/joining-4-h-2> for a link to the enrollment form!

BE SURE TO READ THE INSTRUCTION PAGE BEFORE COMPLETING YOUR ENROLLMENT FORM



Re-Enrollment/Enrollment Fees: \$15/youth | \$40/family (3+ siblings)

Send payment (cash or check, payable to CCE Livingston County) to:
3 Murray Hill Drive, Mount Morris, NY 14510

Or use our Paypal link found here: <http://ccelivingstoncounty.org/donate>

Click "Donate", set amount, and include "[youth name] 4-H Enrollment" in the note section.

Interested in becoming an Enrolled Volunteer?

Applications can be found on our website or contact Renee for more information!

DEADLINE TO ENROLL IN 4-H: APRIL 30TH

CORNELL COOPERATIVE EXTENSION
3 Murray Hill Drive
Mount Morris, NY 14510

PRESORTED
STANDARD
U.S. POSTAGE PAID
GENESE0, NY
PERMIT NO. 28

BE SURE TO READ YOUR JANUARY NEWSLETTER!



4-H GROWS HERE

This newsletter comes to you as part of the educational program provided by the Livingston County Cornell Cooperative Extension 4-H Program. It is prepared by the 4-H staff and published every month.

4-H Program Advisory Committee:

Megan Coty	David Lang
Matt Cicero	Heather Pero
Callie Duryea	Meghan Rodwell
Jessica Gramkee	

Teen Members:

Michaela Bugman
New Names TBA

Mark Wittmeyer, (585) 991-5420 ext. 5441
Youth Development Team Leader
mjw16@cornell.edu

Renee Hopkins, (585) 991-5420 ext. 5444
4-H Educator
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Jennifer Schwab, (585) 991-5420 ext. 5439
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Cornell Cooperative Extension
Livingston County

Building Strong and Vibrant New York Communities

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Please contact the Cornell Cooperative Extension of Livingston County office if you have any special needs.