

Town & Country

December 2012

Cornell Cooperative Extension of Essex County P.O. Box 388, Westport, NY 518-962-4810

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4-H Cloverbud
Abby checks the
heartbeat of her
horse, Stanley

<http://blogs.cornell.edu/essex/>



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Please contact the central office if you have any questions or special needs.

4-H UPDATES

LEADERS' CORNER



Leaders Association Update-

- **The 4-H Leaders Association** is reviewing and amending the By-Laws and needs your input. Please contact the CCE office to be mailed a copy of this document.

Leaders' association meeting dates for 2012-2013 4-H year

Each 4-H Club is asked to **please** send a club representative to each of the scheduled Essex County Leaders' Association Meetings. **Your club support is greatly needed and appreciated.** Meetings are from 7:00-9:00 p.m. unless otherwise scheduled.

*Please note that the horse committee meetings are scheduled the same dates from 6:00-7:00 p.m.

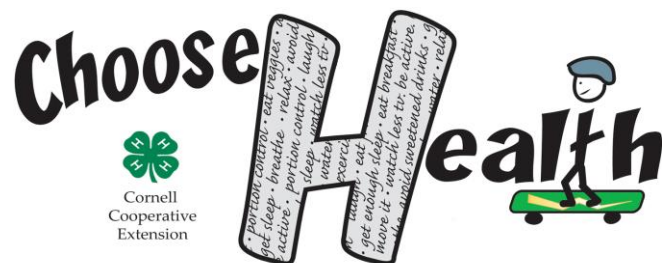
- January 10th, 2013
- March 7th, 2013
- May 9th, 2013
- July 11th, 2013
- September 12th, 2013
- November 14th, 2013

4-H Support Materials and Curriculum

If you are looking for project support materials and/or updated curriculum for a current 4-H Project please, contact the 4-H Office for the information you need. We would love to provide our 4-H Members and Leaders with the educational material they need to begin a new project or enhance a current project. Examples of Project Areas, GPS/GIS, Hydroponics and Pouch Gardening, Yeast and Breads, Baby Sitters, Computers, Tie-Dyeing, Sewing and MORE! Call now. For more specific information check the Essex County 4-H Curriculum List.

4-H News

Each club needs to select a "Choose Health Officer". The training for this position will be part of our yearly Officer Training. Choose Health Officer will highlight the Health – H in your club by encouraging active roll calls, challenging your members to set and reach health activity goals and sharing health tips. They may also help your recreation leader with activities. We have Choose Health Officers' and Leaders' Guides to help you understand more about the role of the Choose Health Officer in you club. Let's make your next program year the healthiest one ever!



December is Stretch Yourself Month!

You're probably already stretching your dollar this month, but don't forget to stretch your bodies too! This month's Health-H Challenge is to Stretch Before and After Active Play – and anytime you're feel tense!

Just ten minutes a day will help your muscles and joints stay ready for anything – and will help you relax in between all your holiday rush.

Stretch each part of your body – top to bottom – holding each stretch for 15 seconds. When you're done, you'll feel like a new person!

Neck: ears to shoulders, chin to chest

Arms: overhead, hold close to ears, bend at elbow, touch back; side-to-side, hug yourself!

Legs, back: touch toes; lean against a wall, heels down

Legs, front: bend knee, hold toe

Ankles: flex and point toes

Full body: stretch as tall as you can, standing or lying down!

4-H Club Officer Training!

Starting this fall we are adding the “Choose Health Officer” to our 4-H Club Training Program for 4-H Club members. Choose Health Officer will highlight the Health – H in your club by encouraging active roll calls, challenging your members to set and reach health activity goals and sharing health tips. They may also help your recreation leader with activities. We already have Choose Health Officers’ and Leaders’ Guides to help you understand more about the role of the Choose Health Officer in your club. Let’s make your next program year the healthiest one ever!

Has your club elected a Choose Health Officer yet? Bring your new Choose Health Officer to our Officers Training Program so both you and s/he will learn easy and fun ways to keep the Health-H front and center in your 4-H Club! **4-H Club Officer Training** will be held on Saturday, December 15th from 9:00-10:00 AM.

4-H Achievement Night!

This year’s Achievement night was a huge success. Thirty-six youth and 16 adults/leaders/volunteers attended this annual celebration at Au Sable Central School. Trip reports were given by Autumn Flora, Caleb Ducharme, Ian Pierce, Mila Ducharme, Fred Knickerbocker, Lydia Ducharme, Autumn Flora,

*Candlelight Ceremony hosted by the Rascals

*Outstanding 4-H Member Award – Caleb Cauthorn and Michaela Courson

*Banner Contest- Busy Bees

Many thanks to our Mistress and Master of Ceremony: Lydia Ducharme and Caleb Ducharme as well as the Essex County 4-H Leaders’ Association for their ongoing support.





4-H Club News

Dust off those Club Banners!

MIT/S.T.E.M. Club - This two county 4-H Club has relocated its project to The Imaginarium Children's Museum of the North Country. Interested 4-H Members may contact Mary for more information on how to get involved in this club.

Au Sable Echo - We had our first meeting and elected officers. We elected President, Conor Bushey, V.P. Hansi Hudson, Treas. Seth Bushey, Sec. Jenna Stanley, Choose Health Officer, Stephen Hudson. We are looking forward to a very exciting and fun filled 4-H year.



The Rascals 4-H Club - We had our 2nd meeting on Nov. 4th. We are collecting bottles and cans to make a donation to the SPCA. We will buy things that the animals at the shelter need, like toys and treats. We practiced the candle lighting ceremony. Everyone is excited to go to achievement night. At last month's meeting, we were given a dog breed to learn about. At this month's meeting we all reported on the breed that we were given. Then, at the end of the meeting, we made leashes for our dogs. At our next meeting, we are going to make Christmas crafts. Submitted by: Lillian Huchro, News Reporter

Teen Leadership Group – The Teen Council set their meeting date for Thursday December 13 from 6 pm -7:30 pm. President Lucy Misarski and her officers encourage any teen who is interested to join this group. The teens are primarily pursuing leadership, community service and social skills. Members of this group gave presentations at 4-H Achievement night. Caleb D. reported on The ABC trip to Cobleskill, which he and Rachael B had just attended. Fred K. reported on his trip to Boston. Mila reported on her experience at NYS Hippology. At our Nov. meeting we decided to pursue NC Jr. Iron Chef. We still have not decided on a name to represent our group. We are planning a bowling event for late De/early Jan. Ian, our Choose Health officer lead us in an exercise where we became Human Machines and Lawn Mowers, pretty fun stuff. Join Us.

Ruminants - The Ruminants are kicking around some ideas for spring clinics. The goat & sheep folks are interested in learning how to make a milking stand. **The Little Hill Homesteaders** are going to try their collective hand at making one. The Ives Family have recently added a new milking doe, named Emma, to their herd. We are hoping they will lead a ruminant group meeting in what skills it will take to build a milking stand. Another thought was to have a cattle hoof-trimming clinic. Alycia Moore, from the **Stampedes** suggests a Livestock Judging and Evaluation clinic for the spring. We will be looking for a dairy farm to host this event at so we can compare animals. This countywide group welcomes 4-H members from other clubs that are interested in sheep, goat, dairy and beef cattle.

Fay's Fillies and Colts - Abby said, "Stanley's heart rate is 42 beats per minutes" (see photo on cover of Town & Country!) Your horse's P&R (pulse and respiration) are important to know because each horse's P&R are slightly different. Club meetings will be the second Sunday of each month, at 2:00 p.m. Other activity meetings will be scheduled. The club will be putting together gift-filled shoeboxes for Operation Christmas Child at the next meeting.

Ti Poultry Club - This new club is thinking about activities and projects to pursue. An idea they are considering is having a Poultry Swap Meet in the spring. This group welcomes new members looking for 4-Hers interested in learning about turkeys, ducks, chicken, and other poultry. Cathy Moore is the leader and looks forward to answering any of your questions. Please contact her at 585-7271

Black Watch Farm Shooting Stars My name is Alice Cochran and I have been appointed secretary of the Black Watch Farm Shooting Stars. Today (11/18/2012) was our meeting and we welcomed new members, created kissing balls, elected officers (Jade Morin as President, Grace Cochran as Vice President, and Madeline Cochran as Health officer), and participated in a Yankee gift exchange. Our next meeting will occur after the New Year.

Krazy K-9's- The Leadership of the Krazy K-9's met on Nov the 4th for a walk. The kids abandoned us! The blustery weather did not deter the gamboling dogs or their humans. The class is meeting inside the CCE building because of the extreme dark and cold for Obedience class. Michael B & his new pup, "Jack" continue to make good progress. Montana Colegrove and "Sparky" have also shown the great determination that comes along with practice. Montana reports that "Sparky" enjoyed Trick or Treating as a pumpkin. Taylor C. had acquired a new puppy named Zelda to work with over the winter. On Dec 15th, K-9's will meet at 1:30 pm at the CCE building to prepare dog biscuits. This meeting takes place directly after Holiday Creations. Do not bring your dog to this meeting. If you have a fun cookie cutter shape like a dog bone, please bring it along with you. RSVP Carol Thom or Chauntel Gilliland.

Busy Bees – have met and elected officers: Michaela C is Pres., Ian Pierce is VP, Sec. is Michael B., treasurer is Owen, and Health Officer is Spencer J. The members are working on Memo boards. This is a way for the members to keep track of all their 4-H events. The club will be making pet beds and plans to donate these to the local animal shelter as a community service project, along with homemade dog treats. At a future meeting, the club also plans to make windsocks using recycled materials. The adult members of this group got together and made Parmesan Cheese.

Adirondack Clovers - recently got together to celebrate the season of Thanksgiving. We enjoyed a family style pot luck dinner. We learned about the importance of table manners. We also learned about germs.



Ag-Business Conference: Caleb D. and Rachael B. attended the annual 4-H Ag Business Conference at SUNY Cobleskill. These 4-H high school students had a chance to attend different tracks in agriculture including fisheries, forestry, horticulture, dairy & equine science. The 4-Hers got to see up close what it takes to run a farm or forest enterprise plus all the other supporting businesses such as insurance, mechanics, equipment, livestock, feed, fuel, etc. The 4-H members enjoy visiting the campus. These 4-Hers learned firsthand the challenges and the rewards that an Ag Business course of study means at SUNY Cobleskill. Caleb Ducharme gave a thorough report on his recent tour of Cobleskill's campus and the surrounding agricultural businesses in the area.



Rachael B.'s group visits Guernsey Nursery during the Agricultural Business Conference. This annual trip for high school students is sponsored by the 4-H Leaders Association

4-H Alumna & Cobleskill student, Lydia W. greets Rachael B. ABC conference attendee at the student bookstore.

Caleb D. and his team. The group came in 2nd place at the ABC team challenge



Moriah High School RY: RY members participated in a Leadership Retreat at Twin Valleys, pictured are students engaged in team building activities.

4-H Happenings & Opportunities

2013 4-H Scholarships

Information on the 2013 4-H Opportunity Scholarship is available on the NYS 4-H Foundation website: <http://www.nys4hfoundation.org/programs/foundationprograms/opportunity-scholarship-program/>. This is open to all 4-H Members who will be attending college in the fall of 2013. Applications are due February 15th, 2013. No reason to wait until the last minute, check it out today. **Please make sure to use the most current form.**

Officer Training and Holiday Creations

WHEN: December 15th

WHO: Essex County 4-H Clubs

TIME: 9:00-10:00 a.m.-Officer Training & 10:00 a.m.-2:00 p.m. Holiday Creations. For the Holiday Creation portion, we have a special guest this year, Vadim Krivitckii, an exchange student from Russia. Vadim is attending Willsboro Central School. He plays soccer and hopes to attend McGill University and to study economics. Vadim will introduce us to his homeland and culture. We will learn to make latkes and origami decorations. Join Us. Bring your own snack or lunch.

*Please note that all 4-H Clubs with the exception of Cloverbud Clubs must send Club Officers to this Officer training.

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Officer Training & Holiday Creations
Registration due into the 4-H Office **no later than December 5th, 2012**

Name(s) _____

4-H Club _____

Phone _____

Please check which activity/activities you will be attending

_____ Officer Training

_____ Holiday Creations



MARK YOUR CALENDARS

December:

15th: Officer Training from 9:00 -10:00 a.m.

15th: Holiday Creations from 10:00 a.m.-2:00 p.m.

January:

10th: Essex County Leaders' Association Mtg. 7:00-9:00 p.m.

February:

TBA: February Break Programs

TBA: Capital Days

March:

3-5th: Capital Days Award Trip

7th: Essex County Leaders' Association mtg. 7:00 -9:00 p.m.

9th: Essex County 4-H Public Presentation Day

16th: Essex County Public Presentation Snow Date



UPCOMING EVENTS & HAPPENINGS

Please contact the CCE Essex County Office (962-4810) if you have any special needs

LOCAL

<p><u>Post Harvest Labor Meeting</u> Monday, December 3 10:00am to noon Miner Institute 1034 Miner Farm Rd. Chazy</p>	<p>The NYS Division of Immigrant Policies and Affairs Agriculture Labor Program meetings are intended for all growers and producers of agricultural products who have employees of any category (domestic or foreign, seasonal or year round) or think they might hire workers next year. We will be discussing our observations on the 2012 season and share our outlook and plans for 2013. We will also provide some information about the new electronic application for the H-2A guest worker program. Most importantly, we will be seeking input from you about your experience in 2012 and what you anticipate for 2013. RSVP: Ami Kadar by E-Mail: Ami.Kadar@labor.ny.gov or by phone: 518-561-0430 ext -3012</p>
<p><u>Winter Crops Visit and Grower Discussion</u> Monday, December 3 10:00am to noon Willsboro Research Farm 43 Sayward Ln., Willsboro</p>	<p>Free and open to the public, including hearty snacks. Farm manager Mike Davis will show us his cold season vegetable plantings, then we'll gather at the farmhouse for a roundtable discussion about late fall - winter - early spring crops. For more information contact Amy Ivy at Cornell Cooperative Extension of Clinton County at 518-561-7450 ext104 or email adi2@cornell.edu . Please register so we can plan for food!</p>
<p><u>Hoof Health & Care</u> Friday, December 7 10:00am to 3:00pm CCE Westport</p>	<p>Mark Anderson, Jan Shearer and Kim Morrill Hoof health and trimming. Environmental and disease problems and care. Mobility analysis to find problems early before it causes economic impacts. Contact Judy French, 962-4810 x 0</p>
<p><u>Managing With Finance: A Basic Finance Class for Farmers</u> Mon: Dec 10th, Jan 7th, Jan 21st CCE Clinton Co, CCE Bldg. Plattsburgh Tues: Dec 11th, Jan 8th, Jan 22nd CCE Franklin Co, Court House Malone Fri: Dec 14th, Jan 10th, Jan 24th CCE Essex Co, CCE Bldg. Westport 1:00pm to 3:00pm</p>	<p>Why Are You in Business and What are Your Goals? Keeping Good Records Will Help You Meet Your Goals Financial Statements and Profitability Statements What Does Your Banker Want to See? <i>* This course qualifies for FSA Borrower Training Credits</i> For more information or to register call your local CCE CCE Clinton – Peter Hagar – phh7@cornell.edu – 561-7450 CCE Essex – Anita Deming – ald6@cornell.edu – 962-4810 ext. 409 CCE Franklin – Harry Fefee - hmf9@cornell.edu – 483-7403 If you are in need special accommodations, please contact your local Cornell Cooperative Extension \$10 per class or \$25 for all three</p>

<p><u>Veg Fertility Roundtable Discussion</u> Tuesday, December 18 11:00am to 1:00pm Ausable Valley Grange 1749 Main St., Keeseville</p>	<p>It's time for a post-season check-up! Join Steve Reiners, Professor of Horticulture at Cornell University for a casual round-table discussion over lunch. Free and open to the public, including lunch. Topics to be covered include a review of last summer's production, maximizing your crop yields and keeping an eye on fertility, plus plenty of time for your questions and comments. For more info contact Amy Ivy at Cornell Cooperative Ext. of Clinton County at 518-561-7450 ext 104 or email adi2@cornell.edu. Please register so we can plan for food!</p>
<p><u>Crop Congress</u> Wednesday, February 13 Miner Institute</p>	<p>Save the Date!</p>

REGIONAL

<p><u>Cornell Fall Hops Conference & NeHA Annual Meeting</u> Saturday, December 1 8:00am to 5:00pm Student Activity Center, Morrisville State College</p>	<p>Pest & Weed Management, Research Update, Stocking your Hop Yard, Land Prep and Fertility, Trellis System Installation, Harvesting, Drying, and Pelletizing, Irrigation, Starting your Farm Brewery, Grower & Brewer Panel, Annual NeHA Meeting, Ordering Rhizomes and coir, Trade show and much much more... For more information and the full registration brochure, visit http://www.nehopalliance.org Please register by November 23. Lunch is included. We may not be able to have registration at the door. This event is brought to you by: USDA / New York State Dept. of Agriculture & Markets Specialty Crop Block Grant.</p>
<p><u>Annual Income Tax Update School</u> Dec 4 & 5 8:30am to 5:00pm Holiday Inn Syracuse/Liverpool \$380</p>	<p>New to our tax program for 2012, the "Annual Income Tax Update School" includes 2 hours of Federal Tax Ethics which meet IRS educational requirements. This course will be geared to the needs of those with PTINS (including Registered Tax Return Preparers). We will concentrate on Form 1040 items and will not include Business Partnership, LLC, Corporate, Entity or Estate and Gift Issues. The school is designed for preparers with intermediate levels of experience and is taught by tax experts. Continuing Professional Education credits (CPE) are available. For more information contact: taxschools@cornell.edu</p>
<p><u>Hay and Forage Quality Workshop</u> Thursday, December 6 6:30pm to 8:30pm CCE Saratoga 50 West High Street Ballston Spa, NY. \$5</p>	<p>Are you a horse or farm owner interested in learning more about the quality hay production? Cornell Cooperative Extension, Equi-Analytical and Dairy One hay laboratories, will be hosting a forage quality workshop. At this hands-on workshop, participants will have the opportunity to evaluate different types of hay samples as well as learn how to recognize a good bale of hay. Also covered will be testing for feed quality, how to interpret a forage analysis, and how to use this information on your farm to properly balance your animal's ration and save money. Whether you are feeding hay to horses, small or large livestock, this workshop will be great for a beginner or a refresher for an expert. For more information or to register, contact Sharon LaPier (518) 885-8995 or email stl32@cornell.edu or visit our website at www.cceequine.org</p>

<p><u>Field Crop Dealer Meeting</u> Wednesday, Dec. 12 1:00pm to 5:00pm Genesee Grand Hotel, Syracuse, NY \$15</p>	<p>This meeting is for industry representatives, consultants and retail dealers to provide information on Cornell field crops research and recommendations. Topics: Corn and Soybeans, Weed Research, Winter – Forage Small Grains to Boost Feed Supply, Not Just a Cover Crop Anymore, Adapt N, Soybean Diseases, and Western Bean Cutworm DEC pesticide applicator credits (1.75 in 1a, 10, 21, and 23) and CCA continuing education credits (crop mgt .5, pest mgt 1.5, nutrient mgt. 1) Pre-register online at http://nysaba.com/meeting_registration. Please contact Mary McKellar at mem40@cornell.edu if you have any questions.</p>
<p><u>Group-Housed Calf Systems</u> December 12 & 13 Doubletree Hotel Syracuse, NY \$260</p>	<p>This conference will kick off with an evening session on December 12 designed specifically for those producers that are new to using a group feeding system. The day-long symposium program on December 13 is devoted to understanding the cause of diseases, particularly the effect of environment, and what the impact of changes to that environment through barn ventilation approaches may be. Conference attendees will hear first-hand stories of measured results of on-farm innovations and have the opportunity to build and maintain a communication network among the growing number of users of these varied group-calf systems. http://www.ansci.cornell.edu/prodairy/calfsystems/registration.html. Heather Darrow at (607)-255-4478 or e-mail me at hh96@cornell.edu.</p>
<p><u>Agribusiness Economic Outlook Conference</u> Tuesday, Dec. 18 9:00am to 4:00pm Statler Hall Ballroom Cornell, Ithaca</p>	<p>Experts will discuss the short-and long-term outlook for agriculture and ag products. Breakout sessions will concentrate on dairy, grains and feed, and horticultural products in the afternoon. Info: Carol Thomson at 607-255-5464; cmt8@cornell.edu or http://dyson.cornell.edu/outreach/ag_outlook_conference.php</p>
<p><u>Farming wood for Heat and Biofuels</u> Tuesday, December 18 12:45pm to 5:00 pm Jordan Hall, 630 West North Street, Geneva</p>	<p>Willow Cultivation and Economics, Willow Harvesting, Willow Wood Chip Drying, Wood Chip Boilers, Project Planning/Financing, Boiler Case Study, plus a demonstration. For more information go to http://willow.cals.cornell.edu</p>
<p><u>Improving Your Business With On-Farm Research</u> Tuesday, December 18 9:30am to 3:30pm The Century House Rte. 9 Latham</p>	<p>Learn how to do your own on-farm research and how to participate in state-wide research projects with Cornell faculty. We will discuss the skills, knowledge, and management it takes to do on-farm research. Put on by Capital Area Agriculture and Horticulture Program Contact Aaron Gabriel if you have questions, adg12@cornell.edu, 518-380-1496.</p>

<p><u>Meat Processing and Food Safety Certificate Program</u> Wednesday, January 2 SUNY Cobleskill</p>	<p>This 4-unit, intensive hands-on training program is designed to provide the knowledge and skills students require to enter employment in the meat processing industry. Training in sanitation, food safety, slaughter, meat cutting and processing. Specialized training in the accuracy of cutting, knife handling, portion control, merchandising and the utilization of all products. Hands-on training in meat animal slaughter, primal fabrication, retail cutting, value-added products (sausage), wrapping and storage of finished product. Safety, sanitation including USDA HACCP (Hazard Analysis Critical Control Point), customer relations from custom cutting to product pick up and invoicing. Contact 518.255.5528 or email serdym1@cobleskill.edu</p>
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Save the Dates:

Jan 25 – 27 NOFA Winter Conference Saratoga Springs Hilton City Center

Jan 22 – 24 NY Empire State Producers EXPO Syracuse

Feb 11 Champlain Hudson Tree Fruit School – Lake George

April 24 & 25 Adirondack Park Local Government Day Conference – Crowne Plaza Lake Placid

WEBINARS

If you would like to use the CCE internet and equipment for one of these Webinars, contact Judy French at Essex@Cornell.edu or 962-4810 ext 0

<p><u>Marketing for Profits: Tools for Success</u> <u>*Learning to Look Around, or Getting Your Head in the Game!</u> December 4, 10 am – 11:30am or December 5, 7pm – 8:30pm <u>*How Smart ARE you, Really?</u> December 10, 10am – 11:30am or December 11, 6pm – 7:30pm Free</p>	<p>The Farmers Market Federation of NY and the NY Farm Viability Institute have collaborated with USDA Northeast SARE to present a series of webinars on marketing. Farmers will gain the information and tools they need to excel at direct marketing their farm products. The series will include coverage of 5 categories of marketing concepts spanning 3 years: Self-Assessment, Market Assessment, Customer Assessment, Communications Assessment and Business Assessment. To register for the webinars, go to http://www.nyfarmersmarket.com/work-shop-programs/webinars/registration.html</p>
<p><u>Maple Marketing Webinar</u> Thursday December 6 7:00pm</p>	<p>Session 7 is developing your plan for keeping in contact with your customers. No registration is required. Free. Access the monthly webinar through this link http://breeze.cce.cornell.edu/cornellmaplewebinar</p>

<p><u>Get Your Ducks in Order!</u> <u>Poultry & Vegetable</u> <u>Production, Business &</u> <u>Financial Planning and</u> <u>Recordkeeping Online</u> <u>Courses all Start in January</u></p>	<p>Online courses from the Cornell Small Farms Program. Build your skills, be inspired by successful farmers, and develop plans to help you hit the ground running when the growing season begins. Starting in January:</p> <ul style="list-style-type: none"> •BF 104: Financial Records – Setting up Systems to Track Your Profitability •BF 121: Veggie Farming – From Season-Long Care to Market •BF 130: Poultry Production – Profiting from Layers, Broilers, Turkeys, and Ducks •BF 202: Planning to Stay in Business – Writing Your Business Plan – new 2nd offering of this popular course in 2013! •BF 203: Holistic Financial Planning – Building Profit into the Picture <p>Each course features weekly live webinars to introduce concepts and examples, followed by online discussions, readings, and homework assignments during the rest of the week. All courses are taught by Cornell Cooperative Extension educators, farmers, or other ag service providers, and typically include presentations by successful farmers detailing aspects of their operations. These 6-week courses each cost \$200. Registration closes when the courses fill up, or by one week before the course start date, whichever happens sooner. So don't delay, visit http://nebeginningfarmers.org/online-courses to register. Learn more about how the courses operate on our Course Logistics and FAQs page at http://nebeginningfarmers.org/online-courses/online-course-faqs</p>
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Farm Disaster Record Keeping

We were lucky not to be wiped out by Hurricane Sandy. When there is a disaster, it is extremely important to keep thorough records of all losses, including livestock death losses, as well as expenses for such things as feed purchases and extraordinary costs because of lost supplies and or increased transportation costs.

- Documentation of the number and kind of livestock that have died, supplemented if possible by photographs or video records of ownership and losses;
- Dates of death supported by birth recordings or purchase receipts;
- Costs of transporting livestock to safer grounds or to move animals to new pastures;
- Feed purchases if supplies or grazing pastures are destroyed;
- Crop records, including seed and fertilizer purchases, planting and production records;
- Pictures of on-farm storage facilities that were destroyed by wind or flood waters; and
- Evidence of damaged farm land.

Producers with damaged farmland should contact their local FSA office. The Emergency Conservation Program (ECP) may be able to assist producer who need to repair farmland or remove debris. Producers with private forest land that was damaged should also visit their local FSA office for information on the Emergency Forest Restoration Program (EFRP). USDA's Risk Management Agency reminds producers

faced with questions on prevented planting, replant, or crop losses to contact their crop insurance agent for more information. Producers who need emergency credit due may receive assistance through the Emergency Loan Program if they need assistance recovering from production and physical losses due to natural disasters. Producers are eligible for these loans as soon as their county is declared a federal disaster. Crops insured by federal crop insurance or by the Noninsured Disaster Assistance Program (NAP) are covered when floodwaters have rendered them valueless. USDA encourages all farmers and ranchers to contact their crop insurance companies and local USDA Farm Service Agency Service Centers, as applicable, to report damages to crops or livestock loss. More information about federal crop insurance may be found at www.rma.usda.gov.

And after any large storm, remember:

- * Drink clean, safe water and eat safe, uncontaminated food.
- * Keep generators outside at least 25 feet from doors windows and vents.
- * Do not grill inside your home the fumes can kill.
- * Never touch a downed power line or anything touching one.
- * Use 1 cup of bleach for each gallon of water to remove mold.
- * Never mix bleach and ammonia the fumes can kill.
- * Washing your hands prevents illness.
- * Seek help if having trouble coping.

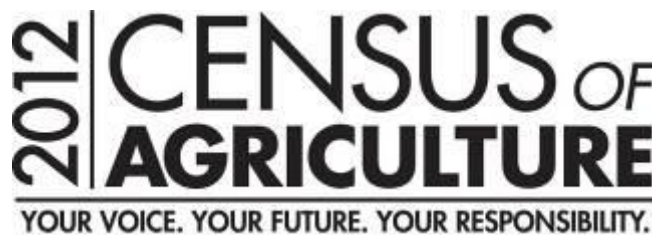
BOOKS

Traditional Iroquois Corn Info Book

Traditional Iroquois Corn: Its History, Cultivation, and Use, NRAES-179, focuses on the traditional, open-pollinated Iroquois varieties of corn similar to the varieties that existed when European colonizers first landed in North America, and that are still cultivated today. The book explores the importance of corn to Iroquois and North American history and culture and discusses the "three sisters," a polycultural cropping system that used corn, beans, and squash. *Traditional Iroquois Corn* also serves as an introduction to planting corn, and provides simple methods for preparing delicious corn foods. You can purchase *Traditional Iroquois Corn* with a credit card on our secure Web site, palspublishing.cals.cornell.edu. The cost is \$15.00 plus \$4.25 for shipping and handling. New York residents add 8% sales tax (\$1.54) or provide a tax-exempt certificate.

Farmers Use the Census of Agriculture to Improve Local Communities, Farm Future

Soon farmers will have the opportunity to complete the 2012 Census of Agriculture. NASS will mail Census form at the end of December, and responses are due by February 4th, 2013. By responding, farmers and ranchers can have a voice in shaping their future. After all, the Census is your voice, your future and your responsibility. For more information about the Census, visit www.agcensus.usda.gov or call 1-800-4AG-STAT (1-888-424-7828).



NEW YORK CROP AND LIVESTOCK REPORT

Prices Received by Farmers 1/

Commodity	Unit	New York			United States			
		September 2011	August 2012	September 2012	September 2011	August 2012	September 2012	
			Dollars				Dollars	
Corn	bu	7.50	8.03	8.28	6.38	7.63	7.35	
Oats	bu	4.58	-	-	3.67	3.81	3.75	
Wheat	bu	-	-	-	7.54	8.04	8.49	
Barley	bu	-	-	-	5.45	6.42	6.44	
Soybeans	bu	-	-	-	12.20	16.20	16.30	
Hay, baled	ton	99.00	131.00	131.00	180.00	184.00	187.00	
Potatoes	cwt	17.50	-	14.50	8.05	7.80	7.60	
Apples, fresh market 2/	cwt	39.30	-	60.20	42.10	52.90	61.60	
Milk, wholesale	cwt	23.00	18.60	19.60	21.10	18.10	19.10	
Milk cows 3/	head	-	-	-	-	-	-	
Eggs, table market	doz	-	-	-	0.858	0.951	1.060	
Slaughter cows	cwt	-	-	-	67.30	79.90	79.90	
Steers & heifers	cwt	-	-	-	117.00	120.00	124.00	
All slaughter cattle	cwt	-	-	-	112.00	117.00	120.00	
Calves	cwt	-	-	-	132.00	155.00	163.00	
Hogs	cwt	-	-	-	67.10	66.90	56.50	

Index (1990-92=100)

Prices received	180	193	200
Prices paid	205	216	219
Ratio prices received to prices paid	88	89	91

1/ Mid-month price for current month. Average price for entire month shown for previous periods.

2/ New York price is equivalent packinghouse door.

3/ Milk cow prices published quarterly.



Bull Calves—simple steps to increase your profit

Kimberley Morrill, Ph.D, CCE NNY Dairy Specialist

There's no way around it; there are a lot of bull calves and the majority of them will be sent to market within the first few days of life. When dealing with bull calves farmers need to be thinking about more than just getting the calf on the trailer and (hopefully) collecting a check. Yes - there may actually be a profit in them, and there is also a public perception to be worried about.

The first step is knowing what buyers are looking for, (size of calves). What leads to deductions in prices may help you decide how long you should hold on to your bull calves. This can lead to an increase in the price you receive and bull calf profitability.

Where your bull calves may end up...

- **Dairy beef:** Price is based off of beef supply, price of feeder calves, price of corn, competition for veal and proximity to dairy feeders.
 - Ideal calves: Healthy calves.
- **Special fed veal:** also referred to as Nature veal or Milk fed. Calf is fed a milk diet for 18 - 22 weeks and raised to 450—500 pounds
 - Ideal calves: **92—120 pounds**, dried and dipped navel, no signs of scours or dehydration, no signs of respiratory problems, good confirmation, fed colostrum.
- **Bob Veal:** Last option for calves not picked up for dairy beef or special fed veal. Calves are boned out and used for sausage, hot dogs, processed meats.

Statistics

- 9.2 Million Dairy Cows in the U.S
- 4.5 Million bull calves/year.
- 610,000 milk cows calved in NY state resulting in @ 300,000 bull calves

DEDUCTIONS:

- **Mobility** - walks unassisted, standing posture, strong joints, no swelling, firm hooves. Slow moving calves can result in at least a \$50 discount.
- **Health** - Breathing normal, no scours, navel is clean dry and healed. A swollen navel can result in a \$50 discount.
- **Appearance** - Alertness, bright eyes, hair coat is clean, smooth and dry. Wet calves with excessive manure can result in a \$25—50 discount.

MANAGEMENT:

How calves are managed before leaving the farm and then transported has a huge impact on the profit. A few days of TLC and quality care doesn't cost much and has an monetary benefit. Research demonstrates that well managed, quality calves bring more than poorly managed utility calves and the difference gap becomes larger as the market improves.

So what should you as a producer be doing to ensure you get the best price and profit from your bull calves?

- **Calving Stalls** - clean, disinfected & well bedded.
- **Colostrum** - 2-4 qts of high quality colostrum within 2 hours; and 3 times within the first 18 hours.
- **Navel** - dip with 7% tincture of iodine immediately after birth. A swollen navel results in a \$50 discount at market.
- **Environment** - Clean, dry & well bedded.
- **Prevent Drug Residues** - Do not use antibiotics in calves headed to the sale barn. Feed colostrum

and milk from non-treated cows. Use non-medicated milk replacers.

- **Marketing** - **Do not** send “wet” calves, or calves that cannot walk unassisted. Wait a minimum of 3 to 5 days after birth so calves are strong, have better condition, a healed navel, and are more mobile.
- **Transportation** - Feed calves within 6 hours of expected delivery. Make sure calves are being transported in a clean, well-bedded, covered vehicle.

These management tips are fairly simple and are hopefully some of the same steps you are taking with your heifer calves. Treating your bulls in a similar manner (minus antibiotic usage) as your heifer calves doesn't increase your labor cost and will potentially increase your profit from bull calves sold. Holding on to a bull calf until it reaches 90 to 100 pounds may lead be a very profitable move.

Sending healthy, well-managed calves to market not only increases your potential profit but it also reduces the risk of antibiotic residues and improves the public perception of agriculture. Consumers want assurance that animals receive humane treatment and healthy calves are one way to portray that image.

Resources:

- *New York Beef Council*
- *VQA Calf Care Guide*

If you would like additional resources on any of the information discussed in this article please do not hesitate to contact me. kmm434@cornell.edu

Ten key herd management opportunities on dairy farms

*Tom Overton, Larry Chase, Jason Karszes, Mike Van Amburgh, and David Galton
Department of Animal Science and PRO-DAIRY, Cornell University*

Tighter and potentially negative margins on dairy farms now and for the next period of time make it even more critical for dairy producers to focus their management skills on making sure that their herd management is “being all that it can be”. In a previous paper, we outlined “Ten low investment, high return management opportunities on dairy farms”. The purpose of this paper is to give some added focus to this material and add other key points for discussion and evaluation within individual dairy farms.

1) Maximize milk component production – Top-end herds in the monthly Dairy Profit Monitor benchmarking program www.dairyprofit.cornell.edu are producing a combined total of 6 lbs/day per cow or more of fat and true protein, with a solid goal across herds of greater than 5.5 lbs/day per cow. Although the major driver of fat and protein yield is overall milk yield, component percentages are also important. In general, herd-level milk fat percentage below 3.5% and true protein percentage under 3.0% in Holstein herds suggest opportunities for improvement. Motivation to seek this improvement needs to be based on the current value of milk fat and protein. Low milk fat suggests passage from the rumen of unique unsaturated fatty acids that directly inhibit milk fat synthesis and that there is opportunity either in ration formulation (unsaturated fats, carbohydrate balance, forage quality issues) or in ration implementation (dry matters, amounts fed, sorting, etc.). In the case of milk protein, levels below 3.0% suggest that rumen fermentation and microbial protein synthesis is not being maximized, or there are opportunities to improve amino acid balance by use of blended proteins or protected amino acids. The general timeline for the impact of ration changes on milk components is 10 to 14 days after implementation of the change.

2) Relentlessly seek marginal milk opportunities – Generally, the highest profit margin production is that from marginal (incremental) increases in milk production. This can be accomplished by herd-level management strategies such as changing milking frequency (e.g., 2X to 3X or 4X/2X milking), shortening dry period length on higher producing cows down to 40 days dry, use of bST, or capturing feed efficiency through use of compounds such as Rumensin. We recently completed a field study to evaluate production responses to 4X milking during the first three to four weeks postcalving followed by 2X milking thereafter. Although responses varied among farms and by lactation group within farm, all farms had positive production responses for cows milked 4X/2X and the average response was approximately 3.5 lbs of component-corrected milk yield across the first 7 monthly test days. The overall increase in labor/milking capacity for a 2X herd to actualize 4X/2X is only about 7% compared to 30% for whole-herd 3X. With any of these changes, it is important to look at not only the expected increases in production, but also the changes in input costs to determine what the actual profit may be.

3) Don't lose fresh cows -- The best dairies that we encounter maintain fresh cow loss in the first 60 days in milk at or below 6 to 7% of calvings, without keeping low producing fresh cows simply to keep this number lower. Many dairies continue to lose 10 to 15% of fresh cows during the first 60 days in milk, frequently because of health disorders caused by overcrowding either before or after calving, frequent group changes before or after calving, or competition issues between springing heifers and older cows. Ration formulation issues are relatively rare, but ration implementation issues (long chop length of dry forages in dry/prefresh TMR leading to sorting, inaccurate weighing of ingredients, not accounting for dry matter changes) are common. Farms with high quality forages typically will need to obtain low energy forages for far-off dry cow rations because high energy intake far-off can lead to more fresh cow health disorders and increased fresh cow loss. If overall management practices and grouping are in line, there is little added value from routine drenching/pumping practices.

4) Identify and potentially cull low value and low profit cows – Identify those low producing cows who are not generating enough revenue to cover variable feed and labor expenses and use routines such as COWVAL in DairyComp 305 (either on-farm or can be run by DairyOne technician at monthly herd visit) to identify those lower value cows in the herd for either removal, dry off, or replacement. In overstocked pens, removal of low profit cows may result in little to no change in overall milk yield because of better overall performance of the remaining cows. It is important to analyze each individual herd situation, perhaps in conjunction with your agriservice professionals (consultants, extension, veterinarian, nutritionist) because the opportunity can vary widely from herd to herd.

5) Ensure that all management protocols are working and being followed – Protocol drift in many areas of dairy herd management (an incomplete list includes milking routines, calving and colostrum management, reproductive program implementation, and feeding management) is common. This can easily lead to drag in milk yield, higher SCC, poorer conception rate, increased morbidity and mortality in calves, lower feed efficiency and poorer rumen health among other issues. Are you losing out on milk quality premiums because of milking routine/facility issues or a few high SCC cows that are elevating the entire tank? Take the opportunity to review protocols with employees and provide feedback to ensure that these protocols are getting the response and return that you expect.

6) Don't incur heifer rearing costs longer than necessary – Despite years of research and herd experience that suggests that herds can grow heifers well and calve them at 21 to 22 months of age, many herds still average 24 to 26 months age or higher at first calving. This can incur substantial

additional cost both in terms of feed requirements and facility/labor to support additional heifer inventory. An Excel spreadsheet calculator for evaluation of the heifer enterprise is available at the PRO-DAIRY website located at <http://www.ansci.cornell.edu/prodairy/index.html>

7) Maximize your reproduction program – Better pregnancy rates on dairy farms generally correspond with lower days in milk and more overall production of milk components. The calculated cost per day open increases from about \$3 per day at around 120 DIM to \$5 per day later in lactation. Is your current reproductive management program getting all cows bred for the first time by 70 days in milk, with overall calculated 21-day pregnancy rate at 20% or greater? Strategic use of synchronization programs combined with attention to detail in all aspects of breeding protocols are key aspects of reproductive management.

8) Optimize neonatal management -- Opportunities exist on many dairies to decrease stillborn (DOA) rates and decrease morbidity and mortality in calves through the milk-fed phase and weaning. Our best dairies consistently maintain dead-on-arrival (DOA) rates in female calves at around 4 to 5% of calvings; however, a number of dairies have DOA rates of 8 to 10% or more. Intensively managing the calving process for a “just-in-time” move from a close-up group to a calving area usually decreases DOA rates (and also decreases overall fresh cow problems). More calves born alive provides more calves that either eventually enter the herd or can be sold to improve cash flow. Once born alive, studies suggest that calf mortality rates average 8% and morbidity averages about 30%. Excellent colostrum management [4 quarts of quality colostrum (> 45 to 50 mg/ml of IgG; < 100,000 CFU/ml of bacteria) within 4 hours of birth for Holsteins) is critical to ensure that calves have sufficient passive transfer of immunity and nutrition immediately after birth. Calves should be fed to double their birth weight by 56 days of life, which is higher than traditional feeding recommendations – this plane of nutrition both enhances the efficiency of lean gain and provides nutrients to allow the immune system to function, thereby decreasing veterinary and medicine costs for the calf program.

9) Strategically identify ration opportunities – Opportunities exist both in terms of using accurate forage analyses to enable tighter ration formulation and more sophisticated forage analyses (e.g., fiber digestibilities) integrated with nutritional models to optimize use of homegrown forage within dairy rations. If forage is of high quality and inventory is adequate, is it being utilized to its potential? Likewise, if high quality forage is not available, are there other ration adjustments that can be made to optimize milk yield? Recent work has suggested that there may be opportunities to strategically decrease protein feeding levels and maintain high milk and milk component yield. This strategy has focused primarily on decreasing rumen degradable protein supply to about 8 to 9% of diet dry matter and using high quality undegradable protein sources and amino acids to ensure adequate metabolizable protein supply. Economics likely will make this approach more attractive in high corn silage based diets when haylage inventory is limited. Research consistently indicates that there is no productive or reproductive reason to exceed approximately 0.40% phosphorus for fresh cows, and 0.35% phosphorus for cows at other stages of lactation. Ration levels of 0.35% phosphorus are typically achieved using only basal feed ingredients, and no added phosphorus from mineral sources. When making changes to the overall ration program, it is important to measure and track net milk income over feed costs to ensure that the changes you are making are providing the results that you are looking for.

10) Maximize your feeding management program – The feeding management program can result in hidden losses in feeding programs. Opportunities range from decreasing shrink at the silo by better face management in bunks and bags to accurate and frequent (at least weekly) assessment of silage dry matters to ensure more consistent delivery of diets to cows. This is another area in which protocol drift both within a feeder and across multiple feeders is common, which can change particle size and consistency of diets, which contributes to inconsistent intakes and lower efficiency of use of rations.

Climate Change and Gardening

Emily Selleck, Community Educator, Horticulture

It was splendid walking early this morning with the sun shining through the frosty trees along the river. Sometimes I, too, wonder about climate change...but then, it's the weather I am feeling today – the specific conditions of the atmosphere at a particular place and time, measured in terms of variables that include temperature, precipitation, cloudiness, humidity, air pressure and wind (it feels better than it looks on paper!).



When we are talking about climate, we are referring to a conceptual description of an area's *average weather conditions* and the extent to which those conditions vary *over long time intervals* (30 years).

So, what drives this climate change we are all hearing so much about? Mainly two things: an Imbalance in the Earth's Energy Budget, and an Imbalance in the Carbon Cycle.

First, let's look at the Earth's Energy Budget. Our sun is the primary source of energy for Earth's climate system. Much of the sunlight reaching the earth is absorbed and warms the planet. When Earth emits the same amount of energy as it absorbs, its energy budget is in balance and its average temperature remains stable. The Greenhouse Effect is a natural phenomenon: heat-trapping gases in the atmosphere, primarily water vapor but also some amounts of carbon dioxide, nitrous oxide, and methane, keep the Earth's surface warm (natural warming). Human activities, primarily burning fossil fuels and changing land cover patterns (e.g., deforestation), are increasing the concentrations of some of these gases, notably carbon dioxide, methane, and nitrous oxide, amplifying the natural greenhouse effect – i.e., making the “blanket” thicker thus keeping the planet warmer.

How do we know the planet is warming? Chiefly by these key climate change indicators:

1. Higher temperatures – our winters in the Adirondacks have warmed an average of 4 degrees F over the past 30 years.
2. More droughts – to wit, the severe drought in the Midwest this past summer.
3. Wilder weather – Sandy says it all...
4. Changing rain and snow patterns – when it rains now, it pours; and when it snows, it dumps.
5. Less snowpack – even at higher elevations, the snowpack is steadily receding.
6. Melting glaciers – glaciers world-wide are in retreat.
7. Shrinking sea ice – need I remind you of the pictures we often see of the polar bears stranded on ice floes?
8. Thawing permafrost (and subsequent release of CO₂) – now easily appreciated in the Tundra with new (more southern) plant growth.
9. Warmer (and thus expanding) Oceans – Again, look what Sandy wreaked on beaches and waterfronts.
10. Increased Ocean Acidity – the oceans trap considerable amounts of CO₂ which is turning them more acidic. Shell fish and coral reefs are most sensitive to this change in pH (relative acidity or alkalinity).
11. Rising Sea Levels.

Now, let's look at the Carbon Cycle: Carbon is continually moving through living organisms, the oceans, the atmosphere, soil, and rocks. Plants capture CO₂ from the air and convert it to carbohydrates and other carbon compounds. As carbon moves through the plant, it gets sequestered in root masses, in the soil, and ultimately in the rocky substrate. Carbon gets released when plants are eaten by animals, and when the plant dies and soil microorganisms cause it to decompose. Both processes cause CO₂ to be re-formed and released into the atmosphere, thus completing the cycle. Burning fossil fuels also releases huge amounts of CO₂ into the atmosphere. Global Warming, then, is the result of the Carbon Cycle being out of balance, particularly through the burning of fossil fuels.

Gardeners can be part of the solution! Each patch of soil (and the plants that grow in it) takes in and gives off various types and amounts of heat-trapping gases, depending on how it is managed. One way to rebalance the carbon cycle is to “lock up” (sequester) some of Earth’s carbon atoms again. In the garden, the key is SOIL! Putting carbon-rich organic matter into the soil may sequester the carbon for a period of time. Putting carbon-rich organic matter in the soil also improves soil structure and drainage, supports many beneficial microbes and insects, and sustains plant growth with little or no synthetic fertilizers (which are derived from fossil fuels!)

Here are 5 steps to a Climate-Friendly Garden:

1. Minimize carbon-emitting inputs by using “people-powered” tools (one gallon of gas burned put 20 pounds of CO₂ into the atmosphere!), by feeding the soil with non-synthetic products (home composts, aged animal manures, green manures, and cover crops, for example), and by avoiding pesticide use when possible (significant energy is required to manufacture, package, and transport pesticides)
2. Don’t Leave Garden Soil Naked! Covering the soil with mulch or cover crops prevents soil erosion, feeds the soil, and keeps weeds at bay.
3. Plant Trees and Shrubs. Woody plants help remove atmospheric CO₂ absorption and add to carbon sequestration. Trees properly planted can also save you energy by providing shade in summer and by blocking wind in winter.
4. Expand Recycling to the Garden. Garbage taken to landfills puts methane into the atmosphere due to the anaerobic breakdown of organic (carbon-containing) materials. Composting, which is accomplished through aerobic breakdown, minimizes the amount of methane released into the atmosphere, and while it does put some CO₂ into the atmosphere, the overall amount of good it does far outbalances that relatively small amount of CO₂ released.
5. Think Carefully About Your Lawn. Lawns can store significant amounts of carbon; however they can increase heat-trapping nitrous oxide emissions, particularly if improperly watered. How to make your grass/lawn “greener”:
 - Fertilize properly – usually only once in September although a well-established lawn may not need any additional fertilizer. And, minimize watering. Most of our cool climate grasses go dormant in the dog days of summer and perk up with the return of cooler, wetter weather in the fall.
 - Mow high – at least 3”, and leave the clippings on the lawn for a “mini nitrogen boost”
 - Choose the right (“tough”) grasses such as fine fescues and Turfgrass tall fescues.

About 81 million U.S. households own a small piece of the outdoors. Managing those parcels of land wisely, we CAN help store carbon in our soils and trees, and reduce heat-trapping emissions from pesticides, fertilizers, and garden waste and equipment.

DECEMBER GARDEN TIPS

By Amy Ivy, Executive Director/Extension Educator, Clinton County

Low Light Levels

The days are at their shortest this time of year and the sun is at its lowest in the sky so your sun-loving houseplants might languish somewhat. The good news is that the lower angle of the sun mean the sunlight will actually move farther into your house than when it is high overhead in summer. Some houseplants prefer different living quarters during these short, dark days while others adapt just fine where they are year round. If a houseplant isn’t doing well, try moving it and see if the plant responds.

Poinsettia Flowers

The colorful parts of poinsettias are actually leaf-like structures called bracts. The flowers are quite small, only about ¼” across, yellow and clustered together at the center of the bracts. When selecting a poinsettia to buy, look at its flowers. The plants whose flowers haven’t opened up yet will last even longer than those whose flowers are already open. They look like tiny yellow daisies when

open but they are so inconspicuous next to the showy bracts that many people don't even notice them. A healthy poinsettia will last for weeks, if not months, before it loses its good looks. Then you can decide if you want to cut it back and grow it on as a houseplant or send it to the compost pile. Either way, poinsettias are a good investment, providing you with weeks of bright color.

Sticky Hands

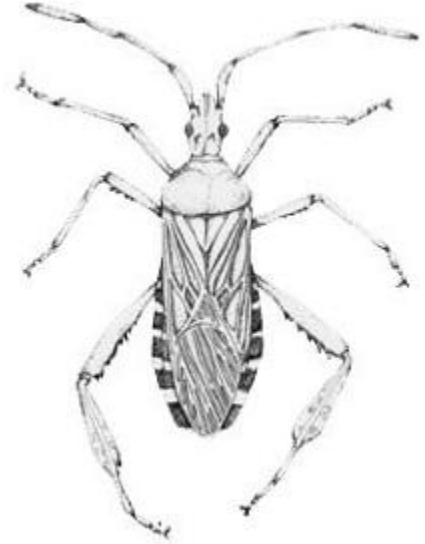
Anyone who handles or works with fresh greens or some kinds of pine cones has ended up with extremely sticky hands.. Soap and water have no effect on this pitch and sap. The best solution I've found is the hand cleaner used by mechanics to remove grease and oil. The citrus oil based cleaning products also work well. Check the label – some of the citrus oil products can be used to get sap off your clothing, too, but read the label carefully first. If your tools get sticky, wipe them with a rag soaked in paint thinner and then apply a light coat of lubricating oil to prevent them from getting rusty.

Western Conifer Seed Bug

We've been getting a lot of calls about a rather large, strange looking bug showing up in people's houses. Yes, it's another one of those creatures that really doesn't cause any problems, but likes to overwinter in our homes.

It's called the Western Conifer Seed Bug, which means it's originally from the western US and feeds on the cones of pines, spruce and hemlock. It does NOT harm these trees.

These bugs are easy to spot. They are quite large, about ¾" long with long legs that protrude from their sides, almost like a spider's legs. They are usually seen walking slowly up a wall or window frame and many people comment that they have a rather prehistoric look to them. They are dull brown in color and their body is somewhat flattened. They give off a sharp, pungent odor when crushed and make a buzzing sound when they fly. When in doubt, please drop a sample by our office for identification.



Remember, these Western Conifer Seed Bug are *not* harmful! They are large and look funny, but they don't bite, eat anything or lay eggs in your house. You might have seen a program on the nature channel about a harmful bug called the kissing bug. Although the bugs I'm talking about resemble that bug, they are different. They do not bite, sting, or damage your house. No pesticides are recommended or necessary, just sweep or vacuum up the bugs and toss them outdoors. Luckily, they don't appear in large numbers so they should be quite easy to deal with. I have had more calls this year than last year, so they do seem to be moving into the area, but they are more of a curiosity than a danger.


Water Your Tree

There are all kinds of 'home remedy' type of suggestions for helping your fresh Christmas tree last longer indoors. I've heard of adding pennies, aspirin, lemon-lime soda and all kinds of other things to the water in the tree stand. But nothing is more important than simply making sure there **is** water in the tree stand.

I know this sounds obvious but it's happened to me, too. The first day or two inside (after you've made a fresh cut to the base of your tree before bringing it indoors) is when your tree will take up the most amount of water. It's easy to forget to check the water level each night and morning. The problem is that when the cut end runs out of water the cut surface dries out and the tree begins to seal off the surface in an effort to conserve its moisture. This makes it harder for the tree to take up water once you refill the tree stand. The tree continues to lose moisture through the stomates in the needles through a process called respiration.

Your goal is to never let the cut surface dry out. You should check the level twice a day for the first couple of days, then once a day thereafter. This simple step will help your tree hold on to as much moisture as possible so it can hold on to its needles as long as possible.

DECEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Post Harvest Labor Meeting 10 to 12 Chazy Winter Crops 10 to 12 Willsboro Farm	4	5	6	7 Hoof Health & Care CCE 10 to 3	8 1
9	10	11	12	13 CCE Board Meeting 6:30	14 Managing With Finance 10 to 3 CCE Westport	15 4-H Officer Training 9 to 10 Holiday Creations 10 to 2
16	17	18 Vegetable Roundtable 11 to 1 Ausable Grange	19	20	21	22
23	24 CCE Office Closed	25 Christmas 	26 CCE Office Closed	27 CCE Office Closed	28 CCE Office Closed	29
30	31 CCE Office Closed					

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**Follow the lead of these energetic 4-Hers!
The Rascals Club “Chooses Health” by
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