



MONROE COUNTY 4-H Herald

BIMONTHLY NEWSLETTER

JULY/AUGUST 2018

CONTENTS

page:

- 2-5 2018 4-H Expo Recap
- 6-7 Upcoming 4-H Programs & Events
- 8 Scholarships
- 9 STEM Programming
- 10 Club Notes
- 11 Introducing...
- 11 Dog Contests
- 12 Calendar



The 4-H Pledge
I pledge my HEAD to clearer thinking.
I pledge my HEART to greater loyalty.
I pledge my HANDS to larger service.
I pledge my HEALTH to better living for my club, my community, my country, and my world.

2018 4-H EXPO



MONROE COUNTY 4-H



2018 4-H EXPO

Ontario Beach Park | June 23, 2018

On Saturday June 23, 2018, Cornell Cooperative Extension of Monroe County held their 2nd Annual 4-H Expo at Ontario Beach Park at Charlotte. Youth and their families participated in many different activities focused on: Conservation, STEM, Health & Wellness, Agriculture, Citizenship and more.



Hilton Horsemen 4-H Club members participate in Yoga in the Park

A popular station at the 4-H Expo was Yoga in the Park. Many children knew the benefits of yoga and have done it before in school or at home. One family talked about their child's preschool teacher leading the class in yoga every morning.

The Monroe County Sheriff D.A.R.E. program joined us at the 4-H Expo with McGruff, the Crime Dog and the D.A.R.E. Mustang. McGruff was a hit with the children, he hula-hooped, gave out stickers, and even participated in yoga!



(above) McGruff, the Crime Dog, hula-hooping pro!

(right) Monroe County Sheriff Officer Donny with two new Junior Deputies



Love Beets helped families explore beet products

Cover photos: 4-H Expo (top) 4-H Intern Meghan leads Yoga in the Park, (bottom right) Volunteer Quinn makes "quicksand," (bottom left) Cloverbud Coop club leader Tiffany with Cloverbud Vayda & baby sister

Local agribusiness Love Beets, LLC, found ways to attract youth to beets through their unique recipes. This was a great way for families to learn about the different types of beets, how they taste and other ways to eat them. Their beet freeze pops were a hit and introduced a new healthy snack to the youth.



MONROE COUNTY 4-H



2018 4-H EXPO

Ontario Beach Park | June 23, 2018

A nutrition demonstration called, Rethink Your Drink, compared the amount of sugar that are in popular drinks. Families were surprised about the amounts and had no idea that much sugar actually existed in popular drinks. There was a lot of positive feedback about the nutrition demonstration and how it was very helpful to see this educational visual. Rethink Your Drink was very eye opening for the families. All went home with free recipes to make healthier drink options.

There were many conservation-minded organizations at the Expo encouraging youth to give back to our earth including a solar energy demonstration, bee keepers & pollinators, the ZooMobile, ROC Animal School and an education activity on invasive water plants.



CCE-Wayne staff member Iuminada teaches a family about healthy drink options



The ZooMobile & ROC Animal School (Howler Wolf)

**THANK YOU
to our volunteers;
we could not have
done it without you!**



Posh Ponies 4-H Club brought bunnies!

Monroe County's 4-H clubs were well represented. Members and/or leaders from Hilton Horsemen, Mary Cariola Busy Bees, K-9 Kids, Posh Ponies, Mariah Meadows, Top of the Hill Gang and West-side Explorers led activities or showed their animals, interacting with the families who attended. 4-H projects were also judged at this event.



Leslie Murdock LLC

Hailey from K-9 Kids working on activities



MONROE COUNTY 4-H



2018 4-H EXPO

Ontario Beach Park | June 23, 2018

Special thanks to our community partners including: REC On The Move, City of Rochester Fire Department, ROC Animal School, Prism Finger Lakes Institute, Monroe County Sheriff, Rochester Honey Bees, Love Beets, Road Dog Café and Mercy High School Robotics Team (Xcentrics)

This event was made possible by our generous sponsors.



**Monroe County
Parks**

Wegmans



KITTELBERGER
FLORIST & GIFTS



TOMPKINS
Bank of Castile

kw GREATER
ROCHESTER
KELLERWILLIAMS. REALTY



 **New York State
4-H Foundation
Willman Fund**

GREENSPARK  **SOLAR**

Lawley
INSURANCE | EMPLOYEE BENEFITS

 **AIR & WASTE MANAGEMENT
ASSOCIATION**
GENESEE FINGER LAKES CHAPTER

*April
Spring
Buckley*

EXPOSURES



MONROE COUNTY 4-H



2018 4-H EXPO

Ontario Beach Park | June 23, 2018 | Photo Gallery

photos in gallery by Leslie Murdock, LLC





Upcoming Events



Monroe County Fair August 3-5, 2018

Since day one the mission of the [Monroe County Fair](#) has been the same: "to build community through the advancement, affirmation and support of youth, agriculture and technology culminating in the annual celebration of the Monroe County Fair."

Please contact Tara at the 4-H office by July 20th if you have projects for the county fair.



4-H @ The Great New York State Fair

August 22 - September 3, 2018

One of the biggest events of the year! 4-H'ers from across the state bring the projects and animals they have been working on all year and convene to compete in contests, competitions, cook-offs and more!

Questions regarding participation in either fair may be directed to: monroe4H@cornell.edu



SAVE the DATE

Supporting Cornell Cooperative Extension of Monroe County
Agriculture | Horticulture | 4-H Youth Development | Nutrition

Cornell Cooperative Extension of Monroe County's FAMOUS CORNELL CHICKEN BBQ

SUNDAY, September 9 | 1-4 pm

2449 St. Paul Blvd., Irondequoit
At Cornell Cooperative Extension of Monroe County,
just north of the Seneca Park Zoo Entrance.

\$12.00
per meal

Dine on Site  Pick Up & Take Home

On-site FUN for the whole family! 4-H Bake Sale! Quick and Easy Drive Thru Option!

Catering provided by Wilshire Catering.

Questions?

Call our office at 585-753-2550

Cooperative Extension helps residents of Monroe County acquire enhanced life skills and increased knowledge through our unbiased, Cornell University programs, resources, leading-edge research and community services.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension of Monroe County is supported by public and private funding.

Cornell Cooperative Extension
Monroe County



Ticket sales going on NOW at monroe.cce.cornell.edu!

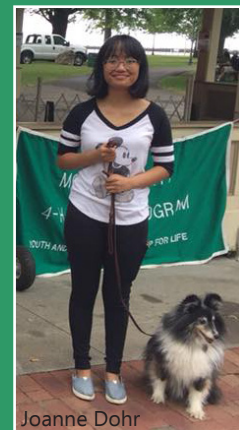
To volunteer for this awesome event,
please sign-up [HERE](#).

The NYS 4-H Dog Skillathon

Held during the state 4-H dog show on **Saturday, August 18**. This educational activity to test dog science knowledge and skills and gain experience in decision making to further 4-H member's success with canines.

The state level activity was initiated for the first time in 2011 during the NYS 4-H Dog Show in Syracuse, NY.

right: K-9 Kids 4-H Club member Katyvon



Joanne Dohr



Upcoming Events



Surviving a Zombie Apocalypse: A Weekend Filled With Outdoor Adventures

Friday, September 28 to Sunday, September 30

@ 4-H Camp Bristol Hills
For youth ages 10 and up



At the beautiful 4-H Camp Bristol Hills you will learn outdoor survival skills to keep safe when the invasion comes. Learn skills such as fishing, fire building, preparedness packing, outdoor cooking, and more!

Host: CCE Seneca County

More information [HERE!](#)

Orleans County 4-H Fair

Monday, July 23 to Saturday, July 28
@ 12690 Route 31, Albion, NY 14411

Hours: Monday: 2:00 PM-10:00 PM
Tuesday to Saturday 10:00 AM-10:00 PM

More information [HERE!](#)

Empire Farm Days

Tues, August 7: 9:00 AM - 5:00 PM
Wed, August 8: 9:00 AM - 5:00 PM

While you're at Empire Farm Days this year, make sure to visit Seneca County CCE at the Cornell Building to see all that we're up to. Does ice cream and/or milkshakes sound yummy? Then come see us at the Seneca County 4-H Dairy Bar!

Location:
Rodman Lott Farm
2973 NY-414
Seneca Falls, NY 13148

More information [HERE.](#)

State Fair Work Day



On Thursday, August 2nd from 10am to 3pm Tom Davis and Autumn Lavine will be hosting a volunteer work day at the Youth Building at the State Fairgrounds. Looking for any teens or adults who might be willing to come and help us with some painting and basic maintenance.

It would be appreciated. We will provide all the needed supplies and pizza for lunch! Please contact Tom at htd2@cornell.edu if you or others are interested.

The 42nd Annual New York State 4-H Agribusiness Career Conference

Thursday, October 18, 2018, 9:00 AM to
Friday, October 19 @ 5:00 PM
@ SUNY Cobleskill and local agri-businesses.



The conference is co-sponsored by NYS 4-H, the State University of New York (SUNY) at Cobleskill and the NYS Farm Bureau Foundation for Education. This career exploration conference is open to all youth ages 14 and over who wish to become more aware of opportunities with agriculture and also the academic requirements for professional positions available in the various agri-businesses.

Monroe County 4-H Advisory Committee Meeting

Tues, September 11, 6:30 PM - 8:30 PM

The [4-H Advisory Committee](#) will be meeting on this date to discuss upcoming 4-H programming, the future of 4-H in our county, and everything else going on in our current 4-H program.



Scholarships

The Ralph S. Harper Scholarship:

To encourage 4-H members to pursue higher education.

Donor: Mr. Ralph S. Harper and family

Harper Scholarship: Priority is given to students planning to go into work in agriculture, environment, home economics, or areas related close to these. Those students planning to enter a field of work as a result of their 4-H activity and experiences are also considered for this scholarship.

Amount: \$600 is awarded. \$300 is awarded in the first year of college. A second \$300 check is given upon satisfactory completion of the first year of college. Grade report must be submitted to the 4-H Office for review.

Award: Two 4-H members, preferably one male and one female are selected each year.

Eligibility:

Any high school graduating Monroe County 4-H member, entering college in Fall 2018. Member must be enrolled in 4-H. If awarded a scholarship, in order to receive the second year payment, youth must remain an enrolled 4-H member if he or she still meets age requirements.

Basis for Selections:

Major emphasis will be given to a candidate's 4-H experience and achievements, with some consideration given to financial need.

Use of Scholarships: May be used for any college expense at a four-year college, community college, or trade school.

Application: [HERE](#)

Scholarship Materials to:

Cornell Cooperative Extension
of Monroe County 4-H Office
2449 Saint Paul Boulevard
Rochester, New York 14617

Application Due Date: **July 30, 2018**

Interview Schedule: Candidate Interviews will be held at Cornell Cooperative Extension, Monroe County Office.

Announcement of Awards: **Notification in August 2018.**

The Norman V. Ryan Scholarship:

To encourage 4-H members to pursue higher education.

Donor: The Ryan Family

Ryan Scholarship: Priority is given to students who have demonstrated leadership and community service, and those students planning to enter a field of study or employment as a result of their 4-H activity and experiences.

Amount: \$1000 is awarded. \$500 is awarded in the first year of college. A second \$500 check is given upon satisfactory completion of the first year of college. Grade report must be submitted to the 4-H Office for review.

Award: One 4-H member is selected each year.



Lomker Scholarship

We currently are accepting applications for the Lomker 4-H Camp Scholarship!

Sandra Lomker graciously established a 4-H Scholarship Fund to support Monroe County 4-H youth attendance at 4-H camps and educational 4-H programs. Scholarships will be awarded annually. Awarded camp scholarships supplement the basic camp fee. Scholarships do not cover the deposit, or extra program activity fees. This scholarship offsets the basic camp fee. To apply, click on the link below.

[Lomker Scholarship](#)

4-H STEM Programming

4-H STEM Summer 2018

by Casey Sheils

This summer the 4-H Program, with the help of our Urban Fellow intern, will be gearing up for six weeks (7/9 - 8/17) of STEM activities in community sites all over Monroe County!

After weeks of planning, we are very excited to begin this process and help combat the significant learning loss that occurs over the summer. Our programs, which will be an hour a week per site, will focus on Science, Technology, Engineering, and Math (STEM), while incorporating essential and applicable skills to everyday life.

Typically, our programs are geared towards 7-11 year olds, but we do modify the activities in accordance to the age groups or interests of the children at the particular site.

Some of our ideas for programming: Using the Pedal Power Bike to make a smoothie, a DIY lava lamp, a biomechanical handout made of cardboard and straws, oil spill cleanup, DIY abacus, and building a LEGO castle/structure. Our goal is to not only teach the material, but to allow children to realize their own potential interests and capabilities as a STEM student. Anyone can be a scientist, regardless of their background, race, orientation, gender, and ability!



stock photo

This summer, we will work with the following sites:

Friendship Children's Center
310 Fernwood Ave.

Cameron Community Ministries Youth Program
48 Cameron St.

Frederick Douglass Recreation Center
999 South Ave.

Phillis Wheatley Community Library
33 Dr. Samuel McCree Way

If you have any suggestions about our programming, possible partnerships with STEM agencies, or questions, please do not hesitate to reach out!

Contact:

Casey Sheils
Urban Fellow & 4-H Intern
monroe4hinterns@cornell.edu

Tara Defendorf-Kuba
4-H Primary Educator
tld4@cornell.edu

Earth Day Grant Summary

by Meghan Dougherty

Thanks to the Genesee Finger Lakes Chapter of the Air & Waste Management Association for their generous support, CCE-Monroe was able to offer a variety of conservation activities at the 4-H Expo. The funding is part of the 2018 Earth Day Grant Program promoting and teaching environmental awareness and skills.

An Oil Spill activity was used to explore water health and the importance of water conservation. Families were encouraged to create a water pollution scene and explore different ways to resolve pollution. Youth gained better understanding on the harmful effects of pollution on our water system and why there needs to be a solution. Youth experienced how difficult and important it is to practice water conservation. One youth commented, "Wow, this is difficult to clean up!"

A Seed Pod craft was fun and families enjoyed making them. The seed pods held the connection to clean air, water and giving back to the environment. Without clean air and water, we would not have plants giving us oxygen which is essential for all life. The discussion with youth about plants providing the oxygen we need to breathe helped inform them that we should be growing more plants.

A popular STEM area was Yoga in the Park. For many this was not their first time doing yoga as it is being implemented in schools across Monroe County. Yoga is a great way to get active and stay in shape. The connection between clean air, water, and physical activities such as yoga was explained. Discussion included how clean air affects our health. Youth practiced several yoga poses, implementing deep breathing. One youth commented, "Yoga can increase my flexibility!" Encouraging youth to be active is an important aspect of ensuring a healthy environment.

There were many other conservation-minded organizations at the 4-H Expo encouraging youth to give back to our earth including: a solar energy demonstration, beekeepers & pollinators, and an education activity on invasive water plants.



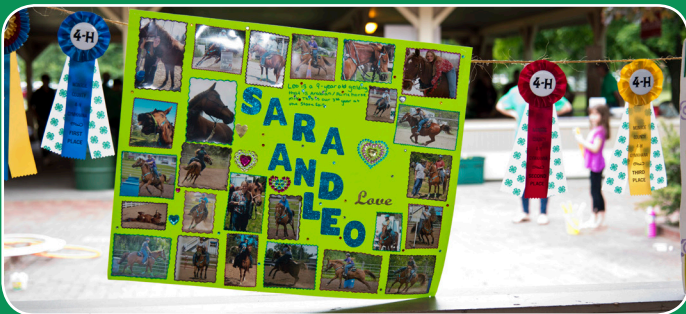
4-H Club Notes



MARIAH MEADOWS



Top (right & left): Hosting a girl scout troop to teach about horses
Bottom (right & left): Equine dentist Jeff K delves into dentistry



4-H posters at the 4-H Expo
(top: Erin, bottom: Sara)

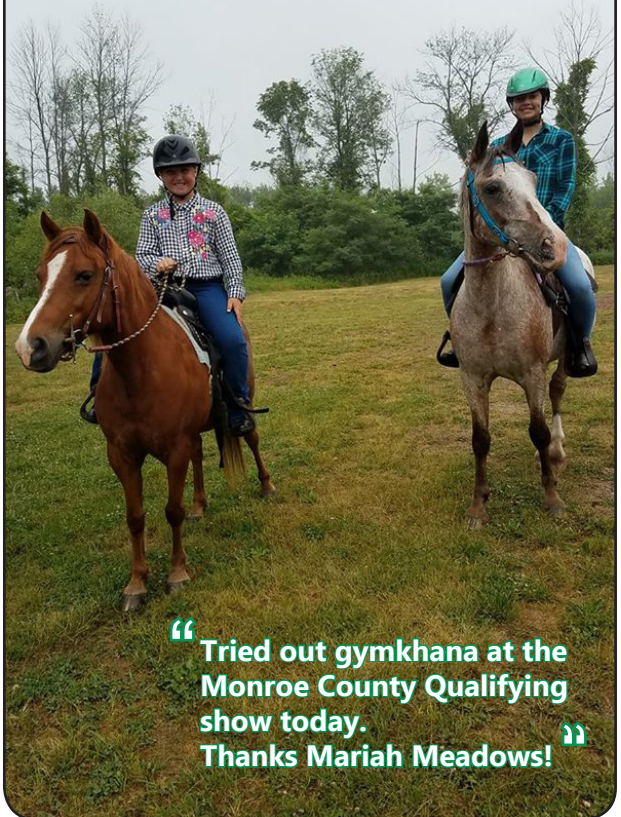
Stirrups to Success on Facebook

"Club funds raised so far: \$300.80, after (returning) bottle and cans. We are trying to raise at least \$600 for our club, so we can pay for the kids to go to the (Horse Awards) banquet in November.

Our logo contest was decided! Congratulations to Caleigh for submitting the design. Runners up were Mady and Alexis. The winning image will be digitalized and we will be ordering apparel in the near future."



Posh Ponies on Facebook



"Tried out gymkhana at the Monroe County Qualifying show today. Thanks Mariah Meadows!"

CCE-MC 4-H Staff:



Andrea Lista
Executive Director
aml355@cornell.edu
(585) 753-2559

Tara Defendorf-Kuba
4-H Youth Development Educator
tld4@cornell.edu
(585) 753-2566

Michele Schepisi-Ritchie
4-H Admin Asst
mas859@cornell.edu
(585) 753-2577

Introducing...



photo provided

Casey Sheils, Urban Fellow Intern

Casey Sheils

My name is Casey Sheils and I am interning with the 4-H Program this summer, through the University of Rochester Urban Fellowship. I will be planning and teaching basic STEM experiments to elementary ages in schools, libraries, and rec centers and could not be more excited! During the school year, I attend SUNY Binghamton and am studying Public Health and Immigration studies. When I'm not in class, I enjoy learning new languages, being outside, dancing, and eating good food with friends!



Meghan Dougherty

My name is Meghan Dougherty and I am an intern from East Greenbush, New York. I recently graduated from SUNY Potsdam with a Bachelor's of Science degree in Community Health and Nutrition. I wish to continue pursuing my education to become a Registered Nurse. I truly enjoy learning about ways to get involved with the community and making a difference.



Leslie Murdoch, LLC

Meghan at the Nutrition station at the 2018 4-H Expo

Dog Contests

DOG PHOTOGRAPHY CONTEST

The New York State 4-H Dog Program is searching for new talent! Young photographers will have an opportunity to have their original work displayed at the 2018 NYS Fair in Aug 22 – Sept 3.

DOG VIDEO CONTEST

The New York State 4-H Dog Program needs your help in creating videos that will inspire community involvement and educate the public about responsible dog ownership and ways 4-H dogs help people.

Help us share your passion, your creativity and your ideas with others! Young film makers (age 8 -19) will have an opportunity to have their original work displayed at the 2018 NYS Fair Aug 22 – Sept 3.

POETRY CONTEST

The New York State 4-H Dog Program is providing another opportunity for dog lovers to demonstrate their creative talents! Young poets (age 5 – 19) will have an opportunity to have their original work displayed at the 2018 NYS Fair Aug 22 – Sept 3.

All entries due by July 15, 2018.



Dog Photo Contest 2017

RULES FOR EACH CONTEST:

[Dog Video Contest](#)

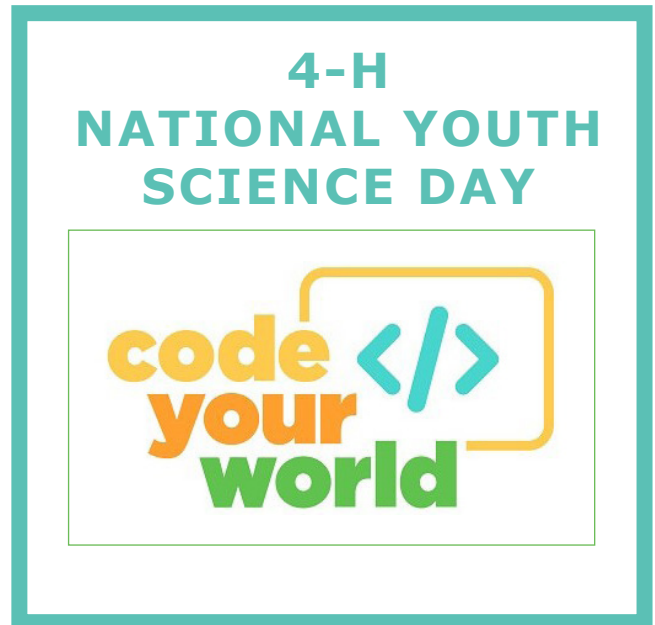
[Dog Photography Contest](#)

[Dog Poetry Contest](#)

[All Dog Contest forms & documents](#)

Upcoming Events

<u>July</u>	<u>Event</u>
4	CCE (4-H) Office CLOSED
20	County Fair project deadline
<u>August</u>	
3-5	Monroe County Fair
6	4-H Horse Advisory meeting 6:30 PM @ TBD
8	4-H State Fair Horse meeting 7 PM @ Sweet Release Equestrian Center for horse program youth showing at NYS Fair
18	NYS 4-H Dog Show
26	NYS Hippology Contest - NYS Fairgrounds
22-31	New York State Fair
<u>Sept.</u>	
1-3	New York State Fair
3	CCE (4-H) Office CLOSED
9	Chicken BBQ 1 PM - 4 PM @ CCE-MC
11	4-H Advisory meeting 6:30 PM @ CCE-MC
<u>Oct.</u>	
1	New 4-H Program Year
7-13	National 4-H Week
TBD	National Youth Science Day
18-19	NYS 4-H Agribusiness Career Conference @ SUNY Cobleskill



Cornell Cooperative Extension Monroe County



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension of Monroe County is supported by public and private funding. Primary cooperating partners are the County of Monroe, the State of New York and SUNY's Land Grant Colleges at Cornell University, and the U.S. Department of Agriculture.