



# MONROE COUNTY 4-H Herald

BIMONTHLY NEWSLETTER **May - June 2019**

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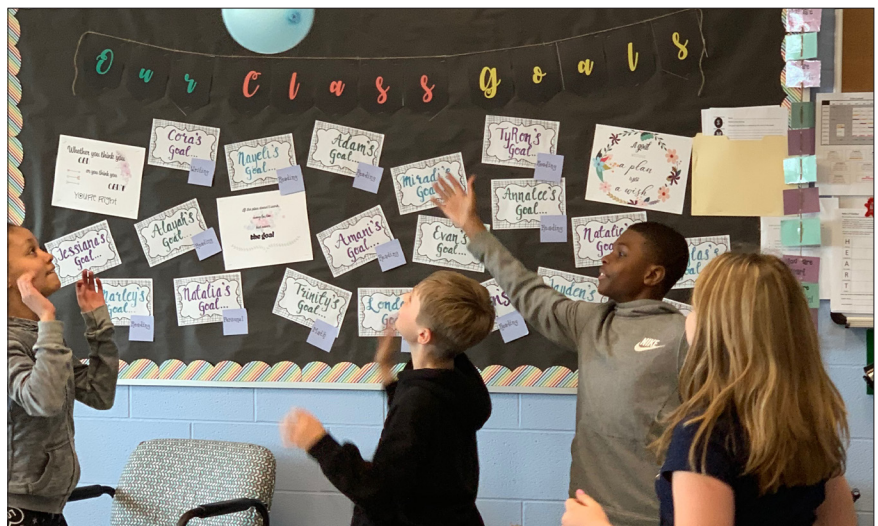
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Steering Committee



## Choose Health: Food, Fun & Fitness

### 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.



# Exciting Fundraiser for Monroe County 4-H!

## Abundance Food Co-op: Round Up for 4-H!



Each month Abundance Food Co-op selects an area non-profit as the beneficiary of its Round Up program, through which customers can round up their purchase total to support that organization. **Monroe County 4-H is excited to be that beneficiary during the month of May 2019!** Be sure to let all of your friends and family know! Please share on your social media pages!



Abundance Food Co-op was founded in 2001 as Rochester's first and only cooperatively owned grocer. Located in the heart of the South Wedge, the store offers a wide variety of local, organic and fair trade foods and household items. While becoming a member is an option, the store is open to all to shop.

Additionally, Monroe County 4-H will be going to Abundance Co-op on two occasions in May to teach students from School 12 who are going on a walking field trip to the store. Our 4-H educators will help teach them about healthy living by doing an activity where the youth see that half of their plate should be fruits and veggies.

## 4-H Career Explorations

**Tuesday, June 25, 2019, 9:00 AM  
to Thursday, June 27@ 12:00 PM**

NYS 4-H Career Explorations & College Experience Program is a three-day event for youth on the Cornell University campus.

The purpose of this program is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college setting and to introduce you to Cornell University. The event is made up of two grade specific tracts: University U for youth entering grades 8 - 9 and Focus for Teens for youth entering grades 10-12.

Open to any NYS teen (grades 8-12) Space is limited; registration is accepted on a first come, first serve basis. Financial Assistance may be available. Transportation & chaperone costs included, 50% refund before May 31, NO refunds after June 1.

**CLICK  
FOR  
MORE  
INFO**

## NYS 4-H Dog Video, Photo & Poetry Contests

Entries are due July 15, 2019

[4-H Dog Video Contest Rules](#)

[4-H Dog Photo Contest Rules](#)

[4-H Dog Poetry Contest Rules](#)



## 4-H Volunteer & Leader Training 2019

On April 16<sup>th</sup>, 4-H volunteers from all over Monroe County got together to network and learn new skills. The volunteers were able to taste some of the recipes from the CHFFF curriculum, such as black bean salad and water with a twist.

Carla Stough-Huffman from the Greater Rochester After School Alliance led "The Brain Architecture Game," a compelling hands-on activity that helps us think about the experiences that youth bring along with them from birth. It is a nice foundation for adults to have when working with youth and helpful in understanding social and emotional needs.

Interested in becoming a 4-H volunteer or leader? Contact [monroe4H@cornell.edu](mailto:monroe4H@cornell.edu) or (585) 753-2550.



photo by 4-H Staff

# Great Family Event! Click on flyer to register!

This is a fantastic opportunity for youth & families in Monroe County. A collaboration of organizations is bringing hands-on activities to help understand the outdoors.

## MASTER FOREST OWNER (MFO) PROGRAM

MONROE COUNTY EVENT 2019

NY Master Forest  
Owner Program

### *Discovering the Woods and Wildlife Around You*

Join us for a day of exploring and learning about the woods and wildlife



**WHEN:** Sunday, May 19th

**TIME:** 1pm to 4:30pm

**WHERE:** Seneca Park; workshop will be held in the Wegman Lodge, Zoo Rd, Rochester NY 14617 and the woods walk will be through Seneca Park

Attendance is **FREE!** The event is intended for individuals of all ages and nature skill levels including beginners to those with more extensive knowledge looking to stay engaged. **Tree ID guides** provided by the New York Forest Owners Association (NYFOA) will be given to youth attending the event. Attendees are asked to dress for the weather and wear boots or shoes suitable for walking on woodland trails. The trail is an easy one mile loop over level terrain.

**TO REGISTER** or for more information: [https://pub.cce.cornell.edu/event\\_registration/main/events\\_landing.cfm?event=WoodsWildlifeWorkshop](https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=WoodsWildlifeWorkshop) or call Monroe County Cornell Cooperative Extension at (585) 753-2550



**June Summers** — President of Genesee Valley Audubon Society will go over the basics of bird watching.

**Brittany Lagaly** — Invasive Species Educator from Finger Lakes Partnership for Regional Invasive Species Management (FL-PRISM) will discuss the impacts of invasive species on the native ecosystem.

**John Bateman** — Instructor of Environmental Conservation at Finger Lakes Community College (FLCC) will provide an introduction to wildlife species in the area.

**Liz Berkeley** — Monroe County CCE Lab Diagnostician will provide a presentation focused on tick habitat, their biology and control.

**Bruce Gilman** — Director of the Muller Field Station will lead the woods walk and teach us how to identify different tree species using their leaves, bark, and other defining characteristics.

**Dave Will** — Lead Zoo Naturalist for Citizen Science will discuss the Urban Wildlife Information Network, a nationwide study the Seneca Park Zoo is participating in using camera trap equipment to learn more about urban wildlife and their movement.



GVAS  
Genesee Valley Audubon Society

FingerLakes  
COMMUNITY COLLEGE



Monroe County  
Parks

Seneca Park Zoo  
Connect. Care. Conserve.

Cornell Cooperative Extension  
Monroe County

NYFOA  
New York Forest Owners Association

*Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.*



# Club Notes



## HILTON HORSEMEN

Jen Schwab  
on Facebook

April 23

Great job tonight Hilton Horsemen! What a huge help everyone was with helping take care of our Manitou Horses & getting them cleaned up for spring. It takes a team! Thank you!



Jen Schwab on Facebook

April 23

Great Job Hilton Horsemen! The Easter Egg Hunt / Food Drive was a big success & a lot of fun ! We helped donate a TON of food to Hilton's Food Shelf for families in need! Thank you!

## POSH PONIES



Posh Ponies 4-H  
Monroe County, NY  
on Facebook

April 28

Helping the Earth at Pick Up The Parks in Highland Park on this chilly, grey morning- hope it warms up soon!!

Posh Ponies 4-H  
Monroe County, NY  
on Facebook

April 13

We brought bunnies to the Chili Recreation Easter Egg Hunt this morning. Gladys, Linda, Diamond and Fern got lots of love and pets!



Posh Ponies 4-H  
Monroe County, NY  
on Facebook

April 3

What a great afternoon learning about and volunteering

at Pencils and Paper - a Program of Jewish Family Service! Super cool place that provides free school supplies for teachers- check it out. We will be back!

## SHOOTING SPORTS

Rochester Field Target  
4H Shooting Sports  
on Facebook, April 8

Our 2nd air rifle class had its last class tonight. Everyone spent the night shooting different air guns and targets followed by receiving their 4H shooting certificates. Students were amazing in so many ways and it was a privilege to teach them.





# Club Notes



## BUTTONWOOD LIVESTOCK

Monroe County 4-H youth from the Buttonwood Livestock club had a fantastic experience at The Dairy Discovery Workshop at College of Agriculture and Life Sciences at Cornell University.



Hope and Faith had a great weekend meeting new friends, reconnecting with old friends, and exploring campus. The hands-on activities were a deep dive into dairy science. Topics included Youth Quality Assurance, reproduction, care of the fresh cow, and hoof care. Photos by Brenda A.



## 4-H FRIENDS



4-H Friends, the Cloverbuds club in Mendon, had the chance to learn about Maple syrup last week!  
photo by Leslie P.

## WESTSIDE EXPLORERS

The Westside Explorers enjoyed the Ag Literacy Week book read by parent volunteer, Sharon P.

Their evening activities focused on budgeting and shopping local. They also made banks to begin a savings plan. The 4-H Staff hopes those banks will be part of the 4-H EXPO in July!



## BUSY BEES

The Busy Bees 4-H Club at Mary Cariola Children's Center has been working on bee themed art projects for a fundraising sale at Rochester Contemporary Art Center (RoCo).





# MONROE COUNTY 4-H



## 4-H GROWS IN MONROE COUNTY

Cornell Cooperative Extension  
Monroe County

Cornell Cooperative Extension is an equal opportunity,  
affirmative action educator and employer.

**2019 4-H EXPO: Sunday, July 14  
from 12 p.m. to 6 p.m.**

Contact: Susan Coyle, 4-H Program Leader,  
[smc226@cornell.edu](mailto:smc226@cornell.edu) or (585) 753-2550

The event is quickly approaching! Get your projects and activities ready! More information to follow soon regarding planning meetings and volunteering for the event! Ideas for 4-H projects may be found [HERE](#).

**We hope to see all of the Monroe County 4-H members at the event!  
The 4-H EXPO will focus on Monroe County 4-H members, their activities & achievements.**

**Let's show the Rochester area how 4-H Positive Youth Development  
benefits local youth in their communities!**

## Location, Location, Location ↓

# ONTARIO BEACH PARK

Park Staff: 585-509-2827

for more information:  
[monroecounty.gov/parks](http://monroecounty.gov/parks)  
585-753-PARK (7275)



Monroe County  
**Parks**



### LEGEND

	Park		Shelter
	Beach		Playground
	Parking Lot		Soccer Field
	Parking		Volleyball Area
	Park Office		Point of Interest
	Bathroom		Boardwalk
	Pickleball Courts		Baseball Fields
	First Aid and Lifeguard Station		





# MONROE COUNTY 4-H



## Choose Health: Food, Fun, and Fitness

The 4-H team's newest venture is teaching the CHFFF curriculum!

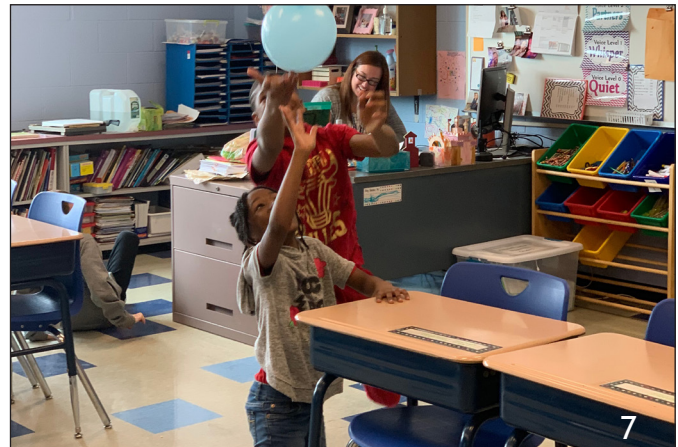
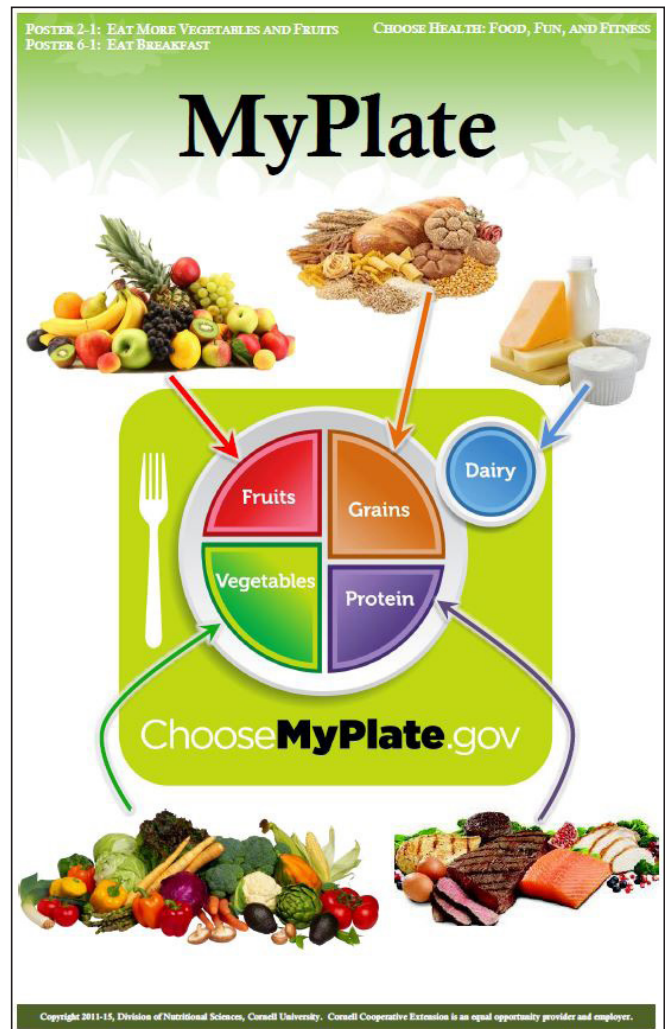
The CHFFF program is an award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 3rd-6th graders. Youth get to play games and taste healthy foods while learning about them!

Fluff, our 4-H Educator, recently finished teaching the program to the Peace Gardeners 4-H club at School 29. Next, she will be taking the program to over 130 students at Laurelton-Pardee Intermediate School for their 3rd and 5th grade classrooms.

For more information about the weekly lessons, click [HERE](#).

*Developed by Cornell University's Division of Nutritional Sciences in collaboration with Cornell Cooperative Extension's 4-H Youth Development Program, CHFFF uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Each lesson includes interactive nutrition activities, food preparation (& tastings!), active games, a goal setting challenge, and a family newsletter.*

**PHOTOS:** From left, CHFFF at School #29, East Irondequoit Laurelton-Pardee Intermediate School (2)





# MONROE COUNTY 4-H



## 4-H School Enrichment & Afterschool Programming

Written by Theresa Lippa

Photos by 4-H Staff

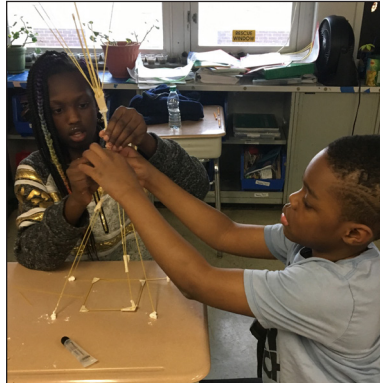
### RCSD School #17



After being highly praised by Mayor Lovely Warren at her State of the City Address and named the "beacon at the center of an urban village," this school is one to learn from.

Part of their success comes from embracing the use of project-based learning, the same way 4-H does. Monroe County 4-H is proud of our continued programming with the school's 1st, 4th, and 5th grade classrooms facilitating hands-on science, gardening, and agriculture activities!

### RCSD School #29



The Peace Gardeners 4-H club in Ms. Dupree's classroom has been busy! Over the past couple months, our 4-H educator taught them about healthy living through the CHFFF curriculum.

Also, the 8 APO volunteers from University of Rochester recently finished working with Ms. Dupree's students. From February to the end of April, they mentored the youth; they did science experiments together, built spaghetti-marshmallow structures, played games outside, read together, and so much more!

### RCSD School #25



In their afterschool program, the students have been learning about agriculture!

They have learned about plant adaptations and how life grows in different environments, the water cycle, and participated in a citizen science activity. The citizen science activity brought the kids outside with magnifying glasses to make observations of the life in their community garden!



### Rochester International Academy

After participating in Ag Literacy Week, Ms. Dale-Sheehan has invited 4-H back!

After just doing a Water Cycle activity with their students in early April, our 4-H educators are excited to go back in May to teach the students about Seed Germination!





# MONROE COUNTY 4-H



## Cameron Community Ministries & Nazareth College's Community Youth Development (CYD) Program



The Monroe County 4-H Program is excited to embark upon a new partnership with Nazareth College's CYD program!



The 4-H Educators met CYD interns at Cameron Community Ministries to help them begin teaching 4-H afterschool programming on March 1<sup>st</sup> with a "Sampler Day." Youth participated in a music activity, a science activity, and community service activity (making thank-you cards for their teachers, parents, and crossing guards.) Then interns took over, teaching the youth topics they enjoy most for the next few weeks. We are hopeful that CYD interns with other recreation centers may continue to model this pilot partnership!

*The Community Youth Development interdisciplinary program focuses on the beliefs, principles, and practices of youth development. This community-focused approach blends theory with extensive opportunities to spend time with youth to learn about the protective and risk factors within their families, neighborhoods, and communities.*

### RCSD School #2:

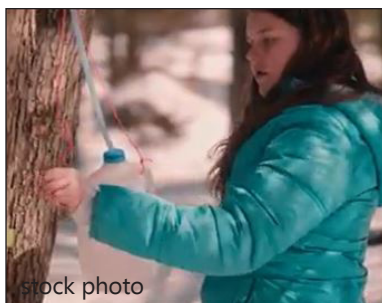


After the students in Ms. Moore's second grade classroom participated in Ag Literacy Week, they invited 4-H to come back!

Fluff, our 4-H educator, recently facilitated the Water Cycle activity and will be back later to teach them about Seed Germination. Ms. Moore's classroom is even in the works to become a 4-H club!

### Florence Brassier Elementary School

The Gates-Chili school hosted our 4-H Youth Development Ag in the Classroom program for a lesson on maple syrup! Maybe next spring we can make syrup together!



stock photo



### Happy Arbor Day!

4-H students from **Exploration Elementary Charter School for Science and Technology** dodged the rain drops to plant a tree at Maplewood Rose Garden this morning. Staff can't wait to bring a hands-on activity to their classroom to support their learning.



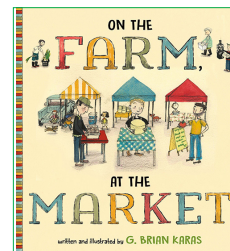


# AG IN THE CLASSROOM



## Agricultural Literacy Week

### **Agriculture Literacy Week was a HUGE success!**



Volunteers throughout Rochester went into classrooms to read a book with an agricultural theme to 2<sup>nd</sup> graders, then facilitated a hands-on activity where the youth were able to pretend they were running their own farmer's market. This program served over 750 youth -- 535 more youth than in 2018!

In the end, 39 different teachers from 25 different schools and recreation centers signed up for the program. Additionally, 26 volunteers were recruited to serve in these classrooms, with nine of these volunteers being New York Legislators or Senators.

One of the recruited volunteers actually owned her own sign company and opted to create unique signs for the activity (picture at right). She even donated them to the classroom for them to use in the future!



The 4-H team is looking forward to reaching even more youth with this program next year.

## **Endangered pollinators find friends at Fairbanks Road School**

When visiting speaker Susan Coyle from Cornell Cooperative Extension arrived at Fairbanks Road Elementary School, she was greeted by a hallway decorated top to bottom with artwork of bees & bee facts.



The 4-H program leader was at the Churchville-Chili school to advocate for honeybees, native bees and other pollinators. She had no trouble convincing the school's second graders of the insects' importance. Coyle spoke about the wide variety of bees and their value in food production.

She quizzed students on their knowledge of bees and on the reasons for the declining bee population. They were quick with potential answers — pesticides, mites, monocultures, climate change, shrinking habitat. They also were aware that other pollinators are experiencing similar declines. Coyle assured them that scientists and farmers are working to find

solutions. She then separated the students into groups of surrogate almond trees, bees & farmers to demonstrate pollination and how all partners work together.

"Our second grade classes have been studying plant reproduction, pollination and bees," teacher Rose Heppner said. "Our teachers each have individual approaches to the subjects, but by collaborating our lessons all become richer. Together, we are able to create an immersive learning environment where all of our students share knowledge across classrooms and subject disciplines. They can exercise ELA, math and art skills, in addition to science and researching."

The Fairbanks Road second grade teaching team includes Bethany Alesio, Kelly Bellamy, Rose Heppner, Katie Krahmer and Jamie Snook.

## Monroe County 4-H Public Presentations



**Posh Ponies**



**Westside Explorers**

## 2019 4-H Communication Institute Saturday, June 1, 2019

Join NYS 4-H for the annual Communications Institute! The emphasis will be on skill-building and this will be encouraged through the peer and group evaluation process as well as the three workshop tracks offered.

Additionally there are opportunities for youth to offer input on the peer evaluation process and overall event planning.

Schedule coming soon.

Register [HERE](#).

## Finger Lakes District 4-H Public Presentations

Monroe County 4-H, along with 8 other counties, participated in the 2019 4-H District Presentations event in Clifton Springs, NY on March 30<sup>th</sup>.



Brianna & Addie (above left)  
Addie (above right)  
photos by  
4-H Staff



Brianna demonstrating happy bunny cupcakes  
Photo from Posh Ponies on Facebook

Monroe County 4-H members Addie W. gave a presentation all about river otters, while Brianna T. gave a demonstration about how to make cupcakes that look like bunnies. Brianna received a Top 30 Presenters award.

It was great to see these young people challenge themselves and learn more about the public speaking project area.

**Friday, May 31**

[Click to view](#)



**4-H GOLF OPEN  
— 2019 —**





# Monroe County 4-H Horse Program



## Fundraising

The Monroe County 4-H Office still has cases of candy bars for Horse Program members to sell to offset some of the program costs, including the annual awards ceremony and the awards presented. Cases of candy bars may be picked up at the office between 9 a.m. & 3 p.m. Monday through Friday. If you need to set up a different time, please contact staff. Candy bars are \$50 per case.

Questions regarding fundraising? Contact Susan Coyle, 4-H Program Leader, at [smc226@cornell.edu](mailto:smc226@cornell.edu) or (585) 753-2550.



photo provided

## Events

### Region 2

### Horse Communications

Monroe County 4-H member Ella B. gave a team presentation at the Region 2 Horse Communications competition and will be representing, with teammate Alex T. from Genesee County, Region 2 at the state competition in June! Great job, Ella!

### NYS 4-H Horse Bowl

Ella B., Molly K., Ava C. & Rose L. represented Monroe County at the NYS 4-H Horse Bowl Competition at Cornell U. in Ithaca. Ava C. earned 5th place in junior individual and Ella B. qualified for the National Competition in Kentucky for the senior division. Thank you to Coach Pauline for her guidance!



stock photo

## Mariah Meadows Gymkhana Horse Show

Sunday, June 23, 2019  
Sign-up 9 a.m. - Start Time 10 a.m.

For more information, please contact [mariahmeadows@aol.com](mailto:mariahmeadows@aol.com)

Click picture for details.

**CLICK HERE FOR  
2019 MONROE COUNTY 4-H  
QUALIFYING HORSE SHOWS**

## Important Forms

Did you know?

All of the important forms required for the Monroe County 4-H Horse Program are located on our website [HERE](#) including:

**ELECTRONIC FILL-IN PROJECT HORSE FORM**

**HORSE PROGRAM EDUCATIONAL PROGRAM PARTICIPATION REQUIREMENTS**

**HORSE PROGRAM NYS FAIR HORSE SHOW REQUIREMENTS**



Church Hills Stable on Facebook April 25 Frosty loves attention from the 4-H girls!



## Miniature Horse Clinic

Date: Saturday, May 11<sup>th</sup> | 12pm-2pm  
Location: Bristol Valley Training Center

5918 Rte. 64, Bristol  
RSVP to Jenn Schwab  
[jls669@cornell.edu](mailto:jls669@cornell.edu) | 991-5420 | 335-1752

## Volunteer Opportunities

The Town of Penfield invites the Monroe County 4-H Clubs to participate in our Annual Independence Day Parade. The parade is scheduled on Saturday, June 29, 2019 at 10:00 AM.

This year we will be judging floats - prizes available for Best Patriotic Float. We encourage all groups to enter a float. If you need assistance, please contact Sabrina Renner, Special Events Assistant at 340-8651. Deadline to enter a float is Monday, June 3rd.



The 2019 parade route will begin at the Penfield High School. The Recreation Department estimates the parade to be one and one-half hours in duration.

Please contact the Monroe County 4-H office at: [monroe4H@cornell.edu](mailto:monroe4H@cornell.edu) if your club is interested in participating. The office will coordinate efforts with the Town of Penfield.



## Tour de Cure



- 4-H families wishing to participate in this year's Rochester Tour de Cure for the American Diabetes Association on **Saturday, June 8**, should contact: Savannah Lee, Intern American Diabetes Assoc. [SaLee@diabetes.org](mailto:SaLee@diabetes.org)

## Barnes & Noble Book Fair

- **Saturday, June 22, 2019 9:00 AM - 3:00 PM**

- Join us for our Barnes & Noble Book Fair at the Pittsford Plaza location. Members of 4-H need to represent the program at this important fundraiser.
- To volunteer, contact [monroe4H@cornell.edu](mailto:monroe4H@cornell.edu).

## New York State Fair



Monroe County 4-H will have opportunities for youth to participate in leadership activities at **The Great New York State Fair** between August 21 to 25. This could include a one day trip to teach an activity in our exhibit booth, being a teen leader, or applying to be a junior superintendent.

Clubs are welcome to work together on a hands-on activity to offer in the booth. Contact Susan at [smc226@cornell.edu](mailto:smc226@cornell.edu) to find out more information.

## Monroe County 4-H Scholarship Opportunities

Monroe County 4-H is pleased to offer scholarships for youth camp opportunities.

The funds for these great activities are from the successful TSC Paper Clover and JOANN Fabric Clover campaigns held in 2018.

Please fill out the application and note the camp you plan to attend. Each 4-H member will be awarded one camp scholarship per year, however youth are encouraged to attend other camps at their own cost.

Scholarships will cover 50% of the registration cost of the camp.

**Please return your APPLICATION on or before Friday, May 17, 2019.**

**Scholarships may be used to attend:**

- [4-H Camp Wyomoco](#)
- [4-H Camp Bristol Hills](#)
- [4-H Camp Beechwood](#)



**BEECHWOOD**

## Lomker Scholarship

Monroe County 4-H is currently accepting applications for the Lomker 4-H Camp Scholarship! This scholarship, which offsets the basic camp fee, was established by Sandra Lomker to support Monroe County 4-H youth attendance at 4-H camps and 4-H educational programs.

For more information and to apply, click on the link below. Deadline is May 31, 2019.

[Lomker Scholarship Application](#)

## UPCOMING EVENTS

### MAY

- 3-5 [Forestry Weekend at Camp Shankitunk](#)
- 4 [Animal Crackers at Cornell U.](#)
- 4 [The Amazing World of Soil at RMSC](#)
- 10-11 [Civic Engagement Program Work Team](#)
- 11 [You Be the Judge - Dairy seminar](#)
- 17 [Awesome Equine & Dairy 101](#)
- 19 [Discovering Woods & Wildlife](#)
- 19 [Capital Days](#)
- 31 [J. David Ferris Memorial Golf Tournament](#)

### JUNE

- 1 [The Amazing World of Soil at RMSC](#)
- 2-3 [Communications Institute](#)
- 14-16 [NYS 4-H STEM Camp at Camp Shankitunk](#)
- 22 [Barnes & Noble Book Fair](#)
- 25-27 [Career Explorations at Cornell U.](#)
- 25-29 [4-H Overnight Horse Camp - Hemlock](#)

### JULY

- 7-13 [4-H Dairy STEM Camp at Camp Wyomoco](#)
- 14 [Monroe County 4-H EXPO \(p. 3\)](#)
- 15 [Deadline to enter NYS Dog Contests](#)
- 22-26 [4-H High Tech Camp - Niagara Falls](#)

### AUGUST

- 2-4 [Monroe County Fair](#)
- 21-31 [The Great New York State Fair](#)

### SEPTEMBER

- 1-2 [The Great New York State Fair](#)
- 18-20 [Adirondack Adventure Weekend](#)

### OCTOBER

- 9-20 [Tractor Supply Co. Paper Clover Campaign](#)
- 17-18 [AgriBusiness Career Conference SUNY Cobleskill](#)

## Monroe County 4-H Steering Committee

It is time to once again gather our 4-H Steering Committee. This meeting is open to all 4-H Leaders, Volunteers, Parents, and Stakeholders. Teens are encouraged to attend. Youth voice is important.

Come to learn the latest developments in 4-H, celebrate achievements, and help solve challenges.

Please complete the doodle poll to share the days that work best for your schedule. If you have an agenda item, please contact Susan at [smc226@cornell.edu](mailto:smc226@cornell.edu).

<https://doodle.com/poll/htfcukstnv9qetwd>

### CCE-MC 4-H Staff:

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*Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.*