



MONROE COUNTY 4-H Herald

NEWSLETTER **October 2019**

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Autumn & Winter 4-H Events



Cover photos by Theresa Lippa

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.

Introducing Jessica Reid



New Monroe County 4-H Educator

A former 4-H participant herself, Jessica is happy to be joining the Monroe County 4-H team this year!

Jessica recently returned to the Rochester area after spending 5 years working with youth on the Japanese Exchange and Teaching (JET) Program in the beautiful rural community of Ehime, Japan.

In Japan, Jessica also volunteered with children's programming at her local agricultural co-op, and assisted in guiding youth through programs on sustainability, forestry, and agriculture, plus the fishing industry at the "Live in Moriumius" program at Moriumius-Lusail, a sustainable learning center in Ishinomaki, Japan.

When not tending to her garden or playing with her two pups at home, Jessica enjoys hiking, camping, and cooking.



photo provided

2019 Winter Barnes & Noble Bookfair

Festive Event at the Greece Ridge Mall Location

Attention Monroe County 4-Hers! The cool winds are blowing, the leaves are falling, and the 4-H Bookfair at Barnes & Noble is fast approaching!

This year's Bookfair at the Greece Ridge Barnes & Noble will be held Saturday, December 14, from 9 a.m. - 4 p.m.

Last year our clubs helped raise money for Monroe County 4-H by leading fun activities such as cookie decorating, crafts, games, showcasing bunnies and dogs, and more! We're looking for clubs to volunteer again this year. This is a great opportunity for clubs to fulfill their volunteer responsibilities for the year!

Need some ideas? You could try ornament making, musical performances, demonstrations, nail painting, lego building, minute-to-win it games, etc.- the sky is the limit! Have questions or need more ideas? Contact Jessica Reid at jar642@cornell.edu, and get the ball rolling!

Club leaders can also head to <https://bit.ly/2nYg1vU> and start signing up their clubs to volunteer for this amazing event! Hope to see you there!

Cornell Cooperative Extension
Monroe County

Greece Ridge
Mall Location

**BARNES & NOBLE
BOOKFAIR**

Shop Online
code: 12547345

**Saturday, December 14, 2019
9:00 AM - 4:00 PM**

PROCEEDS BENEFIT MONROE COUNTY

4-H Science Sampler Day 2019

Registration for the 2019 Science Sampler is open now! This is a great opportunity to explore science topics and visit the Cornell University Campus.

Your \$5 registration fee will include a boxed lunch and your choice of three of the following workshops: Soil Painting, Coding with Scratch and More, Wearable Electronics, Social Media Test Drive, and/or Outdoor Cooking.

This event will take place at Cornell on November 2nd and is for youth grades 5th-8th.



stock photo

If you are interested, please contact the 4-H office at monroe4h@cornell.edu or (585) 753-2550, so that we may get you signed up! **We need to hear from you by October 4th.**

2019 4-H Achievement Day



stock photo

The 2019-2020 4-H year has just begun! That means it's time to celebrate the achievements & triumphs from 2018-2019 of our 4-H members!

Join Monroe County 4-H staff, members & volunteers on Saturday, October 26th (location to be determined) at 10 a.m. Attendees will have the opportunity to turn in 2019-2020 4-H re-enrollment paperwork and payment, to network with other members and volunteers, and to learn more about new clubs. Fill out the [4-H Experience form](#) & return by Friday, October 18th.

Come and be recognized for all your hard work. Meet new people and have fun!

The 59th Annual 4-H Horse Awards Banquet

Sunday, November 17, 2019 5:00 PM - 8:00 PM

Join us at 5 p.m. on Sunday, November 17, the Monroe County 4-H Horse Program will host the annual [4-H Horse Awards Banquet](#) at Bernard Restaurant & Party House located at 360 Maiden Lane, Rochester, NY 14616.

Tickets will be \$18/aged 9 & older and \$13/aged 8 & younger.

Awards nomination form may be found [HERE](#). Registration for tickets will be activated soon. An e-mail will be sent to Horse Program members when the registration goes live.

Questions regarding the banquet may be addressed by calling Mary Hull, at (585) 746-5133 or e-mailing mkeanehull@gmail.com. We look forward to seeing you at the event to celebrate the accomplishments of our 4-H Horse program members!





MONROE COUNTY 4-H



Mighty Mondays!

The third Monday of each month, 4-H will host a uniquely themed activity in a different location. These activities are open to both 4-Her's and the community - so bring a friend!

2019-2020 Schedule:

October 21: National Youth Science Day Activity

November 18: Apple and Pumpkin Creations

December 16: Festive Holiday Creations

January 20: Winter Science Activities

February 17: Project Day at Winter Break Camp

March 16: Agricultural Literacy Week Activity

April 20: Climate Change Workshop

May 18: Spring Garden Night

June 15: Prepare for 4-H Expo Night - Create a project to take home



stock photo

To receive more information, including registration instructions: email monroe4H@cornell.edu or call (585) 753-2550. Each activity may have a small fee.

Mighty Monday: October 21

Computer Science adventures for National Youth Science Day

Perfect for first-time and beginner coders!
For youth ages 8-14

Youth will learn how to use computer science (CS) to create games, solve problems, and engage with topics they're passionate about through puzzles and physical activity.

When: Monday, October 21 at 6:30 p.m.

Where: Gates Public Library

Event is free. Registration is required. Space is limited, so don't delay! Registration ends 10/17/2019.

Register: <https://bit.ly/2kswl70ings>



stock photo



MONROE COUNTY 4-H



CCE-Monroe Cornell Chicken BBQ

Monroe County 4-Hers fundraise through bake sale

The Monroe County 4-H program raised over \$350 at the CCE-Monroe Cornell Chicken BBQ on Saturday, September 21!

To everyone that participated:

THANK YOU

If you volunteered...

If you donated baked goods...

Special thanks to the Freeman family for the use of their tent.



photos by Andrea Lista, CCE-Monroe, Executive Director

Cornell Cooperative Extension | Monroe County

4-H Horse Program Candy Fundraiser

Proceeds help fund the 2019 Horse Awards Banquet

There are still candy bars available for those Horse Program members who have not fulfilled the fundraising requirement for the 2018-2019 4-H year. If you have not picked up your candy from CCE-Monroe, please do so between 9 a.m. and 3 p.m. Monday through Friday.

Contact monroe4h@cornell.edu or (585) 753-2550 with any questions.





In the News...

photos by 4-H Staff

Youth gain confidence with public speaking



Monroe County 4-H Program partnered with the Upward Bound Program at Monroe Community College to teach an eight-session public speaking course to local high school students this summer. Twenty-one youth gave final presentations at the end of the course.

Early classes included discussing how students felt about public speaking. Many students reported they thought it was important to learn how to present because they would need it for future success in college and their careers. Most students described feeling nervous when thinking about speaking in public and they are not alone. The fear of public speaking is common among youth and adults alike.

To read the full article in Morning Ag Clips, please access the link [HERE](#).

Monroe Co. 4-Hers have impactful horse experiences



Monroe County 4-H members participated in multiple horse-related activities at the 2019 New York State Fair this year.

A fantastic group of 4-H members represented the Region 2 Horse Program and participated in the Hippology contest at the state fair. They started at 8:00 AM with horse judging and kept going for 5 hours while working together to give oral presentations and take written tests. Topics included anatomy, breeds, knot tying, farrier tools, and more!

The Monroe County 4-H team is excited that there was great participation at the state fair by the youth in the horse projects. The staff has great appreciation for seeing Belonging, Independence, Generosity, and Mastery develop.

To read the full article in Morning Ag Clips, please access the link [HERE](#).

4-H UNITY teen leaders spread kindness



As part of the 4-H UNITY (Urban Neighborhoods Improved Through Youth) project, youth members were able to attend the 2019 New York State (NYS) Fair to make Kindness Rocks with fairgoers and to explore other 4-H opportunities. The UNITY youth are part of the Ibero-American Action League's Aspira program at Rochester City School District's Eugenio Maria de Hostos Charter School (EMHCS).

The opportunity to plan and carry out this community service project will help to develop life skills for teens. They worked through planning and logistics, experienced being part of a team, and were responsible to make preparations at home.

To read the full article in Morning Ag Clips, please access the link [HERE](#).

States' 4-H International Exchange Programs

We have received notification that the application process for our Outbound Exchange is now open. States' 4-H International Exchange offers youth the opportunity to travel abroad to a participant country in 2020.

Countries available for travel include:

Costa Rica
Japan
South Korea
Norway
Romania
Taiwan



Application materials will need to be submitted to the NYS 4-H Office no later than November 1st, 2019 to be considered for selection for our 2020 outbound opportunities.

Attached is a basic overview of the outbound opportunities with comparisons and the application that will need to be filed to begin the process. For More information you may also visit <https://www.states4hexchange.org/>

YOU'RE INVITED to the CCE-MONROE 2019 ANNUAL MEETING

THE MEETING WILL BE HELD AT THE ROBACH COMMUNITY CENTER AT ONTARIO BEACH PARK. PLEASE REGISTER [HERE](#) SO WE MAY PLAN FOR YOUR ATTENDANCE.

Cornell Cooperative Extension Monroe County



ANNUAL MEETING & PROGRAM TOUR

THURSDAY, OCTOBER 24, 6:30 TO 8:30 P.M.

EXPERIENCE AN EVENING OF CCE PROGRAMS:
AGRICULTURE, GARDENING, PEST MANAGEMENT,
4-H YOUTH DEVELOPMENT, NUTRITION, AND MORE!

MAKE & TAKE - SAMPLES - GIVE AWAYS
+ SILENT AUCTION - LIGHT REFRESHMENT

Insectapalooza 2019

This year's event will be held on Saturday, October 19, from 9 a.m. to 3p.m. at a NEW LOCATION!! Stocking Hall (Food Science Building). Come see the Bizarre, Bad, and Beneficial of the insect world.

The annual, one-day insect fair is hosted by the [Department of Entomology at Cornell University](#).

Insectapalooza is an interactive, hands-on experience that features hundreds of live insects, spiders, and other fascinating arthropods. Popular favorites include the live Butterfly Room and Arthropod Zoo.

Insectapalooza

Saturday, October 19, 2019 at 9 AM – 3 PM



Stocking Hall, Cornell University, 411 Tower Road, Ithaca NY

Insectapalooza is fun and educational for children, teens, and adults of all ages. The annual Insect Fair reflects the countless wonderful ways that insects interact with people and impact our lives -- for better or for worse.

Monroe County 4-H T-shirt Poll

 <p>OPTION 1</p>	 <p>OPTION 2</p>	 <p>OPTION 3</p>
Heather Green Tee & Green Sweatshirt	Heather Blue Tee & Blue Sweatshirt	Navy Blue Tee & Sweatshirt

Which color should Monroe County 4-H select?

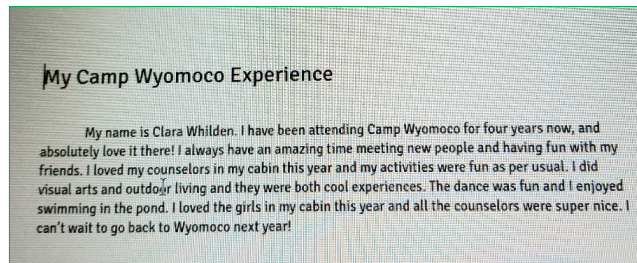
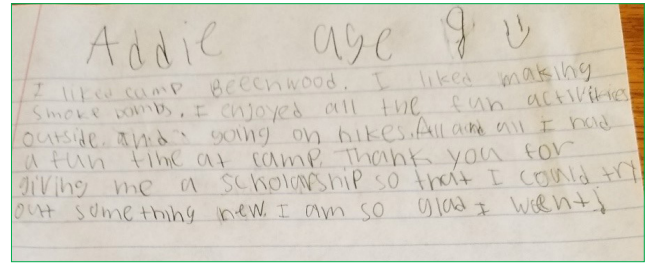
Click the box above to submit your answer!
Please respond by Friday, October 4th.

Paper Clover Campership* Recipients

"Letters from Camp"

From Addie W. age 9 Camp Beechwood

"I liked Camp Beechwood. I liked making smoke bombs. I enjoyed all the fun activities outside and going on hikes. All and all I had a fun time at camp. Thank you for giving me a scholarship so that I could try out something new. I am so glad I went!"



From Clara W. age 14 Camp Wyomoco

"My name is Clara Whilden. I have been attending Camp Wyomoco for four years now, and absolutely love it there! I always have an amazing time meeting new people and having fun with my friends. I loved my counselors in my cabin this year and my activities were fun as per usual. I did visual arts and outdoor living and they were both cool experiences. The dance was fun and I enjoyed swimming in the pond. I loved the girls in my cabin this year and all the counselors were super nice. I can't wait to go back to Wyomoco next year!"

outdoor living and they were both cool experiences. The dance was fun and I enjoyed swimming in the pond. I loved the girls in my cabin this year and all the counselors were super nice. I can't wait to go back to Wyomoco next year!"

*Camp scholarships made possible through fundraising campaigns by Tractor Supply Co. & Joann Fabric & Craft Stores

Monroe County 4-H Inspiring Young Citizen Scientists

Monroe County 5th & 6th graders try their hand at citizen science in Ellison Park, Rochester, NY

This year's Conservation Field Days hosted over 1,000 children from schools across Monroe County, with students learning about the environment through various hands-on-activities conducted by local organizations in picturesque Ellison Park. This year the Monroe County 4-H team participated on all three days of the event, leading children through a quick, twenty minute introduction to citizen science activity collecting data on the biodiversity of "mini-ecosystems" in the park.

With a clipboard, pencil, and magnifying glass in hand, the students split into groups and set off to locate one of several mini-ecosystems set up around a field to collect data from. As the children gathered around their mini ecosystems marked off by hula hoops, they began to look for evidence of plants, fungi, insects, invertebrates, and other animals. Students recorded their findings.

As the classes gathered back together at the end of the activity, 4-H Educator Jessica Reid showed students how to record their data on a single chart for the whole class. Students participated in a discussion comparing their data to those of other groups, and thinking about what factors may have affected their findings. Early-morning classes tended to find a lot of snails, slugs, and mushrooms amongst the morning dew, while later morning classes often made note of more flying insects, such as dragonflies and bees, flying in and out of their ecosystems.



written by Jessica Reid

REMINDER

Re-enrollment for the 2019-2020 4-H year

Complete & return your paperwork by 11/15/2019 to avoid a late charge!

Member re-enrollment packets for Monroe County 4-H were sent in early September. Re-enrollment forms for volunteers were also sent.

Please verify the details on your information sheet and correct for any changes. Make sure you read, complete and sign each section. Enclose a check totaling the number of member re-enrollments multiplied by \$15 and return the entire packet by mail. Please do not send cash through the mail.

If you prefer to drop-off your packets, please do so between 9 a.m. & 3 p.m. Monday through Friday. Those who drop-off may pay via cash, check or credit card during office hours. If you are unable to visit during office hours, there is a dropbox and payment slot on the enclosed porch of the CCE-MC building.



There is a \$5 late fee per child if paperwork is received any time after November 15, 2019. Youth will be asked not to participate after January 1, 2020 if their paperwork has not been turned in.

New requirement for volunteers: Sexual Harassment Training

Hello CCE-Monroe Volunteers,

I'm sure you would agree that a culture that stresses both respect and accountability is a culture that feels safe. We all want to promote and experience safety while we work and play.

In an effort to ensure a safe environment for all, Cornell Cooperative Extension has implemented a new system-wide volunteer policy. All volunteers are required to complete the CCE Sexual Harassment Prevention Training annually. Your program leader/coordinator has provided the tools and instructions to assist you in completing this training. If you are unable to complete it online, you can schedule to meet with your program leader/coordinator at your convenience for an in-person training.

Thank you for your support and understanding of this new state-wide policy. If you have any concerns, please do not hesitate to reach out to your program leader/coordinator or email me (aml355@cornell.edu). We truly appreciate your service to CCE-Monroe and the residents we serve.

Kindest Regards,

Andrea Lista

Please complete this training by October 1st, 2019

1. Watch the 10 minute video [here](#).
2. Confirm participation and understanding of the expectations
3. Forward the completion email confirmation to Susan Coyle at smc226@cornell.edu
4. Report any Sexual Harassment witnessed, experienced, or perceived



Monroe County 4-H Spirit Day October 8, 2019

Break out the Clovers! It's 4-H Spirit Day, the perfect time to sport your 4-H swag! Share a photo of yourself all decked out on Instagram & tag @monroe4h!

National 4-H Week is the time to celebrate 4-H & spread the word about Cornell Cooperative Extension's exciting 4-H Youth Development Program!

Follow Cornell Cooperative Extension of Monroe County on [Facebook](#) & [Instagram](#) for special activities and giveaways throughout the week.

For the 77th consecutive year, millions of youth, parents, volunteers and alumni across the country will be celebrating National 4-H Week during the first full week of October. Join in the celebration by sharing your 4-H experiences with your friends and community!

#National4HWeek

UPCOMING EVENTS

OCTOBER 2019

- 4 Deadline to register - Science Sampler at Cornell U.
- 6-12 National 4-H Week
- 8 4-H Spirit Day
- 14 Columbus Day | CCE-Monroe closed
- 9-20 [TSC Paper Clover Campaign](#)
- 21 [National Youth Science Day/Mighty Monday](#)
- 24 [CCE-Monroe 2019 Annual Meeting](#)
- 26 Monroe County 4-H Achievement Day

NOVEMBER 2019

- 17 [59th Annual Horse Awards Banquet](#)
- 18 Mighty Monday (stay tuned for more info)
- 28-29 Thanksgiving | CCE-Monroe closed

DECEMBER 2019

- 14 [Barnes & Noble Bookfair](#)
- 16 Mighty Monday (stay tuned for more info)
- 25 Christmas | CCE-Monroe closed

PAPER
CLOVER

October 9 to October 20

Support 4-H at local Tractor Supply stores.
Purchase a paper clover at the register!

BROCKPORT - (585) 637-3620
6365 BROCKPORT SPENCERPORT RD
HONEOYE FALLS - (585) 624-8308
345 WEST MAIN ST

CCE-MC 4-H Staff:

<p>Andrea Lista Executive Director aml355@cornell.edu (585) 753-2550</p>	<p>Susan Coyle 4-H Program Leader smc226@cornell.edu (585) 753-2567</p>
<p>Michael Dondorfer Americorps VISTA mpd94@cornell.edu (585) 753-2568</p>	<p>Lori Koenick 4-H Educator lbk75@cornell.edu (585) 753-2576</p>
<p>Jessica Reid 4-H Educator jar642@cornell.edu (585) 753-2566</p>	<p>Michele Schepisi-Ritchie 4-H Admin Asst mas859@cornell.edu (585) 753-2577</p>

**Cornell Cooperative Extension
Monroe County**



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