



MONROE COUNTY 4-H Herald

MONTHLY NEWSLETTER

April 2020

4-H Steering Committee & Volunteer Appreciation

The 4-H team values your input as we forge ahead with youth and their families. Please join us virtually to learn and grow on **Tuesday, April 28th**.

We will plan to meet from 6:30 to 8:30pm. Registration information coming soon.

This meeting will be held online using the Zoom format. 4-H staff is happy to support you in this if you are not familiar with the platform.

4-H Programming During Social Distancing

The Monroe County 4-H Program is working (remotely) to bring 4-H positive youth development programming directly to your phones, computers and tablets. Follow us on Facebook and Instagram for activities, ideas and videos designed to keep families learning and having fun!

We've also compiled some useful links on our website, so check out the subjects at right, and click on each for more opportunities to stay happy and healthy during this challenging time.

L I N K S



Cornell Cooperative Extension
Monroe County

CCE-Monroe Office Is Closed; Staff Working Remotely

CCE-Monroe prioritizes the health, safety and well-being of the communities we serve. Given the uncertainty surrounding COVID-19, and due to an abundance of caution and the recommendation for social distancing, CCE-Monroe is currently closed.

Staff are working remotely and will be providing digital programming delivered to the safety of your homes via internet.



Please like us on Facebook & Twitter. Look for DIGITAL EVENTS here and on our Social Media accounts. Our staff will be checking voicemails daily and will do our best to respond within 24 hours.

We are here to serve you!

Thank you,
Andrea Lista, Executive Director

ONLINE RESOURCES for KIDS & FAMILIES

Resources
for
Learning
at Home

Parenting
Support
Resources

Links
to
Local
Resources

Resources
for
Working
from Home



APRIL IS NATIONAL VOLUNTEER MONTH



The Monroe County 4-H Program is grateful to have dedicated, diverse volunteers with many varied talents. The program, especially the club portion, would not exist without volunteers who recognize that positive youth development is an investment in our community's future.

VOLUNTEER OPPORTUNITIES

Junior Superintendent Leadership Position

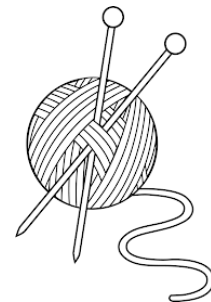
This process is an exciting, fast-paced, and fun working/learning experience for teens 16 years of age or older, to assist Youth Building Superintendents in the showcase of educational and informative 4-H Youth Development programs. JSs serve for 8-hour shifts/day with two days off during each 8-day rotation and receive a \$40 premium/day.

First time JSs will only be scheduled for one week. Perks include: making new and reconnecting with old friends, working with others as part of a team, gaining business and leadership skills, while enhancing communication and public speaking skills. JSs work for a minimum of 8 hours between 8 a.m. to 11 p.m., reside in the youth building dormitories, and follow the same dormitory rules and regulations as any other youth/adult residing in the dorms.

If you are interested in serving as a junior superintendent, please contact Susan at smc226@cornell.edu.

Seeking a Knitting Mentor

Do you love yarn and kids? Would you like to experiment with online teaching? 4-H has a lovely donation of yarn for 4-H youth to enjoy.



If you are interested in teaching this new skill to kids, please reach out to Susan for more details.

HEY LEADERS!

Help us collect this important information. Help 4-H to help you!

Volunteer Impact Survey

The Northeast 4-H states are leading a project exploring volunteer impact. This survey is designed to gather data on a volunteer's impact to youth, themselves, their community and the organization. Participation is optional, but the survey will only be conducted online. 4-H Volunteers will be sent an email through 4-H Online notifying them of the upcoming launch of the Northeast Region Volunteer Impact Survey and regular reminders after. We hope to be able to use the results of this survey to develop informational and marketing resources including info-graphics to truly demonstrate the value of volunteer service to 4-H which in turn may be able to recruit future volunteers.

Survey Timeline

- First notice shared: March 18, 2020
- Launch date: March 24, 2020
- Reminder shared: April 21, 2020
- Survey closes: May 19, 2020



Please contact [Alexa](#) with questions.

NEW YORK STATE 4-H OUTSTANDING LIFETIME VOLUNTEER AWARD *Mary Hull*

On Tuesday, March 10, in recognition of her volunteerism through 4-H, and service to the youth of Monroe County, Churchville resident Mary Hull was recognized by proclamation at the meeting of the Monroe County Legislature. Friends and family were present as Mary accepted the honor for her 40 years of service to 4-H youth.

As stated in the proclamation, "Mary Hull is one of the leaders and mentors that ensures our youth are in good-hands. She started her journey with 4-H as a youth member but would return as a young adult to help give a new generation the sense of belonging and generosity that she had discovered. Mary has dedicated her life to ensuring future generations are provided with the care and knowledge to grow into successful leaders."

Through personal accounts and recommendations from peers, 4-H members, parents, and alumni, there is plenty of evidence of Hull's guidance and exemplary conduct with the Monroe County 4-H Youth Development Program. Volunteer 4-H leader Niki Whilden says in her nomination of Hull for the New York State 4-H Outstanding Lifetime Volunteer Award, "I met Mrs. Hull as a teen 4-H member myself 30 years ago. She was a leader of another horse club in our county and was always present at county equine events. Mary's welcoming and kind demeanor helps both children and horses feel at ease around her. She is an amazing teacher to our youth, as she understands how to keep activities fun, challenging and safe for all involved, at all levels and ages."

While accolades come from all corners of the county and across the country, including Wisconsin and North Carolina, experiences with Hull's generosity of time, knowledge and love of 4-H are very personal for some, like twelve year-old Posh Ponies 4-H Club member Molly Krotz.



Mary Hull with Kate & Molly Krotz

Krotz says, "She (Hull) has helped me on multiple occasions that really matter to me. The one that stands out most recently was my trip to State Fair for Horse Judging competition. Last year she brought me to state horse judging when my mom had to work. My mom dropped me off early in the morning and we didn't get back until late at night.

She does things out of the goodness of her heart and always encourages people to have fun. I have known Mary for a long time and would not be where I am today without her help."



Mary Hull (photo provided)

Molly's mom, Kate Krotz, has this to say about Hull, "Mary sees the potential all kids have. She uses her life and 4H experiences, to help the county 4H program. She believes in the motto "to make the best better". She is a positive role model to all who meet her. She leads by example creating a positive environment at

all times. She has a phenomenal impact on the 4H program stressing education in the atmosphere of fun. She creates a safe inclusive environment at all times."

Each year, state 4-H programs nominate an outstanding individual volunteer through the 4-H Salute to Excellence Awards. The Outstanding Lifetime Volunteer Award is awarded to volunteers that have had a demonstrably positive impact on the lives of 4-H youth, such as the ability to work with young people in a way that promotes youth empowerment, decision-making, problem-solving, meeting challenges, and mastery.

Furthermore, a nominee must be dedicated to youth/adult partnerships and developing mentor-learner relationships, as well as dedication to providing a safe and inclusive environment for youth. The award is thus given to an individual who has spent 10 or more years as a 4-H volunteer. As this year's winner of the award in New York State, Hull will be honored in a ceremony at the New York State Fair.

Marsha Graffin, parent to a former member of Hull's club says, "It is really impossible to put into words the deep impact Mary had on us. It was so much more than just 4-H. It was the value of serving others, the impact you can make on the world around you, the foundations of developing good people, techniques for getting people to connect with each other so you can build a stronger community. Maybe the most significant thing we got from Mary is knowing she genuinely cared about us, about every kid and parent in her club."

Hull's 4-H roots run deep. Since her youth, Hull has been continuously connected to 4-H in Monroe County. "I was in 4-H as a kid," says Hull, "I always thought that I'd want to get involved with it as an adult leader because I loved it."

The Monroe County 4-H Program is grateful and proud to have volunteers such as Hull amongst its volunteer ranks. The program, especially the club portion, would not exist without volunteers who recognize that positive youth development is an investment in our community's future.

4 - H SUMMER 2020

Sew Much Fun Camp



Monday, July 20 through Friday, July 24



Daily: 10 a.m. to 4 p.m.



4-H and the American Sewing Guild are together offering a beginner-friendly sewing camp for kids, ages 9-15 years. Sewing is a great way for kids to express themselves and to experiment with their creativity!

We are excited to teach your children the important life skill of sewing this summer!

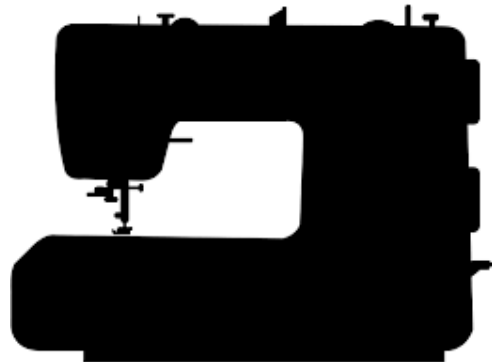
Limit is 10 registered youth. Registration is required.

Register at <https://bit.ly/3drxdIS>

membership is not required to participate.

CLICK
FLYER
FOR
LINK

LOCATION:
DISCOUNT SEWING CTR
475 E. RIDGE RD.
ROCHESTER, NY 14621



FEE:
\$100 PER YOUTH/WEEK
LEARN MORE:
<https://bit.ly/2UhAwBJ>



4-H GROWS HERE

Cornell Cooperative Extension | Monroe County

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Mindfulness



by Keyshla Lopez-Rivera, Public Health Intern

Special note: Keyshla is the Public Health Intern from SUNY Brockport, serving with the 4-H Team through early May. Keyshla was facilitating Mindful Me, a mindfulness curriculum for K-3rd graders at RCSD School #17 as part of her experience with 4-H.

During this worldwide crisis that is happening, it is important to practice mindfulness activities at home with your family such as, meditation, mindful eating, breathing techniques, and more. The concept of mindfulness is to be present instead of thinking about the past or future. Mindful eating is one activity that I practiced first hand with a group of second graders and they were very excited with the new experience. This group was happy to learn and observe details they never noticed before, have the opportunity to share their thoughts, and listen to others. The activity demonstrated to the students how to utilize their senses in order to mindfully eat an apple and help practice patience as a skill.



Keyshla with Second-graders at RCSD School #17

Furthermore, the mindful eating helps reduce overeating, increase awareness of physical cues, aid good digestion, and enhance emotions about food. Mindfulness can be utilized in many ways to understand why we should have our body and mind connected, stay focused, be calm, and it can be fun! The importance of showing kids at a young age to practice mindfulness can positively influence social interactions and behaviors, as well as establish a foundation for the child to gain and maintain a positive mindset as they grow into adulthood.



Second-graders at RCSD School #17

More so, mindfulness can be connected to the safety protocols that are being used to prevent the spread of germs and stay healthy, such as when washing your hands for 20 seconds, take a few deep breaths, and focus on the hand-washing. Are you washing between all fingers? Scrubbing underneath your nails? Rinsing and drying thoroughly? Think about "when" you are washing your hands, is it only when using the bathroom or before eating and cooking, and after touching an animal/pet? Throughout the day you should increase your awareness of washing your hands before and after daily activities.

Therefore, giving the amount of time spent at home more than the usual for many, take this opportunity to reconnect with your mind and body. As well as share with the entire family of the positive or negative feelings in order to make improvements, and have mindfulness become a habit. Begin with simple mindful activities and work your way to more complex activities. Let's not become overwhelmed or disappointed by taking small steps towards fulfilling experiences. The practice of mindfulness will help a reasonable percentage of the population reduce stress, especially with the current situation around the world.

KAHOOT WEBINAR - WEDNESDAY, APRIL 8TH - 4 PM

Kahoot is an online game-based learning platform. <https://kahoot.com>

4-H educators, Lori and Jessica, are offering a webinar on Wednesday, April 8th at 4 pm on how to get the most out of the Kahoot program! Create quizzes and games! Play against family & friends!

Feel free to tune in, connect with 4-H educators, and learn more about remote activities! **NEED LINK**

TUTORIALS FOR PLATFORMS WHERE YOU CAN VIDEO/VOICE CHAT

These are great resources if you want to continue doing club meetings even though you cannot gather in person. Any one of them could work for your purposes, it's a matter of preference which one you & your kids choose.

- Zoom: <https://parade.com/1010792/stephanieosmanski/how-to-use-zoom/>
- Skype: <https://www.youtube.com/watch?v=NRcb3uB3Jac>
- Google Hangouts: <https://www.youtube.com/watch?v=Kkgdc92KMnQ>
- Discord: <https://bit.ly/342DBIR>

DRAWFUL, IS A PICTONARY-LIKE GAME THAT IS A TON OF FUN AND IS GREAT FOR KIDS AND ADULTS ALIKE.

Drawful 2: <https://jackboxgames.com/drawful-two/>

Monroe County 4-H Presents

Kitchen Scrap Gardening



Don't waste those kitchen scraps! Learn how to reuse them to grow something new at home!

Kitchen Scrap Gardening—Carrots on *4-H FLX Learning Launchpad*

Thursday, April 2nd, 10am

Get a taste of the fun and learn how to regrow carrot greens from carrot top scraps.

<https://cornell.zoom.us/meeting/register/vJEvduuvqjgqabmcrsv-5zz9qtJjWtT0Eg>

Kitchen Scrap Gardening Workshop via Zoom

Friday, April 10th, 1pm

Can't get enough Kitchen Scraps? Join Monroe County 4-H Educators Lori and Jessica for a more in-depth, interactive workshop, and learn more about what kinds of plants you can regrow, how to regrow them, and join along in some kitchen scrap planting! Bring your kitchen scraps and your questions!

Register Here:

Cornell Cooperative Extension
Monroe County



4-H PUBLIC PRESENTATIONS - MONROE COUNTY

Monroe County 4-H youths participated in Monroe County's 4-H Public Presentations event. The Irondequoit Public Library generously hosted the event, providing a safe and welcoming environment for the youth to put their skills on display.

Every year, 4-H members have the opportunity to participate in the Public Presentations program, where they design a presentation based on a topic of their choice and share it with an audience of both peers and parents alike. 4-H alumni share that this program is the most important project of their 4-H career.

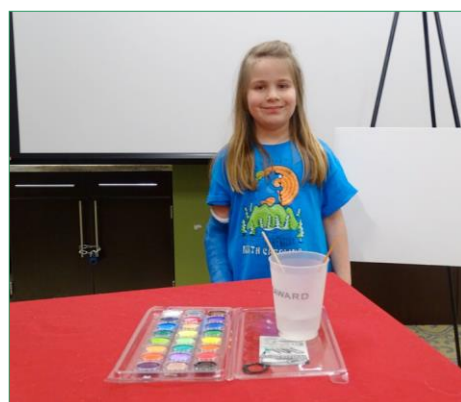
Volunteer evaluators, Mary Hull and Rachel Lawrick, watched the presentations and asked questions. After each presentation they offered detailed feedback during individual conferences with each participant. Two youth acted as Teen Evaluators who worked alongside the adult evaluators. Maddie Basset and Bea Freeman both were able to develop their leadership skills. Evaluators offered their time to help 4-H youth develop their public presentation skills.

The youth participants utilized several different presentation methods, including Illustrated Talks using Power Point slides or trifold posters and demonstrations. One presenter, Abigail Dayton, displayed a trifold poster that she created while demonstrating how to make dog treats from home. About her presentation, Abbi shared, "I enjoyed presenting because I was able to share a homemade dog treat recipe that was healthy, easy to make and cheap." Her dog, Henry, even made a guest appearance as a professional taste-tester.

Many parents participated in the event as well. Many of them assisted in both preparing the rooms for the night, and they all cheered on all of the kids as they presented. Garth Freeman said, "From choosing and researching a topic they are passionate about, to organizing their ideas into a cohesive and understandable presentation, to creating the visual and demonstrative aspects, and finally sharing their topic with the audience and answering questions; each aspect supports their personal and professional development in a supportive and celebratory environment."



Abbi demonstrates making dog biscuits



Grace, a Cloverbud



The group was all smiles after the certificates were handed out. (Susan Coyle)

Public Presentations continues to be a fruitful experience for all of those involved. Abbi said about the experience as a whole, "I like to practice speaking in front of people because I know it's an important skill to have in life."





4-H EXPO



4-H GROWS IN MONROE COUNTY

Cornell Cooperative Extension
Monroe County

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

We're excited to share that plans are currently being made for our annual 4-H Expo event, which will take place Sunday, July 12, 2020 at Ontario Beach Park!

Soon we'll be sharing information about signing 4-H members and volunteers up to participate. So SAVE THE DATE!

If you know of an organization that may like to provide an activity station at the event, please share [this link for an application to participate](#).

Please have the organization complete the application by April 30, 2020. Should the organization be selected to participate, you will be notified by Friday, June 1, 2020.

Any questions about the 4-H Expo may be directed to Michele at mas859@cornell.com



2020 Dairy Bowl



One of the awesome parts of 4-H is meeting friends who have similar interests. Glad Owen had a great day at Dairy Bowl with Bing and Justin from Genesee County 4-H!

Thank you Coach Melissa for guiding them through the day!

SAVE THE DATE



July 31 to August 2



Helmet Safety and Concussion Awareness: New Policies for NYS 4-H Horse Programs

NYS 4-H Concussion policy (effective October 1, 2019):

All 4-H events with driving or mounted riding must have at least one staff member or volunteer present who has successfully completed the Heads Up Online Training (CDC).

THE TRAINING NEEDS TO BE COMPLETED FOR DRIVING OR RIDING EVENTS.

Concussions, or Traumatic Brain Injuries (TBIs), are an unfortunate risk of equestrian activities. According to a 2016 study (Winkler et al. 2016), equestrian sports were the leading cause of sports-related traumatic brain injuries. To minimize the potential consequences of a fall or injury, you can educate yourself and others about helmet safety, concussion detection, and safe horse handling and riding.

[CLICK PICTURE AT RIGHT TO VIEW THE FULL POLICIES DOCUMENT.](#)

**Helmet Safety and Concussion Awareness:
New Policies for NYS 4-H Horse Programs**

Jessica Spaulding¹, NYS 4-H Horse Program Events Coordinator and Lindsay Goodale², DVM, CDE Equine Specialist
¹CCE Madison County, ²Cornell University

Introduction
Importance of helmet safety for equestrian activities and the prevalence of traumatic brain injuries (TBIs) in equestrian sports. This document outlines the new policy for NYS 4-H horse programs regarding helmet safety and concussion awareness, effective October 1, 2019.

Requirements and Timelines
1) All staff and volunteers involved in driving or riding events must complete the Heads Up Online Training (CDC) by October 1, 2019.
2) All staff and volunteers must wear their seatbelts at all times while driving or riding.
3) All staff and volunteers must wear their seatbelts at all times while driving or riding.
4) All staff and volunteers must wear their seatbelts at all times while driving or riding.

Resources
1) CDC - Heads Up Online Training
2) NYS 4-H Horse Program
3) NYS 4-H Horse Program
4) NYS 4-H Horse Program

For more information, contact:
Jessica Spaulding, NYS 4-H Horse Program Events Coordinator
Lindsay Goodale, DVM, CDE Equine Specialist
10/1/2019



Monroe County 4-H Horse Program represented at Regional Horse Extravaganza

When people think about 4-H and horses, they usually think of fairs, and riding or showing events. It may surprise you to know that to participate in the Monroe County 4-H Horse Program you don't need to own a horse, or even know how to ride one.

While riding may be one activity, the Monroe County 4-H Horse Program is also focused on educational events. 4-H members learn anatomy, breeds, equine science and care. With this knowledge, 4-H members participate in events designed to challenge their knowledge, communication and teamwork skills.

This spring, Monroe County 4-H Horse Program members participated in a regional horse event that included youth from nine Finger Lakes area counties. The event is comprised of both Horse Bowl and Hippology. Thirteen youth participated in the Regional Horse Extravaganza event. Volunteers, led by Niki Whilden, helped to prepare and coach the youth for the event.

Horse Bowl is a team endeavor run like a quiz show where contestants buzz in with the answers to horse-related questions. Ella Torrence and Kennedy Guhman participated in the Novice Horse Bowl section. Posh Ponies 4-H Club members Addie Whilden, Molly Krotz, Maddie Basset, and Abigail Dayton took part in the Junior Horse Bowl Team portion for youth under 14 years of age.

Also in the Junior Section were Hilton Horsemen, Alexis Schwab, Ava Ciravola, Bryanna Wellington, and Ariana Dimitriadis. Krotz, Schwab, Ciravola, Whilden, and Dimitriadis qualified to be part of the next level of participation, the state event. Rose Lanzatella and Marissa Wellington were on a team in the Senior Level. Lanzatella has received an invitation for state play. The New York State Horse Bowl event is tentatively scheduled for Saturday, June 6th at Cornell University.

Hippology is an equine knowledge challenge that evaluates the overall knowledge of participants in equine science, vet science, equipment and farm management. Components of the competition include a judging phase, a 100-question written exam, and team problems. Participating at the regional level were youth from the Hilton Horsemen and Posh Ponies Clubs.

Kennedy Guhman and Ella Torrence took part in the first year level, Novice. Youth that were part of the event at the Junior Level, included Ally Thummler, Isabella Mantella, Maddie Basset, Ariana Dimitriadis, Bryana Wellington, Alexis Schwab, Molly Krotz, Addie Whilden, Angelica Montagiano, and Ava Ciravola.

Members that qualify to advance to the state level as team members or alternates include Ciravola, Krotz, Schwab, registration on the afore,entioned link. Wellington, Dimitriadis, Thummler, Mantella, and Basset. Senior Hippology saw a team of Rose Lanzatella, Ella Bohn, and Marissa Wellington. Bohn and Lanzatella will look forward to being part of the state contest in 2020. The New York State Hippology event will be held during The Great New York State Fair in August 2020.



Junior Hippology team, Niki W. & Bryana W.



**PROJECT HORSE
FORMS AND 2020
RABIES/COGGINS
CERTIFICATIONS
ARE DUE
MAY 1, 2020
TO THE 4-H OFFICE
AT 2449 ST. PAUL
BLVD., ROCHESTER,
NY 14617**

Monroe County 4-H Scholarship Opportunities

The Monroe County 4-H Program encourages higher education for its members. Below the scholarships for high school seniors offered by the Monroe County 4-H Program. Please review each, and, if interested, please complete the application by the June 1, 2020 deadline.

2020 HARPER & RYAN SCHOLARSHIPS

<u>The Ralph S. Harper Scholarship:</u>	To encourage 4-H members to pursue higher education. <u>Donor:</u> Mr. Ralph S. Harper and family <u>Harper Scholarship:</u> 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. <u>Amount:</u> \$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. <u>Award:</u> Two 4-H members, preferably one male and one female are selected each year.
<u>The Ryan Scholarship:</u>	To encourage 4-H members to pursue higher education. <u>Donor:</u> The Ryan Family <u>Ryan Scholarship:</u> 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. <u>Amount:</u> \$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. <u>Award:</u> One 4-H member is selected each year.
<u>Eligibility:</u>	Any high school graduating Monroe County 4-H member, entering college in Fall 2020. 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.
<u>Basis for Selections:</u>	Major emphasis will be given to a candidate's 4-H experience and achievements, with some consideration given to financial need.
<u>Use of Scholarships:</u>	May be used for any college expense at a four-year college, community college, or trade school.
<u>Application:</u>	Send Scholarship Materials to: The Monroe County 4-H Office Cornell Cooperative Extension 2449 Saint Paul Boulevard Rochester, New York 14617
<u>Application Due Date:</u>	June 1, 2020
<u>Interview Schedule:</u>	Interviews will be scheduled if deemed necessary to make a decision.
<u>Announcement of Awards:</u>	Notification in August 2020.

Cornell Cooperative Extension
Monroe County

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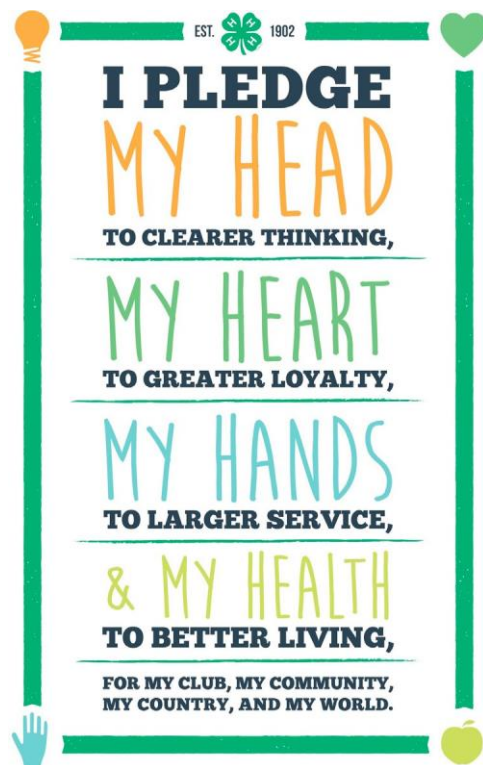
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Don't forget our
Facebook page, where
we're continuously
posting new activities
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Cornell Cooperative Extension Monroe County

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