

# MONROE COUNTY 4-H Herald



## MONTHLY NEWSLETTER

## AUGUST 2020

### CELEBRATE THE FINGER LAKES



Monroe County 4-H is beyond excited to have been offered an opportunity to be guests at a special event that The Strong Museum is coordinating. The Museum has offered a space for 4-H youth to have exhibits on display, hold a *Produced in New York* cooking demonstration event, demonstrate a Chicken BBQ Poultry Event, give public presentations, and have animals on display. This is shaping up to be a fun event with youth from nearby counties participating as well as Monroe County 4-H participants!

Please reach out with any questions or ideas and please check out the different categories that you are able to sign up for.

#### Produced in New York

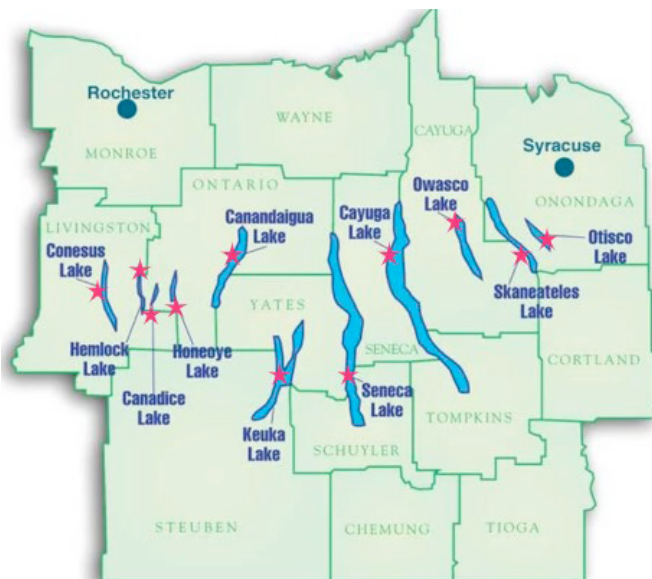


Produced in New York (PINY) program is designed to showcase the wide variety and use of agricultural products grown right here in New York. PINY is a marvelous opportunity for youth to demonstrate their food preparation skills while promoting a tasty recipe featuring New York State food products. During PINY program, individual 4-H members (Cloverbuds too!) do a "silent demonstration" concurrently with several of their peers.

This experience helps younger 4-Hers begin to feel more comfortable presenting to a crowd, while providing older youth with the opportunity to tackle more complicated recipes, perhaps using more than one NYS food product. Overall, PINY program participation provides an opportunity for youth to further develop their skills and knowledge of food preparation and presentation skills!

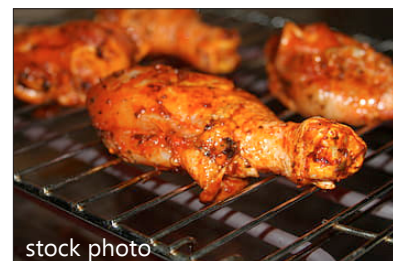
Check out [this video](#) to see an experienced presenter walk through the steps of a Produced in New York Demonstration. Remember, if you are new to this event, you can use a recipe that might have fewer ingredients and showcase fewer skills.

Questions? Check in with Susan, [smc226@cornell.edu](mailto:smc226@cornell.edu). Ready to register? Grab a time slot [HERE!](#)



#### Turkey and Chicken BBQ Event

A favorite event for 4-H Poultry Project member is the Turkey and Chicken BBQ Event. If you would like to explore this opportunity, please visit [this link](#) and connect with Susan for questions. It is important to note that participants will be responsible for their own equipment, supplies, and food.



This event will be held on Friday, August 28<sup>th</sup> at 9am.

CONTINUED ON PAGE 2



# CELEBRATE THE FINGER LAKES @ the strong NATIONAL MUSEUM OF PLAY®

CONTINUED FROM PAGE 1

## Public Presentations

Would you like to experience giving your public presentation again? This time, there would be a moving audience and would feel a bit different than at our county event. If you are interested in sharing your presentation, please see the Sign Up Genius page [HERE](#).

Public Presentations event will be held on Tuesday, September 1<sup>st</sup>.



## 4-H Animals

Do you have a favorite 4-H project animal that you would like to share with Museum goers? Animals may be on display for a time period at the Museum. Smaller

animals will be indoors while larger animals will need to be outside. 4-H youth are responsible to provide proper cages or pens to keep the animals safe. Museum attendees will not be petting animals for liability reasons and the museum has requested one exhibit at a time for animals. There are many days for sign-ups available on the [Sign-Up Genius link](#).

## 4-H Exhibits

Do you have a 4-H project that you are proud of? It's possible to have it on display at The Strong Museum from August 24<sup>th</sup> to September 7<sup>th</sup>. You will even receive feedback on your exhibit from Museum Curators! Non-perishable projects will work best, including photography, sewing, natural resources, paintings, posters, and more.



If you are looking for ideas for projects to enter, please check the [2019 4-H Expo Premium Book](#) as a guide. You can also check in with the 4-H team at any time.

You can register your exhibits [HERE](#). Please let us know what you plan to bring by Monday, August 17<sup>th</sup>. This will help us plan.

Exhibits can be dropped off at the CCE-Monroe Office at 2449 St. Paul Boulevard between 10 am and 6 pm on Wednesday, August 19<sup>th</sup>. If that will not work for you, please contact Susan to arrange an alternate time. Please remember to wear a mask while on the property, and stay socially distanced if other families are dropping off at the same time.



## 2020-2021 4-H RE-ENROLLMENT



Re-enrollment time is just around the corner!

4-H volunteers, members, & leaders will be notified regarding re-enrollment beginning September 1<sup>st</sup>. The completed enrollment forms with fees will be due by October 31, 2020. Enrollment fees for the upcoming 4-H year will remain \$15 per member with a family maximum of \$45. Your child is eligible to have the fee waived if he or she receives free lunch at school (documentation required).

After October 31<sup>st</sup>, a \$5 late fee will be assessed per enrollment received after the deadline. No re-enrollments for the 2020-2021 4-H year will be accepted after April 15, 2021. 4-H members who have not re-enrolled by this time will be asked not to participate in 4-H club activities and events limited to 4-H members.

The NYS 4-H office is currently looking into offering online re-enrollment. 4-H families and volunteers will be notified by September 1<sup>st</sup> if we are able to offer online re-enrollment.

We're looking forward to the new year with new ideas for virtual club meetings, new activities for in-person & virtual learning, and much more!

Questions regarding re-enrollment should be directed to 4-H Admin. Assistant Michele at [monroe4H@cornell.edu](mailto:monroe4H@cornell.edu).



# ZOOMING INTO SUMMER

MONROE COUNTY 4-H FAIR: **ZOOMING INTO SUMMER** HEAD HANDS HEART HEALTH

SUNDAY, AUGUST 2 - SATURDAY, AUGUST 8

**STEM-STRAVAGANZA**

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE

Are you ready for some spectacular STEM fun? Are you up to the challenge? (Hint: there's going to be a challenge!) More activities to get you moving and learn some really cool things!

Be sure to register to receive email reminders and special perks.

**REGISTER FOR WEEK 4:**  
**STEM-STRAGANZA WEEK!**

MONROE COUNTY 4-H FAIR: **ZOOMING INTO SUMMER** HEAD HANDS HEART HEALTH

SUNDAY, AUGUST 16 - SATURDAY, AUGUST 22

**OUTSTANDING OUTDOORS**

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE

We're heading outdoors this week to experience some of the fabulous things we can do and see in nature. Ready for a snack? Learn a simple recipe to keep you moving all day!

Be sure to register to receive email reminders and special perks.

**REGISTER FOR WEEK 5:**  
**OUTSTANDING OUTDOORS WEEK!**

**SAVE THE DATE**

**CCE-MONROE'S FAMOUS CHICKEN BBQ!**

MENU: FAMOUS CORNELL 1/2 CHICKEN (COOKED ONSITE BY WILSHIRE CATERERS)

CAJUN CORN · SALT POTATOES · ROLL & BUTTER

NOTE: CHICKEN, CORN, AND POTATOES ARE GLUTEN FREE. MEAL COMES WITH A ROLL.

SUPPORTS OUR PROGRAMS - AGRICULTURE, 4-H YOUTH DEVELOPMENT, HORTICULTURE, & NUTRITION.

WANT TO HELP OUT? VOLUNTEER [HERE](#).

**FAMOUS CORNELL CHICKEN BBQ**

SATURDAY, SEPTEMBER 19, 2020 ▪ 3 PM - 6 PM  
2449 St. Paul Blvd. Rochester, NY 14617

\$10 PER MEAL  
DRIVE-THRU ONLY

**SATURDAY, SEPTEMBER 19<sup>TH</sup>**

We will need commercially prepackaged baked goods donated. No homemade goods or repackaging of baked goods allowed this year due to strict COVID-19 regulations.

[SIGN UP VIA SIGN UP GENIUS](#)

**MONROE COUNTY 4-H BAKE SALE**  
**AT THE CCE-MONROE CHICKEN BBQ**

**DONATE** prepackaged baked goods!  **OR SUPPORT 4-H PROGRAMS WITH YOUR PURCHASE!**

 **4-H GROWS HERE** **SAT. SEPT. 19<sup>TH</sup> 3 TO 6 PM**



# UPCOMING VIRTUAL OPPORTUNITIES

## MONROE COUNTY 4-H LIBRARY PROGRAMS

### Kitchen Scrap Gardening

• via Zoom •

Friday, August 7 • 2 p.m

Hosted by the Chili Public Library  
Registration is required.



Monroe County  
Library System

ASK YOUR LIBRARY TO HOST A 4-H PROGRAM!

## DON'T WASTE THOSE KITCHEN SCRAPS!

LEARN HOW TO REUSE THEM TO GROW SOMETHING NEW AT HOME. COVERS WHAT KINDS OF PLANTS YOU CAN REGROW AND HOW TO REGROW THEM.

GEARED FOR GRADES 4-7.

REGISTRATION IS REQUIRED. THIS IS AN ONLINE EVENT. EVENT URL WILL BE SENT VIA REGISTRATION EMAIL.  
LEARN MORE [HERE](#).

SUPPLY LIST FOUND [HERE](#).

## Today's Leaders: A Virtual Civic Engagement Conference

For those interested in youth-adult partnerships and youth-led workshops about civic engagement, climate change, antiracism, LGBTQ+ issues, food sustainability and community improvement.

Please register [HERE](#)  
by Wednesday, August 5.

REGISTRATION  
DEADLINE  
IS TODAY!

Full description of conference [HERE](#).

## TODAY'S LEADERS:

A VIRTUAL CIVIC ENGAGEMENT CONFERENCE

FRIDAY,  
AUGUST 7  
1 - 3 P.M.



SPONSORED BY:  
CORNELL UNIVERSITY'S  
CIVIC ENGAGEMENT  
PROGRAM WORK TEAM

Registration deadline is August 5.

## Help shape the future of 4-H.

The Monroe County 4-H team values the input of leaders, parents & members as we forge ahead with programming to support Monroe County youth and their families.

You are invited to a Zoom meeting.  
When: Aug 11, 2020 06:30 PM Eastern Time  
Register in advance for this meeting [HERE](#).

After registering, you will receive a confirmation email containing information about joining the meeting.



## VIRTUAL 4-H DAIRY KNOWLEDGE WORKSHOP

Since we can't get you all together to dairy judge, we are bringing it to your living room! Regardless, if you are new to dairy judging or a seasoned judge, these workshops will give you the opportunity to grow as a dairy judge, connect with your fellow dairy judges (via Zoom), and build mastery in your dairy judging skills.

Open to all NYS 4-H members, parents, coaches, and 4-H Educators. Register in advance for this meeting [HERE](#).

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Hosted By: CCE-Herkimer County

## BUILDING YOUR DAIRY KNOWLEDGE WORKSHOP SERIES

DATES (TUESDAYS) AND TOPIC:  
8/11 - Nutrition and rumen function  
8/18 - Herd health, diseases,  
vaccination & biosecurity  
8/25 - Reproduction  
9/1 - Dairy Records

CONTACT:  
JENNIFER L. COLLINS  
JLR34@CORNELL.EDU

7 - 8 PM  
VIA ZOOM

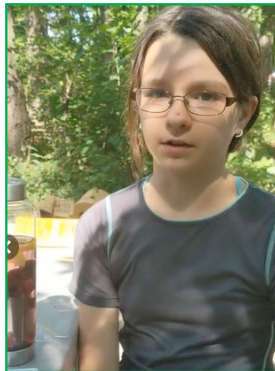
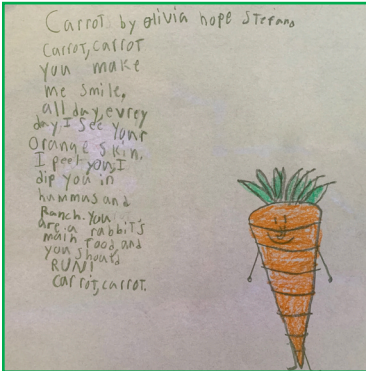
Cornell Cooperative Extension  
Herkimer County





# ZOOMING INTO SUMMER

## WEEK TWO: CREATIVE CHEFS RECAP



Monroe County 4-H Fair:  
Zooming into Summer

HEAD HANDS HEART HEALTH

### Creative Chef Week Highlights

CLICK FOR VIDEO

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE

Check out the Creative Chefs Refreshing Beverages "cookbook!" Recipes are from some of our youth participants!

ZOOMING INTO SUMMER 2020

Refreshingly Beverages

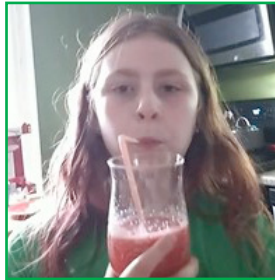
MONROE COUNTY 4-H

CREATIVE CHEFS

HEAD HANDS HEART HEALTH

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE



EATING SMART AT HOME

Color Me Healthy

Remember to eat all your colors

|               |  |
|---------------|--|
| RED           |  |
| YELLOW/ORANGE |  |
| GREEN         |  |
| BLUE/PURPLE   |  |
| WHITE         |  |

- Keep a bowl of fruit on the counter
- Make fruit smoothies for a quick breakfast or snack
- Top baked potatoes with salsa
- Keep baby carrots or other ready-to-eat vegetables on hand
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews
- Top sandwiches with lettuce, tomato, and other vegetables
- Add bananas or berries to cereal or yogurt
- Add peppers, onions, or other vegetables to spaghetti sauce
- Stir fry, experiment with different vegetables or use what you have on hand
- It all counts—fresh, frozen, canned, dried and 100% juice

NC Cooperative Extension, USDA, 4-H

Monroe County 4-H Fair:  
Zooming into Summer

HEAD HANDS HEART HEALTH

July 5-11  
Creative Chefs Week  
Day Five:  
Your Health-Share the Wealth

On Deck for Tomorrow:  
It's Time to Set the Table

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE



FROM TOP LEFT TO BOTTOM RIGHT: CARROT POEM BY OLIVIA S., ANDI D., HIGHLIGHTS, COOKBOOK, MADELYN G., FRUIT BUG SNACKS, EAT YOUR COLORS FLYER, MADELYN W., OLIVIA S. VEGGIE BUG, MACKENZIE & RYLEE M., OLIVIA S. VERY FRUITY SUMMER, SILAS A., GRACE P. MILKSHAKE, 5 GRACE P. TORTILLAS, DAY 5 GRAPHIC | CLICK ON EACH PHOTO OR GRAPHIC FOR MORE INFO OR VIDEO LINK, IF AVAILABLE





# ZOOMING INTO SUMMER

## WEEK THREE: ANIMAL ADVENTURES RECAP

Monroe County 4-H Fair:  
Zooming into Summer

HEAD HANDS HEART HEALTH

July 19-25  
**Animal Adventures Week**  
**Day Three:**  
Animal Snacks:  
People Pellets & Zoo Snacks

On Deck for Tomorrow:  
Animal Photo Contest

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE



Monroe County 4-H Fair:  
Zooming into Summer

HEAD HANDS HEART HEALTH

**Animal Adventures Week**  
**Highlights**

CLICK FOR VIDEO

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE

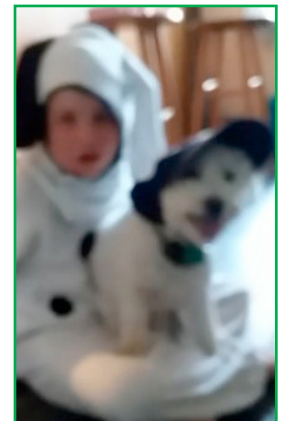
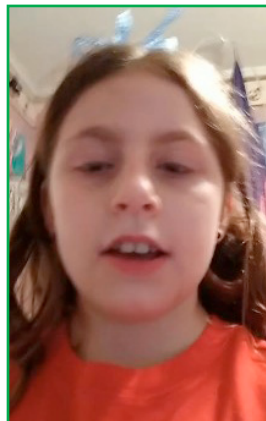
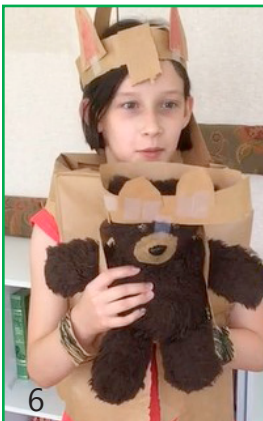
Click graphic for Animal Snacks Recipes

### ANIMAL COSTUME SHOW

| Name        | Category                 |
|-------------|--------------------------|
| Madeline G  | Most Matching            |
| Grace P     | Most Resourceful         |
| Olivia S    | Roaring Good             |
| Laura M     | Environmentally Friendly |
| Emily M     | Best Use of Food         |
| Olivia S    | Most Magical             |
| Rylie M     | Most Spots               |
| Mackenzie M | Fluffiest Baby           |

Check out these video submissions by clicking the photo (best resolution available); Below, from left: Laura M., Madeline G., Olivia S., Emily M., Grace P.

Mackenzie & Rylee M. love animals!  
Look at their photo submissions for the week!





# 4-H LEADER RESOURCES




## Featured Activity of the Month: Compost in a Bag

What do gardens love? Compost! We hear the word compost all of the time, but what actually is compost and how does one create it? Learn about how compost is created in this simple at home experiment.

In a nutshell, compost is broken down organic material (plant and animal matter). Composting is a way to recycle organic material: divert it from the landfill and turn it into plant food! It starts as a mixture of "greens", "browns", water, and air, and ends as a brown crumbly mixture that looks and smells like soil. How does the organic material get broken down? Decomposition by microbes and insects! This process will happen naturally, but composting creates conditions to speed up the decomposition.

Challenge your youth to create "compost in a bag". This activity can be used for a variety of purposes. Use it to model what is happening in a large outdoor compost pile, witness microbes in action, or to explore discuss sustainable living practices. Visit <https://youtu.be/akcEMSiflio> to see 4-H Educator, Lori, demonstrate how to set up compost in a bag!

Suggested Materials\*:

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <b>Clear bag or container</b></li> <li>• <b>Water</b></li> </ul>  |  |
| <p><b>1 part Greens (Nitrogen Source)</b><br/>These are your kitchen scraps: moist fruit and vegetable scraps. Examples include:</p> <ul style="list-style-type: none"> <li>• Apple core</li> <li>• Salad greens</li> <li>• Pineapple top</li> <li>• Coffee grounds</li> <li>• Grass clippings</li> <li>• Avocado peel</li> <li>• Strawberry tops</li> <li>• Herb trimmings</li> </ul> | <p><b>2 parts Browns (Carbon Source)</b><br/>These is your dry and woody plant material. Examples include:</p> <ul style="list-style-type: none"> <li>• Newspaper</li> <li>• Soil</li> <li>• Small wood chips</li> <li>• Paper egg cartons</li> <li>• Straw</li> <li>• Saw dust</li> <li>• Paper towels</li> <li>• Cardboard rolls</li> </ul>  |

\*use these materials as a starting point, challenge youth to be creative! Please only stick to yard and kitchen waste. Do not use meat or dairy products in the experiment as they can attract unwanted pests.

### **Example Activity Plan**

Anchor: Ask your youth, why is recycling important?

Add: Discuss what compost is made up of (Browns, Greens, Water and Air). Gather possible compostable items and have youth sort them into "Brown" and "Green" piles.

Apply: Set up compost in a bag experiment. Mix 1 part greens with 2 parts browns in a clear bag or a container. Add a bit a water to give materials the consistency of a wrung out sponge. Seal bag or container. Over the next 2-8 weeks, observe have youth observe their experiment and take notes. Note colors, smells, textures of materials.

Away: Ask youth to make predictions about their experiment. What will it look like in a week? 2 weeks? 6 weeks? What materials will break down the fastest?

### **Compost in a bag live video updates with Lori:**

Two weeks later: <https://www.facebook.com/162279856702/videos/234146517683674>

### **Additional compost resources:**

<http://monroe.cce.cornell.edu/horticulture/compost-resources>

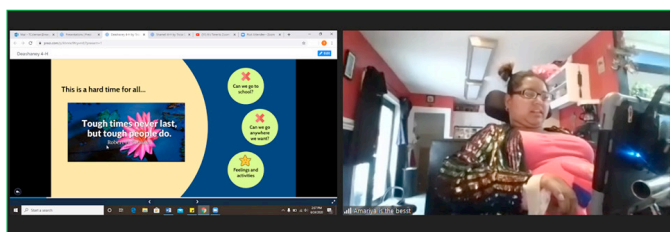
<https://www.epa.gov/recycle/composting-home>

# Club News: Busy Bees

4-H Public Presentations is an important project area that aids youth in developing their communication skills, their organizational skills, and teaches the importance of practicing new things.

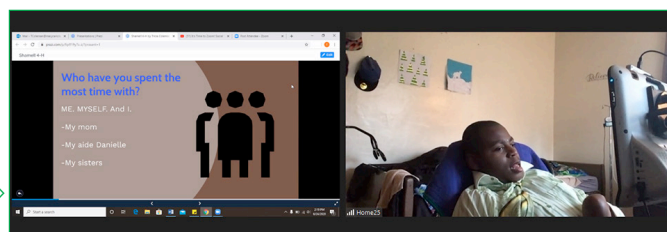
This year, Shamell and Dee were able to present via Zoom to an audience of enthusiastic supporters. They used adaptive technologies to present on Quarant-teens, How They Survived the Quarantine. So impressed by these young people and thankful for their support system!

Thank you Kathy Lee for your continued support as their 4-H Leader and Tricia Coleman for making this possible as their Speech Pathologist.



← Dee

Shamell →



# Club News: Dungeons & Dragons



## Greetings, fellow adventurers!

Welcome to the world of Dungeons and Dragons, a world filled with fantasy, magic, and friends to be found around every corner! 4-H of Monroe County recently began its inaugural campaign on May 4th, 2020 with a group of six intrepid explorers! This group, comprised of 13-18 year-olds, meets with their Dungeon Master, a 4-H volunteer and club leader, every Monday for about 2 hours of D&D fun!

Dungeons and Dragons (or D&D) is similar to a "choose your own adventure" book. The main storyteller, called the Dungeon Master (or DM) introduces a scene and describes it to the player, who embodies the role of a fictional character that they designed themselves. The player then chooses their course of action based on the DM's descriptions, and the DM tells them what happens as a result of the player's actions. Those actions are usually predicated on a combination of pre-determined player statistics and dice rolls.

The adventuring party consists of Berov, a loxodon cleric played by Joe, Mordai, a tiefling sorcerer played by Orian, Glacian, a dragonborn fighter played by Phineas, Zaria, a tiefling bard played by Gwen G., Bane, a human ranger played by Amon, and Myev, a half-orc paladin played by Gwen B. The group bridges the gap between each player's physical location, which range from Mexico, NY to Dinwiddie County, VA, to as far as Athol, ID! This is achieved



through the use of a virtual tabletop called Roll20. We think our story is pretty cool, but don't just take our word for it! Let's hear from the players how they feel about the adventure. One player gushed that it was great to be "able to work so easily with the team members." In general, the players noted that working alongside one another to solve problems and progress the story has been a major highlight of the game.

Another player also noted, "I have enjoyed the efforts put forth by DM and players alike in engaging in the roleplaying aspect, which can be difficult to do." Being able to "get into character," as it were, is a fantastic skill to learn early on as it helps to develop skills like public speaking and improve, but also things like empathy and contributing to something beyond one's self. We are incredibly glad to hear that the youth are not only enjoying the campaign, but growing because of it! The group will continue for the foreseeable future, and you can follow along with the group's adventures by visiting [4hdnd.blogspot.com](http://4hdnd.blogspot.com) and reading the session recaps every week.

**Until then, play on!**



# HIPPOLOGY CONTEST OPEN TO ALL



**The NYS 4-H Horse Program will host an online State Hippology Contest this year to be open on August 28, 29, and 30, 2020.**

The term "Hippology" comes from the Greek "hippo", meaning horse, and "ology", meaning "the study of". The primary objective of the NYS 4-H Hippology contest is to provide an opportunity for youth participating in 4-H to demonstrate their knowledge of and reasoning ability in equine science and management in a friendly and fair competitive setting. Enrollment in a NYS 4-H Horse Projects is recommended but NOT required.

This contest is meant to be a rewarding and educational experience.

The contest will consist of written and slide examinations, identification stations and horse judging. There will not be team problems this year. A link to the contest will be sent out after registrations have been received.

This year, the hippology questions and content will also be available to any interested youth (including FFA youth) and adults who would like to be involved! Whether you have never participated and are curious or didn't have enough time to study this year but would still like to get some experience, feel free to participate and encourage family and friends to do so as well!

If you've never participated in hippology and have questions before signing up to try it out, feel free to reach out to us or your county's 4-H Educator; we can answer any questions and set you up with some resources. We hope to see some new faces this year!

While there is no fee for 4-H youth, there will be a fee of \$5 for both FFA youth and adults. Contact your county's 4-H Educator to register.

The deadline to register for this event is August 7, 2020. Youth should contact Susan Coyle [smc226@cornell.edu](mailto:smc226@cornell.edu) to register. Only CCE Educators or staff can submit registrations.





# AmeriCorps VISTA Year of Service Ends



Mike Dondorfer has been an integral part of the 4-H Team for the last year. Mike served as a Rochester Youth Year AmeriCorps VISTA. Mike served in the second year of a project to build and sustain 4-H programs in the urban areas of Monroe County.

Many of you had the chance to work with and learn from Mike over the year. He always had a smile and offered to do whatever needed to be done!

See the photo for the impacts that Mike made this year, they are impressive. A few of the memories we will have of Mike include accompanying teens to the NYS Fair, directing traffic at the Chicken BBQ, tabling at Farmers' Markets, supporting Mighty Monday events, and his fantastic fitness videos!

We wish Mike great success as he moves to his next adventures and are happy knowing that this is not good-bye but literally see you later. Mike will be continuing his volunteer involvement as a 4-H Leader for the Dungeons and Dragons 4-H Club and looks forward to volunteering at events for us this summer!

## Mike Dondorfer, Cornell Cooperative Extension 2019-2020

### • 4-H Dungeons and Dragons Club!



### Established 4-H Dungeons and Dragons Club!

- . Promoted to 4-Hers across the country and planned schedule.
- . Recruited 6 youth who participate every week.
- . Will continue the club as a 4-H Club Leader after service year ends.
- . Focus on creative problem solving and public speaking skills.

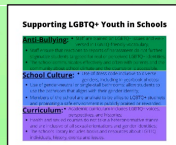
### Visited schools/community collaborators 35 times!

- . Joined educators on classroom pushes to promote 4-H.
- . Attended several community meetings to network and share 4-H info.
- . Learned skills by observation.

### • School visits and community meetings!



### • Distance learning initiatives!



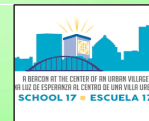
### 2 video series and social media blasts for LGBTQ+ and racial justice!

- . 4 Forces of Nature videos on weather and natural occurrences.
- . 3 Healthy Hearts videos on home exercise ideas.
- . 4 posts on teaching tolerance and understanding during Pride Month.
- . 4 posts on understanding and addressing racial justice post-BLM.

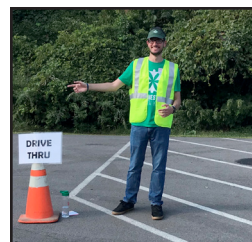
### Several potential collaborations established!

- . Helped establish connection with REI for programs and activities.
- . Planned 4-H Sampler Day at Warfield Square during spring break.
- . Helped establish 4-H Agents of Change Club at School #17.
- . Working to establish 4-H framework at SMSJ Kid's Club in 2021.

### • Community collaborations!



## Moments with Mike



An online panel with community experts from  
Rochester, Syracuse, and Albany

## Urban Agriculture in Upstate NY:

Addressing educational inequalities and  
community engagement

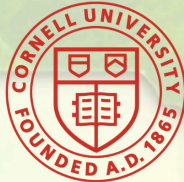
Wednesday, August 19, 2020

7:00 pm – 8:00 pm

REGISTER NOW:

[bit.ly/urbanagpanel](http://bit.ly/urbanagpanel)

Civic Ecology Lab



More information at [civicecology.org/urbanagpanel](http://civicecology.org/urbanagpanel)

EST. 1902

**I PLEDGE  
MY HEAD**

TO CLEARER THINKING,

**MY HEART**

TO GREATER LOYALTY,

**MY HANDS**

TO LARGER SERVICE,

**& MY HEALTH**

TO BETTER LIVING,

FOR MY CLUB, MY COMMUNITY,  
MY COUNTRY, AND MY WORLD.



### CCE-Monroe 4-H Staff:

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## Monroe County 4-H *on Social Media*



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