



# MONROE COUNTY 4-H Herald

## January 2020 NEWSLETTER

### CONTENTS

page:

- 2 Public Presentations
- 3-5 Around the County
- 6 Mighty Monday Moments
- 7-8 STEM & Ag in the Classroom
- 9 CHAT Teens
- 10-11 Save the Dates
- 12-13 Upcoming Events

### 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.



## Barnes & Noble Bookfair 2019

On December 14th we had a great day at Barnes & Noble with Monroe County 4-H! A portion of the sales will go to our program. Thank you to all our wonderful volunteers who came out to show their support!



(Staff Photos)

# 4-H Public Presentations

Here is a great opportunity to share information about a topic that you enjoy and know a lot about with other 4-H members. This is a great chance to have fun, meet new people, work on your organizational skills, and develop your public speaking skills. Youth of all ages are welcome to take part.

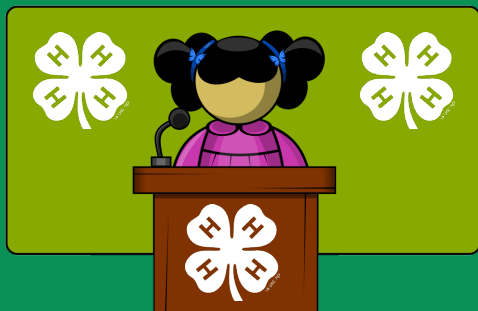
New to 4-H Public Presentations or need a refresher? Plan to attend 4-H Public Presentations training being held at CCE-MC on Wednesday, February 19th at 10 a.m. Please **REGISTER** by Thursday, February 13<sup>th</sup> to Susan, [smc226@cornell.edu](mailto:smc226@cornell.edu).

Are you an experienced presenter? Please consider coming to share your knowledge as a junior leader. Contact Susan to help with the planning.

On Saturday, March 3<sup>rd</sup> at 6 p.m., we will hold the Monroe County Public Presentations event at the Irondequoit Public Library. *Look for information in February to register for this event.*

## Types of Presentations

- **CLOVERBUDS:** 1-3 minutes. "Show & Tell." Use of a visual (poster/prop) is recommended.
- **ILLUSTRATED TALK:** Use visual aids to talk about a topic. Recommended for beginners. Good for all ages.
- **DEMONSTRATION:** Show how to do or make something. Recommended for beginners. Good for all ages.
- **SPEECH:** Deliver an original speech intended to persuade, motivate, or inform the audience. Good choice for ages 12+ who have done Demonstrations & Illustrated Talks.
- **DRAMATIC INTERPRETATION:** Re-enact a piece of scripted materials individually or in a team. Good choice for ages 12+ who have done Demonstrations & Illustrated Talks.
- **RECITATION:** Recite a pre-written work using vocal inflection & body language. Good choice for ages 12+ who have done Demonstrations & Illustrated Talks.
- **IMPROMPTU:** Ready for a challenge?! Pull a topic from a hat & use 20 minutes to prepare a presentation. Great choice for ages 13+ who have at least 2 years of experience in Public Presentations.



Contact Susan Coyle, 4-H Educator with any questions at [smc226@cornell.edu](mailto:smc226@cornell.edu)



# Around the County



## Snapshots from the 2019 4-H Horse Awards Banquet!



A fun evening was had in celebration of achievement at the 59th Annual Monroe County 4-H Horse Awards Banquet in November.

All of the youth worked hard this year and should be proud of their fine efforts!

Special congratulations to Arianna Dmitriadis who was recognized with the Walker Hunter, Jr. Outstanding Novice Award.

Marissa Wellington was acknowledged for excellent sportsmanship with an award in memory of Frank Bono.

The Posh Ponies 4-H Club was rewarded for their community service efforts.





# Around the County



## 4-H Team presents "Plants & Textiles" at the Rochester Maker Faire

The 4-H Team had a blast presenting "Plants & Textiles" at the 2019 Maker Faire at the Riverside Convention Center in Rochester on November 22nd and 23rd. 4-H Educators Lori and Jessica introduced participants to the art of mat-weaving and rope-making with natural materials. Over 2,000 students from the Finger Lakes and Western NY attended the Student STEAM Fair on the 22nd.



## Monroe 2 BOCES CTE Expo 2019

Jarmila, Cornell Cooperative Extension of Monroe County Ag Educator, and Lori, 4-H Youth Development Educator, teamed up to share information about careers in agriculture with potential Career and Technical Education students at the BOCES 2 CTE Expo on November 14th.



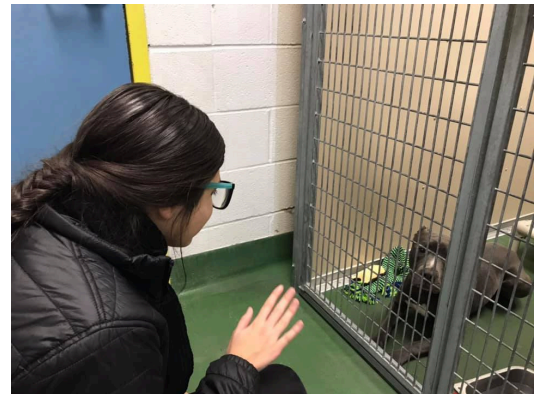
(Staff Photos)

## 4-H UNITY Youth visit Verona Street Animal Society



(Photos - Susan Coyle)

Students from Eugenio Maria de Hostos Charter School's Ibero-American Action League, Inc's Aspira Program visited the Verona Street Animal Society on December 18th. The students donated dog toys they had made, and learned about how the animals at Verona Street are cared for, adoption practices, and programs available to pet owners.





# Around the County



(Photo c/o Posh Ponies)

**Posh Ponies holding their first meeting of the new 4-H year!**



(Staff Photo)

**Bishop Kearney Horticulture Students visited the Cornell AgriTech Experiment Station in Geneva in December**



(Photo c/o Cougars 4-H Club)

**Rawr! The new Cougars 4-H Club started up in Honeoye Falls for the new 4-H year.**



(Photo c/o 4-H Friends)

**4-H Friends Practicing their Public Presentations!**



# MONROE COUNTY 4-H



## Mighty Monday Moments!



November's Mighty Monday at Springdale Farm in Spencerport was all about highlighting two of our favorite autumn foods – apples and pumpkins!

Participants tried their hand at baking "Welcome Apple Pies" and worked together with their peers to make "Pumpkin Pie in a Bag." Yum! Youth also created apple birdfeeders to take home, and participated in an exciting game of Apple and Pumpkin trivia!



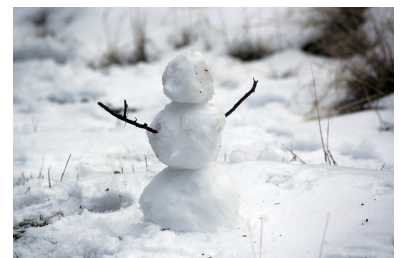
For December's Mighty Monday, 4-H Staff and youth had a great time getting creative with residents at Creekstone in Fairport, making gingerbread creations!



(Staff Photos)

## Coming Up!

The next Mighty Monday will be on **January 20th, 1-3pm at Seneca Park's Wegman Lodge!** We will be learning all about the **Science of Snow**, and making fun snow and ice creations! Dress warm, and come prepared to have fun! Register here by Thursday, January 16th.



(stock photo)



## STEM & AG IN THE CLASSROOM

### Monroe County Second Graders Discover Conifers

Extension 4-H Educator Jessica Reid visited several second grade classrooms at RCSD's School 8 and Webster's Plank Road North to talk about conifers, as part of the New York State Ag in the Classroom program. Students learned how to identify different conifers, becoming "Conifer Detectives" to determine whether samples were pine, spruce, fir, or hemlock. Students also tried their hand at "conifer painting", discovering the different textures of various conifers by using the branches and needles as paintbrushes.



Some Conifer Detectives at School 8 (4-H Staff)

Cornell Cooperative Extension  
Monroe County

monroe.cce.cornell.edu  
smc226@cornell.edu

The Monroe County 4-H Ag in the Classroom Program is seeking schools and afterschool programs with which we can connect.

Programming is flexible and can be designed to meet a variety of needs. A small sample of ideas includes connecting youth to where their food comes from, exploring how technology is part of the agricultural field, and connecting youth to agricultural careers.

Please share the following contact information:

Susan Coyle, 4-H Youth Development Educator, [smc226@cornell.edu](mailto:smc226@cornell.edu) or 585-753-2567

### Coming Up in January...

#### Plant Tops and Bottoms

You may already know that carrots are roots, but did you know that broccoli is a flower? Students will explore the major parts of plants where we get our food—roots, stems, leaves, flowers and fruits! Using the story "Plants Tops and Bottoms" by Janet Stevens, students will learn to distinguish if certain foods we eat are produced on the top or bottom of a plant, and identify where fruits and vegetables belong on a MyPlate diagram. At the end of this lesson, students will be able to list several delicious and healthy "tops", "middles", and "bottoms" to eat!

\*There is a \$5 Supply Fee per classroom



(Stock Photos)

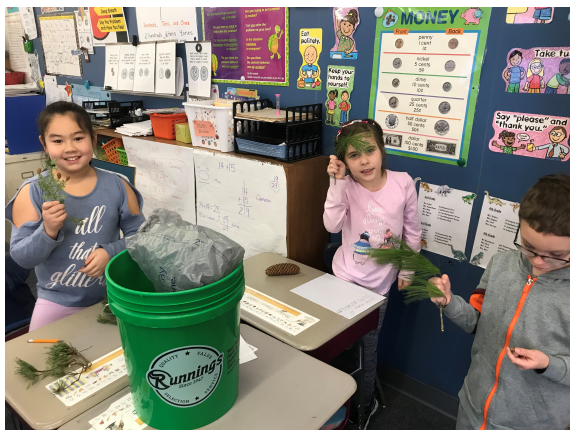


# MONROE COUNTY 4-H



## STEM & AG IN THE CLASSROOM

### Gallery: Second Graders Exploring Conifers



Photos by 4-H Staff

### Ag in the Classroom Career Exploration



Stock photos



Sixty fifth and sixth grade students from Churchville-Chili Middle School were introduced to agriculture-related careers, including forestry, veterinary science and agronomy.



Cornell Cooperative Extension  
Monroe County



monroe.ces.cornell.edu  
smc226@cornell.edu





# MONROE COUNTY 4-H



## School Without Walls Teens teach Healthy Living

In December, School Without Walls students Diavonte Allen and Tionna Mendez taught their final healthy living lesson to second grade students at Rochester Roberto Clemente School #8. Allen and Mendez are part of a collaboration between the Monroe County 4-H Program, Roberto Clemente School No. 8 elementary school, and School Without Walls. The teens were able to develop leadership skills and promote healthy living in their community through the CHAT program. Lesson topics ranged from physical activity, fast food nutrition, and the importance of fiber. Teen educators appreciated their time in the classroom. "I really enjoyed the energy from the kids," Allen Said. "It shows that not only they were engaged, but they were excited for us to be there."



(Staff Photo)



NEW YORK STATE  
4-H



## LOOKING FOR HOST FAMILIES!

Experience the richness of the world without leaving home! NYS 4-H sponsors Japanese Youth ages 12-17 for one month between July-August. These eager Japanese youth want to experience American culture, make new friends and improve their English by staying with your family.

### FOR MORE INFORMATION

Email NYS IE Coordinator **Autumn Lavine**  
[aml84@cornell.edu](mailto:aml84@cornell.edu) or visit  
[nys4-h.org/international-exchange](http://nys4-h.org/international-exchange)





# 2019 Save-the-Dates



## 4th Annual 4-H EXPO

Sunday, July 12, 2020

The 2020 4-H Expo will be held at Ontario Beach Park at Charlotte in Rochester. The main purpose of the event is to highlight the accomplishments of our 4-H'ers and to encourage more families to enroll their children in 4-H.

The event will include giveaways, crafts, and activities, as well as demonstrations by members of our 4-H clubs. 4-H projects will be judged at this event.

*More information to follow soon.*

**All clubs should plan to attend the event.**

Let's show everyone the positive aspects of the 4-H Program in Monroe County!

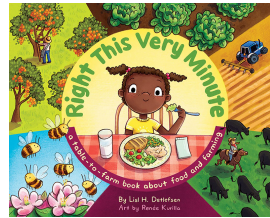


New York  
Agriculture  
in the Classroom

agclassroom.org/ny

## Agricultural Literacy Week

Monday, March 16 - Friday, March 20, 2020



In celebration of New York agriculture, volunteers throughout the state will read a book with an agricultural theme to second graders.

If you would like to volunteer to read to a local 2<sup>nd</sup> grade class, please contact the 4-H Office at [monroe4H@cornell.edu](mailto:monroe4H@cornell.edu) by Friday, March 6.

## National Youth Summit Series

The National Youth Summit Series brings together some of the best and brightest students to focus on maker, agriscience, healthy living, and photography. Designed for high school students (grades 9 – 12), the Summits provide opportunities to learn technical skills, participate in hands-on activities, workshops, & engage with nationally-recognized leaders.



The National Youth Summit Series aims to teach lessons students can use for the betterment of their personal lives and communities.

Applications now available.

### 4-H Shooting Sports Air Rifle Course



PRESENTED BY MONROE COUNTY 4-H

Saturdays, March 11 to April 18, 2020

from 9 a.m. to 12 p.m.

REGISTER TODAY!

## NATIONAL 4-H CONFERENCE

*The Premier Youth Development  
Opportunity of the Department of Agriculture*

Saturday, March 28 – April 2, 2020

Location: 4-H National Conference Center  
Washington, D.C.

National 4-H Conference is the pinnacle experience in 4-H Civic Engagement, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, their nation and their world.

Registration to attend the National 4-H Conference is coordinated through each state's 4-H program office. Youth and adult participants are selected by their respective state 4-H program and attend the conference as part of a group delegation. NO individual registrations are accepted.

**2020 National 4-H Conference registration  
details will be available soon!**

More information **HERE**.

# 2019 New York Farm Bureau Agricultural Youth Scholarship Information



## Applicant Guidelines:

- 2020 graduating high school seniors who will continue their education to prepare for a career in some way connected to the diverse agricultural industry.
- Live or work on a farm or be involved with agriculture via any avenue.
- Family Farm Bureau membership or student Farm Bureau membership is required and may accompany application.

## Process and Procedure:

- Applications and information available at [www.nyfb.org](http://www.nyfb.org) or by calling 1-800-342-4143
- Students are required to complete an application which is a fillable pdf available on the NYFB website and submit a brief 300-500 word essay discussing an issue facing agriculture in their county, explaining how they think NYFB can support members who may deal with this issue
- Completed application packets must be returned to New York Farm Bureau in Albany. March 1, 2020 post-mark deadline or via email.

A District level competition will be held. The judging will take place prior to April 20, 2020. Each District winner will receive \$100 plus a memento of their selection.

State winner selection will be made from District winners, based solely on the submitted applications; there will be no personal interviews.

**\$1500, \$1200, and \$1000 Scholarships will be awarded.**

For more information visit [www.nyfb.org](http://www.nyfb.org) or call 1-800-342-4143.



FOUNDATION FOR  
THE PRESERVATION  
OF HONEY BEES, INC.

## 2020 4-H Beekeeping Essay Competition

Sponsored by:  
Foundation for the Preservation of Honey Bees

**Submission Deadline: April 15, 2020**

2019 Essay Topic: Overwintering: Bee Survival Through the Cold Season

Honey bees have developed special skills to overwinter in the United States. Please discuss one of these skills and then include a discussion about what you do to prepare your hives for winter.

Include a photo of one of your hives, either using infrared technology or showing winter wrap, hay bales, special feeders, etc. to demonstrate how you prepare your hives for winter.

[Download the complete call for entries with competition rules and essay requirements.](#)

## WE ALL LIVE IN A WATERSHED POSTER CONTEST



DEC and the New York Water Environment Association (NYWEA) are sponsoring a "We All Live in a Watershed" poster contest that is open to all middle school students. Fourteen winners will have the honor of having their artwork in a calendar which will be distributed across New York State.

Posters must contain original hand-drawn artwork - no computer-generated posters or graphics. Copyrighted characters (such as Superman, Batman, etc.) and clip art will not be accepted.

You can find more information on DEC's We All Live in a Watershed Poster Contest [webpage](#), and in the [poster contest announcement](#).

**Deadline for Receipt of Posters  
is Friday, January 10, 2020**

## UPCOMING EVENTS

### **Date**

### **Event**

#### January

- 1 CCE-MC CLOSED (4-H) for New Year's Day  
4 Youth Tractor Safety course begins for registered attendees  
20 Mighty Monday - The Science of Snow, Seneca Park, Wegman Lodge  
20 CLOSED for Dr. Martin Luther King, Jr. holiday

#### February

- 13 RSVP for Public Presentations Training  
17 Mighty Monday -  
19 Public Presentations Training, CCE-MC, 10 a.m.  
21-23 NE Regional Workshop, Shooting Sports, CCE-Saratoga  
28 Registration Deadline for The NY Youth Institute

#### March

- 6 Deadline to volunteer for Ag Literacy Week  
7 Horse Extravaganza / District Dairy Bowl, Midlakes School, Clifton Springs (tentative)  
21 Annual Spring 4-H Rabbit Show, Orleans County Fairgrounds  
16 Mighty Monday -  
16-20 Agricultural Literacy Week  
18 Monroe County Shooting Sports Air Rifle Course Begins (5 weeks)  
28 District Presentations in Livonia

#### April

- 24-26 STARR Retreat  
29-30 TSC Paper Clover (through May 10)

#### May

- 1-10 TSC Paper Clover  
2 Animal Crackers, Cornell U.

#### June

- 30 Career Exploration, Cornell U. (through July 2nd)

#### July

- 1-2 Career Exploration Cornell U.  
14 **Annual 4-H Expo at Ontario Beach Park**  
31 Monroe County Fair (to August 2nd)

#### August

- 1-2 Monroe County Fair  
26-31 The Great New York State Fair

#### September

- 1-7 The Great New York State Fair

#### October

- 7-18 TSC Paper Clover

## UPCOMING EVENTS

### MORE EXCITING EVENTS

**ANNUAL SPRING 4-H RABBIT SHOW:**  
(Orleans County 4-H)

March 21 - Orleans County Fairgrounds

**TSC PAPER CLOVER 2019:**

April 29 - May 10 & Oct 7 - Oct 18

**GLOBAL CHALLENGE: THE NY YOUTH INSTITUTE:**

March 27, registration due February 28

**STARR RETREAT 2019:**

April 24 - April 26, NYS Fairgrounds

**ANIMAL CRACKERS 2019 @ Cornell U:**

May 2 - Dairy & Livestock

NEW YORK STATE 4-H  
State Teen Action  
Representative Retreat

**STARR**  
2020

## Save the Date!

It's your time to shine...  
join us at STARR

**April 24-26, 2020**

Due to increasing expenses, the event will be \$110 per person and only need-based scholarships will be extended.



### **Rosie the Rabbit is Looking for a New Home!**

Rosie was purchased one year ago from Countrymax in Henrietta. She is a bit on the smaller side. She has not been spayed.

If you are interested in adopting Rosie, please contact Ann Connor at (585) 314-9755.



### CCE-MC 4-H Staff:

Andrea Lista  
Executive Director  
[aml355@cornell.edu](mailto:aml355@cornell.edu)  
(585) 753-2550



Lori Koenick  
4-H Youth Development Educator  
[lbk75@cornell.edu](mailto:lbk75@cornell.edu)  
(585) 753-2576

Jessica Reid  
4-H Youth Development Educator  
[jar642@cornell.edu](mailto:jar642@cornell.edu)  
(585) 753-2566

Susan Coyle  
4-H Youth Development Educator  
[smc226@cornell.edu](mailto:smc226@cornell.edu)  
(585) 753-2567

Michael Dondorfer  
AmeriCorps VISTA  
[mpd94@cornell.edu](mailto:mpd94@cornell.edu)  
(585) 753-2568

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

**Cornell Cooperative Extension**  
**Monroe County**



2449 St. Paul Blvd.  
Rochester, NY 14617  
(585) 753-2550  
[monroe4H@cornell.edu](mailto:monroe4H@cornell.edu)

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