

# MONROE COUNTY 4-H Herald



MONTHLY NEWSLETTER

JULY 2020

## Monroe County 4-H is Zooming into Summer

### Virtual themed weeks allow for hands-on learning fun

With the school year over, and social distancing limiting typical 4-H summer activities, the Monroe County 4-H program is offering five weeks of themed weeks with hands-on 4-H fun. Through videos, challenges, community service assignments, and guided activities, these weeks are designed to help youth ages 5 to 19 participate in 4-H experiences, and keep them learning, active, and engaged.

The first week, last week, was "Horse Week," with activities centered on horse facts, fun, and food. Participants drew, painted, and colored horse-themed pictures for an art contest. Also on the agenda were food challenges like "haystack snacks," treats for kids, and "treats for trotters," horse treats to donate to local stables and horse programs. Youth were also able to help choose the name of the new horse mascot for ROC Animal School. This special themed week wrapped up on Saturday, June 27.

Week two, Creative Chefs Week, will allow participants to become better acquainted with their kitchens, with short cooking activities, service projects, and the chance to share videos with other area youth. Creative Chefs Week will run from Sunday, July 5 through Saturday, July 11, with most activities being communicated through Facebook, and for those who register for the week, through e-mail with insider perks and reminders.

Remaining themed weeks will take place every other week in July and August. After Creative Chefs Week, week three will focus on Animal Adventures from Sunday, July 19 through Saturday, July 25. Week four will be held from Sunday, August 2 through Saturday, August 8, and will feature "STEM-stravaganza." This week will introduce youth to STEM (Science, Technology, Engineering, Math) concepts through fun, interactive activities.

MONROE COUNTY 4-H FAIR:  
**ZOOMING INTO SUMMER**

HEAD HANDS HEART HEALTH

**FIVE WEEKS OF 4-H FUN!**

WEEK 2: Sunday, July 5 - Saturday, July 11

**CREATIVE CHEFS!**

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE

The final themed week, Outstanding Outdoors, will keep kids moving through outdoor activities, and reflections on the nature that surrounds us. Outstanding Outdoors Week will take place from Sunday, August 16 through Saturday, August 22. It is recommended that youth register for each themed week.



Registration for Monroe County 4-H themed weeks may be found [HERE](#). Activities are suitable for youth ages 5 to 19 years old, and youth do not need to be members of 4-H to participate. Participation is not limited to youth in Monroe County. Participation is free, and youth may register for multiple weeks.



# ZOOMING INTO SUMMER

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

SUNDAY, JULY 5 - SATURDAY, JULY 11

**CREATIVE CHEFS**

Cornell Cooperative Extension  
Monroe County

4-H  
GROWS HERE

Join Monroe County 4-H to learn cooking skills, participate in a service project, share photos, and more! Participate in a challenge to practice your new skill set.

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

**REGISTER FOR WEEK 2:  
CREATIVE CHEFS WEEK!**

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

SUNDAY, JULY 19 - SATURDAY, JULY 25

**ANIMAL ADVENTURES**

Cornell Cooperative Extension  
Monroe County

4-H  
GROWS HERE

Hurray, it's Animal Adventures Week! Learn about some amazing animals, get active and participate in some fun activities. Share your experiences and make new 4-H friends!

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

**REGISTER FOR WEEK 3:  
ANIMAL ADVENTURES WEEK!**

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!**

# UPCOMING VIRTUAL OPPORTUNITIES

Health and Fitness  
**YOGA**  
 with Monroe County 4-H!  
**FACEBOOK PREMIERE**  
**4 - 4:30 PM ON JULY 8<sup>TH</sup>**

Cornell Cooperative Extension  
 Monroe County

**4-H**  
 GROWS HERE

Wednesday, July 8, 2020, 4:00 PM - 4:30 PM  
 Let's Move! Monroe County 4-H presents  
 Healthy Hearts: YOGA!

Join Mike in testing your flexibility and balance with this yoga training! You will also learn 5 simple yoga poses that can be practiced in order to improve your flexibility and balance. [On Facebook.](#)

**4-H GROWS HERE** Join Us!

Inbox - 4Hcloverdog@cornell.edu - Outlook.com

4-H Virtual Learning  
 To You

**4-H Virtual Dog Obedience**

Information

- Open to enrolled NYS 4-H members and their canine partners 12 weeks and older
- When—July 13th—August 21st. Content e-mailed out weekly.
- Choose to take part in one or both of the below courses
  - **Basic Dog Obedience**
  - **Intro to 4-H Dog Shows**
- Cost - \$10 for 1 course, \$15 for both, or \$25 per family
- Registration required by July 10th.

Yates County 4-H is holding virtual 4-H Dog Obedience classes. Content will be e-mailed out weekly for youth to work on at their own pace. Our **Basic Dog Obedience** course will cover sit, stay, down, and heel. Our **Intro to Dog Shows** course will introduce and prepare youth for beginner Grooming and Handling and Obedience classes, as well as cover basic canine science information.

Register at [https://reg.cce.cornell.edu/VirtualDogObedience\\_2020\\_257](https://reg.cce.cornell.edu/VirtualDogObedience_2020_257)  
 Contact [jja26@cornell.edu](mailto:jja26@cornell.edu) with any questions

**CLICK TO REGISTER**

Cornell Cooperative Extension  
 Yates County

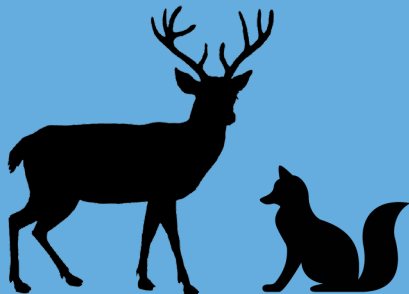
Cornell Cooperative Extension provides equal programs and employment opportunities.

## NATURAL RESOURCES OPPORTUNITIES

FORESTRY FRIDAY 1.0 - [LINK](#)  
 FORESTRY FRIDAY 2.0 - [LINK](#)



WILDLIFE WEDNESDAY 1.0 - [LINK](#)  
 WILDLIFE WEDNESDAY 2.0 - [LINK](#)



## KNOW YOUR TREES BULLETIN: [LINK](#)



Thank you to John Bowe of  
 CCE Warren County for sharing!



# SAVE THE DATE

## CCE BAKE SALE SEPTEMBER 19TH 2020

4-H will be having a bake sale. More information and chances to volunteer coming soon.

# 2020 NORMAN V. RYAN 4-H SCHOLARSHIP

## Faith Avedisian, Buttonwood Livestock 4-H Club

Congratulations to Faith Avedisian, the 2020 Norman V. Ryan Monroe County 4-H Youth Development Scholarship recipient! Faith, a member of the Buttonwood Livestock 4-H Club, will be heading to SUNY Morrisville in the fall to begin her studies in Agricultural Business.



Faith credits her 4-H experience as an important part of her life. Faith shared, "The versatility that 4-H offers has allowed me to become a more open minded and well-rounded person. 4-H has helped lead me to my future career path and helped me in deciding what college I would be attending." Avedisian has had the chance to experience a variety of leadership experiences as an officer in her club and has had the chance for career exploration at different 4-H events. These experiences have aided in the development of independent leadership skills and the ability to step forward and take charge in a variety of situations.

Susan Coyle, 4-H Program Leader said, "It is a pleasure to honor Faith with the Norman V. Ryan 4-H Scholarship. Faith has been a member of 4-H since she was a young child. She has grown up trying new projects and new experiences. She has developed a passion for agriculture and will be continuing her education in the field. This will be a great fit for a young person who spends her summers showing cattle and educating the public about the dairy industry, and farming in general. Faith is a leader in Monroe County and across the state in the agricultural science field."

Through 4-H, Faith has shown her registered Jersey and Ayrshire cattle at a number of county fairs as well as the New York State Fair. She has also completed the Junior Dairy Leader Program through Cornell University's Department of Animal Science. Avedisian has taken on leadership at the national level, being a major contributor to planning and executing the National Ayrshire and Brown Swiss Convention held in 2019 in Buffalo. She currently serves as the Monroe County Dairy Princess in support of the dairy industry.

The skills and confidence Faith has gained in 4-H, coupled with the satisfaction of continued learning and community service, have prepared her for the transition to college student. Everyone involved with the Monroe County 4-H program wishes her well in her new adventures!



The Norman V. Ryan scholarship is presented to a Monroe County graduating high school senior who has demonstrated leadership and community service. Special consideration is given to teens who are planning to enter a field of study or employment as a result of their 4-H activities and experiences.

*Congratulations Faith!*

**I AM**  
**4-H**  
**PROUD**

## LOMKER 4-H CAMP SCHOLARSHIP

We currently are accepting applications for the Lomker 4-H Camp Scholarship! This scholarship, which offsets the basic camp fee, was established by Sandra Lomker to support Monroe County 4-H youth attendance at 4-H camps and 4-H educational programs. For more information and to apply, click on the link below.

Complete the [application](#) and submit by FRIDAY, JULY 10, 2020 to Susan at [smc226@cornell.edu](mailto:smc226@cornell.edu).



# Community Organizations Create Roc Kids Grow



## Collaboration forms to encourage learning through gardening

During this time of COVID-19, the Rochester community has seen disruptions to the food supply chain that have made finding some foods challenging, and have caused prices to increase for many foods. Financial challenges due to job loss or reduction of hours have affected many families. Stress is at an all-time high, and many have found it may be mitigated by spending time outdoors. Conditions in Spring 2020 have created the perfect recipe for an increase in gardening.

As organizations in Rochester began to realize this, they formed a collaborative effort which has come to be known as Roc Kids Grow. Plans were made to support one hundred Rochester School District families to learn about and experience gardening during a time when they were socially distanced from school and other learning opportunities. "The outdoor education and hands-on growing experiences we provide in our programs for school children needed to evolve to meet the needs of this moment," said Katie Nuber, Therapeutic Horticulture Programs Coordinator at EquiCenter, INC. "We needed to adapt in order to continue serving our communities. That meant bringing the materials and instruction to families at home."

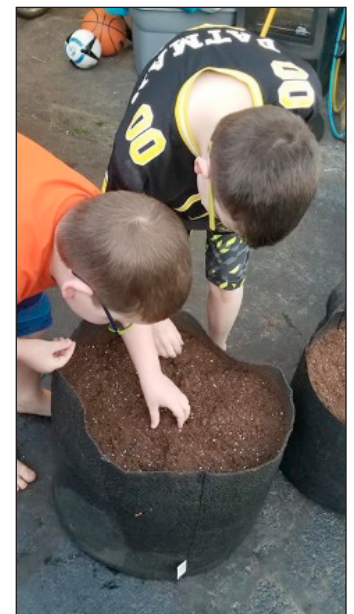
Nuber pointed out, "It was important to all the partners involved that we limit barriers to access for participating families. Gardening can be an expensive endeavor, especially in the city where planting in the ground is not always possible. Container garden kits seemed like the perfect solution for supporting youth and their families in learning the new skill of gardening at home."

Growing Out of Poverty, funded through the RMA-PI Participatory Budgeting Project, provided the resources to assemble and distribute gardening kits. Each family received a ten gallon grow bag. Bags were filled with soil donated by The Garden Factory. Families also received seeds donated by Black Button Distillery and the City of Rochester Department of Recreation and Youth Services. In their kit, families received gardening gloves and a trowel. Through the Growing Out of Poverty initiative, three RCSD students received stipends for helping fill the bags, assemble the kits and make deliveries. Cornell Cooperative Extension Monroe County and 4-H Youth Development provided a growing tips sheet and provided information that was contained on a USB Drive.

After families received all of their gardening goodies, they were invited to attend a Zoom workshop Planting Party. Lori Koenick, 4-H Educator at CCE-Monroe, and Selena Ragland, Outreach coordinator at South East Area Coalition, led families through soil preparation, reading seed packets, best growing locations, and actual planting in the containers. Koenick shared how excited the youth were to get their hands dirty in the soil and plant their seeds.

Families involved in the project will receive additional gardening and community building support through a private Facebook group and regularly scheduled Zoom calls. Rachel Betts, at Connected Communities, serves as admin for the group and provides opportunities for connection, including special gardening tips and a place for families to discuss their gardening experiences -- sharing both the challenges and successes of growing food. The project will end the growing season with a Fall Harvest Party to celebrate the abundance of fresh foods and community grown throughout the summer.

Organizations that collaborated to pull this project together are numerous. They include the City of Rochester Department of Recreation and Youth Services, Equi-Center, Connected Communities Emma & Beechwood, St. Marks & St. Johns, South Wedge Food Program, 441 Ministries, Growing Out of Poverty, South East Area Coalition, Cornell Cooperative Extension of Monroe County, and Monroe County 4-H Youth Development.



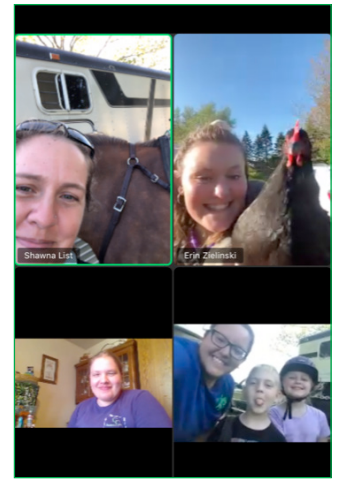
# Club News: Mariah Meadows

I am so proud of my 4h club Mariah Meadows. On June 6th we participated in a virtual 5k/1mile run to support two children with pediatric brain cancer. Craig, is a young boy who continues his battles and Allivea, my sister passed away Feb 11. It was an honor to me and my family that the 4h club supported us. Typically the event is in-person and would not have given us the opportunity to actually ride. Since it went virtual due to covid Shawna decided to see if it would be possible to ride and Robin Hill creator of the event said absolutely. It was a great time with my horse friends and family!! Thank you to everyone who participated.

- Mattie Rife

We did a "spring cleaning" type clothing drive and ended up with a van full of clothes to donate. Merle Farms donated planting kits and all our members tried our hand at growing a green bean plant or lettuce. We have been having regular 4H club zoom meetings as well as doing weekly activity sheets and watching educational videos/webinars. We also participated in Beat Brain Cancer 5K which we trail rode our 5K in support of a club member's family.

- Shawna List



# Club News: Posh Ponies

Posh Ponies has been a club for 15? years (I have been the leader for 10 but I inherited from someone else previously). Members have aged over the years from age 5-18, with our current members aged 9-15. We are a horse loving bunch that enjoys all things related to horses including riding and knowledge competitions. Along with horses, we have explored many project areas that kids are interested in including the outdoors and nature, sewing, crafts, photography, rabbits, poultry, dogs, public presentations and lots and lots of community service activities.

- Niki Whilden





# ZOOMING INTO SUMMER

## WEEK ONE: HORSE WEEK RECAP



Olivia very much enjoyed not only making the snack but also having horse snack time.  
- Emily Streicher



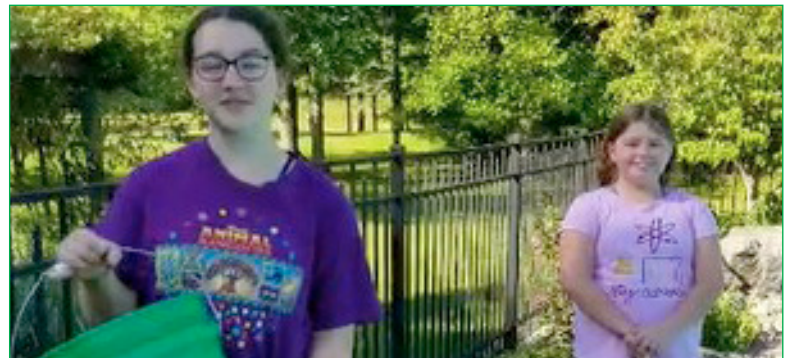
Abbi with Dave the Horse  
View "Taking Care of a Horse"  
[Video 1](#) | [Video 2](#)



Horse Food



Movement Monday  
[Video 1 - Laura](#)  
[Video 2 - Sara](#)



Horse Facts with Addie & Brianna | See video [HERE](#)



Lily makes horse popsicles  
Click [HERE](#) for a video tutorial

Monroe County 4-H Fair:  
Zooming into Summer

**Horse Week**  
**Highlights**

CLICK FOR VIDEO

Cornell Cooperative Extension  
Monroe County

4-H GROWS HERE



# Taking a Look Back During Pride Month



By Mike Dondorfer, AmeriCorps VISTA

Pride Month 2020 has just wrapped up! As we continue to advocate for our LGBTQ+ youth and make 4-H a safer, inclusive space for all, we thought we all should collect some useful information relating to supporting LGBTQ+ youth in the classroom, at home, and in broader societal contexts.

Below are some strategies for making academic spaces more inclusive, books with positive LGBTQ+ representation, a list of terms used in the LGBTQ+ community, and some history on LGBTQ+ rights. Be sure to check out the Monroe County 4-H Facebook page for more details on these Pride Month topics!

## School Strategies:

- School staff should keep a student's orientation and gender identity confidential to everyone, even the student's family;
- Regular evaluations of inclusivity by staff and families;
- Staff are trained on LGBTQ+ issues and well-versed in LGBTQ-friendly vocabulary;
- Promoting a safe environment and being an ally is publicly praised or rewarded within the school;
- Academic curriculum includes LGBTQ+ voices, perspectives, and histories.

## LGBTQ+ Inclusive Books:

### Elementary School:

- Antonio's Card/La Tarjeta de Antonio, Rigoberto González
- Gay & Lesbian History for Kids: The Century-Long Struggle for LGBT Rights, Jerome Pohlen
- Prince and Knight, Daniel Haack

### Middle School:

- Gracefully Grayson, Ami Polonsky
- The House of Hades, Rick Riordan
- Not Your Sidekick, C.B. Lee

### High School:

- Carry on, Rainbow Rowell
- I am J, Cris Beam
- If You Could Be Mine, Sara Farizan



## LGBTQ+ Terms:

- Bisexual, Bi: a person who experiences attraction to more than one gender.
- Cisgender, Cis: a person whose gender identity aligns with their assigned sex.
- Gay: a person (typically a man) who is only attracted to the same sex. Use this to describe gay men instead of "homosexual."
- Gender-fluid: a person whose identity does not align with a single gender and may shift over time.
- Nonbinary: individuals who identify as neither man nor woman, nor as a combination of man or woman.
- Transgender, trans: people whose biological sex differs from their gender identity.
- Gender: traits, often defined by societal expectation, that define an individual as feminine, masculine, or other.
- Misgender: To refer to someone in a way that does not correctly reflect the gender they identify with.
- Outing: revealing another person's sexual orientation or gender identity without that person's consent

## LGBTQ+ History:

- Stonewall Riots: A demonstration that took place in 1969 outside the Stonewall Inn, a gay inn in Lower Manhattan, New York City. Immediately proceeding a police raid on the establishment, its visitors began to defend themselves and advocate for their rights as LGBTQ+ individuals. The riots were mostly led by trans women of color, like Marsha P. Johnson and Zazu Nova.
- LGBTQ+ Historical Figures: Alexander the Great, Emily Dickinson, Langston Hughes, King James VI and I
- LGBTQ+ Civil Rights Activists: James Baldwin, Simone de Beauvoir, Alicia Garcia, and Alice Walker
- LGBTQ+ Rights Activists: Daayiee Abdullah, Mel Boozar, Dan Choi, and Josef Kohout.





Please participate in this 2-3 minute survey to help the SNAP- Ed Nutrition Education program find better ways to connect your family with tips and tricks to save time, save money and eat healthy." Please click [HERE](#) to be directly connected.

## Monroe County 4-H Steering Committee

The 4-H team values your input as we forge ahead with offering programming to support Monroe County youth and their families.

**Please save the following dates:**

Tuesday, August 11th  
 Tuesday, November 10th

**WE WILL PLAN TO MEET AT 6:30 P.M..**

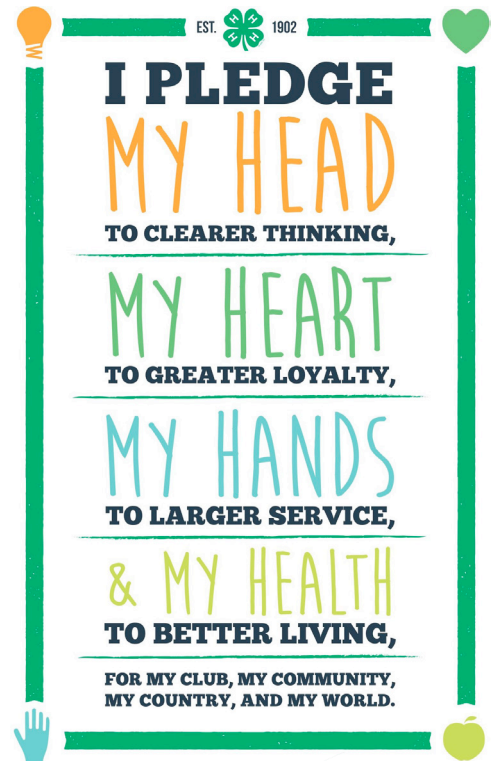
As of now, we will hold all meetings via Zoom, so look for the link to register in the near future!

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



## Cornell Cooperative Extension Monroe County

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



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