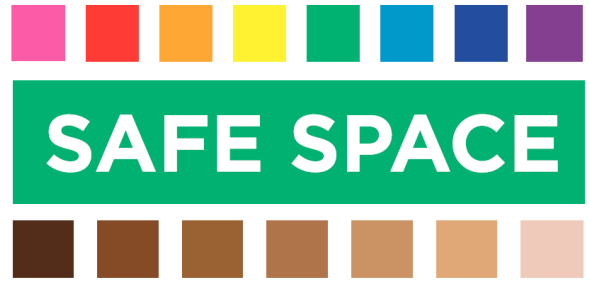


MONROE COUNTY
4-H Herald

MONTHLY
NEWSLETTER

June 2020



From the Monroe County 4-H Team

**Dear 4-H Families, Volunteers
& Community Partners,**

The acts of racist violence and hatred that have occurred over the last week in our community and nation have been difficult to experience and witness. These acts have been rooted in issues deep within our society are now loudly resurfacing and drawing the attention of our community, state and country. We know this to be true as adults and our hearts leap to supporting youth through these challenging times.

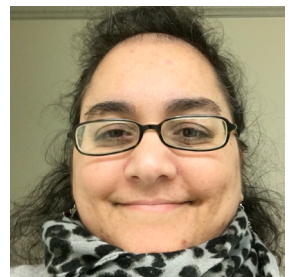
Emotions are running deep and range from fear to hopelessness to anxiety to anger and depression. Sometimes these emotions can all be experienced in the same day, or even the same hour.

The 4-H team in Monroe County is committed to being a support to youth who are experiencing traumatic events. 2020 has been particularly profound for black youth and other youth of color in Rochester. Disproportionate numbers of youth of color live in poverty and attend the RCSD which

has been facing challenges since January. Witnessing violence secondhand and hearing conversations, such as in the video of George Floyd's murder which has been widely circulated on social media, can be a traumatic experience.

Please watch for resources that will aid conversations with youth in this newsletter, on social media, and extending into the future. Being not racist is not enough and we will work together to become anti-racist. We must be allies to all in our community who struggle and face disproportionate challenges. Jennifer Sirangelo, President and CEO of National 4-H Council, writes "It is our responsibility as adults and mentors to show up as allies and mentors who can lift their voices and empower them to address the challenges they face head-on."

The vision of NYS 4-H is to create a world in which youth and adults learn, grow and work together as catalysts for positive change. Monroe County 4-H is committed to providing Safe Spaces for youth and adults to achieve this ideal.



The Monroe County 4-H Team: from left, Susan Coyle, Mike Dondorfer, Lori Koenick, Jessica Reid, Michele S-Ritchie

2020 MESSAGE FROM NATIONAL 4-H

THE VOICES WE NEED TO HEAR RIGHT NOW

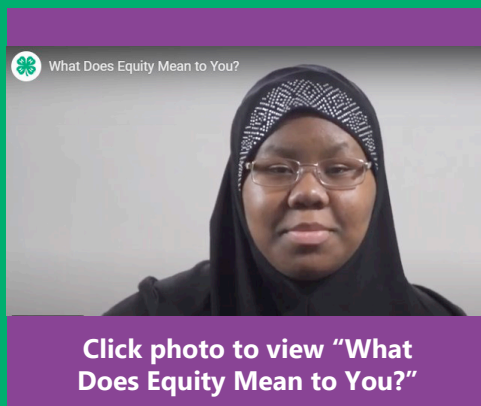
by Jennifer Sirangelo
President & CEO
National 4-H Council

The last few days have been challenging for all of America. Like many, I was overcome with emotions as I witnessed the video footage of George Floyd's final breaths. My thoughts and prayers immediately went out to the African American community, especially young people of color, who endure the pain and injustice of racism again and again with each senseless death. George Floyd is not an isolated case. We are painfully reminded of other lives lost unjustly like Ahmaud Arbery, Breonna Taylor, Philando Castile, Freddie Gray, Sandra Bland, Eric Garner, Trayvon Martin, and Michael Brown to name a few of the thousands who have died. Each of these tragedies is a stinging reminder of the systemic racism all people of color endure today in countless small and large doses that are so common that now – it is simply expected.

Many faiths and belief systems embrace a divine element inherent in all humanity. In my faith tradition, we believe that all human beings are equally beautifully and wonderfully made in the image of God. Therefore, all lives have value, meaning and purpose simply because we are present in this world and have a bit of the divine in our design. It's this belief system that guided me to a 20-year career in positive youth development and to 4-H where we believe that all young people, no matter their beliefs, backgrounds, or color of their skin, can create positive change in their communities today and deserve the opportunity to prepare for life and work with meaning, purpose and positive impact.

As protests sweep across our country, it is time for all of us to step up and use our voices to create an America that finally fulfills our mission to stand as "one nation under God, indivisible with liberty and justice for all." Most importantly, we do this for young people. The wisdom, clarity and humanity of our young people is THE hope for a brighter future for our country. It is our responsibility as adults and mentors to show up as allies and mentors who can lift their voices and empower them to address the challenges they face head-on. At National 4-H Council, we will always believe in them, we will always tell their stories, and we will always work to create opportunities for those hardest to reach and who need us the most.

In this brief video, you can hear from diverse voices of 4-H youth and Cooperative Extension 4-H leaders about what equity means to them. I look forward to following their lead as they work hand-in-hand with communities to prepare young people to take on the future ahead.



PARENTS, EDUCATORS, EXPERTS TALK TO KIDS ON RACE AMID UNREST

How conversations with kids about race and racism play out can be intensely personal for parents. Many white parents in particular believe children are too young for such discussions at age 10 or 11, said Andrew Grant-Thomas, co-founder of Embrace Race, a nonprofit that provides resources for parents and educators.

[SEE FULL ARTICLE](#)

2020 A YEAR OF CHANGE & HOPE

CANCELED FOR 2020

Monroe County 4-H Expo

Monroe County Fair

4-H Participation at the NYS Fair

All NYS 4-H Camps

These cancellations were not made lightly and are announced with heavy hearts across the board. They are also all made with the safety and well-being of youth, their families, volunteers, and staff as the priority.

This seems like an appropriate time to share the words of Martin Luther King, Jr. "We must accept finite disappointment, But never lose infinite hope."

The 4-H Team is saddened by the loss of opportunities For 4-H participants. We acknowledge the disappointment that is being experienced and the traditions that are being disrupted.

We are excited to move forward, practicing self-care, and offering new opportunities. For youth (and adults) who would like to explore their feelings and reactions, we recommend the Mindful Me videos produced by SUNY Brockport Intern, Keyshla Lopez-Rivera.

The 4-H Team is also pleased to Zoom with your club. Mindful Me is best suited for Cloverbud age

youth and we have Get Experience in Mindfulness for 4-H age youth. Contact us to set up a meeting. You may also be interested in free app, (link) Head-space.

At this point, you are wondering how to Jump in and help make summer special for youth.

1. Join a committee to plan a virtual summer fair experience. We especially appreciate youth voice!

[Respond to the Doodle Poll.](#)

2. See the story in this newsletter to take part in the Kindness Challenge from 4-H UNITY Teens. Spread kindness and send us pictures!

**I AM
4-H
PROUD**



Mindfulness: Videos for Kids



Videos by Keyshla Lopez-Rivera, Public Health Intern

During this current time of change and uncertainty, young children may be frightened and confused by their own emotions, and those of others. Our Mindfulness video series helps children become aware of their feelings and surroundings.

**WATCH VIDEO
THE GIFT OF
PRESENCE**

**WATCH VIDEO
FEELINGS**

**WATCH VIDEO
QUIET PLACE**

**WATCH VIDEO
COMER
ATENTAMENTE**

**WATCH VIDEO
MOOD
MANAGEMENT**

UPCOMING VIRTUAL OPPORTUNITIES

FORCES OF NATURE
HOSTED BY AMERICORPS VISTA MIKE


EROSION

Wed, June 3, Premiering on Facebook

Cornell Cooperative Extension | Monroe County  4-H GROWS HERE

FORCES OF NATURE
HOSTED BY AMERICORPS VISTA MIKE

Wednesday, June 10 **ICE** Premiering on Facebook

Cornell Cooperative Extension | Monroe County  4-H GROWS HERE



NYS VIRTUAL 4-H FORESTRY SERIES 2020

There's still time to register for upcoming sessions!

Join youth from across the state in a virtual series and learn about the various forestry topics and activities typically covered at Forestry Weekend.

Join CCE educators on Saturday at 6:30 p.m. Open to youth aged 10 and up (as well as staff and volunteers) interested in learning more about forests.

Register by Friday, June 5:
Saturday, June 6 - Forest Ecology

Please contact Susan at smc226@cornell.edu to register. Registration form found [HERE](#).

Introducing...
FLX 4-H LEARNING LAUNCHPAD

Join us each weekday at 10am for a new 4-H project opportunity! Posts start March 23rd!

Follow us on Facebook: [FLX 4-H Learning Launchpad](#)



BREAKING NEWS! FLX 4-H Learning Launchpad has expanded its virtual learning through the end of June 2020! Tune in **M, W, F!** **Monday-Cloverbuds; Wednesday-general projects; Fridays-fairs** at 10 a.m. on [Facebook](#) to participate in the day's topic.

Watch 4-H educators from around the Finger Lakes region continue to present some of their favorite topics! Monroe County 4-H educators Jessica & Lori will continue to teach about gardening, bike basics, and more! Missed an episode? Find it on [YouTube](#)!



HORSE WEEK

Sunday, June 21 - Saturday, June 27

Hold onto your hats, Horse Week is coming! The Monroe County 4-H Team is excited to share

that we are turning the week of June 21st-27th into "Horse Week," showcasing our horse program with fun facts and activities related to horses.

We will also be having a naming contest for ROC Animal School's newest Horse Mascot!

Each day we hope to put up some kind of horse related content, such as videos, images, and written pieces, and we would love your help! If you would like to contribute, please sign up for a topic [HERE](#), and send content to Jessica (jar642@cornell.edu) by June 17th!



Did you miss any of the Japanese culture videos presented by Monroe County 4-H Educator Jessica?

You can find them on the [CCE-Monroe YouTube channel](#)!



Addie W. making rice balls

 **4-H GROWS HERE**

UPCOMING VIRTUAL OPPORTUNITIES

4-H Nature Printing: Exploring Nature through Art



Monday, June 15, 2020 | 6 p.m.

4-H Mighty Monday

Nature Printing: Exploring Nature through Art

Learn How to Create Botanically Printed Postcards & Bookmarks!

Participants will receive a printing kit including postcards and bookmarks on which they can display their creations. Learn about the parts of a plant and processes essential to all life on earth through art.

This project suitable for all ages.

**Interested participants from outside Monroe County are welcome to participate, but due to postal delays be aware that supplies are not guaranteed to arrive in time for the workshop.*

Needed for this workshop:

- hammer
- hard surface to hammer on (wood / wooden or plastic cutting board)
- towel for the workshop.

Participants will receive an email prior to workshop with info on how to safely gather flowers & leaves to use to make their art.



THIS WILL BE A ZOOM SESSION. AN EMAIL WITH A ZOOM LINK AND PASSWORD WILL BE SENT PRIOR TO THE SESSION.

REGISTRATION IS REQUIRED.

Please register [HERE](#) to participate.

Link to event page: <https://bit.ly/3cfrNp7>

CONTACT INFO:

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Cornell Cooperative Extension | **Monroe County**

MONROE COUNTY 4-H PROGRAM | 2449 ST. PAUL BOULEVARD, ROCHESTER, NY 14617
(585) 753-2550 | MONROE4H@CORNELL.EDU | MONROE.CCE.CORNELL.EDU



Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer. Please contact the **5** Cornell Cooperative Extension of Monroe County office if you have any special needs.



Club News: Westside Science & Nature Explorers

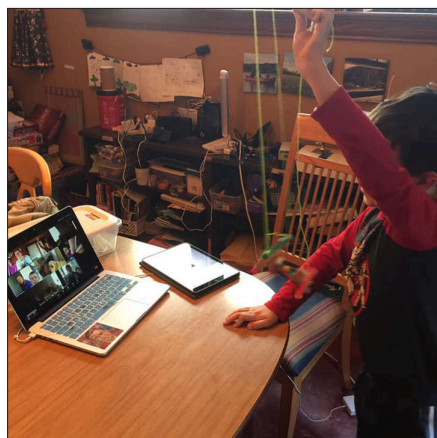


Westside Science and Nature Explorers club leader, Barb Hull had dropped off to each club member a collection of items in an old coffee container and each child was asked to create.

Club members and bothers, Asa and Schuyler had so much fun! Asa made a robot. Schuyler made a marionette biplane. Very Impressive!

Next up for the club is a game challenge, suggested by a member. So they will need to create a game to share in two weeks!

What do your club meetings look like these days?
Submit a summary and/or photos for the next update or newsletter to monroe4H@cornell.edu!



Photos courtesy of Westside Science & Nature Explorers

4-H FAVORITE RECIPES

What's better than cooking at home? Making meals that are both inspired and easy to make. This collection of recipes from the 4-H community hits those marks on every page.

Featuring nearly 50 recipes from 4-H'ers, supporters, and 4-H alumni — including celebrity chef, author, and Tennessee 4-H alumna Carla Hall — [the Fresh Chefs digital cookbook](#) includes healthy everyday recipes and celebratory dishes for youth and families to enjoy.

- excerpt from National 4-H Council -

Monroe County 4-H on Social Media



YouTube



ONLINE RESOURCES
for
KIDS & FAMILIES

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!





4-H Teens Spread Kindness



SMALL ACTS SUPPORT OTHERS

no act of kindness is ever wasted

If you live in Monroe County, you may be the surprise recipient of an act of kindness in the next few weeks. The 4-H UNITY (Urban Neighborhoods Improved Through Youth) group is a collaboration between Cornell Cooperative Extension Monroe County's 4-H Youth Development Program and Ibero-American Action League's Aspira Program. Teens that are part of the group are students at Eugenio Maria de Hostos Charter School. The youth have been working on different projects to offer positive impact to their community this school year. Recently they have decided to spread joy during a challenging time.

The teens decided it would be wonderful to offer bright spots to people who may be facing challenges during the COVID-19 crisis. The youth thought of supporting people in their neighborhoods and surrounding community. This

could range from neighbors to medical professionals. The teens recognized that they and others in their community could use a positive lift. Giving to others would be a chance to make kindness contagious in Rochester.

The youth made a plan for several weeks of projects. They started with blessing a neighbor or family member with random kindness. Each youth thought of their own way to lift someone else up. One youth painted a decorative bird-house and left it on her neighbor's porch as a surprise gift.



Other projects included painting Kindness Rocks, creating sidewalk chalk art, and making gratitude cards. Supplies for the project were provided through the 4-H Program in support packages and delivered to youth by their mentor at the Aspira Program. When reflecting on being able to gift others with kindness, 4-H Teen Leader Kaelin, shared, "It made me feel good inside." 4-H Program Leader, Susan Coyle shared, "It is refreshing to meet virtually with these youth each week. They have been thrown off schedule, are missing their friends, and feel uncertain. Through these challenges, they have not given up hope and are having fun while offering positivity and kindness to their families and neighborhoods."

Can you help these teens spread more kindness? Are there projects that you can participate in while maintaining social distancing? Could you send a note of thanks to a first responder, surprise a neighbor with a flower bouquet, or leave an inspiring rock in a community garden? How would it make you feel to provide another person with a simple gift? If you are inspired by the 4-H Teen Leaders, please help spread kindness!

GARDEN IN A BOTTLE

Here is an easy project you can do this summer! This is a great project to do at home as a family, or as a club or class project over Zoom. Please contact Jessica with any questions, or to share pictures of your bottle garden creations! jar642@cornell.edu

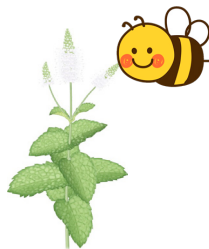
For this project, you need:

- Soda bottle*
- Scissors
- Nail & hammer
- Potting soil
- Seeds
- Water
- Optional: gloves



Many Herbs Make Great Pollinator Plants!

- Mint
- Bee Balm
- Basil
- Thyme
- Sage
- Anise Hyssop
- Oregano



* You can also use other recyclable containers, such as yogurt cups, sour cream containers, etc to start seeds in. Instead of steps 1 & 2, poke drainage holes in the bottom of your container, and set in a dish or other container to catch water when watering.

- 1) With an adults help, carefully cut the soda bottle in half.
- 2) Unscrew the cap of the soda bottle. With an adults help, use the nail and hammer to poke many holes through the cap. These are drainage holes, and will help water drain when you water your plant. Screw the cap back on. Turn the top upside down and set inside the bottom half.
- 3) Fill the top with the potting soil. Tap your bottle on your table a few times to get rid of air pockets in the soil. The soil contains all the nutrients that your plant needs to grow big and strong. Just like we need vitamins and minerals to grow, plants do, too!
- 4) Time to plant the seeds! Plant the seeds according to the seed packet directions. A good estimate is a seed should be planted about twice it's height deep. Cover the seeds with soil.
- 5) Gently water your soil until it is damp. Place in a nice warm, sunny spot, and wait for your seeds to sprout! When they sprout, gently water the soil whenever you notice it is starting to get dry.



Mary Cariola Virtual Petting Zoo



4-H Youth bring virtual zoo to Mary Cariola Center students

Annual event goes virtual in the time of social distancing

With COVID-19 forcing the cancellation of numerous events, members of Monroe County’s 4-H Youth Development program put on creative hats in order to bring farm animals to students at Mary Cariola Center. The annual spring visit to the school’s Elmwood Campus is always well received by teachers and students, and a highlight for members of Monroe County’s 4-H Youth Development.

This year, 4-H Youth Development members and volunteers created short videos of their animals and provided them to Mary Cariola’s 4-H Club Classroom. The classroom then offered to share with all of Mary Cariola’s students and residents. The videos have been posted daily on the school’s [Facebook page](#) and are permanently housed on the school website’s learning resource page for everyone to enjoy.

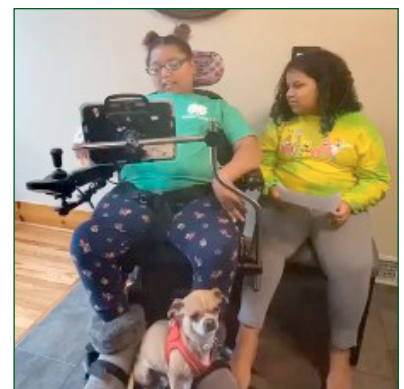
Falling under the Social Studies and Science header on the school’s COVID-19 Resources page are videos introducing “Oprah-Whinny-Free,” the miniature horse, “Squirt,” the tortoise, “Gigi,” the pony, chickens, ducklings, and more. The short videos range from calming to cute to informative, and give students a look at animals on the farm. Find the link [HERE](#).

In past years, the annual petting zoo provided to Mary Cariola students and staff has been held in the gymnasium on the Elmwood campus. Here, students can touch the animals, ask the animals’ caregivers questions, and get their pictures taken with their favorites. The petting zoo features familiar faces, domestic farm animals and pets, and joy for all who participate.

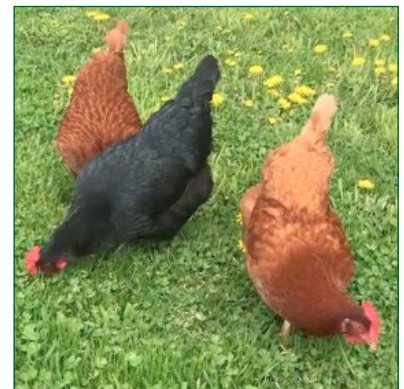
Mary Cariola Center is home to a long-standing 4-H club called Busy Bees, headed by teacher Kathy Lee, and taking place in her classroom. 4-H members learn arts and crafts, public presentations, community service, and more. Each Busy Bee has unique qualities and special needs that 4-H Positive Youth Development curricula has been adapted to accommodate. The initiative is inclusive, welcoming, and provides a safe space for youth of all abilities, characteristics, and interests.

“The Annual Mary Cariola Petting Zoo is a highly-anticipated and exciting event for all involved – students, teachers, 4-H families and staff. We knew we couldn’t just cancel the event, disappointing everyone in the process,” says 4-H Program Manager, Susan Coyle.

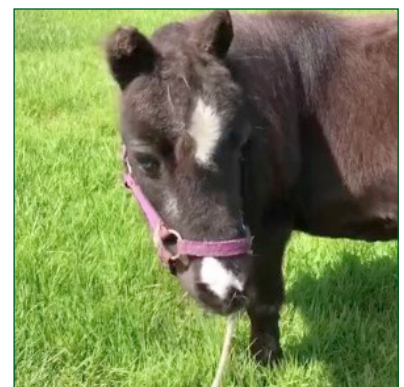
“The collaboration between the school, and 4-H staff and volunteers ensured that the event would take place, albeit in a nontraditional format. While hands-on, personal interaction is always optimal, virtual learning has become a format to master during these unprecedented times.”



DeAshaney, student at Mary Cariola Center, announces virtual petting zoo with her sister



Above, chickens on the farm
Below, Oprah-Whinny-Free’s photogenic side



4-H GROWS HERE



4-H Leader Resources

Featured Activity of the Month: Build a Water Filter

Challenge your youth to create a water filter that cleans “dirty water”. This activity can be used for a variety of purposes. Use it to discuss sustainable living or practice thinking like an engineer or scientist! When creating “dirty water”, you can have a discussion about pollution and the various sources of water pollution. Use science, engineering and technology concepts to build the filters out of common household items. Ask your youth, how clean can your water get?

This activity has been modified from: <https://ny.pbslearningmedia.org/resource/ess05.sci.ess.earthsys.waterfilter/earth-water-filter/>

Suggested Materials*:

| Dirty Water | Filter |
|--|---|
| <ul style="list-style-type: none">-food coloring (represents chemicals)-dried beans (represents solid waste)-sprinkles (represents solid waste)-pieces of paper or plastic (represents solid waste)-soil (represents the earth)-cooking oil (represents motor oil)-salt (represents road salt)  | <ul style="list-style-type: none">-plastic bottle cut in half (serves as base of the filter)-tape-napkins-gravel-sand-coffee filter-cotton balls-gauze  |

*use these materials as a starting point, challenge youth to be creative! Brainstorm different sources of water pollution and household items that could represent those sources. Brainstorm different materials that could be used in the filter.

Example Activity Plan

Anchor: Say one word that comes to mind when you hear the word “pollution.”

Add: Some discussion questions could be: What is pollution? What types of pollutions are there? What are some sources of water pollution? What are the some effects of water pollution?

- Ask youth for their definition of pollution (the introduction of contaminants into the natural environment that cause harmful change)
- Different kinds of pollution: air, water, ground, noise
- Sources of water pollution: chemical waste (solvents, antifreeze), detergent, fertilizer, gasoline, motor oil, heavy metals from mining and industry, pathogens, pesticides and fertilizers, silt, solid waste (plastics and Styrofoam)
- Water pollution effects: harm plants and wildlife, cause algae blooms, degrade water quality, get into our food and cause allergic reactions and illness, and become sediment and change aquatic habitats

Apply:

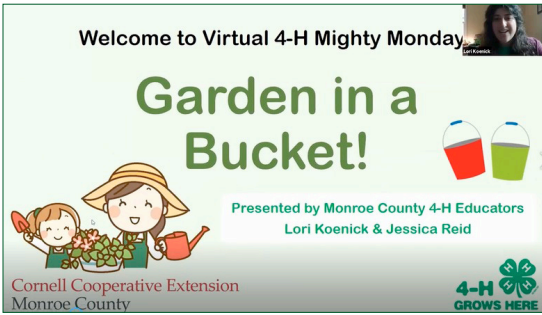
Create dirty water- Have youth present their materials and what sources of water pollution they are supposed to represent. Have each youth mix their materials together in a cup of water to create “dirty water.” Ask youth, would you drink this water?

Build a water filter- 1) Take the lid off the bottle. Flip the top half of the plastic bottle upside down (like a funnel) and place inside the bottom half. The top half holds the filter and the bottom half holds the water. 2) Have youth predict what the different filter materials will filter from the water. Then, build filters by layering the different materials inside the top half of the bottle. 3) Test the filter by pouring dirty water through it! Make observations about what the filtered water looks like. 4) Reflect. Ask youth if they would make any changes to their filter design.

Away: Ask youth how can we make a difference with water pollution as individuals?

Example answers- Reduce water use, reduce the amount of chemicals used on cars, yards, in homes (cleaning, cosmetics); dispose of unused medications properly; dispose of pet waste properly

OUR YOUTUBE CHANNEL



We continue posting video content to our YouTube channel. The channel is found under Cornell Cooperative Extension of Monroe County. The 4-H team has been busy creating videos remotely for virtual learners and families.

Concentrating on 4-H topics like STEM, Ag in the Classroom, gardening and more, the 4-H team has creatively adapted to the challenges of social distancing and virtual teaching.

Watch our 4-H Educators present, with enthusiasm and knowledge, tutorials for "Garden in a Bucket" and "Ten Minute Gardening."

Stay apprised of new videos by subscribing to our channel [HERE](#).

Help 4-H & CCE Monroe Help Others!

Please help by creating masks that are needed in the community by farm workers, day care providers, medical professionals, and more!

Join the NYS 4-H MASK TASK!

Let's put our **HEADs** together and use our **HANDS** to make some masks!

By opening up our **HEARTs**...we can protect the **HEALTH** of our community with this simple task!

LEARN MORE

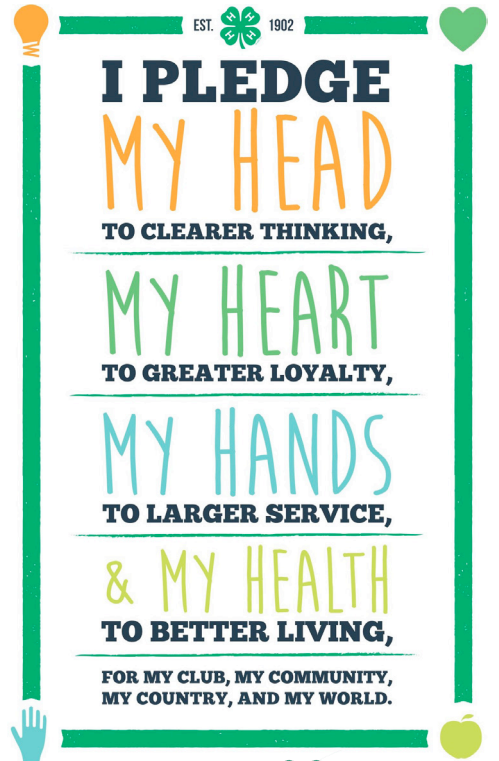
bit.ly/NYS4HMaskTask

NYS 4-H and Cornell Cooperative Extension are sharing this opportunity with folks across the state! You do NOT need to be a part of 4-H to participate.

Everyone can help! How?
 ●Go to the [NYS 4-H Mask Task website](#).

- Make as many masks as you are able.
- Email Mike at mpd94@cornell.edu to arrange for drop off at our office or pick up if necessary.

4-H staff members will distribute your masks to local community members, namely essential workers, who are in need of them! Thank you for your help!



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Cornell Cooperative Extension Monroe County

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