



MONROE COUNTY 4-H Herald

MONTHLY NEWSLETTER May 2020

Help 4-H & CCE Monroe Help Others!

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

New York State 4-H and Cornell Cooperative Extension are excited to share this opportunity with the folks across the state! You do NOT need to be a part of 4-H to participate. Everyone can help!

What to do?

- Go to the [NYS 4-H Mask Task website](#).
- Make as many masks as you are able.
- Email CCE-Monroe's 4-H team 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!

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 from 6:30 to 8:30pm.

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



Face masks sewn by Orange County 4-Hers

CCE Takes on #4HMaskTask

Even before the mandate that all New Yorkers wear a mask when in public and unable to adhere to social distancing guidelines, CCE and 4-H groups across the state were springing into action, sewing masks for essential workers. The NYS 4-H Mask Task centralizes those efforts and calls upon all New Yorkers to get involved in crafting cloth masks for our communities in need.

4-Hers, clubs, and volunteers across the CCE system can get involved, whether through sewing or fashioning no-sew masks, donating fabric and supplies, or just spreading the word and sharing in the gratitude for all essential workers who are helping to keep us safe at home.

CCE offices throughout New York are collecting and distributing the masks to essential workers and community members. The goal is #flattenthecurve and make a difference in the community.

Published in *Extension Insider* on April 28, 2020.



#4HMASKTASK

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

4-H to offer Japanese Culture Workshops

In celebration of Japanese Children's Day, and the NYS 4-H International Exchange, the FLX 4-H Learning Launchpad will host a series of Japanese cultural workshops & activities in May.

The Launchpad will be kicking off the celebration with a "Japanese Children's Day" workshop held on May 1st at 6 p.m., highlighting the cultural background of the holiday, and guiding families through fun, hands on activities they can do together at home.

Attendees at the May 1st workshop can follow along with making an "onigiri" rice ball, and creating a Japanese "kendama" game using materials commonly found at home. Following the workshop, FLX Learning Launchpad will premiere videos related to Japanese culture on May 5th, May 14th, and May 21st, at 10 a.m. on the FLX 4-H Learning Launchpad Facebook page, and on the FLX 4-H Learning Launchpad YouTube channel.

Children's Day, held on May 5th, is a Japanese national holiday in celebration of children's health and growth, and to honor their individual strengths.

Monroe County 4-H Educator Jessica Reid, who lived in Japan for 8 ½ years as an English teacher, will be presenting the workshop and activities. Reid felt a strong connection between the traditional Japanese holiday and the goals of the 4-H Positive Youth Development program.

"4-H is a program that challenges young people to find their spark, their individual strengths, and encourage them to follow that spark and grow as individuals. I think that the meaning behind Children's Day in Japan, to celebrate the growth and individual strengths of children, goes hand-in-hand with those beliefs."

Typically, New York State 4-H will host a delegation of Japanese youth and their chaperones each summer, participating in the national States' 4-H International Exchange Program. Delegates would stay with host families throughout New York State. New York State youth are also able to apply for outbound 4-H Exchange programs in Japan and other countries as well.



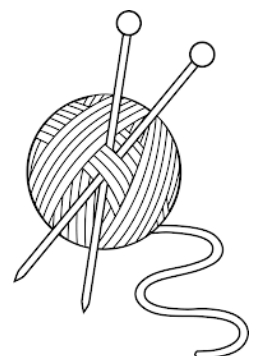
"Koinobori" windsocks fly in Japan to celebrate Children's Day (Jessica Reid)

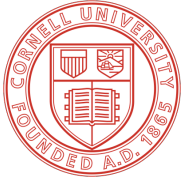
However, due to the COVID-19 pandemic, all of the States' 4-H International Exchange programs scheduled over the summer have been canceled. Another goal of the Japanese cultural workshop series being offered is to provide an opportunity for families in the region to experience Japanese culture in spite of the closures, and to build interest for next year's program.

Families can register [HERE](#) for the May 1st workshop. Registration via Zoom is required. FLX 4-H Learning Launchpad activities can be found on the [Facebook page](#), and [Youtube channel](#). More information on the NYS 4-H Exchange Program can be found [HERE](#).

Seeking a Knitting Mentor

- Do you love yarn and kids?
- Would you like to experiment with online teaching? 4-H has
- a lovely donation of yarn for
- 4-H youth to enjoy.
- If you are interested in teaching this new skill to kids,
- please reach out to Susan for
- more details at:
- smc226@cornell.edu.





SIGN UP NOW!

Cornell Cooperative Extension



NYS 4-H Virtual Forestry Series

Every Saturday at 6:30pm

May 9th—June 6th, 2020

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 for the 5 part series. Open to youth aged 10 and up (as well as staff and volunteers) interested in learning more about forests. Topics for each program are listed below. Contact your local CCE office to register.



DATE	TOPIC	TIME
May 9 th , 2020	Introduction	6:30pm
May 16 th , 2020	Tree Identification	6:30pm
May 23 rd , 2020	Map & Compass	6:30pm
May 30 th , 2020	Invasive Species & Pests	6:30pm
June 6 th , 2020	Forest Ecology	6:30pm

CLICK THE ABOVE GRAPHIC FOR THE REGISTRATION PDF FOR THE FORESTRY SERIES.

HEY LEADERS!

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

Volunteer Impact Survey

The Northeast 4-H states are leading a project exploring volunteer impact.

This survey is designed to gather data on a volunteer's impact to youth, themselves, their community and the organization. Participation is optional, but the survey will only be conducted online.

4-H Volunteers will be sent an email through 4-H Online notifying them of the upcoming launch of the Northeast Region Volunteer Impact Survey and regular reminders after. We hope to be able to use the results of this survey to develop informational and marketing resources including info-graphics to truly demonstrate the value of volunteer service to 4-H which in turn may be able to recruit future volunteers.

Survey Timeline

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

Please contact [Alexa](#) with questions.



Mighty Mondays Go Virtual!

Garden in a Bucket

Zoom Workshop on Monday, May 18th, 6:00pm

Join 4-H educators Jessica and Lori for an online workshop exploring general plant needs, creating a container garden, and playing some plant trivia!



Prior to the workshop, participants in Monroe County* will receive a garden in a bucket kit containing plants and planting material. The goal of the workshop is to get our hands dirty, find some distraction, have fun, and get excited about plants.

We hope to see you there!

*Interested participants from outside Monroe County are welcome to participate but will need to provide their own materials.

To Register: <https://bit.ly/2xiRPti>
Registration Deadline Monday, May 11



\$15 materials fee includes all you need to grow a mini herb or flower garden, with a no contact drop-off at your home by 4-H staff!

Cornell Cooperative Extension
Monroe County



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4 - H S U M M E R 2 0 2 0

Sew Much Fun Camp



Monday, July 20 through Friday, July 24



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



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

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

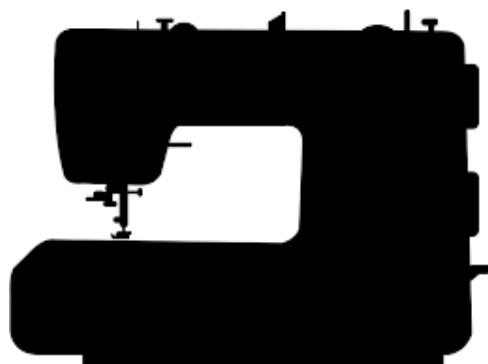
Limit is 10 registered youth. Registration is required.

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

4-H membership is not required to participate.



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



FEE:
\$100 PER YOUTH/WEEK
LEARN MORE:
[Link to Registration](#)



4-H GROWS HERE

Cornell Cooperative Extension | Monroe County

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Standardbred Grants

The 4-H Horse Program has been awarded funds provided by the New York Agriculture Horse Breeding Development Fund. 4-H Volunteer, Jenn Schwab, spearheaded the writing of two grants and the county has been approved for both submissions. Standardbred horses will be featured at each event.

One of the activities that has been funded is a Horse Bowl Awareness Event. A new quiz bowl buzzer system will be purchased and tried out for the first time at the event! Each participant will receive a binder with copies of Horse Bowl questions contained in it. Having a functional buzzer set will be a treat for the youth who participate in this activity. Youth will also spend time enjoying refreshments and catching up with one another at the event.

The other activity will be a Horse Judging In-Service for youth leaders, volunteers, and leaders. This event will focus on learning how to evaluate and place horses in

a judging scenario. Horse judging develops critical thinking and oral presentation skills. A limited number of attendees will also receive learning workbooks to continue the learning and be able to share with their clubs.

Orleans and Genesee County will be taking part in this cross county event which is a great chance for youth and volunteers to meet other people with like interests.

These two activities will be scheduled once social distancing restrictions are lifted. Keep your eye on the newsletter, Weekly Wednesday email, and social media for details as they emerge. Thank you to Jenn Schwab for volunteering her time to facilitate this experience, the volunteers who supported her with awesome ideas, and the NY Agriculture Horse Breeding Development Fund.



10-MINUTE GARDENING

brought to you by Monroe County 4-H

The Monroe County 4-H Team will be sharing a series of brief videos for youth and families, highlighting tips and small garden projects to do at home.



Recently, 4-H Educator Jessica showed us how to sow seeds in homemade toilet paper roll pots! Watch the video [HERE](#).

Supplies needed at home include:

- toilet paper rolls
- scissors
- seed starting mix or potting soil
- trowel or scoop for soil
- seeds
- a tray with drainage holes poked through & bottom tray to catch water

Subscribe on [YouTube](#) & watch all of our videos!

 **4-H GROWS HERE**

SOIL SUPER-POWERS

Some people see soil and think it is just a bunch of dirt. There is more to the story! Soil is an important natural resource. There are a plethora of microorganisms in soil creating small ecosystems and contributing to biodiversity. Soil acts as a water filter and growing medium. There are many different types of soil.

Watch for Monroe County 4-H Youth Development's newest project to be rolling out in the next few months. Soil Super-Powers will include opportunities to learn more about soil as well as to be creative with it. Soil painting is an excellent art project that adds the "A" to STEM projects to create STEAM. Youth will have the chance to explore soils, including different textures and colors. They will create paintings using soil which will be an awesome hands-on learning experience.

Funding for Soil Super-Powers comes through the Genesee Finger Lakes Chapter of the Air & Waste Management Association. This grant will provide funding for supplies for program delivery this summer and into the school year. The 4-H Educators are excited to start exploring and get a little messy!





May is Meditation Month



by Keyshla Lopez-Rivera, Public Health Intern

Did you know that May is National Meditation Month?

Yes! So why not practice meditation to motivate and help us get through the COVID-19 crisis. Now that the quarantine has been extended we will need to keep practicing mindfulness strategies such as meditation. Meditation means concentrating the mind on a specific object, thought, or activity. In other words, to train your attention and awareness to achieve a mentally clear, calm, and stable state.

Furthermore, meditation can be as short as 2 minutes or as long as an hour it all depends on the person. Meditation requires a quiet space, focusing on your body position, thoughts and breathing. Here are some examples that you can use to celebrate National Meditation Month:

- join a virtual meditation group
- learn the history on meditation
- commit to a regular practice
- meditate in nature
- try different styles.



stock photo

Some benefits of practicing meditation are muscle tension relief, release of fears, digestive system restoration, and overall positive health benefits. I remember watching a documentary during college and learning about war veterans diagnosed with post-traumatic stress disorder known as PTSD, meditation helped improve their well-being along with other holistic measures.

Studies of meditation have proven it helps reduce unwanted emotions such as stress, anxiety, depression, and fear during a critical time. The COVID-19 pandemic is causing many of these emotions but, it is important to maintain a positive attitude as much as possible by practicing meditation.

Let's begin with sitting upright, drop your shoulders, unclench your hands and jaw. Take slow deep breaths in and out, in and out. Gently speak these words to yourself. "Everything that happens is for my best. Each struggle is a stepping stone. May I be kind to myself and others. May I share my love and support. I am grateful for all the blessings I have." Finish with slow deep breathing, and get centered. Stay healthy and safe!

Farewell, Keyshla

The 4-H Team will say goodbye to 4-H Intern Keyshla on May 5.

Keyshla has been a vital part of our team this spring and we are sorry to see her go. We wish her the best as she will graduate from SUNY Brockport this year with her degree in Public Health.

Best of Luck, Keyshla!
We will miss you!



Monroe County 4-H presents

Mindfulness with Keyshla
"Comer Atentamente"



Cornell Cooperative Extension
Monroe County



MINDFUL EATING WITH THE 4-H TEAM

On April 27, Keyshla read aloud in Spanish on Facebook Live! The book was "No Ordinary Apple" by Sara Marlowe.

Watch the recording [HERE](#).

"Comer atentamente con el equipo de 4-H. Unete a nosotros mientras leemos en voz alta el libro "No Ordinary Apple" by Sara Marlowe."



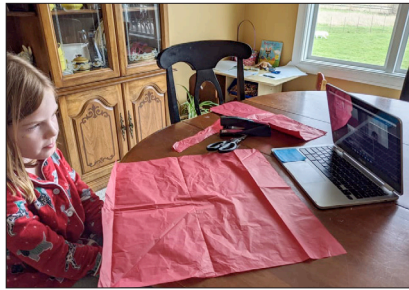
Monroe County 4-H Rallies and Goes Online



The world is experiencing a health crisis. Social distancing recommendations have forced in person gatherings and programs to come to a halt. 4-H has a one hundred year history of promoting hands-on learning. How does 4-H accomplish this virtually? With the help of innovative volunteers and staff, 4-H is carrying on with hands-on learning and developing a sense of belonging in youth.

Social connection and learning has not stopped in Monroe County. Clubs and school programs have continued to meet using virtual learning and meeting platforms. 4-H members and volunteers are using video software and online classrooms to maintain connection.

All ages are able to participate in these virtual connections. Cloverbud group, 4-H Friends, is meeting online regularly. Club members are reading books to one another, singing songs, and baking soft pretzel treats. During one meeting, club member Avery led the groups in making a paper flower craft.



4-H Friends' Avery, led the club in making a paper flower craft (Leslie Pude)

Despite social distancing, 4-H groups are still able to share meals together and play games. The Posh Ponies club has incorporated food into part of their club meetings, eating dinner together, and asking people to bake something in advance to "share" with the group virtually. Virtual meetings allow groups to see aspects of each other's lives that perhaps they would not see under typical conditions, such as pets. Games can still be played with a little creativity involved, the Posh Ponies were still able to practice for horse bowl through an online trivia game.

The Westside Science and Nature Explorers have turned to electronic devices to keep in touch. Club leaders delivered Fairy House kits to members of the group. The youth worked with their families to construct the kits and then spent time decorating them. The group followed up with a Zoom meeting to connect with each other and share the stories of how and why they decorated their houses, including what type of fairies they expect to attract.

Mariah Meadows 4-H Horse Club also met virtually. They took the time to connect and were thrilled to see each other. One member joined the meeting with her horse!

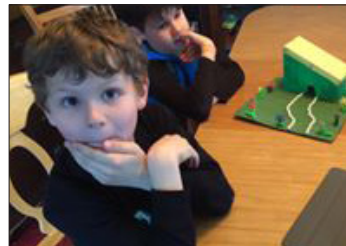
Sabrina Woodhams, 4-H Leader of the Top of the Hill Gang at Crestwood Children's Center, has been able to connect with youth during this time. Sabrina has shared the Ag Literacy Week book, Right This Very Minute with youth she works with.

The Mary Cariola Busy Bees 4-H Club is not taking a break either. With support from Club Leader, Kathy Lee, and their speech therapist, members are preparing for virtual public presentations. This event will take place in June.

The 4-H UNITY (Urban Neighborhoods Improved Through Youth) group continues to meet weekly. They have been participating in virtual icebreakers and forging ahead with their community action project. They are working through details of creating a video while not being able to meet in person.

School based programs are continuing to meet as well. The Bishop Kearney High School Horticulture class has been meeting virtually and completing online assignments. Students took part in a food scavenger hunt in the home to learn about the food system and how they participate in it. Students have participated in online workshops on plant growing zones and kitchen scrap gardening.

Afterschool club, Green Team, at the Children's School of Rochester, has been meeting virtually every week. During these meetings, the group shares stories from the week through photos and other creative means. To celebrate Earth Day, group members made Earth collages. The team works on individual projects, including measuring how high squirrels can jump and germinating maple seedlings, and group projects. The group participated in kitchen scrap gardening and soil workshops.



Westside Science & Nature Explorers' fairy houses, Mariah Meadows Zoom club meeting

VOLUNTEER APPRECIATION

Quaran-Tea Party



It was a pleasure to gather with 4-H Leaders and Volunteers to recognize them during National Volunteer Month. We all pulled a chair up to the computer with a nice cup of tea to enjoy. It was wonderful reconnecting and Lori Koenick taught us all a new Icebreaker Game to get to know each other better and to use with 4-H youth.

The M.K. Gandhi Institute for Nonviolence led a workshop to support the way we work with youth through 4-H. they shared theories, gave us time to connect and practice, and provided recommendations for valuable resources.

Thank you to AmeriCorps VISTA, Mike, for doing a fantastic job pulling this event together. His quick thinking helped the event be held virtually and he was a fantastic facilitator.

OUR YOUTUBE CHANNEL!

We've picked up the pace on posting video to our YouTube channel. While the channel belongs to the entirety of our organization, the 4-H team has been creating videos remotely for over a month now.

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 "Mudslide shakes" and "Ten Minute Gardening."

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

Virtual District Public Presentations

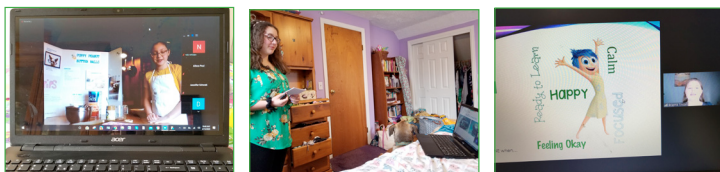
Three brave souls from Monroe County stepped out of their comfort zones and tried something new in April. 4-H Public Presentations have traditionally been delivered in person. Due to social distancing guidelines, the Finger Lakes District Educators came together to offer a virtual district experience.

Abigail Dayton, Addie Whilden, and Brianna Tindall were all able to participate in the event. They did a really nice job of preparing ahead of time and adapting their presentations to a virtual world. Abigail presented on how to make Puppy Peanut Butter Balls. She may be her dog's hero because she let him taste test the finished product!

Addie Whilden shared facts about manatees, in her PowerPoint, Magical Manatees. Brianna Tindall's presentation was titled The Zones of Regulation. Zones of regulation help youth to practice self-regulation and emotional control.

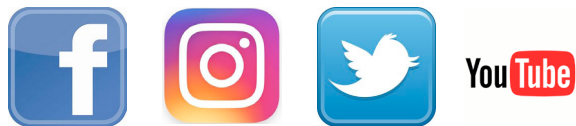
Well done, Abbie, Addie, and Brianna! Thank you for sharing information on a topic that interests you and practicing your public speaking skills.

Presentations of all participants may be seen at: <http://monroe.cce.cornell.edu/4-h-youth-development/flx-4-h-learning-launchpad>

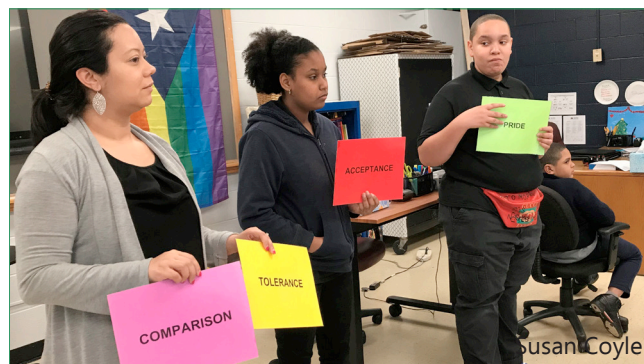


From left: Abbi, Addie, Brianna

Monroe County 4-H *on Social Media*



ONLINE RESOURCES
for
KIDS & FAMILIES



4-H UNITY Program **Safe Zone Training**

The 4-H Teen Leaders at the UNITY program in Rochester completed Safe Zone Training to support their project of supporting and decreasing bullying for the LGBTQ+ Community.

The training took place over three weeks of program and was facilitated by Shalym Nater, ASPIRA Program Coordinator and Safe Zone Trainer for Ibero American Action League, Inc. The training helped youth understand what it means to be an ally, preferred vocabulary, and the coming out model.

Monroe County 4-H Scholarship Opportunities

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

2020 HARPER & RYAN SCHOLARSHIPS

<u>The Ralph S. Harper Scholarship:</u>	To encourage 4-H members to pursue higher education. Donor: Mr. Ralph S. Harper and family Harper Scholarship: Priority is given to students planning to go into work in agriculture, environment, home economics, or areas related close to these. Those students planning to enter a field of work as a result of their 4-H activity and experiences are also considered for this scholarship. Amount: \$600 is awarded. \$300 is awarded in the first year of college. A second \$300 check is given upon satisfactory completion of the first year of college. Grade report must be submitted to the 4-H Office for review. Award: Two 4-H members, preferably one male and one female are selected each year.
<u>The Ryan Scholarship:</u>	To encourage 4-H members to pursue higher education. Donor: The Ryan Family Ryan Scholarship: Priority is given to students who have demonstrated leadership and community service, and those students planning to enter a field of study or employment as a result of their 4-H activity and experiences. Amount: \$1000 is awarded. \$500 is awarded in the first year of college. A second \$500 check is given upon satisfactory completion of the first year of college. Grade report must be submitted to the 4-H Office for review. Award: One 4-H member is selected each year.
<u>Eligibility:</u>	Any high school graduating Monroe County 4-H member, entering college in Fall 2020. Member must be enrolled in 4-H. If awarded a scholarship, in order to receive the second year payment, youth must remain an enrolled 4-H member if he or she still meets age requirements.
<u>Basis for Selections:</u>	Major emphasis will be given to a candidate's 4-H experience and achievements, with some consideration given to financial need.
<u>Use of Scholarships:</u>	May be used for any college expense at a four-year college, community college, or trade school.
<u>Application:</u>	Send Scholarship Materials to: The Monroe County 4-H Office Cornell Cooperative Extension 2449 Saint Paul Boulevard Rochester, New York 14617
<u>Application Due Date:</u>	June 1, 2020
<u>Interview Schedule:</u>	Interviews will be scheduled if deemed necessary to make a decision.
<u>Announcement of Awards:</u>	Notification in August 2020.

Cornell Cooperative Extension
Monroe County

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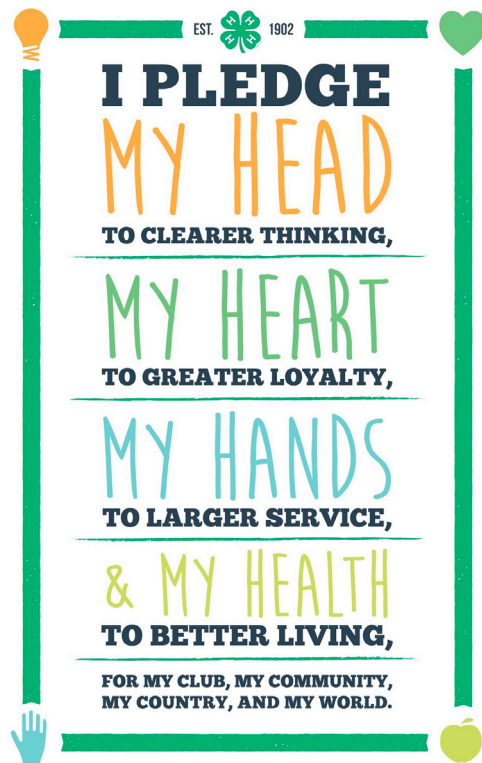
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Don't forget our
Facebook page, where
we're continuously
posting new activities
to do from home.



Cornell Cooperative Extension Monroe County

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