

MONROE COUNTY  
**4-H Herald**  
 MONTHLY NEWSLETTER

**NOVEMBER 2020**



**4-H GROWS HERE**



HEAD



HANDS



HEART



HEALTH

Gratitude has been shown to increase happiness and life satisfaction. The quality of being thankful promotes positive relationships with people, and a readiness to show appreciation and return kindness leads to many benefits in life.

When we practice gratitude and express appreciation, we build a habit of recognizing what we have and value, as opposed to focusing on frustrations or disappointments. This practice can positively impact daily life and provide benefits when life brings challenges and resilience is needed.

What actions can we take to build our capacity for gratitude?

**Write:** Create a gratitude journal and add items that you are grateful for at the end of the day. Gratitude before bed supports restful sleep and reading the items helps you remember all you have to be grateful for.

**Action:** Take a walk and note the things you appreciate or value in your neighborhood, community, or in nature. Mindful walking and breathing has many physical and mental benefits.

**Words:** Say out loud three things you are grateful for.

You can do this alone or with others. Either way, you are building your capacity for gratitude.

**Share:** Start and end meetings or events with participants volunteering to share what they are grateful for. Gratitude sharing provides a way to build unity and connection around the things we have in common. It can be done in person or virtually to allow for the creation of consistent practice around gratitude.

**NOV 2020**

*4-H Gratitude Challenge*



SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b> Start a gratitude journal. Each day write down something you are thankful for.	<b>02</b> Write a thank you note to someone who helps you learn.	<b>03</b> Think of someone you are grateful to know. Tell them.	<b>04</b> Complete one random act of kindness today.	<b>05</b> Send a text to someone who makes you smile and tell them why.	<b>06</b> Handwrite a letter and mail it to a friend.	<b>07</b> Create a piece of art that shows what you are thankful for.
<b>08</b> Spend time with someone you care about.	<b>09</b> Compliment at least 5 other people today.	<b>10</b> Think of someone you are proud of. Tell them!	<b>11</b> Thank a veteran for their service. <i>Veteran's Day</i>	<b>12</b> Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	<b>13</b> Write a thank you note to a special teacher.	<b>14</b> Bake a treat for your neighbors.
<b>15</b> Gather 10 items from your closet to donate.	<b>16</b> Make a social media post highlighting a person you are grateful for.	<b>17</b> Write a thank you note to a coach or mentor.	<b>18</b> Color a picture and give it to a friend.	<b>19</b> Do someone else's chores for them today.	<b>20</b> Set time aside to play a game with your family.	<b>21</b> Share a photo of something you are grateful for on social media.
<b>22</b> Think of a creative way to Pay It Forward today.	<b>23</b> Leave a note of encouragement for a friend.	<b>24</b> Call a relative you haven't spoken to recently.	<b>25</b> No complaining day! Each time you want to complain, say something you are grateful for instead.	<b>26</b> Spend time with family and friends. <i>Thanksgiving</i>	<b>27</b> Give a small gift to someone for no reason at all.	<b>28</b> Write a letter or note to your parents or grandparents.
<b>29</b> Donate one canned food item for each day you forgot to write in your gratitude journal	<b>30</b> Read over your gratitude journal and spend time reflecting on the challenge.	<i>Calendar courtesy of Amanda Raines, Ohio State University Extension, 4-H Youth Development Educator</i>				

4-H wants you to take the 2020 Gratitude Challenge! 2020 has not been an easy year, and we still can find reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use #4HGrowsHere, #ThisIs4H, and #4HGratitudeChallenge to spread an attitude of gratitude to all of your social media friends and followers.

[click for printable PDF](#)

Se ha demostrado que la gratitud aumenta la felicidad y la satisfacción con la vida. La cualidad de estar agradecido promueve relaciones positivas con las personas, y la disposición a mostrar aprecio y devolver amabilidad conduce a muchos beneficios en la vida.

Cuando practicamos la gratitud y expresamos aprecio, desarrollamos el hábito de reconocer lo que tenemos y valoramos, en lugar de centrarnos en las frustraciones o decepciones. Esta práctica puede tener un impacto positivo en la vida diaria y brindar beneficios cuando la vida presenta desafíos y se necesita resiliencia.

¿Qué acciones podemos tomar para desarrollar nuestra capacidad de gratitud?

Escribe: crea un diario de gratitud y agrega elementos por los que estés agradecido al final del día. La gratitud antes de acostarse apoya un sueño reparador y leer los artículos le ayuda a recordar todo por lo que debe estar agradecido.

Acción: Dé un paseo y observe las cosas que aprecia o valora en su vecindario, comunidad o en la naturaleza. Caminar y respirar con atención tiene muchos beneficios físicos y mentales.

Palabras: Diga en voz alta tres cosas por las que esté agradecido. Puede hacer esto solo o con otros. De cualquier manera, está desarrollando su capacidad de gratitud.

Compartir: inicie y finalice reuniones o eventos con participantes que se ofrezcan como voluntarios para compartir aquello por lo que están agradecidos. Compartir la gratitud proporciona una forma de construir unidad y conexión en torno a las cosas que tenemos en común. Puede hacerse en persona o virtualmente para permitir la creación de una práctica consistente en torno a la gratitud.

Artículo adaptado de "Practicar la gratitud con los jóvenes", Laurie Rivetto, Extensión de la Universidad Estatal de Michigan - 18 de septiembre de 2020

# NOV 2020

## 4-H Gratitude Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
Iniciar una gratitud diario. Cada día anote algo tuestán agradecidos	Escribe una nota de agradecimiento a alguien que te ayude a aprender.	Piense en alguien a quien esté agradecido de conocer. Dígales.	Completa un acto de bondad al azar hoy.	Envía un mensaje de texto a alguien que te haga sonreír y dile por qué.	Escribe a mano una carta y envíala a una amiga.	Crea una obra de arte que muestre lo que estás agradecida.
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Pase tiempo con alguien que le importa.	Felicita al menos a otras 5 personas hoy.	Piense en alguien de quien esté orgulloso. Dígales.	Gracias a una veterana por su servicio. <b>Veteran's Day</b>	Ofrezcase como voluntario para hacer una tarea desagradable, como sacar la basura o lavar los platos.	Escriba una nota de agradecimiento a un maestro especial.	Hornea un bocadillo para tus vecinos.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Reúna 10 artículos de su armario para donar.	Haz una publicación en las redes sociales destacando a una persona por la que estás agradecido.	Escribe una nota de agradecimiento a una entrenadora o mentora.	Colorea una imagen y dásela a una amiga.	Haz las tareas de otra persona hoy.	Reserve tiempo para jugar con su familia.	Comparta una foto de algo por lo que esté agradecido en las redes sociales.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Piense en una forma creativa de pagar por adelantado hoy.	Deja una nota de aliento para una amiga.	Llame a un familiar con el que no ha hablado recientemente.	¡No hay día de quejas! Cada vez que quieras quejarte, di algo por lo que estés agradecido.	Pase tiempo con familiares y amigos. <b>Thanksgiving</b>	Dale un pequeño regalo a alguien sin ningún motivo.	Escribe una carta o nota a tus padres o abuelos.
<b>29</b>	<b>30</b>					
Done un alimento enlatado por cada día que olvidó escribir en su diario de gratitud.	Lea su diario de gratitud y dedique tiempo a reflexionar sobre el desafío.					

¡4-H quiere que aceptes el Desafío de gratitud 2020! 2020 no ha sido un año fácil y todavía podemos encontrar motivos para agradecer. Imprima este calendario y complete cada tarea diaria para ayudar a mostrar gratitud a su Club, Comunidad, País y Mundo.

Use #4HGrowsHere, #ThisIs4H, and #4HGratitudeChallenge to spread an attitude of gratitude to all of your social media friends and followers.

[haga clic para imprimir PDF](#)

Síguenos en las redes sociales



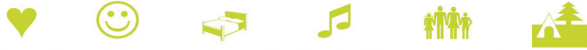
# UPCOMING VIRTUAL OPPORTUNITIES

MONROE COUNTY 4-H  
MIGHTY MONDAY



## MINDFUL CREATIONS

mindfulness • reflection • positivity



Monday, November 9 | 6-7 pm | via Zoom

Cornell Cooperative Extension | Monroe County



MONDAY, NOVEMBER 9 - 6 TO 7 PM

Join Monroe County 4-H for a relaxing evening to take time for self-care and care for others! In this program, we will create tools that are a fun way to help youth manage stress and more!

[REGISTER HERE BY FRIDAY, NOVEMBER 6.](#)

## 4-H SCAVENGER HUNT (ENDS NOVEMBER 10)

Get outdoors and enjoy nature in the Monroe County Parks! Visit at least four of the Monroe County Parks, fill out the "Passport" and mail it in to receive a Park Ranger Award! Deadline to receive passport is 11/10/2020.

[CLICK HERE FOR FULL DETAILS INCLUDING PASSPORT PDFs](#)



4-H Volunteer Meeting via Zoom  
Tuesday, November 10 at 6:30 PM

Register for Zoom meeting here:

<https://cornell.zoom.us/j/94611111111>

Join SNAP-Ed nutrition educator, Jessica Kouzan, to learn how to stay active during the colder fall and winter. Program delivered via Zoom.



Register for the  
Zoom session  
[HERE.](#)

Monroe County 4-H  
& Nutrition Programs



**Staying Active  
while Staying Indoors**

THURSDAY  
NOVEMBER 19  
6 TO 7 PM  
VIA ZOOM

Cornell Cooperative Extension  
Monroe County



## 4-H LIBRARY PROGRAMS

Would you like to see 4-H at your local Monroe County Library? Let your librarian know that we are offering the following virtual programs in November:

**Amazing Apple Creations:** Learn about New York State's most famous crop! Try your hand at some Apple Trivia, dive into the different types of apples and their uses, and of course, make some creations at home using Apples! Participants will be able to create a craft, as well as a tasty treat!

**A Walk Through the Pumpkin Patch:** Join us as we head into the virtual pumpkin patch, and learn all about this quintessential fall fruit! Or is it a vegetable? Come and find out! Participants will also be able to follow along and make a delicious treat to enjoy at home!

Contact 4-H Educator Jessica Reid for more info at (585) 753-2566 or [jar642@cornell.edu](mailto:jar642@cornell.edu)



# LEADER ACTIVITY OF THE MONTH

## Featured Activity of the Month: Pumpkin Pie in a Bag



Fall is in full swing right now and what better way to celebrate the season than with pumpkins! Now most commonly used for decorations and yummy desserts, pumpkins have been grown on this continent for over 5000 years for a variety of purposes. Celebrate pumpkins with the yummy and simple recipe, pumpkin pie in a bag. No baking required! This recipe is great for groups-in person and virtually. Use this recipe as a starting point for discussion on how we use pumpkins in our lives. Expand on the fun with some pumpkin themed trivia!

<p><b>Ingredients:</b>          1 1/3 cups cold milk          1 package (4 serving size) instant vanilla pudding mix          1/2 can (15 ounces) solid pack pumpkin puree          1 tsp ground cinnamon          1 tsp ground ginger          Graham cracker crumbs          Whipped topping</p> <p><b>Materials:</b>          1 gallon-size Ziploc bag          Measuring spoons and cup          Serving bowls and spoons</p>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1) In a one-gallon (heavy duty) plastic Ziploc bag, combine the milk and instant pudding mix.</li> <li>2) Close the bag and knead it with your fingers until the ingredients are completely blended—usually around one minute.</li> <li>3) Add the pumpkin, cinnamon, and ginger and then reseal the bag.</li> <li>4) Squeeze and knead the bag with your hands until the mixture is completely blended—usually around two minutes.</li> <li>5) Place tablespoon graham cracker crumbs in the bottom of each serving bowl.</li> <li>6) Cut the corner of the Ziploc bag and squeeze the pie filling into the serving bowls.</li> <li>7) Garnish with whipped topping and enjoy!</li> </ol>
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This recipe has been modified from the Ag in the Classroom recipe:

<https://oregonaitc.org/lessonplan/pumpkin-pie-in-a-bag/>

### Example Activity Plan

**Anchor:** How many ways do you use pumpkin in your life?

**Add:** Share different uses for pumpkins. Examples include raw pumpkins for decoration and seeds, processing pumpkins into puree for pies, cookies and other desserts.

**Apply:** Make pumpkin pie in a bag.

**Away:** Taste test! Ask your youth, one is one take away from our gathering today?

### **Add-on activities:**

- Go on a field trip to your local pumpkin patch and explore the different types of pumpkin varieties! Check out <http://monroe.cce.cornell.edu/agriculture/local-food-guide/apple-pumpkin-u-pick> for local U-pick farms.
- Play pumpkin trivia:
  - Name two colors pumpkins can be.* (white, green, yellow, orange)
  - True or false:* Pumpkins are a vegetable. (False- biologically they are fruit!)
  - True or false:* Pumpkin flowers are edible (True)
  - What are 3 factors that affect the size of pumpkin produced?*  
Possible answers: Water, pumpkin, temperature, insects, diseases, pollination, soil type, weeds
  - What state produces the most pumpkins each year?* (Illinois)

### **Additional Resources:**

Check out pumpkin pie in bag in action with Oregon Ag in the Classroom!

[https://www.youtube.com/watch?v=6WR7qL64Kfk&feature=emb\\_logo](https://www.youtube.com/watch?v=6WR7qL64Kfk&feature=emb_logo)





# STEM LEARNING AT HOME ACTIVITY



Looking for some fun activities to keep your kids busy and active while at home? Below are some neat activities that anyone can do from their homes, so feel free to give them a shot and let us know if you did!

## Magma Rising activity:

Materials: a shallow baking pan, either soil or sand (I'm just using soil), leaves and grass, popsicle sticks, markers, a ruler, water, a watering can, and a straw.

### Procedure:

In this experiment, you will build your own small mountain out of soil or sand, and watch what happens to each side of the mountain when you pour rain over it! What do you think will happen when a lot of rain falls on the mountain? What will happen to the leaves and grass that are on the mountain as well? Discuss your predictions with a partner and you'll find out in a sec!



1. Fill the baking pan with a thin layer of sand or soil. On one end of the pan, build up a mound of soil. Give the mountain some elevation by tilting the mountain side of the pan on a book.
2. Using a marker, mark the popsicle sticks in 1/2 inch intervals. Place a few popsicles around different parts of the mountain, burying them at least 1 1/2 inches deep.
3. Cover only one side of the mountain with leaves and grass clippings.
4. Using a straw, try blowing away both sides of the mountain. Then use the watering can to make it rain on both sides of the mountain.
5. Record your observations.

### Applications:

What you just witnessed was erosion, or the slow degradation of something over time, in this case, our soil mountain. Erosion happens most quickly on bare sand, soil, or rocks. Wind, water, sun, even our footsteps, can cause things to wear away.

Whether we are talking about farm crops in a field, beach grass on the dunes, or the lawn in our backyard, plants do an excellent job of holding soil in place. That's right, plants help slow erosion! Better land use decisions help us determine areas we shouldn't disturb, and help to control erosion and deposition. Preventing human-caused wildfires also helps to reduce the potential for erosion.

## Lava Layering:

Materials: a large plastic container or tote, sand, gravel, or soil (once again, I'm just using soil), rocks, sticks, leaves, and some tape.

### Procedure:

Are you excited to build your own dam? Dams are large solid structures that slow the flow of moving water. Can you think of any other animal, besides human, that builds dams? If you can't think of what a good dam looks like, put on your animal hat and think about what they might use to slow the flow of water.

1. Cut several strips of tape. Place them 1 inch apart on one corner on the outside of each tote. The tape marks will be used to measure the water level.
2. If you're challenging others to see whose dam can hold the most water back, divide into two groups and divide the materials equally between the two groups.
3. The challenge is to build a dam that can withstand the most amount of water with the provided materials.
4. Brainstorm building strategies before starting.
5. When the dams are ready, slowly pour water into one side of the tub until the dam gives way or leaks.
6. The team who has the highest water level before the dam bursts or leaks is the winner.

### Application:

Engineers build dams to stop the flow of water in a river. The water trapped by a dam forms a lake that can supply water to a city. The dam can also generate electricity for a city using turbines. The water from the new lake that forms can pass into the dam and make the turbines spin, creating energy that can be stored and used elsewhere. BUT, A dam must be strong enough to withstand the huge pressure of the water behind it. The deeper the water, the stronger the dam needs to be.

By the way, humans aren't the only creatures to build dams. Did your dam remind you of anything? If you thought of a beaver, we were thinking of the same thing! Beavers chop over large trees with their teeth to block a stream. The lake formed behind the dam makes an excellent fishing ground for the beaver family. Pretty cool, huh?

**AGAPE HAVEN OF ABUNDANCE** is so excited to be hosting their Community Outreach Coat Giveaway to support the community during the winter season on 11/14/20. They are still accepting donations of coats, boots, hats, gloves, blankets and heaters. Donations can be dropped off at 289 Driving Park Ave.

They are looking for volunteers to help distribute the coats on Saturday, November 14th from 3-5pm. In addition, they're seeking volunteers for the Thanksgiving basket drive on 11/21 and their Christmas party on 12/19.

Also, they have a community library and are in need of a literacy coach/mentor to support their youth. If you're interested in helping out in any capacity, please reach out to Julia Polidore at 585-434-0109 or [agapehavenofabundance18@gmail.com](mailto:agapehavenofabundance18@gmail.com).

# COAT GIVEAWAY

## Community Outreach

**FREE!**

**November  
14th  
3pm-5pm**

**FREE!**

### Giveaway includes:

Coats

Hats

Gloves

Boots

Blankets



Free Food

Covid-19 Safe

Social Distancing

Masks Mandatory

Location: Agape Haven of Abundance  
289 Driving Park Ave. Rochester, NY 14613  
Contact: 585-434-0109  
No Registration Required! FREE to the Community!

**FOR 6 AND 7-YEAR-OLDS**

# Junior Scientists Needed!



<https://images.app.goo.gl/em5JEV56ZWh9qWo87jEV56ZWh9qWo87->

**We are looking for children between the ages of 6 and 7 years old!**

Interested in the environment and climate change? Please contact us for more information about our 15-20 minute virtual study that you can do from your home. Children will receive a book for participating!



**Please contact us for more information:** Scan QR code with your phone OR email [krc73@cornell.edu](mailto:krc73@cornell.edu) for more information

Dr. Gary Evans is looking to recruit interested youth aged 6-7 for a study on environment and climate change. Please contact Kaitlyn Cisz at [krc73@cornell.edu](mailto:krc73@cornell.edu) for more information about a 15-20 minute virtual study that youth can do from their homes. All participants will receive a book as an incentive!

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# STARR2021



**MAY 1, 2021 - SAVE THE DATE**



County Executive Adam Bello Presents the 10th Annual

# Intergenerational Fall Clean-Up

**YOUTH VOLUNTEERS NEEDED!**

**SATURDAY, NOVEMBER 14TH 2020  
MONROE COMMUNITY HOSPITAL  
(435 East Henrietta Road, Rochester 14620)**

Please join us to help make a difference for Monroe County's older adults. We will be raking the properties of seniors in our communities who could use a helping hand this fall season. We will provide refreshments, instructions, supplies, and everything needed for the day. Sign language interpreters will be on-site at the registration & kickoff

**Register to Volunteer:  
[TinyURL.com/MonroeCountyFallCleanUp](https://www.tinyurl.com/MonroeCountyFallCleanUp)**

Submit community service credit  
forms to the Event Supervisor  
The event is rain or shine!  
Transportation to and from the homes  
is the volunteer's responsibility

For more information email:  
[HaliRadecker@monroecounty.gov](mailto:HaliRadecker@monroecounty.gov)

**Sponsored by Monroe County Office For the Aging & Youth Bureau**





# FREE membership

Attention Juniors & Seniors!

Take advantage of FREE Membership in the New York Farm Bureau!

New York Farm Bureau is offering FREE student memberships for 4-H Members in their Junior or Senior Year of High School. Student Members will have the opportunity to develop leadership skills, network with other agriculturalists, participate in community service through NYFB's partnership with Feeding America's "Harvest for All" program, compete in State and National events through the Young Farmer program, and of course, put an amazing experience on their resume!

**Link to website:**  
<https://www.nyfb.org>

**Link to enrollment application:**  
<https://bit.ly/2Oye6pP>

## RE-ENROLLMENT INFORMATION

The new 4-H year began on October 1st. We all know that means... paperwork!

This year we are going to try something new, computer-work. We are working to move our re-enrollment process online.

We're nearly there! The new system looks great, and we've given feedback to the NYS 4-H Office. Now we're just fine-tuning the process. Soon, we'll meet with leaders and steering committee participants to roll it out to you!

## 4-H Achievement Night Goes Virtual! Monroe County 4-H celebrates youth achievements

Cornell Cooperative Extension of Monroe County (CCE-Monroe) 4-H Youth Development Program gathered virtually with 4-H members and volunteers to celebrate the learning and achievements of the previous 4-H project year. Youth received prize buckets, donated from Running's in Brockport, to be opened during the virtual ceremony.

Eight youth received 4-H Top Achievement Awards and were recognized for their dedication to every aspect of 4-H. Recipients participated in multiple educational, service, and promotional events as well as an individual public presentation during the previous 4-H project year. This year's Achievement Winners were Adeline Whilden, Molly Krotz, Brianna Tindall, Willa Freeman, Bea Freeman, Maddie Basset, DeAshaney Holloway, and Shamell Campbell. Along with 4-H Achievement awards, over 20 youth received Star Service awards, 4-H Scholar awards and Leadership awards for their participation in educational, service, and public presentation events.



Achievement Night buckets

Cloverbud members Olivia Stefano, Avery Pude, and Grace Potter were all recognized for their dedication to 4-H. All three Cloverbuds, ages 5 to 7, received a special recognition during the virtual ceremony and a prize bucket.

The virtual ceremony allowed youth to celebrate their achievements and gather with other 4-H members from Monroe County. All youth whom attended the virtual ceremony had the opportunity to win door prizes from local establishments. Thank you to Wickham Farms and the Rochester Museum and Science Center for the generous donations to the 2020 4-H Achievement Night.

4-H family members expressed their appreciation for the virtual event. Americorps VISTA, and Achievement Night event planner, Destiny Draggett, shared, "It was so great to see so many youth participate in the event! When planning was taking place I was a bit nervous that youth wouldn't be as excited for a virtual achievement night, but they all really made the best out of a unique situation. I'm so happy that these youth were able to be recognized for their great achievements."





**TO: FRIENDS OF MONROE COUNTY 4-H HORSE PROGRAM**  
**FROM: MARY HULL**  
**RE: NUTRENA CLUB SUPPORT PROGRAM**  
**DATE: OCTOBER 27, 2020**

First of all, thank you very much to everyone who has collected the Nutrena feed tags for 4-H for the past few years. It really was a help.

Just collecting those tags, counting and bundling them to send to Nutrena netted \$1205.40 for the 4-H Horse Program since August 2016!

We have recently learned that Nutrena is discontinuing the program at the end of this year. I plan to submit the last batch of tags in the first week of December. If you have been saving them, please try to get them to me by November 30 so I can get them counted and organized.

Some options for getting them to me are:

- 1) mailing them to me if there are just a few
- 2) dropping them at my house
- 3) I can pick them up from you

Mary Hull  
187 Betteridge Road  
Churchville, NY 14428  
585-746-5133



Again, thank you for supporting the Monroe County 4-H Horse Program!



## **NYS 4-H HORSE PROGRAM**

### **2021 CALENDAR ORDER FORM**

Are you looking for gifts for family, 4-H volunteers, 4-H youth, friends, co-workers, or just for yourself?! If so- this is the perfect gift for horse lovers! While purchasing the first ever NYS 4-H Horse Program calendar you will be supporting the NYS 4-H Horse Program and our educational events. All the photos in the calendar were taken by NYS 4-H youth and will cost only \$18.00 a piece! The order form can be found here:

<http://4h.ansci.cornell.edu/animal-programs/horses/>

# **MONROE COUNTY 4-H HORSE PROGRAM** **virtual HORSE AWARDS event**

## **November 15, 2020 1:00 PM**

Register in advance for this meeting:

[https://cornell.zoom.us/meeting/register/tJErDOioqj8iE9ISk6KhZxIDQ4gHv7\\_hnf4E](https://cornell.zoom.us/meeting/register/tJErDOioqj8iE9ISk6KhZxIDQ4gHv7_hnf4E)

After registering, you will receive a confirmation email containing information about joining the meeting. Registration by Wednesday, November 11 is appreciated.

# CALENDAR 2020-2021

## November

- 7-8 Easy Bake Oven Cooking Demonstrations @ The Strong Museum
- 9 **Mighty Monday: Being Mindful in Service**
- 10 4-H Volunteer Meeting 6:30 PM
- 10 4-H Scavenger Hunt passports due
- 14 Agape Coat Giveaway
- 14 County Clean-up event
- 15 60th Annual Horse Awards
- 19 Staying Active While Staying Indoors

## December

- 14 **Mighty Monday: Microgreens**

## January

- 11 **Mighty Monday: Birdwatching**
- TBD Produced in New York Training
- TBD Produced in New York Event

## February

- 8 **Mighty Monday: Chocolate Creations**
- TBD Public Presentations Training

## March

- 8 **Mighty Monday: Handwork Exploration**
- TBD Public Presentations

## April

- 12 **Mighty Monday: Spring Garden Workshop Pollinators, Seed Bombs, and More**

## May

- 10 **Mighty Monday: Cooking Workshop**

## June

- 14 **Mighty Monday: Fishing** guyotaku, koinobori

## July

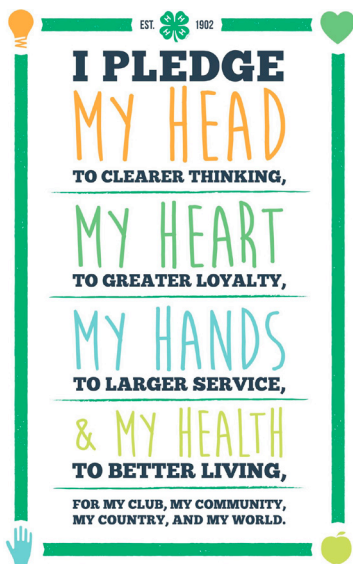
- 12 **Mighty Monday: Photography** (create and prepare exhibits for fair/expo/museum state fair)
- TBD Pre-fair Meeting

## August

- 6-8 Monroe Co. Fair
- 20-30 NYS Fair

## September

- 1-6 NYS Fair
- 13 **Mighty Monday: Exploring the Outdoors**
- 30 Year-end forms due



## Monroe County 4-H on Social Media



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

Susan Coyle  
4-H Program Leader  
[smc226@cornell.edu](mailto:smc226@cornell.edu)  
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## CCE-MONROE 4-H STAFF:

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