

# MONROE COUNTY 4-H Herald MONTHLY NEWSLETTER

## OCTOBER 2020



# 4-H GROWS HERE



HEAD



HANDS



HEART



HEALTH



# NATIONAL 4-H WEEK



OCTOBER 4-10, 2020

The Monroe County 4-H team is celebrating National 4-H week with a variety of different activities. We hope you'll join us in celebrating 4-H!

### Sunday, October 4: #Opportunity4All

Kick off National 4-H Week with the Monroe County 4-H team! Join us in celebrating 4-H on Facebook and Zoom with the #Opportunity4All profile frame and 4-H zoom backgrounds. These will be accessible Oct. 4 - 10 on the Monroe County 4-H event page.

[NATIONAL 4-H WEEK EVENT PAGE](#)

### Monday, October 5: 4-H in Your Community

4-H is for everyone! Make 4-H visible in your community by creating a sign or poster to hang in your window, or ask a local business to display your sign during National 4-H week. Show us 4-H is in your community by posting a photo of your sign on the [Facebook event page](#).

### Tuesday, October 6: 4-H Open House

Join the 4-H team to explore what 4-H looks like in Monroe County. In-person and virtual resources and activities available to families will be explored. This is a program for the whole family,

with each session including a fun, hands-on activity! To fit a variety of schedules, we are offering two virtual Open Houses with the same content, one in the morning and one in the evening.

[REGISTER FOR OPEN HOUSE SESSION](#)

### Wednesday, October 7: 4-H Spirit Day

Celebrate with us by wearing green or the 4-H Clover! Photos can be shared through the [Facebook event page](#), or emailed to Destiny at [dpd66@cornell.edu](mailto:dpd66@cornell.edu).

### Thursday, October 8: 4-H Promotes Random Acts of Kindness

Recognize and appreciate the essential workers in your life by writing a kindly worded letter! One example could be to write your mail-carrier a letter thanking them for their hard work and dedication to getting the mail delivered.

### Friday, October 9: 4-H Flashback Friday

Join us as we look back on 4-H past! Enjoy stories, photos, and memories from Monroe County 4-H. We encourage you to take part in Flashback Friday by posting your favorite memories, photos, and stories on the [Facebook event page](#).

### Saturday, October 10: 4-H Scavenger Hunt

Get outdoors and enjoy nature in the Monroe County Parks! Visit at least four of the Monroe County Parks and fill out the "Passport" to receive a Park Ranger Award!

Youth that complete the passport will also be entered into a grand prize drawing, and will receive an extra "ticket" in the drawing for every additional park visited. Additional parks can be recorded on the back of your passport.

[Passport Instructions](#) [Passport PDF](#)

Passports must be submitted by November 10 and can be submitted via email to Destiny at [dpd66@cornell.edu](mailto:dpd66@cornell.edu) or mailed to Cornell Cooperative Extension: 2449 St. Paul Blvd. Rochester NY, 14617.



Follow us on Social Media






# UPCOMING VIRTUAL OPPORTUNITIES


CLICK ON A GRAPHIC FOR EVENT INFORMATION & REGISTRATION

VIRTUAL 4-H

## VETERINARY SCIENCE CAREER EXPLORATION PROGRAM

Mondays • 6:30 - 8:00 p.m.  
October 5 - November 30

 4-H GROWS HERE

# OPEN HOUSE

virtual via Zoom

Tuesday, October 6

session one: 10:30 - 11:30 am • session two: 6 - 7 pm

Everyone welcome! Registration for Zoom required.

Cornell Cooperative Extension  
Monroe County







## 4-H MIGHTY MONDAY

OCTOBER 19, 6 - 7:30 PM






# JOURNEY TO THE STARS


VIA ZOOM  REGISTER TODAY!

Cornell Cooperative Extension | Monroe County  4-H GROWS HERE





## MARS BASE CAMP

### INSIGHT FROM MARS 2020 4-H NATIONAL STEM CHALLENGE

Monday, Oct. 26  
6 - 7:30 PM  
via Zoom



Cornell Cooperative Extension  
Monroe County

MONROE COUNTY 4-H  
⇒ PRESENTS ⇒

## Celebrate 2019 - 2020 4-H ACCOMPLISHMENTS via Zoom



Cornell Cooperative Extension  
Monroe County







10.25.20 | 6PM - 7PM

ACHIEVEMENT EVENT IS FOR 4-H PARTICIPANTS WHO HAVE COMPLETED THE YEAR-END EXPERIENCE FORM BY THE DEADLINE OF WEDNESDAY, SEPTEMBER 30 AND SENT TO SUSAN AT [SMC226@CORNELL.EDU](mailto:SMC226@CORNELL.EDU)

WE HOPE TO SEE YOU THERE!

# ANNUAL MEETING

OCTOBER 29, 7:00 PM

Cornell Cooperative Extension  
Monroe County




TSC PAPER CLOVER  
OCTOBER 7 - 18



- **RE-ENROLLMENT INFORMATION**
- The new 4-H year begins 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.
- Watch for details coming soon.



# 4-H Library Programs

## 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 an apple creation as well as a tasty treat! Yum!



## 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!



## These virtual workshops are available at the following libraries:

Chili Library  
10/22 4:00pm Amazing Apple Creations  
<https://calendar.libraryweb.org/event/7082963>  
(Registration Opens 10/1)



Parma Library  
10/23 4:00pm Amazing Apple Creations  
<https://calendar.libraryweb.org/event/7129202>  
(Registration Open)

Webster Library  
10/16 3:00 Amazing Apple Creations  
<https://websterlibrary.libcal.com/event/7159581>  
(Registration Open)

11/2 3:00 A Walk Through the Pumpkin Patch  
<https://websterlibrary.libcal.com/event/7159583>  
(Registration Open)

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## EASY-BAKE OVEN COOKING DEMONSTRATION @ THE STRONG



**In conjunction with Toy Hall of Fame celebrations, the National Toy Hall of Fame at The Strong Museum is hosting an Easy-Bake Oven Cooking demonstration!**

**Youth interested in participating must contact Susan at [smc226@cornell.edu](mailto:smc226@cornell.edu) by October 5th.**



# LEADER ACTIVITY OF THE MONTH



## Featured Activity of the Month: Chlorophyll Printing

What makes plants so green? How does photosynthesis actually work? Explore plant processes that our vital to all life on Earth through chlorophyll printing!

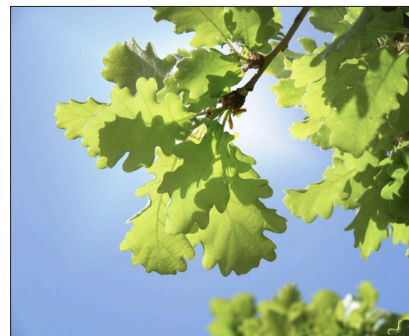
This activity steps away from complicated chemical equations and takes a wide lensed view of photosynthesis focusing on the pigment that makes it all happen, chlorophyll. Youth can learn important plant concepts through art. This activity is from the Plant Science NYS 4-H Science Toolkit, see more detailed instructions at <https://nys4-h.org/projects/#curriculum>.

### Suggested Materials\*:

- pieces of white paper or water color paper or white fabric
- metal spoon
- tape
- green leaves (can be sourced from your garden and yard, examples include kale, bean, tomato, basil, mint leaves)

### Tips:

- Have a variety of leaves to experiment with!
- When harvesting leaves be aware of poison ivy and other irritant plants



\*use these materials as a starting point, challenge youth to be creative! Have youth brainstorm different leaves and materials to print on.

### Example Activity Plan

**Anchor:** Ask youth what is vital for all life on earth? What do we, as humans, get from plants?

**Add:** Use youth answers to have a discussion about what is photosynthesis and what is vital for all life on earth.

Check in with concepts of photosynthesis and chlorophyll, make a list with the group about what we already know and help fill in with what youth do not understand. (From NYS 4-H Science Toolkit- Light is a form of energy. Plants need energy to develop and grow. Humans and animals get their energy from plants. Plants get their energy from the sun, which works to combine water and carbon dioxide to produce sugar. Plants contain chlorophyll, a green pigment that traps the sun's energy. Plants use the sun's energy to combine water and carbon dioxide together to make sugar. Every green part of a plant has chlorophyll and makes sugar).

**Apply:** To visualize chlorophyll, have youth place a leaf on one side of a folded piece of paper or fabric. Use tape to secure material to a surface to help stabilize it. Use spoon to rub firmly on top of paper over the entire leaf area. This rubbing transfers the chlorophyll to the paper or fabric. Youth can repeat this process as much as they would like. Ask them to describe the different shades of green and to notice which types of leaves worked best.

**Away:** Imagine the planet without plants, ask youth to share one word to describe the planet without plants. Encourage them to notice the plants around them. Have them take a photo of an interesting plant to share at your next group meeting.



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### Additional Resources:

- Garden based Learning Program at Cornell University <https://gardening.cals.cornell.edu/>
- When harvesting plants in the yard, be aware of irritant plants such as poison ivy. Leaves of Three, let it be!

### Some resources:

- <https://www.fda.gov/consumers/consumer-updates/outsmarting-poison-ivy-and-other-poisonous-plants>
- <https://www.youtube.com/watch?v=CEBpYdgBALg>



# STEM LEARNING AT HOME ACTIVITY



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

## Homemade Ice Cream activity:

### Materials:

- sugar
- vanilla extract
- a large plastic container
- cups
- milk or half and half
- spoons, ice
- duct tape
- rock salt
- pint sized ziploc bags
- measuring cups/spoons



Can you guess how all of these materials are going to come together and make ice cream? Go ahead and make some predictions! While you're at it, why don't you think about what other ingredients you might add to this experiment to make the ice cream taste like your favorite flavors!

### Procedure:

1. Fill the plastic container half full with ice. Add 6 tablespoons of rock salt.
2. In the Ziploc bag, put in 1/2 cup milk or half & half. Then add 1/4 teaspoon of vanilla and 1 tablespoon of sugar.
3. Seal the bag and put duct tape around the opening of the bag to ensure that there will be no leaks.
4. Place the Ziploc bag inside the container and close the lid.
5. Shake vigorously until the mixture becomes ice cream. (Approximately 5 minutes.)
6. When the ice cream is done, wipe off the outside of the bag, open it, and enjoy!

### Applications:

Have you or anyone you know ever used "salt" to help get rid of the ice during the winter? We just did something similar here! Ice has to absorb energy in order to melt, changing the phase of water from a solid to a liquid. When you add salt to ice it lowers the freezing point, so even more energy has to be absorbed from the environment in order for the ice to melt. This makes the ice colder than it was before, which is how your ice cream freezes.



FOR 6 AND 7-YEAR-OLDS

# Junior Scientists Needed!



<https://images.app.goo.gl/em5JEV56ZWn9qWo87jEV56ZWn9qWo87->

**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!

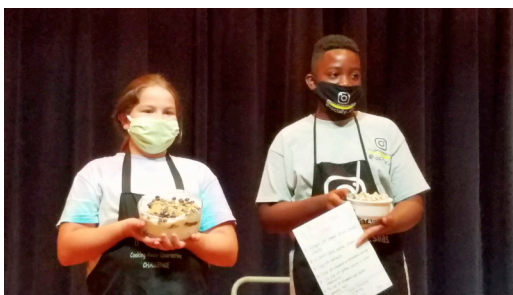
AUGUST 28

## **CELEBRATE THE FINGER LAKES AT THE STRONG**

It was a wonderful day at The Strong Museum's Celebrate the Finger Lakes event! The 4-H Produced in New York event was held in the theater this morning. Youth were able to showcase their cooking skills while developing important skills such as organization, flexibility and public speaking.

Using New York State ingredients also connects kids to an understanding of local agriculture and food systems.

Way to go, Victoria and Silas!





## NYS 4-H HORSE PROGRAM

### Judging Educational Opportunity

The horse program would like to share an upcoming NYS 4-H Judging Educational Opportunity! This is the first opportunity out of three for horse loving youth and adults! Come join us to learn how to judge conformation classes.

Registration is required by October 1, and Zoom information will be sent out on October 2. This will start at 6 pm and end at 7 pm. **This is open to any NYS Enrolled 4-H Youth/leaders/volunteers.**

If you have any questions please email Colleen Wersinger at [colleenwersinger@gmail.com](mailto:colleenwersinger@gmail.com) or Jessica Tyson at [jms943@cornell.edu](mailto:jms943@cornell.edu).

Registration link: [https://reg.cce.cornell.edu/conformation\\_215](https://reg.cce.cornell.edu/conformation_215)

- **Sunday, October 4 from 6 pm to 7 pm – Zoom learning session**
- **Sunday, October 18 from 6 pm to 7 pm – Zoom learning session**
- **Sunday, November 1 from 6 pm to 7 pm – Zoom learning session**
- **Horse Judging Contest on the weekend of November 14 & 15**

## NYS 4-H Horse Program 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!

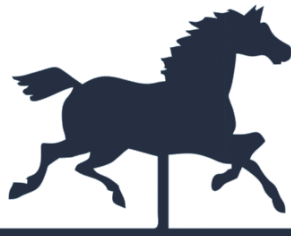
The order form can be found here: <http://4h.ansci.cornell.edu/animal-programs/horses/>

### SEPTEMBER\_ MIGHTY MONDAY RECAP

Soil painting was a rousing success. Thanks to Greater Finger Lakes Chapter of the Air and Waste Management Association for their financial support of Soil Super Powers!



4-H member Avery participating in Mighty Monday Soil Painting 7



EASTERN NATIONAL 4-H HORSE ROUND-UP  
**HORSE ACADEMY**

*Eastern National 4-H Horse Round Up is offering special opportunities to youth (ages 13 & up), coaches, volunteers, and Extension staff. The goal is to promote knowledge gain, growth, and success in national level educational contests. For more information, please visit [www.4hroundup.com](http://www.4hroundup.com).*

**HORSE JUDGING**

*Virtual  
Practice Contest*

**Contest- Nov. 1-7, 2020**

**Feedback provided by Dec.1, 2020**

Open to Senior 4-H members only,  
\$10 Online Registration Fee

**COMMUNICATION CONTESTS**

*Ask the Judges  
Panel Discussion*

**Nov. 5, 2020 7PM EST**

\$5 Online Registration Fee

**HIPPOLOGY CONTEST**

*Tips & Tricks  
Panel Discussion*

**Phase Strategy Videos-Nov. 1-7, 2020**

**Panel - Nov. 12, 2020 7PM EST**

\$5 Online Registration Fee

**HORSE BOWL CONTEST**

*Competitive Edge  
Panel Discussion*

**Nov. 19, 2020 7PM EST**

\$5 Online Registration Fee

**Register by October 12 by visiting:**

<http://tiny.utk.edu/HORSEACADEMY>



# CALENDAR 2020-2021

## October

- 4-10 National 4-H Week
- 6 Virtual 4-H Open House
- 7-18 TSC Paper Clover
- 19 **Mighty Monday: Journey to the Stars**
- 26 **Insight from Mars National 4-H STEM Challenge**

## November

- 7-8 **Easy Bake Oven Cooking Demonstrations @ The Strong Museum**
- 9 **Mighty Monday: Being Mindful in Service**

## 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

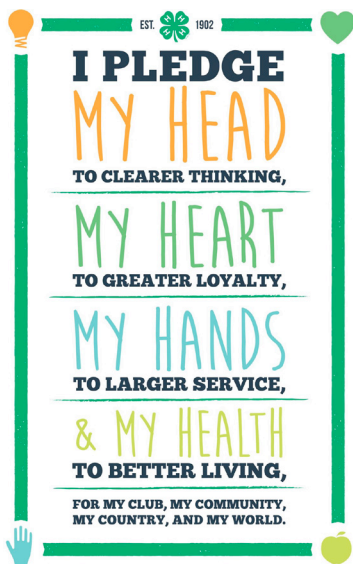
- 12 **Mighty Monday: Photography (create and prepare exhibits for fair/expo/museum state fair)**
- TBD **Pre-fair Meeting**

## 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



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