

MONROE COUNTY
4-H Herald
MONTHLY NEWSLETTER
SEPTEMBER 2020

 **4-H GROWS HERE**



MONROE COUNTY 4-H PROGRAM MEMBERS HONORED AT 2020 LEGISLATIVE YOUTH AWARDS

On August 12, the Rochester-Monroe County Youth Bureau, with the Monroe County Legislature, honored exceptional youth and adults who serve as youth advocates in our community at the annual Youth Awards ceremony. The Young Citizen of the Year and Willie W. Lightfoot Youth Advocate of the Year Awards represent one of the highest honors for youth and adult leadership, community service, advocacy and perseverance. These awards pay tribute to outstanding citizens who exhibit remarkable leadership, perform extraordinary acts on behalf of others, or have served as a role model for youth advocacy. This year, four members and one volunteer from the Monroe County 4-H program were honored for their impact on and advocacy for the youth in our community.

Kathy Lee

Kathy has been a volunteer 4-H Leader for 25 years. Her 4-H Club, the Busy Bees, is located at Mary Cariola Center. Kathy works with the youth in her club on a variety of service, gardening, and public speaking activities. In working with this special population, Kathy is a wonderful ally for youth with different abilities and has been recognized for her excellence in inclusivity.

Molly Krotz

Recipient of a Monroe County Legislative Youth Citizenship Award, Molly Krotz has been learning and growing in 4-H for seven years. In the past year, she has taken on leadership opportunities that are usually reserved for older teens. She approaches them seriously and is responsible for completion. All of this while being an excellent student, a passionate equestrian, and a

youth who completes a number of service projects.

UNITY

Also recognized were three members of the 4-H UNITY program, a Monroe County 4-H partnership with the Youth Services Division of the Ibero-American Action League. 4-H UNITY stands for Urban Neighborhoods Improved Through Youth. In 4-H UNITY, teens become community change agents, conducting community improvement projects that they design. Nominating the UNITY youth was Nathalia Martinez-Bliss, Aspira Mentor with the Youth Services Division at Ibero-American Action League.

Angel Sepulveda-Lopez

Angel has volunteered to be engaged in service-learning workshops and activities. He has demonstrated leadership, commitment, and enthusiasm to improving the community by voicing ideas and solutions on ways to serve the community.

Kaelin Lopez

Kaelin has demonstrated leadership, commitment, and passion in giving back to the community. During the service-learning workshops, she has recommended projects that can be organized to improve the community

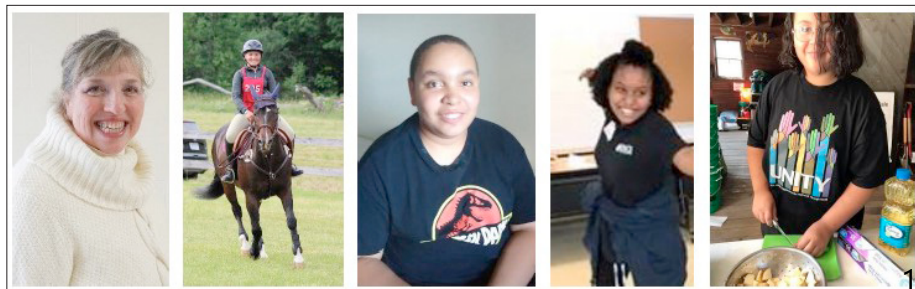
and has worked with her peers to research, propose, and share those ideas with others.

Giselly Ortega

Giselly has volunteered in various community service projects, leadership workshops, and civic-engagement activities in the past two years. She helped to plan a positivity project created by students for students to create a supportive environment and lift each other up.

Monroe County 4-H Program Leader, Susan Coyle, commenting on all of the recipients' impressive accomplishments, said, "Congratulations to all of the recipients who were recognized this evening. They are outstanding leaders in Monroe County! The 4-H program offers youth various tools to grow to be leaders in service, explore their interests, and make connections that last a lifetime. We're so proud our members and volunteers have been recognized for the fantastic work they are doing in the community. These experiences are instrumental to 4-H's positive youth development mission."

This is an excerpt from a press release. To read the full press release, click [HERE](#).



From Left: Kathy Lee, Molly Krotz, Angel Sepulveda-Lopez, Kaelin Lopez, Giselly Ortega

CELEBRATE THE FINGER LAKES @ the strong

NATIONAL MUSEUM OF PLAY®

THROUGH SEPTEMBER 7



Monroe County 4-H has youth space at the Celebrate the Finger Lakes event at The Strong to have exhibits on display, hold a Produced in New York cooking demonstration event, demonstrate a Chicken BBQ Poultry Event, give public presentations, and have animals on display!

We are excited to be able to offer the community a chance to see what the Monroe County 4-H Program is doing to promote positive youth development in Monroe County, and to highlight the accomplishments of our 4-H youth members.



PURCHASE TICKETS FROM THE STRONG

MONROE COUNTY 4-H BAKE SALE

AT THE CCE-MONROE CHICKEN BBQ

DONATE
prepackaged
baked goods!



OR SUPPORT
4-H PROGRAMS
WITH YOUR
PURCHASE!

 4-H GROWS HERE

SAT. SEPT. 19TH
3 TO 6 PM

SATURDAY, SEPTEMBER 19TH

We will need commercially prepackaged baked goods donated. No homemade goods or repackaging of baked goods allowed this year due to strict COVID-19 regulations.

SIGN UP VIA SIGN UP GENIUS

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 Year End and Achievement Ceremony

As the 4-H Year comes to a close, it is time to reflect on the work that has been done in the 2019-2020 project year, think about what we have learned, and set goals for ourselves for the 2020-2021 experience.

With that in mind, please remember to fill out and submit the Year-End Experience Form by September 30, 2020.

We will be holding a 4-H Achievement Ceremony virtually in the fall of 2020. Stay tuned for the date, time, and fun theme.

Also for clubs and leaders, your year-end financial statement will be due on September 30th.

Follow us on Social Media





**BUY
TICKETS
HERE**

**Cornell Cooperative Extension
Monroe County**

Join us for our

**FAMOUS CORNELL
CHICKEN BBQ**



**CORNELL CHICKEN BBQ
FAMOUS RECIPE**

**SATURDAY, SEPTEMBER 19, 2020 | 3 PM - 6 PM
2449 ST. PAUL BLVD. ROCHESTER, NY 14617**

SUPPORT OUR PROGRAMS

Nutrition | Agriculture | Horticulture | 4 H Youth Development

\$10 per meal, drive-thru pick up only

Order ahead starting 8/1 at monroe.cce.cornell.edu

Questions? Call our office at (585) 753-2550

Sponsored in part by...



**Monroe County
Parks**

**Catering provided by
Wilshire Catering**

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UPCOMING VIRTUAL OPPORTUNITIES



MONROE COUNTY 4-H
PAINTING WITH SOIL!
MIGHTY MONDAY
4-H GROWS HERE
SEPTEMBER 21ST • 6 TO 7:30 PM
VIA ZOOM • REGISTER TODAY!

4-H MIGHTY MONDAY: PAINTING WITH SOIL!
MONDAY, SEPTEMBER 21, 2020
6:00 PM - 7:30 PM

Join Monroe County 4-H for an online workshop exploring the importance and beauty of soil through art!

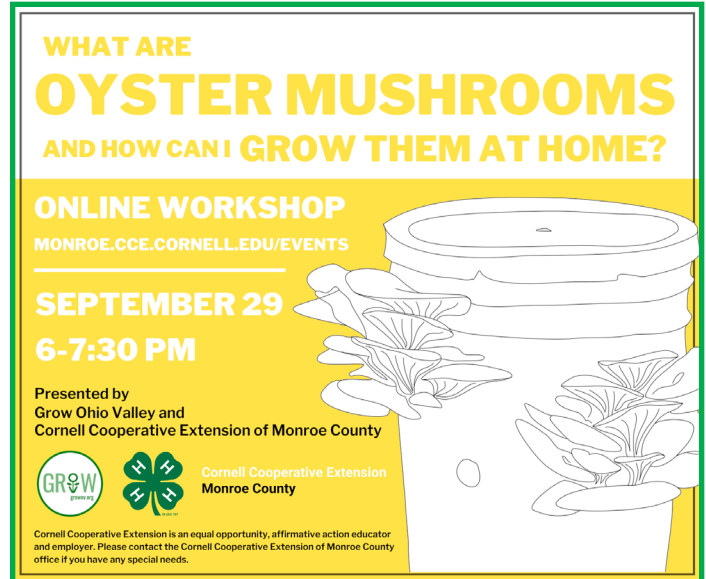
We will learn how soils can be classified and explore the possible colors of soil through painting. Painting with the colors and textures of soil is fascinating and a creative opportunity for all ages!

For this workshop, participants can pick up a soil painting kit at the Cornell Cooperative Extension of Monroe County Office (2449 St. Paul Blvd, Rochester NY 14617) anytime during the week prior to this event. The soil painting kit will contain resources needed to participate in the workshop.

REGISTRATION REQUIRED. Space is limited to 30 participants. Program delivered via Zoom.

This event is free of charge due to the generous support of the Genesee Finger Lakes Chapter of the Air & Waste Management Association (GFLAWMA).

[**REGISTER FOR MIGHTY MONDAY HERE**](#)



WHAT ARE OYSTER MUSHROOMS AND HOW CAN I GROW THEM AT HOME?
ONLINE WORKSHOP
MONROE.CCE.CORNELL.EDU/EVENTS
SEPTEMBER 29
6-7:30 PM
Presented by
Grow Ohio Valley and
Cornell Cooperative Extension of Monroe County
Cornell Cooperative Extension
Monroe County
Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer. Please contact the Cornell Cooperative Extension of Monroe County office if you have any special needs.

WHAT ARE OYSTER MUSHROOMS...?
Tuesday, September 29, 2020, 6:00 PM - 7:30 PM

Join educators from Grow Ohio Valley and Cornell Cooperative Extension of Monroe County to explore the fascinating world of mushrooms and different ways to grow them at home!

In this workshop, participants will learn about the basic life cycle of mushrooms, the basic parts of the fungi that produce edible mushrooms, and ways to grow mushrooms inside and outside of your home.

This workshop is being presented by CCE-Monroe 4-H Educator, Lori Koenick, and Hannah Hedrick, Education Program Manager, at Grow Ohio Valley. Event will be delivered via Zoom.

Pay what you can, if you can. Suggested donation: \$1-\$5

[**REGISTRATION & PAYMENT THROUGH EVENTBRITE HERE**](#)



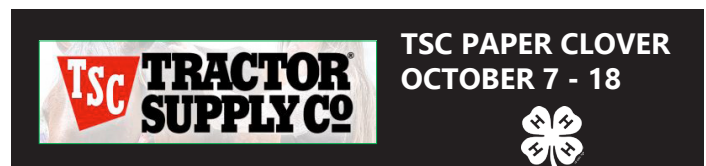
NYS 4-H HORSE PROGRAM
HORSE PHOTOGRAPHY CONTEST
ENTER BY MONDAY, SEPT. 7
New York State
4-H Horse Program
Young photographers have an opportunity to have their work displayed in the *first ever* NYS 4-H Horse Calendar!

Deadline is Monday, September 7!
Click the graphic for more details.

COMING IN OCTOBER:



NATIONAL 4-H WEEK
OCTOBER 4-10, 2020



TSC TRACTOR SUPPLY CO.
TSC PAPER CLOVER
OCTOBER 7 - 18



Featured Activity of the Month

Here is a fun and interesting activity that youth can do at home!



[Click for Additional Information](#)

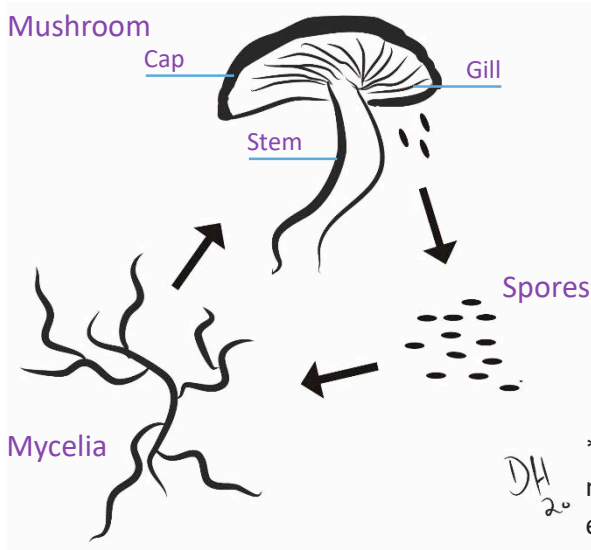


Make a Spore Print



We see them in our neighborhoods and in the woods, some of us eat them on pizza. Have you ever stopped and thought “What are mushrooms?” Simply put, a mushroom is the fruit of a fungus, mycologists say it is the “fruiting body” of a fungus. Underneath the mushroom is the branching, thread-like, main body of the organism called mycelia. Did you know that mushrooms reproduce by spreading their spores? Spores can be considered the “seeds” of a mushroom. When environmental conditions are right, spores are released and can germinate (sprout) to produce a new fungal organism. Different types of fungi produce different types of mushrooms and spores. Spores come in many different colors, sizes, and shapes. Witness the beauty of fungi and spore dispersal in action by creating spore prints! Spore prints show what color spores a mushroom produces and are an important first step in identifying what type of mushroom you have.

Life Cycle of a Mushroom



Spore Print Instructions:

- 1) Obtain a fresh mushroom* with gills
- 2) Cut off stem at base of cap to create flat surface for print
- 3) Place cap gill side down on piece of paper or aluminum foil. Experiment using different colors of paper to help identify spore color.
- 4) Optional: Cover cap with a cup to increase moisture. Place a few drops of water on cap to promote spore drop.
- 5) Remove cap after for 12-24 hours
- 6) Optional: preserve your print by spraying with hair spray or other craft spray

*Some species of mushrooms can be poisonous. Do not eat any mushrooms found unless they have been properly identified by an expert. Always wash your hands after touching mushrooms.



Portobello Mushroom
Agaricus bisporus
Brown spores

Shiitake Mushroom
Lentinula
White spores





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 squeeze bottle, red food coloring, cooking oil, and a large clear container filled with water.

Procedure: In the experiment coming up, we are going to mix oil with water to simulate the movement of magma within a volcano. What are some predictions you have for what will happen when we mix the oil and the water? If you're doing this activity with a friend or family member, be sure to discuss your predictions with them!

1. Fill the squeeze bottle full of cooking oil and add red food coloring to it.
2. Fill the large container with water.
3. Slowly squeeze the red oil into the container of water and watch what the oil does.

Applications:

So, what did you see? You should have seen the cooking oil rise to the top of the water after squeezing it in.

This is because oil is less dense than water. It's the same thing with magma; which rises from beneath the earth to the surface, thus creating volcanism, or a volcanic eruption!

Lava Layering:

Materials: paper cups, vinegar, a large piece of cardboard, paper towels, newspaper, food coloring, tape, scissors, a spoon, a marker, baking soda, and white paper.

Procedure: For this one, we will make a small volcano in the form of a little disposable cup. We're also going to look at how the lava will move once it leaves the volcano. How do you think the lava will behave when it leaves the volcano? Be sure to discuss it with a partner if you are doing the activity with someone else?

Also, please remember to put newspaper down on your workspace, since this can get messy!

1. Cover one side of the cardboard piece with white paper. Use tape to keep it in place.
2. Take one paper cup and cut it down to a height of 2.5 cm. Tape the cup right side up in the center of the piece of cardboard. This cup will be your eruption source.
3. Place 1 heaping spoonful of baking soda in the eruption cup.
4. Pour a small amount of vinegar into a second paper cup. Add food coloring.
5. You are now ready to create an eruption. Slowly pour the colored vinegar into the source cup and watch the eruption of simulated lava.
6. When the lava stops, quickly draw around the flow edge with a pencil or marker.
7. Wipe up the fluid using a paper towel.
8. On a sheet of paper, record information about the flow's color, shape, direction of flow, and thickness.
9. Repeat the eruption sequence three more times using a different color of food coloring if possible. Record all the results and compare.
10. Adjust baking soda and vinegar quantities as needed.



Rochester Accessible Adventures



Our vision is for an inclusive community -- especially regarding the inclusion of children, youth, and adults with disabilities in recreation and sports across their lifetime. During these times of necessarily restricted access to sports and recreation by ALL youth due to Covid-19, I believe we have all been enlightened to the critical need recreation and sports play in the health and wellness of our youth. Certainly, we know this is amplified for youth with disabilities. Monroe County currently is a hub for this regional model of Inclusion and, certainly, the City of Rochester is central to this vision. We are taking broad steps to move ahead with our plans, even while experiencing the pain of the changes Covid-19 is bringing to sports and recreation. One of the projects we have started this summer is the #WEWILLINCLUDE Movement, in order to put a free online training in front of as many youth and adults as possible. Our short term goal is to train 2,020 Inclusion Ambassadors in 2020.

Here is a short video about the #WeWillInclude training. This training, the Inclusion Ambassador Training, is a three hour course that addresses principles around inclusion, including physical accessibility, social and programmatic welcoming, person-first language, and more. Developed by the Inclusive Recreation Resource Center at SUNY Cortland, we are excited to push this to middle schoolers and high schoolers, as well as camp/program leaders, youth organizations, and community leaders.



Photos courtesy of RAA ([click logo to view website](#))

New York State Forage Exchange Announced

Within New York State several regions have experienced drought conditions reducing the quality and quantity of forages produced for dairy and livestock production. To help agricultural producers locate forage to purchase, or for producers that have forage to sell, Cornell Cooperative Extension announces the NYS Forage Exchange website: nysforageexchange.com

The NYS Forage Exchange provides a free system to match potential sellers and buyers of forage within New York State. Sellers can easily register within the system and then post the forage they have available to sell. Potential purchasers can browse the advertisements, and then contact the seller through email for additional information or to complete purchase arrangements.

[Watch this screencast on how to use the NYS Forage Exchange.](#)

This is a moderated website, so all ad submissions are reviewed for appropriateness before publication on the forage exchange website. The information provided is general and educational in nature. Employees of Cornell University and Cornell Cooperative Extension do not endorse or recommend any specific product or seller listed on this site.

Monroe County 4-H Program Receives Soil Education Grant



Grant monies awarded to increase environmental education



The Cornell Cooperative Extension of Monroe County (CCE-Monroe) 4-H Program has been awarded a grant by the Genesee Finger Lakes Chapter of the Air & Waste Management Association (GFLAWMA) in honor of Earth Day 2020. The purpose of the Earth Day Grant is to increase environmental education through projects that promote environmental awareness and consciousness, and the development of technical knowledge and skills, and sustainable

environmental practices. The grant program is open to educational institutions and not-forprofit organizations in the New York State counties of Monroe, Wayne, Ontario, Livingston, Orleans, Genesee, Wyoming, Steuben, Seneca, Schuyler, Yates, and Allegany.

The Monroe County 4-H team will be kicking off a STEM and art-filled project called "Soil Superpowers" to share the importance of soil. This project centers on the activity of soilpainting. Using art, youth will also be exposed to STEM concepts and to the natural world around them.

The "Soil Superpowers" project has debuted at 4-H Programs this summer. The project will be delivered to schools beginning in the fall of 2020. Through connections with schools across the county, many students will learn to appreciate agriculture and natural resources. Soil based lessons will accompany the art experience. The project will connect Monroe County youth to the outdoors, and show youth that soil is an important natural resource. Soil holds a plethora of microorganisms, creating small ecosystems and contributing to biodiversity. Soil acts as a water filter and growing medium. The project helps develop map reading skills and the understanding of different soil types. It is offered to all grade levels, and the lesson will be modified to be ageappropriate.

The "Soil Superpowers" project seeks to increase environmental awareness and consciousness because youth will learn that soil is a non-renewable resource, and that natural resources can be preserved to create a more sustainable environment. Youth will recognize natural resources that help plants flourish, supporting agriculture. They will also

obtain information on ways individual communities use science concepts to protect the natural environment. Youth will observe the connection between plants and animals, and their dependence on soil and other natural resources including water, sun, and air.

Another goal of "Soil Superpowers" is to increase technical knowledge, skills, and sustainable environmental practices. Monroe County youth will learn to identify different types of soils, understand the processes involved in the formation of soils, and observe the basic components of soil. They will also be taught to read soil surveys and NRCS maps regarding soil types, and to analyze and interpret data from maps.

The Monroe County 4-H Program team first experienced soil painting through a workshop with professionals from Cornell Cooperative Extension and Cornell University. Through easy techniques and interesting concepts, the team learned to show youth how to look at soils from a different perspective to help them distinguish different soil types and investigate soil properties while stimulating their creativity. The team is very excited to have received this GFLAWMA grant so that they may energize youth to consider how soil affects everyday life through agriculture, plant science and art.



4-H team members Jessica Reid (left) and Lori Koenick (center), learn soil painting from Susan Hoskins, Senior Extension Associate, Soil and Crop Sciences, at Cornell University.

How does 4-H light your



8



FREE ROOSTER

A 4-H Alumni family has a free, one-year-old rooster available to a 4-H member. It is a bantam. "He's very cute, and almost tame enough to eat from your hand." He has feathered legs although the family is not sure of his breed he is from TSC and should be a purebred. If you are interested in giving this little guy a pet or show home for your 4-H project, please contact Marilyn at 585-281-4952.



ZOOMING INTO SUMMER

That's a Wrap! Thank You "Zooming Into Summer" Families!

Wow! After a fun-filled summer, our virtual summer-long series, "Monroe County 4-H Fair: Zooming Into Summer," has come to a close! We would like to thank all the youth and families who took part over the last few months.

Throughout the summer, families were able to complete a variety of activities over five themed weeks: Horse Week, Creative Chefs Week, Animal Adventures Week, STEM-stravaganza, and Outstanding Outdoors Week. As they completed activities, youth earned "stamps" to put into a stamp book, and earned special participation incentives, and the chance to win even bigger prizes!

With Creative Chefs Week, we introduced the Flipgrid platform, where youth could practice their public speaking skills in their own homes, by creating videos showcasing their projects and activities. Several youth shared a myriad of fun-tastic creations, such as their own original smoothie recipes, matching animal and human costumes, science experiments, a PSA about making healthy choices, fairy houses, and more! Amazing!

The challenges for each week encouraged youth and families to focus on different skills together. Movement Monday focused on developing healthy lifestyle choices through physical activity, while Tasty Tuesday activities let youth practice math and culinary skills while making healthy food choices. Service Thursday activities highlighted community service, while also learning through their service experiences. Many of the other activities invoked critical thinking skills, problem solving, and creativity as youth developed a variety of projects, such as creating their own boat from materials found in their home, or developing a seed that would fly the farthest using wind power.

To see a taste of the amazing contributions from Monroe County youth, check out the Highlights videos on page 5 and our Facebook page! And keep an eye out for more fun, virtual learning opportunities this Fall!



Introducing: Destiny Draggett

Hi! My name is Destiny Draggett, and I am so excited to be serving as the Americorps VISTA for the Monroe County 4-H.

My goal is to create sustainable connections within the City of Rochester, and throughout Monroe County, to ensure that youth from all backgrounds have access to 4-H educational programs.

As a recent graduate from SUNY Geneseo, I have had the privilege to work with youth from Livingston and Monroe County, as well as multiple community organizations.

I'm looking forward to using this experience as a base for my work within Monroe County, and the 4-H Youth Development Program.





ZOOMING INTO SUMMER

WEEK 4: STEM-STRAVAGANZA RECAP



From left: Rylee, Mackenzie, Madeline enjoying slushies; Grace shares her Mars base camp

Monroe County 4-H Fair: Zooming into Summer

STEM-stravaganza Week Highlights

Cornell Cooperative Extension Monroe County

4-H GROWS HERE

CLICK FOR VIDEO

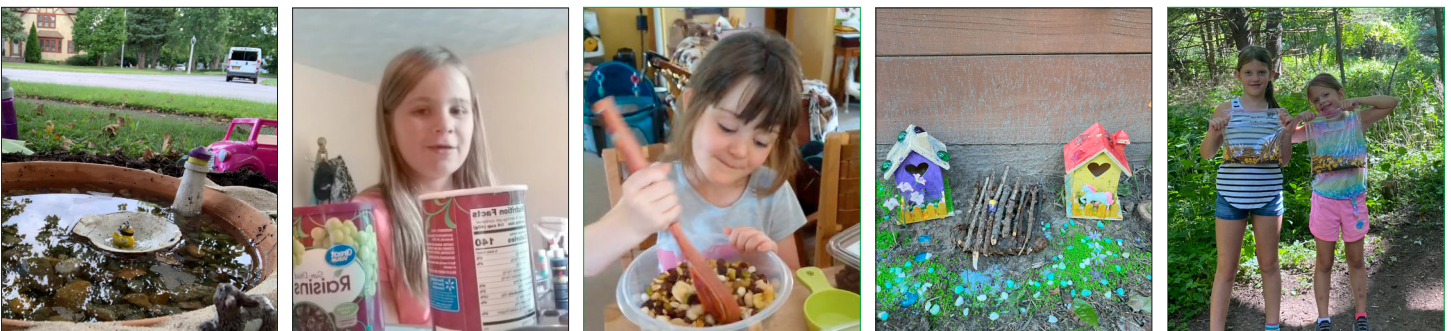
CLICK FOR 4-H STEM Challenge

MARS

BASE CAMP

Explore a hands-on mission to Mars at home!

WEEK 5: OUTSTANDING OUTDOORS RECAP



From left: Olyvia (age 7) fairy house, Grace making GORP, Olyvia (age 5) making GORP, Mackenzie & Rylee's fairy houses and with GORP

Monroe County 4-H Fair: Zooming into Summer

Outstanding Outdoors Week Highlights

Cornell Cooperative Extension Monroe County

4-H GROWS HERE

CLICK FOR VIDEO

TASTY TUESDAY: Fuel your outdoor adventures with a tasty home-made trail mix! Trail Mix is also sometimes known as "GORP", which stands for "Good Ol' Raisins and Peanuts". You don't have to limit what you put in your own personal trail mix, however!

Madeline used Cheerios, mini marshmallows, dried apricots, peanuts & chocolate chips. Grace's trail mix included raisins, pistacios, chocolate chips & pretzels. Olyvia (age 5) used yogurt & chocolate-covered raisins, peanuts, banana chips, dried cherries, pistacios & macadamia nuts.

We would love your feedback on the Zooming Into Summer series! What activities or themes did you enjoy most? What activities would you like to see more of? Please help us by filling out this [Google form](#).

Look for details of a contest that will run National 4-H Week and include bonus points for participation throughout the month of October! You will receive points for participating in different activities and reporting them to the 4-H Office.



Special activities include:

- 4-H Spirit Day on October 7th-wear 4-H apparel or a sticker to school or work or use a 4-H backpack, etc. Show your 4-H Spirit to others!
- Pick up a yard sign from CCE and place it in your yard.
- Ask a store or library if they have a window or bookcase where you can set up a 4-H Display. Perhaps you have a special project you would like to share or you would like to highlight 4-H in general.
- Print a window sign and display it at your home or in your car. (downloads will be provided)
- Use a Zoom background on your virtual calls.
- Don't forget that October is 4-H STEM Challenge month! Look for ways to participate in the Mars Base Camp activity.

AND, WATCH FOR THE TSC FALL PAPER CLOVER CAMPAIGN FROM OCTOBER 7TH TO 18TH.



I AM
4-H
PROUD



CCE-Monroe 4-H Staff:

Andrea Lista
Executive Director
aml355@cornell.edu
(585) 753-2550

Susan Coyle
4-H Program Leader
smc226@cornell.edu
(585) 753-2567

Destiny Draggett
Community Liaison
dpd66@cornell.edu
(585) 753-2568

Lori Koenick
4-H Youth Educator
lbk75@cornell.edu
(585) 753-2576

Jessica Reid
4-H Youth Educator
jar642@cornell.edu
(585) 753-2566

Michele Schepisi-Ritchie
4-H Admin Asst
mas859@cornell.edu
(585) 753-2577

EST. 1902

I PLEDGE
MY HEAD
TO CLEARER THINKING,

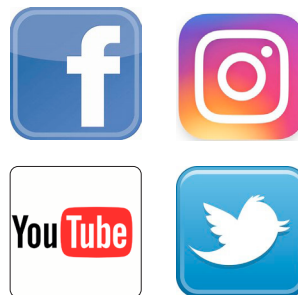
MY HEART
TO GREATER LOYALTY,

MY HANDS
TO LARGER SERVICE,

& MY HEALTH
TO BETTER LIVING,

FOR MY CLUB, MY COMMUNITY,
MY COUNTRY, AND MY WORLD.

Monroe County 4-H
on Social Media



Cornell Cooperative Extension
Monroe County



CCE-MONROE
2449 ST. PAUL BLVD
ROCHESTER, NY 14617
(585) 753-2550
MONROE.CCE.CORNELL.EDU