MONROE COUNTY 4-H Herald MONTHLY NEWSLETTER

JANUARY 2021

4-H GROWS HERE









ARI HEALII

4-H RINGS IN THE NEW YEAR!

SUNNY SUNDAY	MINDFUL MONDAY	TEAMWORK TUESDAY	WELLNESS WEDNESDAY	THINKER THURSDAY	FUN FOOD FRIDAY	SIT BACK SATURDAY
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3	4	5 %	**************************************	7 %	8	9
10	11	12	15	14	15	16
17	18	19	20	21	22	25
24	25	26	27	28	29	50
31						

Join the 4-H team as we Ring in the New Year!

Enjoy the themed days of the week with corresponding activities in which youth may participate.

Simply click on the calendar above to view each day of the month, then enjoy that day's activity!

iAnillos 4-H en el nuevo año!

SOLEADO DOMINGO	CONSCIENTE DE LUNES	MARTES DE TRABAJO EN EQUIPO	MIÉRCOLES DE BIENESTAR	PENSADOR JUEVES	VIERNES DE COMIDA DIVERTIDA	SÁBADO SENTADO
					***	2
3	4	5	6	7	8	9
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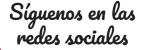
¡Únase al equipo de 4-H mientras recibimos el Año Nuevo!

Disfruta de los días temáticos de la semana con los correspondientes actividades en las que pueden participar los jóvenes.

Simplemente haga clic en el calendario de arriba para ver cada día del mes, ¡luego disfruta de la actividad de ese día!



















4-H Mighty Monday: Bring in the Birds! Feeding our Feathered Friends









MONDAY, JANUARY 11 | 6 – 7 PM | VIA ZOOM

Join the Monroe County 4-H program as we create bird feeders to feed our feathered friends over the winter.

Repurposed Jar Bird Feeder:

- clean jar (ex. Mason jar or pasta jar)
- wooden dowel ~10 inches long
- twine, yarn, or ribbon
- birdseed
- scissors
- strong glue (ex. Gorilla glue)
- optional: beads for decoration

REGISTER HERE (BY FRIDAY, JANUARY 8)

Suet Bird Feeder:

- ½ cup bacon fat (can substitute with lard or shortening)
- ½ cup nut butter
- 1 cup cornmeal
- 1 cup oats
- ½ cup flour
- 1 cup bird seed
- 2 paper cups
- plastic mesh bag (repurposed garlic, onion or other produce bags work great)

DELIVERED VIA ZOOM. 4-H MEMBERSHIP NOT REQUIRED. FREE.









Virtual Zoom series on Ornithology, the study of birds. Each short
45 minute session will be jam-packed with educational fun
Coordinated by

Cornell University Youth Nature and Outdoor Education Program Work Team

There is no cost for this program.

Who can attend: Cloverbuds, 4-H members, Leaders and other key volunteers

A bird identification guide will be provided to those that participate in all 4 sessions. Maximum number of guides given to a family will be one.

Please register each member of a family individually.



Experience the January 4-H Mighty Monday, then join the 4-H Fly By opportunity!

January 20, 2021: 6:30pm: Introduction to Birding with Renee Hopkins, CCE
Livingston and Linda Brosch, CCE Oswego

January 27, 2021: 6:30pm: *Birds of Prey* with Heidi Feltz, CCE Niagara and Wolcottsville Wildlife Rescue

February 3, 2021: 6:30pm: *Gamebirds and* **Waterfowl** with Nathan Kennedy, CCE
Seneca and John Bowe, CCE Warren

February 10, 20201: 6:30pm: *Avian Citizen* **Science Projects** with Kelly Schaeffer,
Cornell Laboratory of Ornithology

Fungal Friday: Fungi and Food









FRIDAY, JANUARY 29 | 5 – 6:30 PM

Take a journey with Monroe County 4-H into the fungal kingdom and learn how we interact with these organisms in our everyday life.

This workshop will focus on fungi and food. We will explore the wonder of yeast through a bread in a bag experiment.

To participate in making the bread, families will need the following ingredients and supplies for each loaf of bread on hand:

- 3 C all purpose flour (divided into 3 portions)
- 3 tbsp white sugar
- 1 (.25oz) package rapid rise yeast
- 1 C warm water (100-130F)
- 3 tbsp oil (vegetable or olive oil)
- 1.5 tsp salt
- extra flour to sprinkle for kneading dough
- cooking spray (for greasing pan)
- 1 gallon plastic storage or freezer bag with seal
- bread loaf pan (8.5x4.5x2.5in) or mini loaf pans (5.625 x 3.375 x 2inches)
- optional: parchment paper for kneading dough

This workshop will be geared towards youth ages 5-12. Any 5-7 year-old youth will need a parent to participate. All are welcome to attend. A minimum of 10 registrants is necessary for the program to run.

Cost: \$5 per participant. 4-H membership not required.



Please register **HERE** to participate.

Register by Friday, January 22.

CONTACT INFO: LORI KOENICK (585) 753-2550 LBK75@CORNELL.EDU









4-H Young Coders Club









1ST & 3RD TUESDAYS, FEB-APRIL 2021 | 6:30 – 7:30 PM

Monroe County 4-H is starting up a special interest club for young coders, ages 8-12!

Youth will learn the basics of coding, create their own games, and build upon their skills in this six-session series of virtual workshops with New York State computer specialist Kat Leo.

We will meet the 1st and 3rd Tuesday each month from February through April. Please register HERE by Friday, January 29th.

Zoom meeting information will be emailed to participants prior to the meeting each week.

REGISTRATION INFO:

Please register **HERE** by Friday, January 29th to participate.

CONTACT INFO: JESSICA REID (585) 753-2550 JAR642@CORNELL.EDU





Learn computer science by hands-on doing.



2ND

6PM

TUESDAYS









January 12th
• Winter Animal Care
February 9th

• **Dog Énrichment** March 9th

Genetics

Mushroom Monday: Learn and Grow!









Monday, February 22 | 5 to 6:30 PM

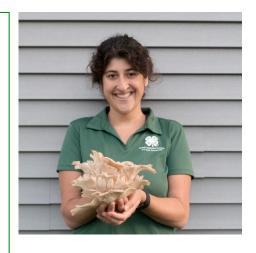
Explore the fascinating world of mushrooms and learn how to grow mushrooms at home with Monroe County 4-H!

In this online workshop, we will learn what fungi and mushrooms are, and how we interact with them in our everyday life. We will practice growing oyster mushrooms in a fun science experiment on toilet paper!

For this workshop, mushroom kits will be available for pick up at the Cornell Cooperative Extension of Monroe County Office (2449 St, Paul Blvd, Rochester NY 14617) during the week prior to the event. Mushrooms kits will contain spawn and substrate materials needed to grow oyster mushrooms.

This workshop will be geared towards youth ages 5-12. Any 5-7 year-old youth will need a parent to participate. All are welcome to attend. A minimum of 8 registrants is necessary for the program to run. The workshop will be limited to the first 14 registrants that sign up. The registration deadline is Monday, February 15th.

Cost is \$25. 4-H Membership NOT required.





REGISTRATION INFO: Please register **HERE** to participate.

CONTACT INFO: LORI KOENICK (585) 753-2550 LBK75@CORNELL.EDU



IMPORTANT NOTE REGARDING 2021 4-H PROGRAMMING: You will notice a few changes to the 2021 calendar. Due to physical distancing mandates that are still in place, 4-H has made the decision to push a few events forward. We are holding optimism, that some of these events will be able to have an in-person option.

Produced in New York will be pushed ahead with a training being offered later in January or February and holding a county event in February or March. Public Presentations will also be pushed ahead with a goal of having the county event offered in April or May. Finalization of the District event's location and date will influence when the event will be held.

Take the extra time to find recipes that you love and think about a topic you would like to share with others.

Thank you for understanding as we continue to navigate these unprecedented times.

THE NYS 4-H DOG PROGRAM IS HOLDING A CANINE COSTUME CONTEST!

In an effort to keep our 4-H dog handlers challenged as we enter the long months of cold & snow, we would like to offer a Winter Canine Costume Class.

There will be two friendly competitions. The first will run from January 1st until January 31st. Another contest will be offered in February with different categories.

Ribbons & Rosettes will be awarded!

Youth must submit a photo of a dog in costume along with the age of the handler and category they are entering. Youth who do not have a dog but would like to participate may submit a photo of a stuffed animal.

January categories include:

- 1. Covid-19 (costumes can be anything related to Covid-19 such as first responders, essential workers, etc.)
- 2. Super Hero
- 3. Zoo Animal

Age group (as of January 1st, 2021):

Cloverbud: Ages 5 7 Junior: Ages 8-12 Senior: Ages 13-19







For safety tips on how to dress your dog up safely, see the AKC article <u>How to Dress Up Your Dog Safely</u> by Jordan Upmalis dated Oct. 6, 2020.

To register and submit your photo, visit: https://cornell.ca1.qualtrics.com/jfe/form/SV 51I2sn74nqnq70F

THE NYS 4-H DOG PROGRAM IS HOLDING A TRICK DOG CONTEST!

As we enter months of cold & snow, we would like to offer a Winter Trick Dog Class similar to the American Kennel Club (AKC) program now in place. https://www.akc.org/sports/trick-dog/ | NEW YORK

Starting on January 1st, 2021, the 4-H Dog Program will be offering Trick Dog Certificates to all qualifying dog/handler teams. All tricks will be at the AKC Novice Trick Dog Level.

Here's How It Works:

- For the Novice level, teach your dog 10 of the AKC qualifying tricks listed below. If your dog already has an AKC CGC title (submit copy) you only need to complete 5 additional tricks for a total of 15 for the AKC Intermediate level or 20 for the Advanced level.
- Have a county dog leader* witness your tricks in person & sign a marked "tricks" checklist (below). *A county dog leader can be from any NYS county.
- Have a county dog leader* witness your tricks by video & submit a marked & signed checklist to: Rev. Liz Meacham, 22 Keeney Street, Warsaw, NY 14569

4-H Age Groups (as of January 1st, 2021): Junior: Ages 8-12 Senior: Ages 13-19

Click <u>HERE</u> for more info and the list of qualifying tricks.

All Handler/Dog teams that complete a class or classes will receive a certificate & rosette from 4-H.

For more information, contact Liz Meacham at <u>liz.meacham@yahoo.com</u>.

To register, submit your video, completed checklist, and copies of your AKC Certificates, visit: http://4h.ansci.cornell.edu/2020/12/15/nys-4-h-dog-program-trick-dog-contest/



STATE



LEADER ACTIVITY OF THE MONTH



Featured Activity of the Month: Cookie Science!

Celebrate the New Year with a little bit of cookie science. This activity from National 4-H can be done in a variety of settings- virtual and in person. Learn about STEM concepts through baking a delicious treat with your group members!

Recipe from 4-H.org

Ingredients:

- 1 stick of butter, softened
- 1 egg
- 1 cup flour
- 1/2 cup white granulated sugar
- 1/2 packed brown sugar
- 1 tsp vanilla
- 1/2 tsp baking soda
- 1 cup quick-cooking rolled oats
- 1 cup chocolate chips



Directions:

- 1) Preheat the oven to 375°
- 2) Mix the butter using an electric mixer on medium for 30 seconds.
- 3) Add egg and flour.
- 4) Add sugar and brown sugar.
- 5) Add the vanilla and baking soda.
- Beat on medium speed for 2 minutes. Scrape down as needed.
- 7) Add oats and chocolate chips and mix until blended.
- 8) Scoop out the mixture in tablespoons onto cookie sheets lined with parchment paper, leaving about 2 inches between each mound of cookie dough.
- 9) Turn on the oven light. Bake cookies for 8 to 10 minutes, or until lightly browned, peeking at them through the oven window after 1 minute.

This recipe and activity are from the National 4-H "4-H at Home for the Holidays" series.

Example Activity Plan:

Anchor: Ask your group members, "Who has baked or helped someone bake something before? What is the last thing you have baked?"

Add: Ask group how could changing one ingredient in this recipe affect the end result? Ask them to imagine a cookie made with brown sugar and a cookie made with white sugar. What would the similarities be? What would the differences be? Why?

Take note of youth responses and add in the information below from 4-H Cookie Science as needed: "Most recipes for chocolate chip cookies call for both granulated sugar and brown sugar, because each plays a role. Doughs with more granulated sugar will be more crisp, and doughs containing more brown sugar will be softer and chewier. Aside from the sweetening powers of both, white sugar contributes to cookie crispness when the cookies cool and harden and the sugar crystallizes. Brown sugar helps with a cookie's tenderness because it has molasses, and it has 35 percent more moisture than granulated. It's hygroscopic, meaning it easily absorbs moisture from its surroundings. Plus, it contributes something else — even recipes for crisp chocolate chip cookies include brown sugar because it gives them that butterscotch flavor."

Apply: Have group members get out all of the ingredients and preheat their ovens to 375. Bake cookies, follow recipe at <u>4-H Cookie Science</u> and have a different person read the "Did you Know" after each step.

Away: Show and Tell! Have each youth share and taste their cookies. Ask your youth, one is one take away from our gathering today?



To o de

https://4-h.org/about/4-h-at-home/cooking-activities/

https://4-h.org/about/4-h-at-home/cooking-at-home/

https://4-h.org/parents/curriculum/food-science/



UPCOMING PROGRAM OPPORTUNITIES



Controversial Discussions Series

Description:

This series is intended to trigger our young people's thinking about issues that can be controversial in today's society.

It will follow the basic format of promoting the viewing, reading or consuming of some type of media, prompting youth to think critically about the message and then discussing this issue civilly through a facilitated group discussion.

Please choose only one meeting to attend:

January 11 at 3:30 PM February 1 at 3:30 PM March 1 at 3:30 PM April 5 at 3:30 PM May 3 at 3:30 PM June 7 at 3:30 PM July 5 at 3:30 PM

REGISTER HERE

CLICK ON FLYER TO SEE FULL-SIZE.

TRACTOR SAFETY WITH GENESEE COUNTY 4-H



This program is open to youth age 14 and over and covers farm safety, tractor safety, tractor operation and other related topics.

The National Safe Tractor and Machinery Operation Program is

a certification program that allows youth age 14 and 15 to be certified to legally operate farm equipment for hire. After completing the training course, youth will need to pass a written knowledge test and driving test to receive the certification.



The program is scheduled to run Saturdays, 8:00 am to 12:00 pm, January through April at farm machinery dealerships throughout Genesee County. All New York health and safety guidelines that are in place at the time of the program will be followed.

The fee for the program is \$10 and youth must also be currently enrolled 4-H members. Registrations are due January 30, 2021. To register for the program or receive more information, please contact the Genesee County 4-H Office at genesee4h@cornell.edu or (585) 343-3040 ext. 131.



CAREER EXPLORATION 3



BOCES 2 WEMOCO's EXPO 2020



Photo courtesy of Cornell University

The 4-H program of Cornell Cooperative Extension of Monroe County supports career exploration of agricultural and food science fields. Each year, we participate in BOCES 2 WEMOCO's Career Expo. Goals of this EXPO include showcasing careers in different technical education fields and sharing local career employment trends to help students in planning their futures.

This year, as no surprise, the expo went virtual. Local professional organizations participated in the EXPO by providing resources in relevant career and employment trend information.

Check out agricultural career exploration resources and more here: https://www.monroe2boces.org/2020ExpoResources.aspx

Wild and Crazy Careers

New program starting on January 12 for youth ages 9-19! Wild and Crazy Careers! Do you know what you want to be when you grow up? Do you want an "outthere" career?

Hear from people who followed their passions to find a job they love--from wildland firefighters to wildlife documentary creators, from zookeepers to mountaineers, and everywhere in between.

Get ready to ask yourself, "you can get paid for THAT?"

Career professionals include Sea Kayak guide, Youth Conservation Corps trail builder, small business owners (eco tourism and farming), zookeepers, wildlife videographers, police dog trainer, mountaineers, and wildland firefighters.

Youth will learn skills in setting SMART goals, interviewing techniques, resume tips, and more.

> Please contact Liz Wiener at wienerel@msu.edu, with questions.

This will be a 6-week Zoom series on Tuesday afternoons from 4:30-5:30 pm Eastern Time. Open to all, no cost.

Sign up here:

https://events.anr.msu.edu/wildcrazycareers/







4-H HEALTHY HABITS PROGRAM AT LAKESHORE ELEMENTARY



Fourth grade students at Lakeshore Elementary School in Greece wrapped up 2020 by learning how to make healthier choices with Monroe County 4-H!

For the past six weeks, the youth have learned tips to work towards making half their grains whole grains, choosing "Go" drinks like water and low-fat milk over sugary, low-nutrient "Stop" drinks, choosing healthier options when eating on the go, and more. Students also received a newsletter and were introduced to a fun, healthy recipe each week they could make at home with their families.

The 4-H Healthy Habits program, sponsored by the Walmart Foundation and developed in collaboration with the National 4-H Council, addresses food access, nutrition and health equity

Choose Your Own

Choose Your Own

Choose Your Own

Choose Your Own

Dinner

for underserved youth and families across the country, through university-backed, impactful programming.

Eight lessons can be delivered virtually for classrooms in grades 3-5, please contact Susan Coyle at smc226@cornell.edu or Jessica Reid at jar642@cornell.edu for more information.

4-H HOLIDAY BUCKETS

4-H delivered 33 buckets to youth and their families at Agape Haven of Abundance. Buckets, donated by Runnings in Brockport, were filled with toiletries, toys, puzzles, and games. Youth were overjoyed to receive their buckets. This would not have been possible without the generosity of 4-H members, families, volunteers, and CCE staff.





AGAPE HAVEN OF ABUNDANCE 4-H UNITY



TEEN COMMUNITY SERVICE PROJECT

Teens will be creating no sew fleece scarves and leaving them for people who are homeless or are in need of warmth. Due to virtual programming, kits were put together by 4-H Educator, Jessica, and delivered to home by Agape liaison, Julia.

What a nice service project to participate in!

4-H UNITY PROJECT WITH IBERO-AMERICAN ACTION LEAGUE, INC.

Adults know that working from home can be discombobulating. Teens are still developing their organizational skills and learning how to meet deadlines while attending virtual classes. Planners, post-it notes, and colored pens are magical!

Thank you to Jamila Walida Simon, from the <u>New York</u> <u>State 4-H</u> team, for sharing tips and tricks to becoming organized.

This workshop is part of the 4-H UNITY project with <u>Ibero-American Action League, Inc.'s</u> Aspira Program at <u>Eugenio María de Hostos Charter School</u> - Rochester, NY





Ag Literacy Week Transitions to Ag Literacy Month



The Agricultural Literacy Program in Monroe County has seen overwhelming success over the past few years. In 2021, The event will become Agricultural Literacy Month! This great event supports the mission that the Monroe County 4-H Team holds to support agricultural literacy and encourage agricultural career exploration.

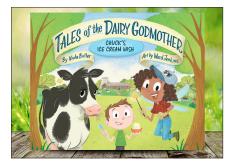
Be on the look-out for sign up information to be a volunteer reader or to host a book reading in your classroom. A variety of delivery modes will be available as we continue to navigate physical distancing in Monroe County.

Chuck's Ice Cream Wish (Tales of the Dairy Godmother)

Written by Viola Butler

Art by Ward Jenkins

Ice cream is a treat we enjoy in many forms and flavors. But how often do we stop and think about how the ice cream we're eating made its way to the cone or dish we are enjoying it from? Chuck's Ice Cream Wish (Tales of the Dairy Godmother) connects the delicious treat to the work farmers are doing every day to grow, raise and produce our food. This book will take students on an explorative journey learn about dairy and to trace the food on their plate back to its source- the farmer.



December 4-H Mighty Monday Recap: Mighty Microgreens and Super Sprouts!

Growing sprouts and microgreens are a great way to eat fresh greens all winter long and are fun for the whole family to watch the wonder of a seed germinating.

Eight families joined us for December's virtual Mighty Monday. Educators Lori and Jessica went over what are sprouts and microgreens, demonstrated different methods to grow, discussed plant care, and food safety tips.

By playing trivia games "Name that Sprout" and "Mystery Microgreens," we explored different types of greens. Participants had the opportunity to plant sprouts and microgreens in different set ups. Smiles were on everyone's faces as we showed our freshly planted seeds.

After the workshop, one participant shared "I feel very confident that I can do this!"

Mighty Monday programs are held each month on different topics and a way for interested young people to explore what 4-H is and meet others in the community. Join us!







4-H chosen as a 2021 Round-Up Recipient by Abundance Co-op



The Monroe County 4-H Youth Development program has been chosen as one of the eleven organizations to receive donations through Abundance Co-Op's Round-Up Program. Throughout the month of June, 4-H will be highlighted in the store and have a page on the Abundance website where shoppers can donate directly to the organization's mission.

To read more about our mission and Round-Up program: http://abundance.coop/2021-a-year-of-giving/



Youth and Volunteer Voices



Youth and volunteer voices are very important to the Monroe County 4-H Team. We have two opportunities created to collect your thoughts that will be outlined below.

A great example of this was the Fill-A-Bucket Challenge for the holidays. A 4-H parent offered the idea on Facebook and at the Steering committee meeting in November, there was great support for the idea. The 4-H Team was able to respond and begin a new initiative!

Please feel free to reach out at any time to share ideas, ask questions, or volunteer to spearhead a project! We are stronger working together.

Paper Clover Funds

The Monroe County 4-H program received funds from the Paper Clover Campaigns at both TSC and Joann Fabrics. These funds are to be used for registration fees for leadership development opportunities and 4-H Camps. These funds have typically been used for partial scholarships for teen trips and 4-H Camps. At this time, we know many of the teen trips will be held virtually this spring and summer. 4-H Camps are making plans to operate and yet, we don't know quite what COVID-19's effect might look like at this time. We are interested in collecting ideas for use of the Paper Clover allotment that is earmarked for our county. Please visit our IdeaBoardz page to "like" ideas and add ideas. You will see that there is a plus sign to add an idea. There is also a plus sign in the lower left of the boxes to vote for that idea. Dream big, this is a brain-storming session.

Please participate in this opportunity at by https://ideaboardz.com/for/Monroe%204H%20NY/3589065 Friday, January 8th.

Steering Committee

Our next 4-H Steering Committee Meeting will be held on Monday, January 25th at 6:00pm. This event will be held virtually, via Zoom.

Please register here by Friday, January 22nd to receive the link to attend: https://cornell.zoom.us/meeting/register/tJwtdOmtrz4iGtZuBEOdOiKIZJo3539Mk1c0

After registering, you will receive a confirmation email containing information about joining the meeting. The following meetings will be held on Tuesday, April 27, Wednesday, July 28, and Thursday, October 28th. A determination will be made as these dates approach if they will be held virtually or in-person. There can be good hope for lovely weather to allow for an in-person gathering in July.

Posh Ponies | December Meeting

We learned about harnessing and got carriage rides and a visit from Santa!

photos courtesy of Posh Ponies 4-H Club







SAVE THE DATES!

Steering Committee Meetings 2021

Open to all volunteers, parents, and supporters of 4-H. Teens are VERY welcome. We would like to include youth voice in decision-making. Contact Susan at sm226@cornell.edu to RSVP.

Monday, January 25 Wednesday, July 28 Tuesday, April 27 Thursday, October 28



ANIMAL CRACKERS GOES VIRTUAL

THEME: ALL CREATURES GREAT AND SMALL!

2021 | MAY:



4

7

13

18

20

25

27

Program Species:
There are 8 sessions at 45 minutes a piece.
Species please give updates on your progress!
Dairy, sheep, goat, rabbit/cavy/poultry
(will be 2 sessions), equine, dog

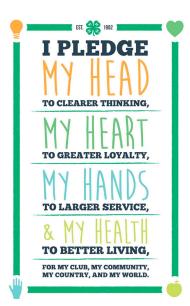




In lieu of an in-person conference, STARR 2021 will be a virtual experience for teen 4-H'ers. 4-H teens have shown their resilience and flexibility during the current global health crisis, and can look forward to great experiences in 2021. If you have any questions regarding STARR 2021, please contact the 4-H office at monroe 4H@cornell.edu.

CALENDAR 2020-2021

Janua	ırv		Mav	(contin	ued)
•	11	Mighty Monday: Birdwatching	•	13	Animal Crackers
•	25	Steering Committee Meeting	•	20	Animal Crackers
•	29	Fungal Friday: Fungi & Food	•	25	Animal Crackers
•	TBD	Produced in New York Training	•	27	Animal Crackers
•	TBD	Produced in New York Event	June		
Febru	ary		•	14	Mighty Monday: Fishing
•	8	Mighty Monday: Chocolate Creations			guyotaku, koinobori
•	22	Mushroom Monday	July		
•	TBD	Public Presentations Training	·	12	Mighty Monday: Photography
Marcl	h		·	12	(create and prepare
•	8	Mighty Monday: Handwork Exploration			exhibits for fair/expo/museum
•	TBD	Public Presentations			state fair)
			•	28	Steering Committee Meeting
April			•	TBD	Pre-fair Meeting
• 12		Mighty Monday: Spring Garden		st	
		Workshop Pollinators, Seed	•	6-8	Monroe Co. Fair
	27	Bombs, and More	•	20-30	NYS Fair
• N/1	27	Steering Committee Meeting	Sonto	mbor	
May	1	Virtual CTARR Retreat	Septe	mber 1-6	NYS Fair
•	I A	Virtual STARR Retreat	•	_	
•	4	Animal Crackers	•	13	Mighty Monday: Exploring



10

Animal Crackers

Mighty Monday: Cooking Workshop

Monroe County 4-H on Social Media





Steering Committee Meeting

the Outdoors

Year-end forms due

CCE-MONROE 4-H STAFF:

30

28

October

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

Cornell Cooperative Extension Monroe County



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