

MONROE COUNTY
4-H Herald
MONTHLY NEWSLETTER
DECEMBER 2020

 **4-H GROWS HERE**



2020 HOLIDAY SEASON:
Fill-A-Bucket for a Family



The 4-H team is teaming up with AGAPE Haven of Abundance this holiday season to fill buckets for 28 youth and 5 families from the City of Rochester community. Each child has a wishlist and is dedicated a bucket that can be filled with toys, clothes, games, and health/hygiene products. There will also be five buckets dedicated to the families as a whole that can be filled with cleaning supplies and paper products. Each bucket will include a list of recommended items.

The Fill-A-Bucket Challenge is an invitation from the 4-H Steering Committee, suggested by a 4-H parent, to the Monroe County 4-H community to help families in need at a difficult time in a difficult year. The buckets are supplied by Runnings, and CCE staff, CCE board members, and 4-H families may pick up buckets to be filled with toys, cold-weather clothes (hats, scarves, gloves), and other miscellaneous goods for the youth. Buckets include the child's wishlist, age, gender, and size. Each family will also be supported with a bucket full of cleaning supplies, paper goods, and home goods. The buckets will be delivered to AGAPE Haven of Abundance for distribution to kids and their families.

If you would like to take part, and have the capacity, to support youth and families with this fun project you are invited to pick up a bucket from the CCE-Monore office: 2449 St. Paul Blvd, Rochester, NY 14617.

Buckets are located on the side (enclosed) porch, and will be available for pickup until Friday, December 4. When picking up a bucket please sign it out on the sign-out sheet located on top of the buckets. Buckets can be returned to the office on December 14 between 11 a.m. and 7 p.m. If this time does not work please contact Destiny for other arrangements. Any other questions may be directed to Destiny Draggett at dpd66@cornell.edu.



stock photos



ABOUT AGAPE HAVEN OF ABUNDANCE

Agape Haven of Abundance is located in the city of Rochester, embedded in the Northwest Quadrant of the Edgerton Neighborhood. Agape Haven of Abundance is committed to the well-being of our community and is dedicated to improving the quality of life of the people we serve. The population we serve are low to moderate income households, those living in poverty. The services we provide are hunger relief, health literacy, crisis intervention, community engagement, youth empowerment and workforce development. Our mission is to eradicate intergenerational poverty, reduce health disparity and foster upward mobility.

Excerpt from <https://www.roctheday.org/Causes-to-Support/Agape-Haven-of-Abundance>



Fill-A-Bucket para una familia



El equipo de 4-H se está asociando con AGAPE Haven of Abundance esta temporada navideña para llenar baldes para 28 jóvenes y 5 familias de la comunidad de la Ciudad de Rochester. Cada niño tiene una lista de deseos y se le dedica un balde que se puede llenar con juguetes, ropa, juegos y productos de salud / higiene. También habrá cinco cubos dedicados a las familias en su conjunto que se pueden llenar con artículos de limpieza y productos de papel. Cada cubo incluirá una lista de artículos recomendados.

El Desafío Fill-A-Bucket es una invitación del Comité Directivo de 4-H, sugerida por un padre de 4-H, a la comunidad 4-H del Condado de Monroe para ayudar a las familias necesitadas en un momento difícil en un año difícil. Los baldes son suministrados por Runnings, y el personal de CCE, los miembros de la junta de CCE y las familias de 4-H pueden recoger baldes para llenarlos con juguetes, ropa para clima frío (sombreros, bufandas, guantes) y otros artículos diversos para los jóvenes. Los cubos incluyen la lista de deseos, la edad, el sexo y el tamaño del niño. Cada familia también recibirá apoyo con un balde lleno de artículos de limpieza, artículos de papel y artículos para el hogar. Los baldes se entregarán a AGAPE Haven of Abundance para su distribución a los niños y sus familias.

Si desea participar y tiene la capacidad para apoyar a los jóvenes y las familias con este divertido proyecto, está invitado a recoger un balde de la oficina de CCE-Monore: 2449 St. Paul Blvd, Rochester, NY 14617.

Los baldes están ubicados en el porche lateral (cerrado) y estarán disponibles para recoger hasta el viernes 4 de diciembre. Cuando recoja un balde, fírmelo en la hoja de registro de salida ubicada en la parte superior de los baldes. Los baldes se pueden devolver a la oficina el 14 de diciembre entre las 11 a.m. y las 7 p.m. Si este tiempo no funciona, comuníquese con Destiny para otros arreglos. Cualquier otra pregunta puede dirigirse a Destiny Draggett en dpd66@cornell.edu.



almacén de fotografías



Acera de Agape Haven of Abundance

Agape Haven of Abundance está ubicado en la ciudad de Rochester, incrustado en el cuadrante noroeste del vecindario de Edgerton. Agape Haven of Abundance está comprometido con el bienestar de nuestra comunidad y está dedicado a mejorar la calidad de vida de las personas a las que servimos. La población a la que servimos son hogares de ingresos bajos a moderados, los que viven en la pobreza. Los servicios que brindamos son alivio del hambre, alfabetización en salud, intervención en crisis, participación comunitaria, empoderamiento de los jóvenes y desarrollo de la fuerza laboral. Nuestra misión es erradicar la pobreza intergeneracional, reducir la disparidad en salud y fomentar la movilidad ascendente.

Extracto de <https://www.roctheday.org/Causes-to-Support/Agape-Haven-of-Abundance>

Síguenos en las
redes sociales



UPCOMING VIRTUAL OPPORTUNITIES

MIGHTY MONDAY: MICROGREENS & SUPER SPROUTS!



MONDAY, DECEMBER 14 | 6 TO 7 PM

GROW GREENS IN WINTER? YES, IT IS POSSIBLE! JOIN THE 4-H TEAM TO LEARN TWO METHODS ON HOW WE CAN GROW GREENS INSIDE ALL YEAR LONG - MICROGREENS AND SPROUTS.

TO PARTICIPATE IN THE ACTIVITIES AT HOME, FAMILIES WILL NEED THE FOLLOWING SUPPLIES:

Sprouts:

- seeds*
- jar
- piece of mesh to cover jar
- band to hold mesh lid (metal or rubber)



Microgreens:

- seeds*
- soil
- container (old plastic berry clamshells and other recyclables work great)
- water
- marker for labeling

*MANY TYPES OF SEEDS CAN BE USED FOR EACH METHOD. DRY BEANS AND LEGUMES (EX. BEANS & LENTILS) AT THE SUPERMARKET CAN BE A GREAT OPTION FOR SPROUTS. FOR MICROGREENS, ANY SEEDS IN THE BRASSICA FAMILY, BEETS, SWISS CHARD, SUNFLOWER, AND BASIL SEEDS WORK WELL. YOU WANT TO MAKE SURE SEEDS ARE UNTREATED. FEEL FREE TO HAVE SUPPLIES ON HAND FOR ONE OR BOTH METHODS.

DO NOT HESITATE TO REACH OUT TO THE 4-H TEAM IF YOU HAVE QUESTIONS OR NEED HELP SOURCING SUPPLIES. WE ARE EXCITED TO GROW WITH YOU!



REGISTER HERE

(BY FRIDAY, DECEMBER 11)

Cornell Cooperative Extension | **Monroe County**

MONROE COUNTY 4-H PROGRAM | 2449 ST. PAUL BOULEVARD, ROCHESTER, NY 14617
(585) 753-2550 | MONROE4H@CORNELL.EDU | MONROE.CCE.CORNELL.EDU



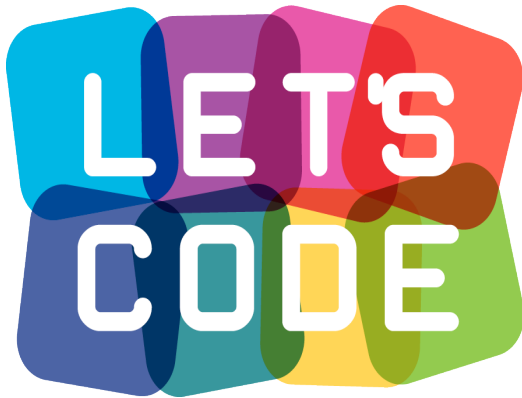
Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer. Please contact the Cornell Cooperative Extension of Monroe County office if you have any special needs.

UPCOMING VIRTUAL OPPORTUNITIES

New York State 4-H

All are welcome!
**Virtual Statewide
Hour of Code**
Create a Game Using Scratch

Wednesday, December 9 @ 6PM



Hour of Code is an introduction to computer science, designed to demystify “code” and show that anyone can learn together the basics to be a maker, a creator, an innovator!

This program is for youth ages 7-12 and requires an adult chaperone to join.



NEW YORK STATE
4-H

Use this zoom link to register

<https://cornell.zoom.us/meeting/register/tJMrdO2rrz4tGtc8oct1H24xZNSagRePwycZ>

SAVE THE DATES!

Virtual 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.

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

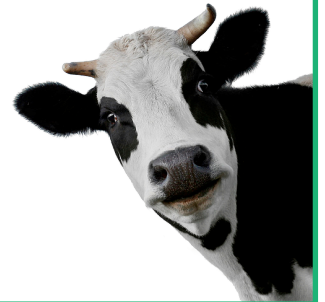
20

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



VIRTUAL

STARR2021



MAY 1, 2021 - SAVE THE DATE

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 monroe4H@cornell.edu.



LEADER ACTIVITY OF THE MONTH



Featured Activity of the Month: Squeezy Stress Balls

As 2020 comes to a close, we reflect on the past year and how it has affected us. This activity of the month helps facilitate discussion with youth on how they are feeling and suggests different strategies we can take to manage stress. Making stress balls is a fun activity that can be done in a variety of settings.

<p>Materials:</p> <ul style="list-style-type: none"> -Scissors -Empty plastic bottle -2 balloons (1 balloon is optional) -Measuring cup -½ cup millet bird seed* -Markers for decoration <p>*There are many appropriate fillings for stress balls- rice, flour, baking soda and conditioner, etc. We encourage you to be creative and see what materials you have on hand that can be used.</p>	<p>Directions:</p> <ol style="list-style-type: none"> 1) Cut off top of plastic bottle to make a funnel 2) Stretch lip of balloon over neck of funnel 3) Pour 1/2 cup of millet bird seed into funnel and gently shake into balloon. You can gently blow air into the funnel to make sure that all bird seed is in the balloon. 4) Remove balloon from funnel and release any excess air. Push down any bird from the neck of the balloon into the center. 5) Tie a knot at the base of the balloon neck. 6) (Optional) Cut off 2nd balloon at its base and use to stretch over seed-filled balloon to cover knot of seed-filled balloon.
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This activity has been modified from the “Squeezies” activity in the Simple Gifts curriculum by Cornell Cooperative Extension.

Example Activity Plan

Anchor: Check in with how your group members are doing. One way to do this is with a weather check, ask each youth what weather describes how they are feeling right now. If meeting in a virtual format, you can ask each youth to find an item in the room they are in that describes how they are feeling.

Add: Ask what people feel like when they are stressed and what activities they do to decrease stress. Discuss different strategies group members do to manage stress. Share examples such as breathing exercises, making lists, and reaching out to loved ones.

Apply: Explain that having something to squeeze and hold can help people focus and calm emotions. Make and decorate stress balls.

Away: Show and Tell! Have each youth share their stress ball and give it a test squeeze. Ask your youth, one is one take away from our gathering today?

Additional Resources:

- This factsheet from Michigan State University Extension talks about healthy management strategies for stress for youth and adults. It shares instructions for making stress balls using flour.
https://www.canr.msu.edu/news/managing_stress_can_be_fun
- Watch a video of a Kentucky 4-Her demonstrate how to make a stress ball with rice!
<https://www.facebook.com/watch/?v=594653861447483>
- Alaska 4-H shares instructions for how to “Bust the Stress” by making stress balls out of corn starch and lotion.
<http://www.alaska4h.org/learn-by-doing-at-home/bust-the-stress>
- National Institute of Mental Health: “5 Things You Should Know About Stress”
<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Easy Bake Oven Event a Success

4-H members from Livingston and Monroe Counties were part of a celebration at The Strong Museum National Toy Hall of Fame. Sixteen youth were able to participate in an Easy Bake Oven Challenge. Recipes ranged from Caramel Apple Granola Bars to Chocolate Cake made with honey from the participant's farm. Youth were able to practice their organizational skills and think on their feet. They also had a chance to think about what New York State ingredients they were using, making a connection to local agriculture.



Below: Waiting for results
 Right: Avery with finished product
 Far right: Sitey with finished product



4-H Dungeons & Dragons: Session #23: Proteus Abounds

"After enjoying some of the fun and engaging in some light chatter with one another, the party began to head in for the night. Or at least that was their plan, until they found Calcyrx and Meepo effectively crashing the party and frightening the civilians. That was not their intention, though; the dragon simply wanted to partake as well."

Follow the adventure at <https://4hdnd.blogspot.com/>

4-H Dungeons & Dragons club is facilitated by Mike Dondorfer, former Americorps VISTA and current volunteer with Monroe County 4-H.

Right: Gerrick, Proteus' head honcho. He is well liked by the guild members, and known for his carefree sense of humor and the familial bonds he shares with his guild members.



Fossils with 4-H Friends

Cloverbud 4-H club 4-H Friends learned about fossils last month and made their own fossils as well!



60th Annual Horse Awards

The 60th Annual Monroe County 4-H Horse Awards were held virtually on Sunday, November 15th. Some youth gathered in small groups to host watch parties and others watched from home.

Awards:

- Mary Hull was recognized for 40 years of 4-H volunteerism. New York State 4-H STEM Specialist, Alexa Maille presented Mary with a plaque as the New York State 4-H Volunteer of the Year.
- Youth who participated in Horse Bowl and Hippology were recognized for their participation. An in-person regional event was held in early March and a virtual state Hippology contest was held in late August.
- One youth was recognized for participating in County Horse Communications and seven for the county public presentations event. Three youth moved forward and completed their presentations virtually at the District level.
- Mattisen Rife was recognized as the 2020 Lomker Scholarship recipient. Mattisen was able to attend a physically distanced horse camp over the summer.
- A Monroe County 4-H Gymkhana Show was held over the summer. Anya Katz received the 2020 Monroe County 4-H Gymkhana Trophy as high point scorer.
- The Five Star Program is a progressive achievement program which is designed to teach horsemanship skills and knowledge. The following were recognized:

Firt Star:

Kennedy Guhman

Second Star:

Victoria Canales
Ella Torrence
Melanie List
Angelica Montagliano
Sofia Beghini
Ava Cerroni
Allyson Thummler

Third Star:

Erin Zielinski
Mattisen Rife
Makena Barbieri
Ariana Dimitriadis



Mariah Meadows 4-H club watch party

- 4-H Cloverbuds in the horse program who were recognized: Travis List, Melanie List, and Ella Schwab
- The Walker Hunter, Jr. Outstanding Novice Award was presented to Victoria Canales and Melanie List. This award is presented to a 4-Her(s) in his or her first few years in the horse program. Nominees think horses are terrific, exhibit a positive attitude, seek knowledge, and demonstrate enthusiasm. Thank you to the Dendorf Family for donating the trophies for this year's recipients.
- Sara Menke and Erin Zielinski were the 2020 recipients of the Frank Bono Sportsmanship Award. This award is presented to outstanding 4-H member(s) who have consistently demonstrated a positive respectful attitude and good sportsmanship. Ron and Mary Hull are the generous sponsors of the Sportsmanship Award trophies.
- The Kay Bar Baby Award recognizes special project horses. This year the horse that was recognized is Lena. Lena is owned by Shawna List and Betty Erdman and was ridden by Erin Zielinski.
- The Community Service Award is presented to the 4-H Horse Club that has exhibited exceptional service to their community throughout the year. Finding ways to remain active during the pandemic, the Posh Ponies 4-H Club was recognized for their contributions to the community.

Award recipients received their awards in Runnings buckets, donated by the store in Brockport.

Congratulations to all youth and volunteers for their resilience in the 2019-2020 project year!



2020

VIRTUAL SUCCESS STORIES



4-H goes virtual:

Virtual 4-H programming has become an opportunity for creativity and outside of the box thinking. Many activities that would have been completed in person have been adapted with our youth at home in mind. Thinking, what would they have at home that can be used? What can we supply and deliver? What activities would be fun and engaging? All are questions that have allowed the 4-H team to think in a different way and ensure that we continue to meet the needs of the communities we serve. By offering programming virtually youth have been able to tune in from the safety of their homes to participate in activities such as virtual birdwatching, build a seed from materials at home, and soil painting, just to name a few!

Japanese Children’s Day Celebration - In Monroe County & Beyond!

In May, 4-H Educator Jessica Reid offered several video tutorials and a workshop on Japanese culture to celebrate Japanese Children’s Day, through the FLX 4-H Learning Launchpad. Youth created koinobori flying carp flags, a kendama “ball and cup” toy from materials found at home, and learned how to cook udon noodles, steamed cake, and rice balls (the Japanese PB&J!) These tutorials reached not only Monroe County youth, but as far away as Nebraska! Cindy, a grandmother in Nebraska wrote to us and shared, “My grandson and I completed all the craft activities. He was a Cloverbud this year and submitted the koinobori for a project at the county fair. He received a special recognition ribbon for this project. He was so excited. I was so happy to share some of his heritage with him. I plan to continue celebrating Children’s Day with him and my other two grandchildren next year.”



It’s a Seminar, It’s a Webinar, It’s a Professional Development Opportunity:



The 4-H youth development team has taken full advantage of the many professional development opportunities offered virtually. From learning about inclusivity and diversity, to how urban gardening works in different communities the 4-H team has been busy listening and learning. 4-H VISTA Destiny Draggett says, “I have never had so many opportunities to learn and engage with different community

members. In one day I have been able to talk with people about LGBTQ+ inclusivity at 4-H camps and then a few hours later have a different conversation about Agriculture in the Classroom. All without even leaving my dining room table!”

 **4-H GROWS HERE**



2020

VIRTUAL SUCCESS STORIES



Monroe County Youth Went “Zooming Into Summer”

With social distancing limiting typical 4-H summer activities, camps, and county and state fairs this year, the Monroe County 4-H team got creative with summer programming. Throughout the summer break, Monroe County youth were able to stay active, engaged, and have fun at home through videos, challenges, community service assignments, and guided activities, which centered around five themed weeks: Horse Week, Creative Chefs Week, Animal Adventures Week, STEM-stravaganza Week, and Outstanding Outdoors Week. The program was designed with flexibility in mind. Families were sent the challenges and activities via email, allowing for participants to complete the activities on their own time. Parent, Amy McCall mentioned that her family enjoyed the program, saying, “It allowed us to work at our own pace and discover together!”



Launching Into Online Learning: the FLX 4-H Learning Launchpad

Soon after school closings and in-person 4-H activity suspensions began due to COVID-19, 4-H Educators “launched” The FLX 4-H Learning Launchpad, to offer the high-quality 4-H experience that families value in a safe online environment. Launchpad activities continue to be offered in a variety of formats, including live videos, webinars, and worksheets. Activities are on a wide range of topics, and created so families can follow along with supplies they likely have on hand at home. Monroe County 4-H Educators, Lori Koenick and Jessica Reid, have produced several videos on topics such as Bike Safety, Nature Crafts, Cooking Oyster Mushrooms, Cultural Exchange, and Gardening. “I think this is a great time for children to explore that there is so much wonder and discovery to be found right at home,” said Jessica. These activities

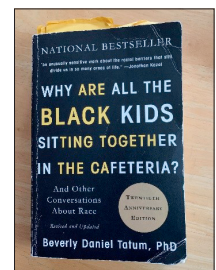


can be found on Facebook, Youtube, as well as <http://monroe.cce.cornell.edu/4-h-youth-development/flx-4-h-learning-launchpad>

Above, 4-H Educator Jessica shows off a napkin dyed by solar dyeing, just one of many activities offered on the FLX 4-H Learning Launchpad.

Anti-Racism Reading Circles:

Members of CCE-Monroe have been connecting with other members from across NYS to discuss important societal issues. Anti-Racism reading circles facilitated by members of CCE in a virtual format have allowed people to connect from wherever they may be to discuss issues that affect their daily work and lives. CCE-Monroe members have been working through *Why Are All the Black Kids Sitting Together at the Cafeteria*, *My Grandmother’s Hands*, and *How to Be an Antiracist* along with many others.





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!

Bishop Kearney High School Hands-On Horticulture Class



Students explored the importance and beauty of our soils through painting.



A student shows his soil painting.



A student puts final touches on painting.



Above left: Students explore apple production with CCE Lake Ontario Fruit Team Specialist Janet Van Zoeren.

Above right: Apple maturity test results for starch iodine test.



Left: Two students inspect their mushroom cups which are just starting to fruit!

CALENDAR 2020-2021

December

- 9 Hour of Code (page 4)
- 14 **Mighty Monday: Microgreens** (page 3)

January

- 11 **Mighty Monday: Birdwatching**
- 25 Steering Committee Meeting (page 11)
- 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**
- 27 Steering Committee Meeting

May

- 1 Virtual STARR Retreat
- 4 Animal Crackers (page 11)
- 7 Animal Crackers
- 10 **Mighty Monday: Cooking Workshop**

May (continued)

- 13 **Animal Crackers**
- 20 **Animal Crackers**
- 25 **Animal Crackers**
- 27 **Animal Crackers**

June

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

July

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

August

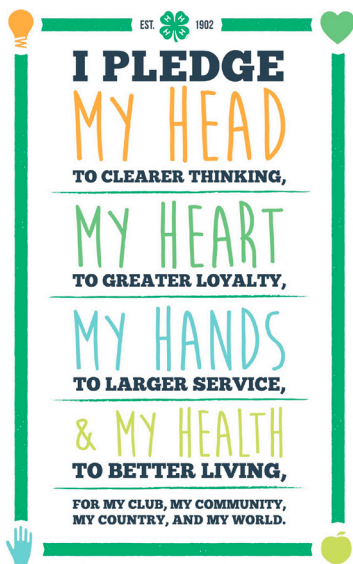
- 6-8 Monroe Co. Fair
- 20-30 NYS Fair

September

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

October

- 28 Steering Committee Meeting



Monroe County 4-H on Social Media



CCE-MONROE 4-H STAFF:

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

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

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

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

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

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