



ORANGE COUNTY 4-H Newsletter February 2021

AGRICULTURE



STEM



HEALTHY LIVING

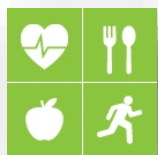


CIVIC ENGAGEMENT



HEALTHY 4-H

“Health is a state of the body. Wellness is a state of being.”



These are the days of renewal of mind and body with strength.

4-H remains committed to health and wellness during these uncertain times. This is why we are dedicating a section of our monthly newsletter to health and wellness called **HEALTHY 4-H**. It is our hope that this section will provide you with information to help start you on a journey of health and wellness. Please join us as we begin with “Dreams do come true.” by

Rainbow Kids Yoga

~Presented by Malinda Ware, 4-H Issue Leader

- Having youth write down their goals and dreams is a great way to start making them come true! It helps you to be mindful with your ideas and intentions and start focusing on them.
- Give the children a piece of paper with a large circle in the middle and ask the children to draw or write about things they want to happen in the middle of the circle. Then ask them to draw or write about the thing that they don't want in the outer circle.
- Allow the children plenty of time for this exercise; it can really ignite their imagination and they'll need time for thought and time for completion.
- When their circle of dreams is complete, it can be hung in a special place so that they can revisit their dreams often. After a few weeks or months they can reflect on what has come true, and maybe update their dreams and goals a bit if they want to.



MONTHLY HIGHLIGHT

Black History Month

Please join the Orange County 4-H team as we celebrate Black History!

African American 4-H in Black History Month

Posted on **February 23, 2016** by **Sue Benedetti**, <http://news.4-hhistorypreservation.com>

The story of Black History Month began in 1915, 50 years after slavery was abolished in the United States (and one year after the passage of the Smith-Lever Act). In 1926 the Association for the Study of African American Life and History (ASALH) sponsored a “National Negro History Week.” The second week of February was selected to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. President Gerald R. Ford officially recognized Black History Month in 1976. (Excerpted from <http://www.history.com/topics/black-history/black-history-month>).

4-H’ers from 11 Southern States participated in the American Negro Exposition held in Chicago in the Summer of 1940 to celebrate “the 75th anniversary of the Emancipation Proclamation and the achievements of African Americans.” Extension had a prominent spot for the duration of the exposition with 4-H members giving demonstrations on projects and skills they were learning including sewing, canning, raising chickens and hogs, and peanut farming. 4-H History Preservation Website http://4-hhistorypreservation.com/History/4-H_Promotion/Single_Story.asp?ps=161)

Please subscribe and follow us on our weekly [Get Outside blog](#) to see more about 4-H and Black History or follow us on our Facebook page as we share more information to celebrate Black History.



Below is a link to the National 4-H website showing what 4-H is doing for Black History Month:

<https://4-h.org/about/blog/tag/black-history-month/>

PUBLIC PRESENTATIONS

We are moving forward again this year with Virtual Public Presentations. Registration is now open! Slots are available every half hour from 4 pm to 7 pm Wednesday March 17th, Thursday March 18th, and Friday March 19th. ***Please register by end of day, Friday, March 12th.*** [REGISTER HERE!](#) We will be using a Zoom platform to connect youth with an evaluator in real time. If you do not have access to this technology, please let us know so we can try to accommodate your needs.



Visit our [website](#) to read the evaluation forms so you can learn how to sharpen your skills before your presentation. Until then – *Practice! Practice! Practice!*

If you have any questions or concerns, please feel free to contact DeAnna at ds2285@cornell.edu OR Carol at cm798@cornell.edu

*****Please be sure to take a picture of your board so it can be shared with the evaluator. Also, if you are doing a PowerPoint presentation, make sure it is uploaded and ready to go.*****



2021 NEW BLOG - 4-H NATURAL RESOURCES

[Get Outside! Explore the Natural World](#)

Research shows that spending time outside can have a positive effect on our well-being. Please check out our

new [4-H Natural Resource Blog – Get Outside!!](#) Through weekly posts, we will provide fun and educational activities to encourage kids to get outside and explore nature. Although some of the activities will be geared towards youth, many of them will be applicable to adults as well.

4-H ENROLLEMENT



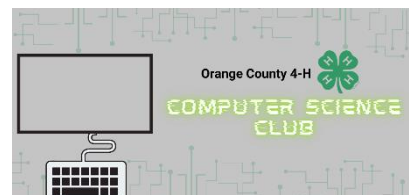
4-H is offering **JUNE** enrollment for a limited time only! Get your application NOW AT: <http://cceorangecounty.org/4-h-youth>. Call Carol with any questions at 845-344-1234 Ext. 243.

COMPUTER SCIENCE

The world is changing rapidly, creating new opportunities and careers we can't yet predict. But even with a lot of unknowns, skills like collaboration, problem solving, and technical know-how can be the tools youth need to adapt and thrive, no matter what the future holds.

In the computer science club youth will grow future skills through computer science programming, field trips via Google Expeditions, app building, animation, and more! Computer Science club participants will use technology to achieve their goals and improve their communities.

This program is **free**! Meetings will be held Tuesday evenings at 6 PM: March 9 & 23, April 13 & 27, and May 4 & 18. Space is limited...you MUST register! [REGISTER HERE!](#) Contact Kathy Leo at kal64@cornell.edu or (845) 344-1234, ext. 259 for more information or with questions.



4-H STEM CHALLENGE



National Youth Science Day is now the 4-H STEM Challenge! This transition is to recognize that NYSD activities include more than science topics and are used year-round to spark youth interest in STEM. The **2020 4-H STEM Challenge** will explore sending a mission to Mars with the activity, *Mars Base Camp*. Developed by Google and Virginia Cooperative Extension, *Mars Base Camp* is a collection of activities that teaches kids ages 8-14 STEM skills like mechanical engineering, physics, computer science, and agriculture. And with this change, October is now officially 4-H STEM Month! Consider using the STEM Challenge activities and other strategies to grow curiosity and introduce more youth to 4-H. Look for more information to come! For more information, follow us on our [CCE Facebook page](#), [Orange County 4-H Facebook page](#), [Website](#) and our YouTube channel: [CCE Orange](#).

ANIMAL SCIENCE

Vet Science



Does your child love animals and want to learn more about different species? Is your child interested in becoming a veterinarian? This program will fit the bill, so have them join our NEW ONLINE 4-H Vet Science Club! This program will introduce youth to the importance of animal

health in a wide variety of species. Youth will hear from experts in the vet science field as well as engage in some hands-on activities and learning.

“Intro to Vet Science” is a class for youth ages 8-19 that will include 7 sessions. Cornell Cooperative Extension Orange County’s 4-H Youth Development Program is collaborating with Rockland and Livingston Counties on this exciting new project that will be offered virtually on a platform called Flipgrid!

Tuesday, March 9th 6:00 PM: Intro Night - How to use Flipgrid/Class Structure

Tuesday, March 16th 6:00 PM: Lesson #1 - Careers in Vet Science

Tuesday, March 23rd 6:00 PM: Lesson #2 - Animal Husbandry/Behavior

Tuesday, March 30th 6:00 PM: Lesson #3 - Biosecurity Transmission of Pathogens

Tuesday, April 6th 6:00 PM: Lesson #4 - Types of Injections and Vaccines

Tuesday, April 13th 6:00 PM: Lesson #5 - Temperature, Pulse, and Respiration

Tuesday, April 20th 6:00 PM: Lesson #6 - Animal Health Check, Q and A with Vet and Vet Tech

Lesson #7 - Resources; Record what do you want to learn more about; Eval- Qualtrix- on their own

REGISTER HERE! Contact Margaret May Smith at mms426@cornell.edu or 845-344-1234.

Animal Crackers 2021: All Creatures Great and Small – May 2021

Animal Crackers 2021 will be virtual via Zoom. Suggested age range is 9-12, however, all youth 9 and up are welcome.

This program will be held on Tuesday and Thursday evenings in May via zoom starting at 6pm. Registration is for all 8 sessions. Species being covered include dairy, sheep, goat, rabbit/cavy, poultry, equine, dog, and cat. Kit activity supplies will be mailed. Check it out at:

<https://4h.ansci.cornell.edu/events-2/animal-crackers/>.

Registration Cost is \$50. Limited number of spaces available. Registration is due by March 29th. Flex Spending money can be used towards registration. Scholarships are available.



Virtual Animal Presentations

Once again we will be offering the Virtual Animal Science Presentation contests. Youth who choose to participate in this contest MUST give a presentation on an animal topic. There are 6 categories the youth can choose – livestock, small animal (rabbit and poultry), horse, dog, cat, or dairy. Presentations MUST be on topics related to the categories. They can participate in each as a member of animal programs. There will be three age divisions for each category (based on age as of January 1st 2021): Novice (5-8), Junior (9-13), and Senior (13-19). All presentations need to be recorded and submitted no later than March 25th. We will then have a live session with judges based on species and age categories. That information will be sent out later.

State Horse Bowl Virtual Practices

February 9th at 6:30 PM

February 23rd at 6:30PM

<https://cornell.zoom.us/j/95656039105?pwd=RWc1d3VWdmh3NUw1cU9qUnFOZDE0dz09>

Orange County Horse Bowl Virtual Practices

March 9th 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/95656039105?pwd=RWc1d3VWdmh3NUw1cU9qUnFOZDE0dz09>

March 30th 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/98490480256?pwd=Sk1GZ2tWRWhXS3VrTHFxZUxmM1E1dz09>

Orange County 4-H Dairy Bowl Practices

February 12th 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/96011441747?pwd=MmxuSldRM1NDR0Y1Qk40SEhHY1ZSdz09>

February 26th 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/91801971453?pwd=K2N5bGF3QnkrTzJPVERubWZ1N2hxUT09>

March 12th 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/95184516525?pwd=Rk9tR2dFVVZNNjRuRm55WEhHTXBCZz09>

Orange County Virtual Dairy Bowl Practices

Thursday, January 28 - Introduction - be sure to log on to know what to expect

Thursday, February 4 - Digestive System/Nutrition presented by Janet Pfromm

Thursday, February 18 - Mastitis/Udder Health presented by Rick Watters

Friday, March 5 - Reproduction presented by Ashley Marshall

Friday, March 19 - Hoof Health

TIME: 7 PM. Register at: <https://cornell.zoom.us/meeting/register/tjysdeggpjoqgtosnkp2oz2mxqjliqjor99w>

Dairy Committee Meeting

Wednesday, February 24th @ 7 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/92515972491?pwd=TEd6anJHMIViMVhJMS93SVRrZDhHdz09>

Meeting ID: 925 1597 2491/Passcode: 987683

One tap mobile

+16468769923,,92515972491# US (New York) 16465189805,,92515972491# US

+(New York)

Livestock Committee Meeting

Thursday, February 11 @ 6:30 pm.

Join Zoom Meeting

<https://cornell.zoom.us/j/94292934567?pwd=WVVadHNNOVdENm91TGdzWDBKTUp3Zz09>

Meeting ID: 942 9293 4567/Passcode: 191586

One tap mobile

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+(New York)

Dog Committee Meeting

Monday, February 8th @ 7:30 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/99491338405?pwd=dTNhRFo5WnJDMmlhSGJsQjVsQWVwUT09>

Meeting ID: 994 9133 8405/Passcode: 956736

One tap mobile

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+(New York)

Horse Committee Meeting

Topic: Horse Leaders Meeting

Join Zoom Meeting

<https://cornell.zoom.us/j/95833239499?pwd=TmNHcVpyT3JsSlhQcEJwMVRHTDBudz09>

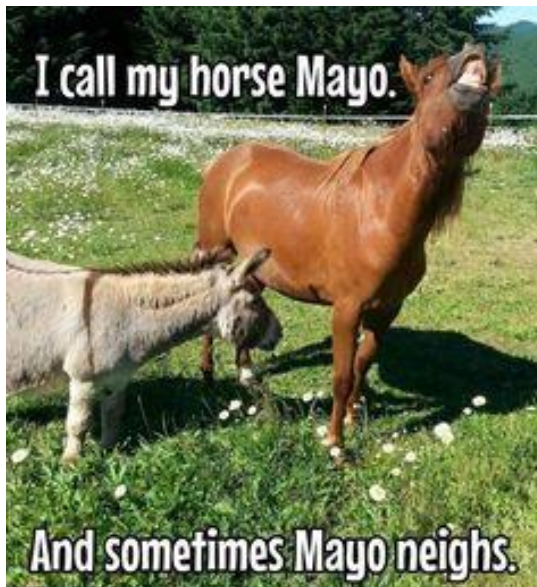
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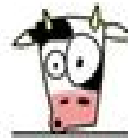
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+(New York)

FUN AND GAMES



What do you get when
you cross a cow and a
duck?



Milk and quackers!

HA! HA! HA!
HA! HA! HA!

4-H

J U K X E M B Q G Y D A R S G U X H E A D M J A
 J M C B O C L U B T C C Q Q N V L R L T P N C I
 V J S N Y T D R U I K H S A I A R B I N I G H G
 S H C P F R T B C N U I D M V L A J I H L I Z F
 N Y G G E R Z O S U U E D V I G L R B O C V X I
 O B A D G E S J M M Y V M G L Q L W Y X E D R C
 I E O H E F C W H M N E Q N U Q Y A F P Y S Y H
 T V J S E K X H F O Z M J I K T L Z V G D K Y D
 A R E O B A O Q E C Z E U N Y T C T S M U I I Y
 R U K R F H L N M S U N D R Y M V E Z O H L K O
 T I L H X Z I T G R X T L A Q P F E J Z X L Q C
 S P L U H P W N H S F Y T E T D Z O G O U S F G
 N Q B P M C I N C K D G J L H T J M Y D R G H R
 O A H L T O U R N X I N D G M C P Y F Y O P T J
 M T S I D N Z A D W B E E L M I B D Y M X O H U
 E W Y E K S H E A R T R E I E F H D W E I A C N
 D G L C N Q T F W L N N G Q R T B C U I N A M I
 N J I Y O I R S B E S P D Z T F Q N X D C R S O
 U R M I X U O Z E G D E L P K C O T S E V I L R
 F F A Y R B N R S Z C O M M U N I C A T I O N S
 R Y F E I W C T X Z G R B L K G J N D H M D H W
 K V V C L D L Q R B Y I H Y R D N A B S U H U B
 P B S V Y L W W N Y I A K S J Q X S K A X N N J
 E Z K E C I V R E S N F V M I U A D R Z I A S L

livestock country community club service learning
 loyalty living family friends skills badges speeches
 achievement fair rally senior junior husbandry
 demonstrations communications project doing learn
 motto pledge hands head health heart