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# ORANGE COUNTY 4-H Newsletter March 2021

## AGRICULTURE



## STEM



## HEALTHY LIVING



## CIVIC ENGAGEMENT



## HEALTHY 4-H - MINDFULNESS LISTENING

Cultivating Communication Skills: Learning to listen by Heather Kent | Jan 15, 2021 | 4-H Club Group Activities, Family Communication, Volunteer Resources

Listening is a skill that can be learned and is just as important (if not more so) than speaking. However, when it comes to teaching communication skills in 4-H, we have a tendency to focus on the speaking or writing part more than the listening part.

Why focus on listening?

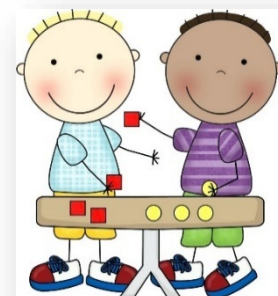
Listening and hearing are not the same - listening involves processing what you have heard, and for many people, it takes practice! A better description of listening well is **active listening**. Active listening requires the listener to fully concentrate, understand, respond, and, then....*remember* what is being said. Being a good listener also requires being mindful of what you are hearing. Mindfulness is paying attention in a particular way, on purpose, in the present moment – and non-judgmentally. The goal of **mindful listening** is to silence the internal noise of your own thoughts, so that you can hear the *whole message*, and *so that the speaker feels understood*.

There are several benefits to being a good listener.

1. Prevent and resolve conflict
2. Build trust
3. Helps you learn
4. Most importantly, good listening skills foster a **sense of belonging**, which is the most basic measure of a quality youth development program.

As we continue to promote health and wellness in 4-H, I would like to share this exercise to inspire mindfulness listening for better learning. By *Nicole Beukens, 2020*

**Listening Exercise:** This is a simple and powerful activity that kids of all ages will be able to do. Ring a bell (or make another noise, such as clanging a pot or pan), and have your child listen very carefully to the sound until it completely disappears. When they can no longer hear it, have them raise their hand and listen to the sounds they do hear for another minute. Ask them how it felt to be completely silent and to just observe the world. What did they notice within themselves during that time?



## MONTHLY HIGHLIGHT

Please join the Orange County 4-H team as we celebrate **WOMEN'S HISTORY MONTH**. Every year, March is designated Women's History Month by Presidential Proclamation. The month is set aside to honor women's contributions in American history.

*Did You Know? Women's History Month started as Women's History Week.* Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8<sup>th</sup>, 1980 as National Women's History Week.

### The Untold History of Women in Science and Technology

<https://obamawhitehouse.archives.gov/women-in-stem>

They broke the sound barrier — and gender barriers along the way. And inspiring more young women to pursue careers in science starts with simply sharing their stories:

**Edith Clarke.** Edith Clarke was a pioneering electrical engineer at the turn of the 20th Century. She worked as a "computer," someone who performed difficult mathematical calculations before modern-day computers



and calculators were invented. Clarke struggled to find work as a female engineer instead of the "usual" jobs allowed for women of her time, but became the first professionally employed female electrical engineer in the United States in 1922. She paved the way for women in STEM and engineering and was inducted into the National Inventors Hall of Fame in 2015. WITH COMMENTARY FROM MICHELLE K. LEE, UNDER SECRETARY OF COMMERCE FOR INTELLECTUAL PROPERTY AND DIRECTOR OF THE UNITED STATES PATENT AND TRADEMARK OFFICE. SOURCE: WIKIPEDIA

**Ana Roqué de Duprey.** Ana Roque de Duprey was born in Puerto Rico in 1853. At the age of 13 she started a school at home and wrote a geography book for her students, which was later adopted by the Puerto Rico Department of Education. Roqué held a great passion for astronomy and education, eventually she founded several schools for women, as well as the Colegio de Mayagüez, which later became the Mayagüez Campus of the University of Puerto Rico. Roqué wrote *Botánica Antillana*, the most comprehensive study of flora in the Caribbean at the beginning of the 20th century, and she also played a decisive role in the struggle of Puerto Rican women for the right to vote. WITH COMMENTARY FROM FRANCES A. COLÓN, DEPUTY SCIENCE AND TECHNOLOGY ADVISER TO THE SECRETARY OF STATE, UNITED STATES DEPARTMENT OF STATE. SOURCE: GENERAL ARCHIVES OF PUERTO RICO



**Katherine Johnson.** Katherine Johnson, an African-American space scientist and mathematician, is a leading figure in American space history and has made enormous contributions to America's aeronautics and space programs by her incorporation of computing tools. She played a huge role in calculating key trajectories in the Space Race - calculating the trajectory for Alan Shepard, the first American in space, as well as for the 1969 Apollo 11 flight to the moon. After Johnson retired, she continued to encourage students to pursue careers in science and technology fields until her death in 2020. WITH COMMENTARY BY NASA CHIEF SCIENTIST DR. ELLEN

STOFAN. SOURCE: [NASA](#)

## CLOVERBUD SPRING CRAFT

**Calling All Cloverbuds (ages 5-7)...!! Join us on Saturday, March 27<sup>th</sup> at 10 am via Zoom!**



Do you want to have some springtime fun using craft supplies you have hanging around the house? Come join us for a virtual craft where we will use some glue, some paint, and some craft sticks to make a cute craft while we visit and share some time together. The supply list will be included in the registration.

[Register Here!](#)

If you have any questions, contact DeAnna [ds2285@cornell.edu](mailto:ds2285@cornell.edu) or call (845) 344-1234 Ext. 249

## GET GROWING! – VIRTUAL 4-H GARDENING PROGRAM

Come join us for a six-week program all about growing plants!

Get Growing! is a series of classes for youth in 3rd, 4th, and 5th grade. Each session will be an hour in length, full of hands-on activities led by our Orange County Master Gardener Volunteers.



### Schedule:

- Saturday, April 17th @ 10:00 am – All about Soil
- Saturday, April 24th @ 10:00 am – All about Plants! – Part I
- Saturday, May 1st @ 10:00 am – All about Plants! – Part II
- Saturday, May 8th @ 10:00 am – Good Bugs, Bad Bugs!
- Saturday, May 15th @ 10:00 am – Growing Vegetables! – Part I
- Saturday, May 22nd @ 10:00 am – Growing Vegetables! – Part II

### Supplies:

- Participants will need to purchase a 1.5-cu ft bag of potting soil (~\$10.00)
- We will be mailing you a packet of supplies in early April, which will include a 10 gal cloth planter and lots of seeds.
- Each week, you will receive a list of supplies needed for class that you should be able to find around your house.

### Cost:

- \$15 for Orange County 4-H members
- \$20 for 4-H members from other counties
- \$20 for non-4-H members

Please register each participant separately! Space is limited! Registration closes, Sunday, April 4, 2021.

For Orange County residents: Take advantage of our free 4-H enrollment period. Contact us to learn more about how to join today! [cm798@cornell.edu](mailto:cm798@cornell.edu) / (845) 344-1234 (ext. 243). Scholarships available for Orange County residents upon request.

Please contact Susan Ndiaye at [sgn32@cornell.edu](mailto:sgn32@cornell.edu) or (845) 344-1234 (ext. 250) with any questions.

## 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 the 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](mailto:ds2285@cornell.edu) OR Carol at [cm798@cornell.edu](mailto: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 **FREE** enrollment for a limited time only! Get your application NOW AT: <http://cceorangecounty.org/4-h-youth>. Call or email Carol with any questions at 845-344-1234 Ext. 243 or [cm798@cornell.edu](mailto:cm798@cornell.edu).

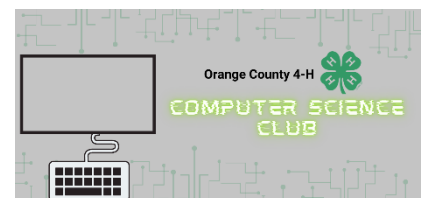
## COMPUTER SCIENCE

### Orange County 4-H Computer Science Club

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](mailto:kal64@cornell.edu) or (845) 344-1234, ext. 259 for more information or with questions.





## **Middletown Parks & Recreation Computer Science Club**

FREE for youth ages 9-14!

In the Computer Science Club, youth will grow future skills through 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.

All classes are held at the Middletown Parks & Recreation Department located at 393 County Route 78, Middletown, NY 10940.

Time: 6:00 – 7:30 pm

Dates: Monday, March 15 & Wednesday, March 17: Intro to Game Design

Monday, March 22 & Wednesday, March 24: Intro to Game Design

Monday, March 29 & Wednesday, March 31: App Building

**[Click here to view our flyer!](#)**

**Register here:** <https://parksrec.egov.basgov.com/middletown>. Space is limited!

## **ANIMAL SCIENCE**

### **Dog Program**

Members must be 8 years of age by 1/1/21 and working with a dog of at least 6 months of age. Dogs must be vaccinated for rabies, distemper and hepatitis. Enrollment forms are available from the 4-H office and online. Please request them by calling the office at 845-344-1234. This year we are asking for a donation for the Dog Program in place of the typical 4-H Dog Program enrollment fee. Social distancing and masks are required for all participants and spectators.

### **Dog Obedience Virtual Orientation:**

Monday, March 15th, 6:30 PM

Mandatory attendance for all participants and family members.



The first Monday Training Class will be held virtually on Monday, March 22nd. In person classes will start April 5th and run every Monday at 6:30 pm at the Education Center and 4-H Park in Otisville (dress warm).

Enrollment deadline is Friday, March 12th at 4:00 pm. All dogs must be friendly and safely managed on leash by youth. A copy of the dog's vaccination records MUST be sent with registration. For questions or assistance with registration you can call Carol at 845-344-1234 extension 243 or email Margaret Smith at mms426@cornell.edu.

### **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](mailto: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 6 pm. Registration includes 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.



### **2021 Dairy Discovery**

The annual Dairy Discovery program provides New York youth with fun, science-oriented learning experiences on dairy production and management topics. This year, we are offering a virtual workshop each Thursday in March. Each workshop will include a short presentation from a NY college agriculture program (Cornell, Morrisville State College, SUNY Cobleskill, and Alfred State College), a presentation on an area of dairy management, and an opportunity to meet youth from across the state through hands-on problem solving and small-group discussion.

This program is for students age 14-19 (as of January 1, 2021). Each workshop will be held virtually on Thursday evenings at 6 pm. This program is free, however, registration is required. Details about the program and how to register can be found at <http://4h.ansci.cornell.edu/events-2/dairy-discovery-virtual-workshops/>

### **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 1<sup>st</sup> 2021): Novice (5-8), Junior (9-13), and Senior (13-19). All presentations need to be recorded and submitted no later than March 25<sup>th</sup>. We will then have a live session with judges based on species and age categories. That information will be sent out later.

### **Orange County Horse Bowl Virtual Practices**

March 9<sup>th</sup> 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/95656039105?pwd=RWcld3VWdmh3NUwlcU9qUnFOZDE0dz09>

March 30<sup>th</sup> 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/98490480256?pwd=SkIGZ2tWRWhXS3VrTHFxZUxmM1E1dz09>

### **Orange County 4-H Dairy Bowl Practices**

March 12<sup>th</sup> 7:00PM

Join Zoom Meeting

<https://cornell.zoom.us/j/95184516525?pwd=Rk9tR2dFVVZNNjRuRm55WEExHTXBCZz09>

### **Orange County Virtual Dairy Bowl Practices**

Friday, March 5<sup>th</sup> - Reproduction presented by Ashley Marshall

Friday, March 19<sup>th</sup> - Hoof Health

TIME: 7 pm. Register at: <https://cornell.zoom.us/meeting/register/tjysdeggpjoggtosnkp2oz2mxqjliqjor99w>

### **Dairy Committee Meeting**

Wednesday, March 24<sup>th</sup> @ 7 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/93454269144?pwd=Z3VOWIFHOVFPd1RxVW5UMVFEYkhaQT09>

Meeting ID: 934 5426 9144 / Passcode: 010239

One tap mobile

+13017158592,,93454269144# US (Washington DC)

### **Livestock Committee Meeting**

Tuesday, March 16<sup>th</sup> @ 7:30 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/93093312589?pwd=WGJZZDlMdm5GRitKWlJRRVM2ZjB0dz09>

Meeting ID: 930 9331 2589 / Passcode: 935338

One tap mobile

+14703812552,,93093312589# US (Atlanta)

### **Dog Committee Meeting**

Monday, March 8<sup>th</sup> @ 7:30 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/98088364034?pwd=ZkIxZStVRWRsNk1YZW5lZ2hQYUxwdz09>

Meeting ID: 980 8836 4034 / Passcode: 455301

One tap mobile

+16513728299,,98088364034# US (Minnesota) / +17866351003,,98088364034# US (Miami)

### **Horse Committee Meeting**

Tuesday, March 9<sup>th</sup> @ 7:30 pm

Join Zoom Meeting

<https://cornell.zoom.us/j/92487759327?pwd=WjVVB1JYZ0diVHhISXo4ZlFQWHUwUT09>

Meeting ID: 924 8775 9327

Passcode: 227324

One tap mobile

+13126266799,,92487759327# US (Chicago)

## FUN AND GAMES

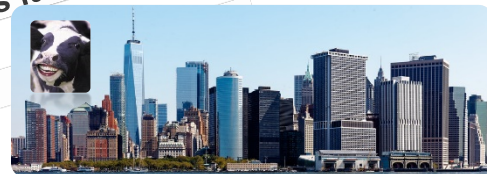


Why did the farmer shake  
the cow up and down?

*He wanted a milk shake!*

What's a cow's favorite city?

Moo York.



## Farming

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

Food    USDA    Green Revolution    Pesticides    Precision Farming    Production    Meat Farms  
Fish Farms    Commercial Farm    Subsistence Farm    Harvesting    Livestock    Sheep Husbandry  
Sericulture    Poultry Farming    Pig Farming    Organic    Orchardry    Integrated    Dairy    Contract  
Aquaculture    Alligator    Compost    Crop Rotation    Fields    GMO    Agribusiness    Crops  
Fertile Crescent    Farmers    Planting    Seeds    Farming    Agriculture    Soil System