

March 2024

»»» WAYNE COUNTY 4-H «««
Monthly Newsletter

CLOVER CHRONICLES



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HAVE A QUESTION? CONTACT US!

The Wayne County 4-H Team:

- Ryan Kincaid, 4-H Team Leader: rkk73@cornell.edu, ext. 114
- Amy Pelton, 4-H Educator: alp257@cornell.edu, ext. 113
- Melissa Spoon, Food & Fitness Educator: mss466@cornell.edu, ext. 108

CCE Office Number: (315)331-8415

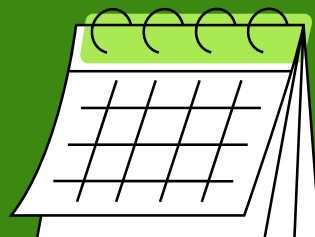


VOLUNTEER INFO

Background Checks

If you have not yet completed a background check, you will be emailed soon. It will be coming from “First Choice Background Screening”. The link is only available for a few days, so please be sure to respond quickly. Thank you!

Join us!



Our next Advisory Committee Meeting will take place on Wednesday, March 6th at 6:15pm. We will have a “Club Leader Meet-Up” immediately following this meeting. This will be an opportunity for you to chat with other club leaders, brainstorm ideas, and see what resources we have available to borrow from CCE.

Volunteer Hours

We are going to try using **this spreadsheet** to track volunteer hours. Please add your name and the total number of hours you volunteer with Wayne County 4-H each month.

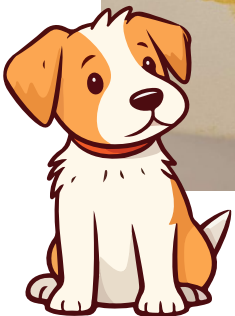
We recommend that you save the link for easy access.



CLUB UPDATES



In January, the **Northern Discovery Applewhips** had a guest speaker who taught the group all about tapping trees. The kids practiced using a hydrometer, drilling and pounding taps and we even had pancakes and syrup!



Ruff N Tails is in full swing! Our dogs got crafty and painted some masterpieces!

We put dots of paint on a canvas, put peanut butter on a plastic bag, and let our *pawsome* artists go to work!

We will resume classes on 3/16 at Companion Dog Obedience.

Coming up, we'll be doing a fundraiser for Peppermint Days, and we're looking forward to participating in the Wayne County Fair! Follow us on Facebook!

CLOVERBUD CLUB



The group has been having a lot of fun so far! During our February session, we made Fruit Loop bracelets and smoothies! Yum!



*A shout out to our AWESOME teens - Laura & Maeve -
who are doing a great job leading activities!*

Our next session will take place Saturday, March 30th at 10am. If you have a 5-7 year old who is interested in joining this group, please reach out to Ryan.

Teen Happenings

February 2nd - 4th was Wayne County's Winter Weekend at Amboy 4-H Camp. 9 youth from Wayne County attended. We had a great time hiking, sledding, playing games, painting, and meeting new people.



WINTER WEEKEND 2024



It was an amazing time and we can't wait for next year!
Thank you to those who volunteered and made the weekend possible!!

THE TEEN EXCHANGE SPAGHETTI DINNER WAS A SUCCESS!



A big **THANK YOU** to
Erie Shore for their kind donation
to the event!

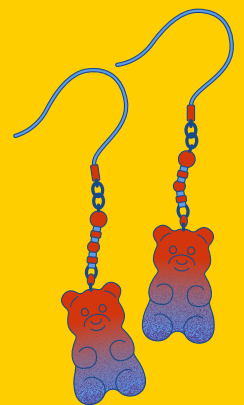
Teen Happenings, Continued



MARCH TEEN ACTIVITY NIGHT:

Our next teen activity night will be an earring-making session, which will take place **Wednesday, March 20th at 6:30pm.**

If you are planning to attend, please let Ryan know by Monday, March 18th at noon.



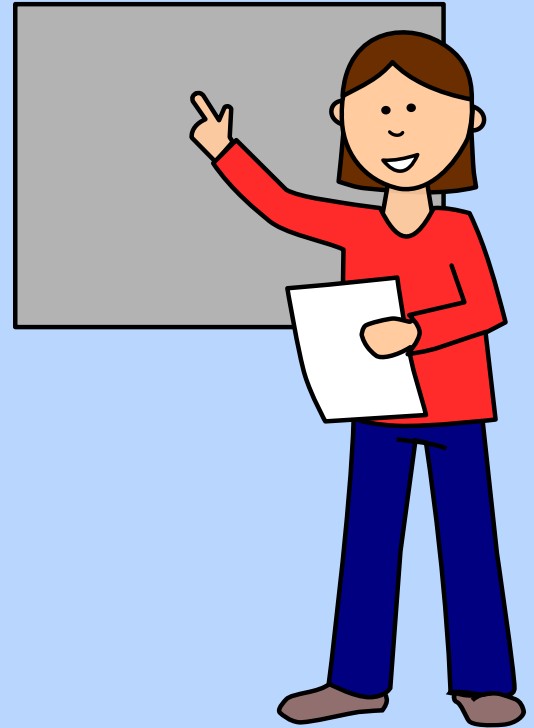
Public Presentations 2024

HAPPENING THIS MONTH!

This year's event will take place:

- Thursday, March 7th: 5-8pm,
- Friday, March 8th: 2-8pm, &
- Saturday, March 9th: 9am-6pm

at CCE Wayne in Newark.

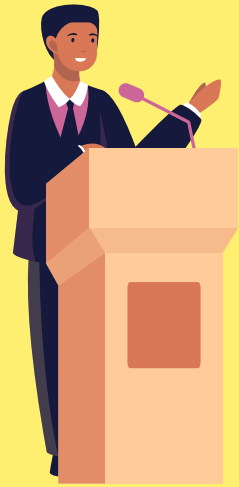


STILL NEED TO SIGN UP FOR A PRESENTATION SLOT?

Click [here](#) or scan the QR code to the right to register a Youth Presenter for this year's event.



SUPERVISOR FOR A DAY



We still have a few spots left for our annual 4-H Supervisor for a Day, which will take place on Tuesday, March 19th. This event is open to any mature teen or tween (ages 12+) currently enrolled in Wayne County 4-H.

Participants will shadow a Town Supervisor and learn how local decisions are made, visit the County Museum, Tour the County Jail, and more! Pick-up and drop off are at CCE; lunch and transportation throughout the day are provided. Note that this is an all-day event, so youths will have to miss school to attend.



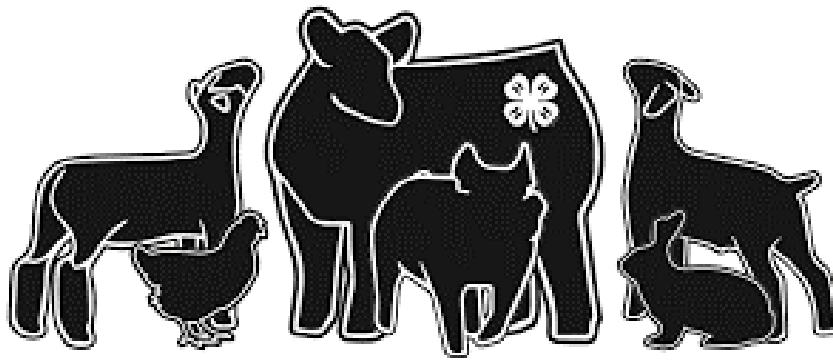
You can sign up by clicking [this link](#), or scanning the QR code to the left.



LOOKING FOR A COMMUNITY SERVICE OPPORTUNITY?

We are looking for youths (clubs or families) to assist with the building of our new Learning Garden!! If you are interested in helping out, please contact Melissa.





ATTENTION LIVESTOCK ENTHUSIASTS!!

Are you interested in learning MORE about wool identification, grains/hays, reading medication bottles, breed and species identification, instrument and tool identification, quality assurance protocols, and cuts of meat? Wayne County 4-H is holding **Livestock Skillathon practices weekly** to learn and polish up on all these things.

NEW this year is a **FINGER LAKES REGIONAL Skillathon**, where you will compete with other youth in your age group to test your knowledge of all things livestock.

If you're interested in joining in to see what it's all about, please contact Amy for more information.



FAMILY PIZZA

Challenge

Family food competitions can be a great way to get kids to try new foods and make fun memories.

Allowing kids to help in the kitchen gets them familiar with different food colors and textures.

Let kids make a mess and have fun with food. It's all part of the learning process.

For a pizza competition, each person makes their own pizza, explains what they put on it, and then the tasting begins. Judge based on presentation, creativity and taste.

Make healthy choices for toppings and crust!

*Share your pictures with us so we can post your family having fun in the kitchen!



<https://www.facebook.com/4hwaynecounty>

Source: <https://heathermangieri.com/have-a-pizza-competition-for-fun-family-activity/>



Family Mealtime Bingo

Did you know?

Research shows eating family meals together on a regular bases has a positive impact on the well-being of children & adolescents. Eating together as a family can:

- Reduce child's risk of tobacco & substance abuse
- Reduce eating disorders
- Improve mental health
- Bring families together

Quality Time & Quality Food

Make a colorful fruit salad instead of desert! Kids cut up the fruit.

Pack a picnic! Have an indoor or outdoor family picnic!

Choose a dinner theme (Chinese, lite bites)

Kids choose! Go on Pinterest and have kids pick a healthy new recipe.

Make homemade pizza with healthy toppings.

Have a pajama party! Serve breakfast at dinner and wear PJs.

Kids cook! Have the adults help the kids prepare a meal.

Get fancy! Set the table, light candles and have name tents for everyone.

Try a smoothie instead of juice or pop.

Turn off technology. Eat dinner together with no cell phones or TV.

Swap seats with someone at the table. Then share a funny story about him or her.

Set a goal to drink at least 5-8 glasses of water daily.

Free

Try a new vegetable for the first time.

Save money by adding frozen fruit or vegetables into a recipe.

Ask each family member to come to dinner prepared to share a joke or funny story.

Blend fruit. Pour into ice cube trays. Add frozen cubes to water for a fruit-infused beverage.

Shop for seasonal fruit & vegetables at a local farmer's market or grocery store.

Salad bar night! Everyone makes there own dinner salad

Say no to regular, diet soda and energy drinks for 3 days.

Compare sugar content in a variety of beverages. Pledge to rethink your drink!

Make a recipe using beans in place of meat for a healthy alternative.

Make fruit-infused water in place of pop or juice

Invite a child or adult you know who often eats dinner alone.

Add a powerhouse of nutrients with spinach or kale in a salad, casserole or recipe.

Quality time: When it comes to family mealtime, focus on quantity and quality. Put the phones away, turn off the TV and enjoy time together.

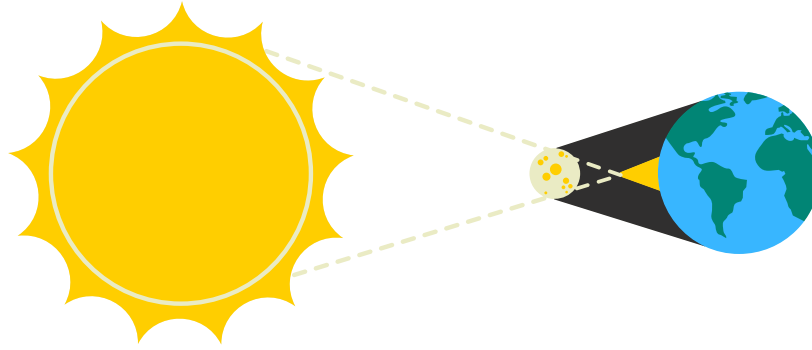


**ACTIVE PEOPLE
HEALTHY WAYNE**
A Division of Finger Lakes Community Action



Source: <https://www.gse.harvard.edu/ideas/edcast/20/04/benefit-family-mealtime#:~:text=Regular%20family%20dinners%20are%20associated,resilience%20and%20higher%20self%20esteem.>

PLANNING AHEAD FOR THE SOLAR ECLIPSE



A solar eclipse is what happens when the **sun is blocked from view** - such as when the moon orbits between Earth and the sun.

While we are not organizing any 4-H events for the eclipse on April 8th, we are preparing for an interesting and memorable experience, and encourage you to learn more about it!

A note about safety: It is important to remember that it is unsafe to look directly at the sun without proper eye protection, and there are special “eclipse glasses” made specifically for viewing the sun during an eclipse; typical sunglasses are **not** sufficient. If you choose to view the eclipse next month, please take special precautions. You can read more about eye safety during an eclipse on [NASA’s website](#).



Looking for Eclipse Glasses?

We have ordered some to have available for 4-H clubs and families. We’ll post on Facebook once they have arrived, and if you are interested you’ll be able to pick them up, at no cost, from the CCE office. Happy viewing!





DONATIONS REQUESTED FOR KITTEN KABOODLE



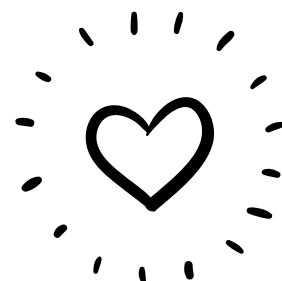
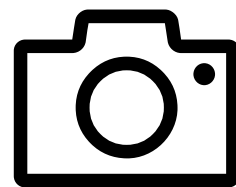
We're collaborating with the Humane Society of Wayne County to plan Kitten Kaboodle - a short-term special interest club which will be starting this spring. For this club, families will learn about cat care and local issues impacting felines while fostering kittens! We are hoping to provide each of the participating families with a portable/foldable pop-up playpen, such as the one pictured to the right, to provide a safe area to contain the kittens when they are very young. They should be breathable mesh, with a zippable/closable top (or kittens will climb out!). If you would like to donate a playpen for a family to use during the club, please drop it off to the CCE office by the end of April. Thank you!!



CALL FOR NEWSLETTER ADDITIONS

We would love to use this platform to showcase artwork, photos, and updates featuring various 4-H youths, as well as club activities, highlight outstanding volunteers, and promote various opportunities. Additionally, we'd like to include an interview with a current or recent 4-H'er to show how 4-H helps young people thrive. If you have any of these types of submissions and would like them to be considered for a future newsletter, please email them to Ryan Kincaid, with "Newsletter Additions" in the subject line, by the 25th of the month (for the following month's newsletter).

The newsletter will be sent via email to the emails we have on file, and a hard copy will be mailed to all club leaders on or shortly after the first of the month.



Other Exciting Opportunities

EmpowerME is an inclusive event for all Wayne County 10th grade girls designed to equip them with tools they need to navigate the challenges of high school and beyond.

This event aims to provide positive experiences that increase a sense of support & connection, boost self-competence, enhance self-regulation, and improve the ability to make healthy lifestyle choices.

We believe that the collaborative, community effort of this event is one important step toward realizing our vision of having a generation of empowered young women who are ready to shape a brighter future for themselves and their communities.



Annual

empowerME
DAY

April 23, 2024
9am-1pm

**for Wayne County
10th grade girls**

**Wayne Finger Lakes BOCES
Conference Center
Newark, NY**

Other Exciting Opportunities, Continued...



CAPITAL DAYS

4-H'ers (ages 14-18 as of January 1, 2024) you are invited to attend the 2024 NY 4-H Capital Days, May 19-21, 2024! Cost: \$275.00 for youth participants and chaperones. Join us in person in our state capital, Albany, as we get acquainted with our state government and connect with other teens from across the state!

Visit the Assembly and Senate Chambers, tour the Capitol building and learn all about its history, visit the NYS Court of Appeals. Choose an agency you can interact with that you would like to know more about: Department of Ag & Markets, Department of Corrections, Department of Health, Department of Education, and Department of Environmental Conservation. Then schedule a visit with your Assemblyperson and Senator and tell your 4-H story. Add in live games and the chance to win prizes!

Registration Packet and Link at <https://www.nys4-h.org/capital-days> (or scan the QR code to the right).

If you have any questions, please email Rebecca Ireland-Perry or your Wayne County 4H Staff.



NYS 4-H VIRTUAL POULTRY JUDGING SERIES

MAY 8TH, 15TH AND 22ND

May 8th, 7 p.m. - Biology and Physiology of Production Hens

As hens move through their life phases, they experience a number of physiological shifts as their bodies prepare, sustain and eventually cease laying eggs. Learn what causes these changes and how to identify them. This information will be useful as students begin structuring their oral reasons.

May 15th, 7 p.m. - Handling Hens and Placing Classes

In this lesson, we'll use live examples of hens to review handling flighty birds and how to remove birds from cages. We'll also use examples of hens from red and white production strains to review how to place birds and how to back up those decisions with oral reasons.

May 22nd, 7 p.m. - Placing Classes Practice

Students will be given free online practice classes through livestockjudging.com to score and provide oral reasons on their own. This week's lesson will review the answers to those practice classes, provide the explanation as to why the classes were placed that way, and provide the opportunity for students to get their questions answered.

To Register Visit:

<http://tinyurl.com/yc8sbysa>

Any questions contact

Brian Aukema at bj14@cornell.edu



MARK YOUR CALENDARS

- Wednesday, March 6th at 6:15pm ~ 4-H Advisory Committee Meeting, followed by Club Leader Meet-Up
- Wednesday, March 6th ~ LAP Educational Meeting about Swine **
- Thursday, March 7th: 5-8pm, Friday, March 8th: 2-8pm, & Saturday, March 9th: 9am-6pm ~ Wayne County Public Presentations*
- Saturday, March 9th ~ Dairy Bowl at Jordan Hall in Geneva
- Wednesday, March 13th ~ LAP Educational Meeting about Rabbits **
- Tuesday, March 19th (Time TBD) ~ Supervisor for a Day *
- Wednesday, March 20th ~ Teen/Tween Activity Night (Earring-Making Session, 6:30-8pm)
- Saturday, March 30th from 10 to 11:30am ~ Cloverbud Club *
- Wednesday, April 17th ~ LAP Educational Meeting about Poultry **
- *Saturday, April 20th ~ Finger Lakes District Public Presentations (for youths selected to move on to this level)*
- *Monday, April 22nd ~ Earth Day (Clubs are encouraged to do an eco-friendly/ nature activity on or near this date)*
- April 24th to May 5th ~ Spring Paper Clover Campaign at Tractor Supply Co. (A great promotion opportunity for clubs!)
- May 3rd to May 5th ~ STAR @ NYS Fairgrounds *
- Saturday, May 11th ~ LAP Goat & Sheep Showmanship/Fitting Clinic **
- Saturday, June 15 - Sunday, June 16th ~ Wayne County 4-H Horse Show *
- Monday, July 8th - Friday, July 12th ~ Camp Beechwood @ Beechwood State Park *
- Saturday July 13th - Sunday, July 14th ~ Wayne County 4-H Horse Show *
- Monday, July 22nd - Friday, July 26th ~ Gardening & Cooking Camp @ CCE *
- Monday, August 12th - Saturday, August 17th ~ Wayne County Fair
- October 2nd to 13th ~ Fall Paper Clover Campaign at Tractor Supply Co. (A great promotion opportunity for clubs!)

* Registration Required: See newsletter or reach out to the 4-H Office for more information.

** All are welcome at these LAP events, even if you're not a member of the Livestock Auction Program

Please see previous editions or Facebook for information/registrations regarding:

- Local Horse Knowledge Events & Horse Knowledge Practices
- Virtual 4-H Dairy Bowl Practices
- NYS 4-H Livestock Summit
- 4-H Winter Round-Up
- SAGES Advancement in Agricultural Studies Scholarship (due April 15th)
- Lending Closet (Great opportunity/resource for Club Leaders!)

