

November 2023

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

CLOVER CHRONICLES



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Pictured above:
Mini pumpkin pie
made during a 4-H
after-school
program this fall.

HAVE A QUESTION? CONTACT US!

The Wayne County 4-H Team:

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



INTERVIEW WITH A 4-H'ER

Recently, I had the opportunity to chat with Connor Schultz about an awesome project he led this past year in his club. It's inspiring to see what our 4-H'ers can do! If you know of a Wayne County 4-H'er doing something that we should highlight, let me know (rkk73@cornell.edu).

What activity/project did you lead and what sparked the idea?

Tool caddies - it was inspired by my dad; he did a similar project when he was my age and I thought it would be cool to do something similar. I used paper and pen to figure out how much lumber I'd need, bought the lumber and did all the pre-cutting, drilling, and sanding for the handles... it took about 20 hours to prepare the materials. Our 4-H group was looking for people to lead/host activities and Dad said "I made these tool boxes". We made some changes to improve the design he used, and he helped me with the building.



Above: Sanding the lumber



Connor assists his club in assembling the pieces

INTERVIEW WITH A 4-H'ER, CONTINUED

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What other types of woodworking have you done?

As a cloverbud I did folding camp chairs, two years ago I built a pen for ducks, I've built shelves, and I helped with the benches and picnic tables for Camp Beechwood.

Are there any other things you hope to make using the skills you practiced this past year?

I'm hoping to do another project building small decorative Christmast trees; another 4-H club did it and I want to try as well, changing the design some.

If other youths are considering leading a project like this, what advice or recommendations would you like to share?

I would definitely say to make sure they run through it two to three times before doing it with their club and make sure they have everything they need. Oh, and be organized - I wasn't very organized and actually miscalculated so we wouldn't have had enough if everybody showed up, but two people didn't come so it worked out.



Left: Members of the Moovers & Shakers club with their assembled tool caddies.



Right: Connor at the New York State Fair with his finished caddy.

Wayne County 4-H

PRODUCED IN NEW YORK



Saturday, November 18th, 2023, starting at 11:00 am

Location: Wayne County 4-H Office

Registration Deadline: November 10th, 2023

Holiday themed recipes are encouraged!!

This educational event gives youth an opportunity to showcase their food preparation and presentation skills while highlighting agricultural products grown or produced New York.

Youth gain skills in ideal nutrition practices while adapting recipes, learning about nutritional value of ingredients, and planning well balanced meals through a "silent demonstration".

More info here: <http://ccwayne.org/4-h-youth-development/4-h-produced-in-new-york>

A scheduled presentation time will be sent to those who register the week of November 13th, 2023.

Register at <https://forms.gle/61uxzybrrttv7a2g6>

**CLICK HERE TO REGISTER
OR SCAN THE QR CODE**

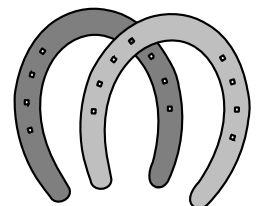


OPPORTUNITIES FOR HORSE LOVERS

Hippology – Do you love horses? If so, you will want to check out Hippology. This event is dedicated to the study of the horse and consists of a test, stations, horse judging, slides and team problem. This is the most robust contest in that all topics are covered in the contest along with all forms. Kids have the ability to take a test, work together as a team on a team problem, work individually identifying hands on material, judging horses etc. If you don't know one topic, you are able to make up the points in another area.



Horse Judging – is a contest where you judge 4 horses. It can either be a conformation class (how the horse is put together, anatomy) or a performance class (where the horse is ridden) After placing the class, you have the ability to give the judge your reasons for placing the class the way you did. The ability to give reasons helps in communication and reasoning. It allows youth to describe why they liked or disliked what they judged.



ADDITIONAL OPPORTUNITIES FOR HORSE LOVERS

Horse Bowl - Do you like the game family feud? This is a game where you use buzzers and answer questions on any topic about the horse. There are two teams of 4 kids that play against each other answering questions on horses. There are resources available at the 4-H office to study questions. Kids work together as a team to gain points in the contest along with working on coordination and timing, pressing buzzers.



Presentations – Kids can give a variety of Presentations including a Demonstration, Illustrated Talk, Recitation, Speech or Public Address, Interview, Impromptu, Team Demonstration or Horse Communication. This is one of the most valuable of the horse learning experiences because kids research what they would like to present and they also learn communication skills while doing so.



If any adults have any expertise or knowledge on any horse topics such as feeding, driving, different types of tack, farrier etc. we are always looking for help in teaching our youth and input in different areas.



YOU'RE INVITED



2023 Wayne County 4-H
Year-End Horse Banquet

Theme: Disney Horses

SUNDAY, NOVEMBER 19TH

4:00PM-6:00PM

Wayne County 4-H Office
1581 Route 88, Newark, NY

Dish to pass sign up:

www.signupgenius.com/go/10COE48AAA622A7FD

CI6-45762019-2023

We are bringing back the edible
center piece contest!

Please bring your own table
setting and a beverage

RSVP by November 15:

www.signupgenius.com/go/10COE48AAA622A7F

DCI6-45762890-rsvp

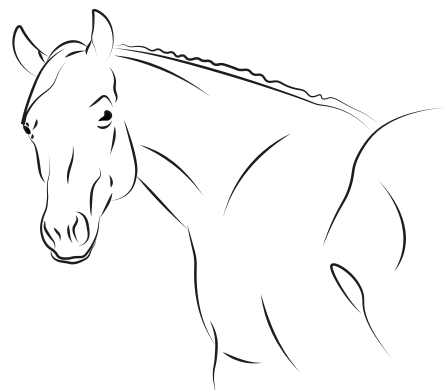


Dish to Pass Sign-Up

RSVP Link



*Don't forget your
place setting & a
beverage!*





HOLIDAY SPECIAL

SATURDAY, DECEMBER 9TH AT 1PM



The Holiday Special is a fun annual event which provides an opportunity for youths to make gifts for parents, siblings and other relatives, pets, teachers and friends. Each participant will have a chance to create a variety of items; in the past, these have included candleholders, ornaments, dog and cat toys, evergreen swag, mugs, picture frames, jewelry, and more!

This year, the workshop will include a classic holiday movie and snacks, and will be open to 4-H'ers and non-4-H youths alike, and the cost to attend is \$5 for enrolled 4-H members and \$15 for youths not enrolled in 4-H. Be on the lookout for a registration form soon!

CAN YOU HELP?

We are looking for:

Teens to lead activities for the younger kids, as well as adult **volunteers** to lead more advanced activities for the teens.



If you are interested in helping out with this event, please email Ryan, with "Holiday Special" in the subject line, by Friday, November 17th.

VOLUNTEER CORNER

Don't Forget to Submit a Volunteer Application for the '23-'24 Program Year

Thank you to those of you who have already filled out the Volunteer Application for the new program year. If you have not yet done so, and plan to volunteer with Wayne County 4-H between now and September 2024, please do so as soon as possible. This form is for any adults - including parents and other family members - who will help out with 4-H activities (club sessions, workshops, camp, fair, etc.) You can apply using [this link](#). Then, be sure to watch the short Sexual Harassment Training video and forward the email confirmation to Ryan.

Important Note Regarding Background Checks

Once you submit your application, you will receive an email from "First Choice Background Screening", which is the new system we are using to conduct Background Checks. Please note: the link expires after three days, so please try to follow the prompts shortly after you receive it. Thank you!

Code of Conduct & Volunteer Agreement

The 4-H Code of Conduct and Volunteer Agreement are posted on our website for your reference. We encourage you to review these now and whenever you have any questions regarding the expectations of volunteers within our program. Let's work together to keep all of our youths safe and thriving!



**THANK YOU FOR ALL OF YOUR CONTRIBUTIONS TO MAKE
THE PAST YEAR A SUCCESS!**



Volunteers who attended our Achievement Celebration were recognized with a certificate of appreciation and wooden ornament. If you volunteered with Wayne County 4-H during the 2022-2023 program year, but weren't able to make it to the event, stop into the CCE office to pick yours up today!

CLUB UPDATES

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Ruff N Tails donated a toy to the Wayne County Sheriff's Department, & 1 to Toys for Tots at the 15th Annual Pumpkin Palooza. Ruff N Tails was there fundraising for their club, when their hearts reached out to others in need. Please follow the Ruff N Tails 4-H Club to find out what they're up to next!



Interested in Joining the County Line Club?

*Come to an Open House November 4th from 12 to 1pm
to meet our club leaders and see what we do!*

When do we usually meet?

- The first Monday of the month at 6:30pm

Where do we meet?

- Bowen Family Farm, 833 Lake Road, Webster, NY 14580

Who are we?

- We are a group of kids (6-18 years old) who learn about animals and agriculture on and around the Bowen Family Farm.

Want to learn more? Reach out to Tiffany Drum (tldrum@gmail.com) or Linda Bowen (linda@thebowenfamily.com).



Come join us for

COLORING PAGE

GOAT YOGA!



Peaches

Ashoka



Kaleidoscope me®

Awaken to your greatness!

Register at:



THE
BOWEN
FAMILY FARM
WEBSTER, NY

Saturdays
9-10 am
833 Lake Rd

4-H HEALTHY HABIT FOR NOVEMBER



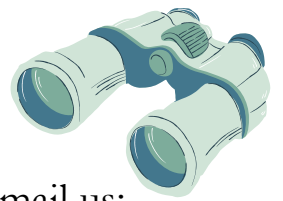
When it comes to nutrition, one of the best things we can do for kids is to help them develop a positive relationship with food! High restrictions on food can sometimes lead to power struggles, make kids want the food even more and teach kids to sneak food. Allowing treats sometimes allows kids to have treats without feeling guilty.

- Help focus on healthy alternatives and make healthy snacking convenient.
- Keep a fruit bowl on the counter.
- Keep produce at eye level in the refrigerator.
- Give kids choices between fruits, vegetables, and different dips (hummus, salsa, Greek yogurt)
- Bag up popcorn, nuts, cheeses, fruits, and vegetables and create “Grab & Go” bags.

Reference: strong4life.com



SEEN IN WAYNE COUNTY



Can you guess where these pictures were taken?

If you think you can correctly identify the location of all three, email us;
the first person to correctly guess all three will win a small prize!



A



B



C

TEEN HAPPENINGS

TEEN ACTIVITY NIGHTS

What: Fun activities for teens & tweens (any youths ages 12+ currently enrolled in Wayne County 4-H)

When: The 3rd Wednesday of the month

Where: CCE (1581 Route 88 North in Newark)



Join us November 15th from 6pm to 7:30pm for a board game night! Feel free to bring appropriate/non-violent games that you might like to play. Please let Ryan know by Monday, November 13th if you plan to attend (with “Teen Activity Night RSVP” in the subject line).



TEEN-LED CLOVERBUD CLUB

Do you love working with kids? Want an opportunity to practice leadership skills throughout the year? Based on responses from a recent survey, there is a lot of interest from families with younger kiddos for us to offer a variety of activities for Cloverbuds (5-7 year olds). If you are a teen who might be interested in this opportunity, please email Ryan by Monday, November 13th, with “Cloverbud Club” in the subject line.

CALLING ALL ARTISTS

We are looking for a handful of creative designs from Wayne County 4-H youths to display on notecards, bookmarks, and other items that we will give as thank you’s to volunteers, judges, and others who support the 4-H program. These can be watercolor or acrylic paintings, mixed media, or sketches. Please email scanned designs to Ryan by Friday, November 17th.



PUMPKINS, PUMPKINS, PUMPKINS

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There are lots of pumpkins around this time of year, which means lots of pumpkin seeds! If you've ever wondered how to roast them, it's quite simple, and quite tasty. Here's a recipe adapted from Allrecipes.com:

Roasted Pumpkin Seeds

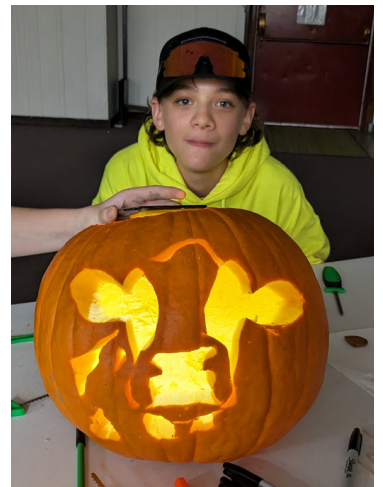
Prep Time: 5 mins **Cook Time:** 45 mins

Ingredients:

- 1 ½ cups raw whole pumpkin seeds
- 2 teaspoons butter, melted - or olive oil
- 1 pinch salt (A dash of rosemary or other seasoning can add
- an interesting flavor!)

Directions:

- 1.) Once you've removed the pumpkin seeds from the pumpkin, rinse them and pat them dry with a towel.
- 2.) Preheat oven to 300 degrees F (150 degrees C).
- 3.) Toss seeds in a bowl with the melted butter (or olive oil) and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown, stirring occasionally so they brown evenly. Allow to cool to room temperature and enjoy!

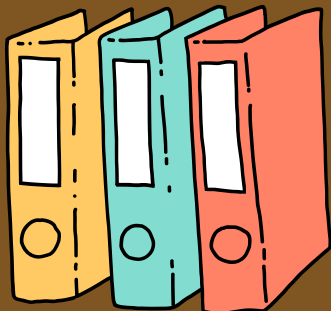


Photos above are from the recent teen activity night

ACHIEVEMENT CELEBRATION RECAP



On Saturday, October 28th, we held our Achievement Celebration in Sodus. This annual event is a great opportunity to recognize all of the hard work and learning that took place over the past year, and have a bit of fun together. Thank you to our teen assistants, who emcee'd and handed out awards during the event!



DON'T FORGET

If you were unable to attend the Achievement Celebration, but your child turned in a portfolio, please stop by the CCE office sometime this month to pick up their binders and certificates. Thank you!

MARK YOUR CALENDARS

November 2023

- **Thursday, 11/9 ~ 1st Mandatory Meeting for ALL Livestock Auction Program participants** (6pm at CCE)
- **Friday, 11/10 ~ Deadline to Register for Produced in New York**
- **Wednesday, 11/15 ~ Teen Activity Night** (6-7:30pm at CCE, open to enrolled 4-H'ers ages 12+)
- **Saturday, 11/18* ~ Produced in New York** **Generally, 4-H workshops and events will take place on the 2nd Saturday of each month going forward, but we decided to skip the 2nd Saturday in November to avoid the holiday.*
- **Sunday, 11/19 ~ Horse Banquet** (4-6pm at CCE)

Looking Ahead

- **Saturday, 12/9 ~ Holiday Special** (at CCE)
- **Wednesday, 12/20 ~ Teen Activity Night: Cookie Baking** (6-7:30pm at CCE)
- **Wednesday, 1/10 ~ 4-H Advisory Committee Meeting** (6:15 - 7:45pm at CCE)
- **Friday, 2/2 to Sunday, 2/4/2024 ~ Wayne County 4-H Teen Winter Weekend** (at Camp Amboy)
- **Monday, 7/8 - Friday, 7/12 ~ Camp Beechwood** (at Beechwood State Park)
- **Monday, 7/15 - Friday, 7/19 ~ Gardening & Cooking Camp** (at CCE)
- **Monday, 8/12 - Saturday, 8/17 ~ Wayne County Fair** (in Palmyra)



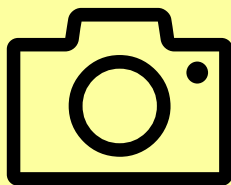
CALL FOR NEWSLETTER ADDITIONS

We would love to use this platform to feature club activities, highlight outstanding volunteers, showcase youth projects, and promote various opportunities available to youths. 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.

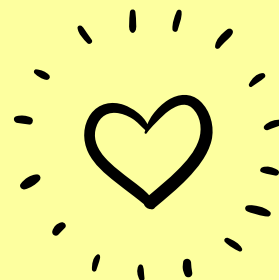
If you have any of the following types of submissions that you would like to be considered for a future newsletter, please email them to Ryan Kincaid, with "Newsletter Additions" in the subject line, by the 28th of the month (for the following month's newsletter).



Activity Ideas for Clubs & Families



Photos



Youth or Volunteer Highlights