

CLOVER CHRONICLES



Camp Beechwood

IN THIS MONTH'S EDITION

- Camp Memories
- Prepare For Fair
- Member Opportunities
- Upcoming Events
- Mark Your Calendars

HAVE A QUESTION? CONTACT US!

CCE Office Number: (315)331-8415

Melissa Spoon, 4-H Team Leader:
mss466@cornell.edu, ext 113

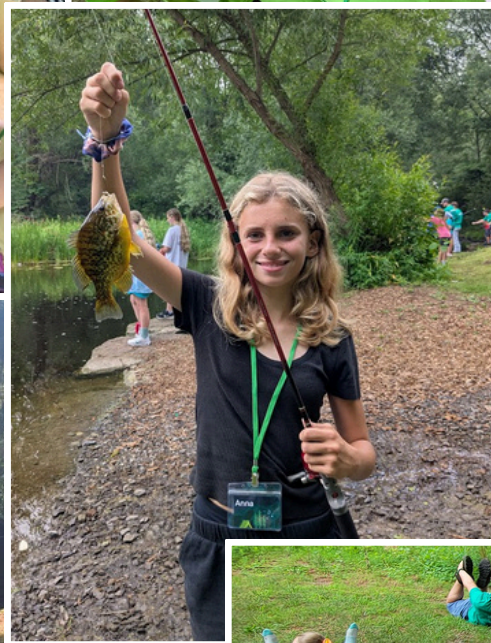
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alp257@cornell.edu, ext 114

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CAMP BEECHWOOD

JULY 14TH-18TH





SEE YOU NEXT SUMMER!

GARDENING + COOKING CAMP

JULY 21ST-25TH





WAYNE COUNTY FAIR 4-H SCHEDULE

MONDAY 8/4 – “SOFT OPENING”

- 12:00 pm – 4-H Poultry Show
- 2:00 pm – 4-H Livestock Weigh-ins
- 5-6:30 pm – 4-H Flower/Vegetable Judging

TUESDAY 8/5 – DAY 1

- 11:00 am – 4-H Goat Show
- 10:00 am – 4-H Mini/Driving Horse Show
- 1:00 pm – 4-H Rabbit Show
- 5:00 pm – 4-H Dog Show

WEDNESDAY 8/6 – DAY 2

- 10:00 am – 4-H English Horse Show
- 10:00 am – 4-H Dairy Cattle Show
- 3:00 pm – 4-H Beef Show

THURSDAY 8/7 – DAY 3

- 10:00 am – 4-H Western Horse Show
- 11:00 am – 4-H Pet Show
- 12:00 pm – 4-H (Open) Sheep Show
- 3:00 pm – 4-H (Open) Swine Show

FRIDAY 8/8 – DAY 4

- 10:00 am – 4-H Gymkhana Horse Show
- 12:00 pm – 4-H Small Animal Super Showmanship
- 5:30 pm – 4-H Livestock Auction

SATURDAY 8/9 – DAY 5

- 11:00 am – 4-H Large Animal Super Showmanship

SUNDAY 8/10 – DAY 6

- 11:00 am – 4-H Costume Class
- 1:00 am – 4-H Herdsmanship Awards
- 4:00 pm – Animal Release



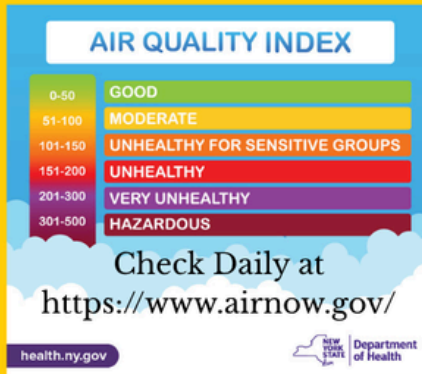
DAIRY BOOTH

AUGUST 4-10



AUGUST 4-10

CONTACT
MSS466@CORNELL.EDU
OR
ALP257@CORNELL.EDU
FOR MORE INFORMATION.



WAYNE COUNTY **CredibleMind**

A free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

CredibleMind covers over 100 topics, including:

- STRESS
- TIME-MANAGEMENT
- ANXIETY
- Parenting
- Depression
- SLEEP

CHECK IT OUT



VIDEO: Gary on the Street: Teens Talk Poison Help Number



UPSTATE NEW YORK POISON CENTER

Be Prepared, Save the Poison Help Line
1-800-222-1222

We're Here for You.

POISON HELP
1-800-222-1222

Top Safe Driving Tips For Teen Drivers

Teen drivers are a high-risk group, partly because they lack behind-the-wheel experience. Experts from the Ford Driving Skills for Life program offer these tips on how teens (and their parents) can be safer drivers.

- Avoid Distractions**
The most common distractions for teens are cell phones and passengers, but distractions include any activity that takes their eyes away from the road.
- Don't Drive Impaired**
Teens need to be aware of the dangers and the consequences of driving while impaired or riding with someone who is impaired. Teens must speak up, take the keys and call a parent or another safe ride home.
- Reduce Night Driving**
Nighttime is an incredibly dangerous time for teens to drive. Parents need to set curfews and have teens off the road between the hours of midnight and 6am.
- Buckle Up**
Statistics show that seat belt usage is lowest among teenagers, even though seat belts continue to be proven as the No. 1 life-saving device in crashes.
- Slow Down**
Speeding increases the distance needed to stop a car and reduces the amount of time you have to react to avoid a crash.



For additional information, visit www.DrivingSkillsForLife.com



PARENT NEWS

JULY 2025

ISSUE 20



4 Ways to Balance Screen Time with your Family...

Set device-free times and zones at home

Establish screen-time goals for the whole family

Keep distractions to a minimum

Find activities to do together without a screen



CommonSenseMedia.com

MORE LEARNING,
LESS SCROLLING
CREATING
DISTRACTION-FREE
SCHOOLS



BNI
TREATMENT CENTERS
HOW I ABOUT TO WHAT TO DO ABOUT TEENAGE CELL PHONE ADDICTION
What to Do About Teenage Cell Phone Addiction



Wayne County Food Distributions



Wayne County Food Pantry Listing



AIR QUALITY INDEX

| | |
|---------|--------------------------------|
| 0-50 | GOOD |
| 51-100 | MODERATE |
| 101-150 | UNHEALTHY FOR SENSITIVE GROUPS |
| 151-200 | UNHEALTHY |
| 201-300 | VERY UNHEALTHY |
| 301-500 | HAZARDOUS |

Check Daily at
<https://www.airnow.gov/>

health.ny.gov



A free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Assessment: How Is Your Self-Compassion?
START >

Assessment: Is Loneliness Impacting Your Life?
START >

Assessment: What's Your Attachment Style?
START >

Assessment: What's Your Mental Health Profile?
START >

Assessment: Are You Mindful or Is Your Mind Full?
START >

Assessment: Are Your "Off Days" a Sign of Depression?
START >

Assessment: Are Your "Worry Days" a Sign of Anxiety?
START >

Assessment: Dive Into Your Personality Big 5!
START >

Assessment: Dopamine Driven or Serotonin Strong?
START >

Assessment: Have Past Events Left You With Trauma or PTSD?
START >



YOUTH LEADERSHIP OPPORTUNITIES

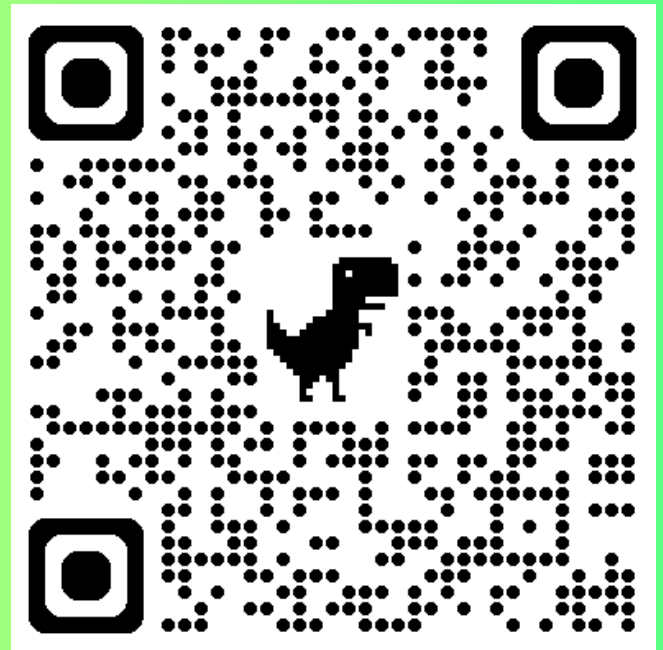
@ NYS FAIR



**YOUTH AND TEEN
LEADERS NEEDED FOR
THE 4-H BUILDING!**



**APPLY
NOW!**



Contact Autumn Levine (aml84@cornell.edu) with any questions.



Junior Superintendent Leadership Opportunity

**GROW
MAKE
SERVE
THRIVE**

NYS 4-H Needs YOUTH!

The New York State 4-H Office is seeking motivated 4-H Teens (age 16+) to join us in helping make the NY State Fair an exciting and memorable experience for fair visitors and 4-H families. Successful applicants will be invited to spend a part of the fair (August 24 - September 4) working as a Junior Superintendent (aka Jr. Super) in the 4-H Youth Building. Your responsibilities could include anything from leading icebreaker activities to helping with evaluations to holding baby chicks.

What You Bring to the Table

You should have an excellent sense of responsibility, a willingness to serve as a leader and a team player and be flexible enough to accommodate ever-changing needs. You need to be comfortable being on your feet, engaging with the public, and having full and active days.

What We Offer

We offer a fun, welcoming, and inclusive environment where you can gain real work experience while making friends and having a great time. This opportunity comes with a stipend, so you will be compensated for your effort!

To Apply

To be considered for this opportunity you must fill out an online application by August 1st. Printable copies of the application are available on request. We can't wait to see you at the fair!

For more information contact Autumn Lavine - AML84@cornell.edu or visit <https://www.nys4-h.org/new-york-state-fair> to apply



UPCOMING EVENTS



ACTIVE PEOPLE,
HEALTHY WAYNE'S
1ST ANNUAL

BIKE RODEO

IN SPONSORSHIP WITH KIWANIS
CLUB OF EASTERN WAYNE

- WAYNE COUNTY PUBLIC HEALTH WILL PROVIDE FREE BIKE HELMETS TO THE CHILDREN.
- A LIMITED SUPPLIES OF BIKES WILL BE AVAILABLE TO LOAN DURING BIKE RODEO. PLEASE BRING YOUR OWN BIKE IF YOU HAVE ONE.



AUGUST 23RD
2025



09:00 AM - 11:30AM

54 Broad Street, Lyons NY 14489

BEST FOR LESS EXPERIENCED
AND NEW RIDERS



315-333-4155 EXT 3207



Creating Healthy Schools
and Communities

FUNDING FOR THIS EVENT WAS MADE
POSSIBLE BY THE STATE OF NEW YORK.



Public Health
Prevent. Promote. Protect.
Wayne County, NY



Kiwaniis
CLUB OF EASTERN WAYNE



Come out and learn
a new skill!

WATER BATH Canning

Learn from a Master
Food Preserver

Scan the code to register!



OCTOBER 11TH, 9AM-12PM
CCE WAYNE OFFICE



Contact mss466@cornell.edu with any questions.



Come out and learn
a new skill!

PRESSURE Canning

Learn from a Master
Food Preserver

Scan the code to register!



OCTOBER 25TH, 9AM-12PM
CCE WAYNE OFFICE



Contact mss466@cornell.edu with any questions.





WAYNE 4-H JUNE PHOTO CONTEST WINNER!



**Congratulations
Sarah Cleeves!**



MARK YOUR CALENDARS

- August 4-10 ~ Wayne County Fair @ Palmyra Fair Grounds
- August 8, 5:30pm ~ 4-H Livestock Auction
- August 20-September 1 ~ NYS Fair
- September 3, 5:30pm-7:00pm ~ Teen Activity Night
- September 6, 10am-12pm ~ CloverBud Activity Day
- September 30 ~ Year End Portfolios Due
- October 1 ~ 2025-2026 4-H Registration Opens
- October 11, 9:00am-12:00pm ~ Hot Water Bath Canning Class @ CCE Wayne
- October 24th ~ Achievement Celebration
- October 25, 9:00am-12:00pm ~ Pressure Canning Class @ CCE Wayne

WAYNE 4-H AUGUST PHOTO CONTEST

SUBMIT YOUR PHOTOS!

4-H members are invited to submit photos taken within the last month for our August theme –

Fun At The Fair!

Email submissions to cc2944@cornell.edu.



NEWSLETTER ADDITIONS

Going forward, please send newsletter additions to...

Amy @ alp257@cornell.edu or
Melissa @ mss466@cornell.edu or
Camille @ cc2944@cornell.edu

