

# BELONGING GROWS HERE.

4-H YOUTH DEVELOPMENT  
TOMPKINS COUNTY



Cooperative Extension  
Tompkins County



2018





# NEW YORK STATE 4-H YOUTH DEVELOPMENT MISSION, VISION & VALUES

## MISSION

4-H connects youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society.

## VISION

A world in which youth and adults learn, grow and work together as catalysts for positive change.

## VALUES

4-H reflects the principles of positive youth development, experiential learning and the importance of having fun.

4-H encourages family involvement and support by connecting families to their communities and to one another.

4-H promotes the development of skills that help young people succeed in higher education, their chosen career path and as members of their families and communities.

4-H is committed to achieving a community of staff, volunteers and program participants that reflects the diversity of New York State.

4-H creates opportunities for youth to have a voice in the development and evaluation of the program at the local, state and national level.

4-H experiences reflect local needs and culture while also preparing youth for success in a rapidly changing world.

4-H makes science come alive by connecting youth to Cornell University and the research-based resources of the land grant college system.

# 2018

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Dear 4-H Friends,

We are happy to present you with the 2018 Cornell Cooperative Extension of Tompkins County 4-H Youth Development Program Annual Report! Throughout the report you will see examples of how the 4-H Youth Development Program is participating in the Thriving of Youth and Families throughout Tompkins County.

The 4-H Youth Development Program strives to ensure that all youth in Tompkins County have access and opportunities to achieve their full potential and develop the skills of mastery, generosity, independence and belonging. This is done by:

#### Life Skills Development

Youth and adults acquire knowledge and life skills which enhance quality of life through involvement in positive activities and learning experiences.

#### Youth and Adult Workforce Development

Youth and adults become competent and effective members of the community workforce, developing the knowledge, skills, and attributes necessary to function in a diverse and ever-changing global society.

#### Access for All Youth and Adults

Youth and adults learn how to build respect and inclusion for others, thereby providing greater access for youth and adults from various backgrounds.

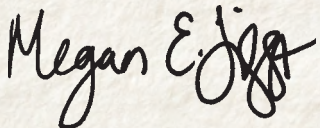
#### Voice and Empowerment

Youth, volunteers, and families are involved in opportunities where they share their voice and develop a sense of empowerment which leads to social change.


This report highlights the ways in which all of our programs strive to meet these goals and provide accessible, high quality youth development programs to over 3,000 youth through 4-H clubs, Rural Youth Services, Primitive Pursuits, Student-Mentor program, and 4-H Urban Outreach.

We are extremely grateful to our funders, volunteers, and community supporters who help make these programs possible. If you are interested in learning more about our programs, please contact Megan Tifft at [met38@cornell.edu](mailto:met38@cornell.edu) or 607-272-2292.

Sincerely,



**MEGAN E. TIFFT, Ed.D.**  
4-H, Youth, Family, &  
Community Issue Leader,  
CCETC



**SARAH BARDEN**  
4-H Program Committee Chair  
and CCETC Board Member





# 4-H CLUBS

4-H Clubs provide a wide variety of opportunities for young people ages 5-to-19. Members of 4-H Clubs learn about environmental issues, veterinary medicine, science, technology, engineering and mathematics (STEM), sewing skills, healthy lifestyles and much more, while having fun in the process!

## 2018 Success Story

### 4-H Dairy Lease Program

- The number of dairy farms has been declining for many years.
- The number of youth who own dairy cows and have daily access to them is suffering from this decline.
- In an effort to increase knowledge, skills and interest in the dairy industry, Tompkins County has implemented a “dairy lease” program for youth who have a sincere desire to gain skills in raising, training and fitting an animal for show.

### How we responded and for whom:

- Designed and implemented a dairy lease program to engage more youth in the dairy project.
- Youth involved in the lease program do not live on working dairy farms.
- Provided the supports and resources to volunteer leaders.
- Connected youth interested in leasing a calf to dairy farmers who would make a great mentor.
- Creation of a Dairy Lease Scholarship Program.

### Successes:

- Increase in membership in the dairy project.
- Increase in number of youth participating in 4-H Youth Fair, Kritter Kamp, Dairy Quiz Bowl, and state animal events.
- 10 of the 12 youth showing dairy at the Youth Fair in 2018 leased their animals.







### Comments from 4-H members who leased animals:

- I learned about compassion and how taking care of animals is a big and serious responsibility.
- I realized that friendship happens when there is respect, gentleness, and understanding.
- I am very grateful for the opportunity to be able to come to the Hatfield's farm. They have welcomed me, taught me about animals, and taught me a lot about life. The Dalai Lama says "home is where you are loved" and that's how I feel when I go to the farm.

### Comment from parent:

- The leasing program has opened up new opportunities to study in depth areas of interest including genetics and veterinary medicine through a hands on, practical approach. This has given this young person new hopes and dreams of a beautiful and bright future to look forward to.

### Collaborators:

- Local dairy farmers leased the animals and provide on-farm support; in addition to their time, the owner of the animal provides all of the necessary vet work, feed, housing, trucking and often the tools and equipment needed for show.

**2018 Stats:**  
**13 clubs**  
**184 members**  
**150+ volunteers!**



# PRIMITIVE PURSUITS

For over 20 years 4-H Primitive Pursuits educators have offered skills and experiences that foster life-long connections with nature. Thousands of diverse youth from Tompkins County and beyond have reconnected with the natural world through year-round nature immersion and mentorship from our talented and dedicated staff.

## 2018 Success Story

### Needs:

- Beverly J. Martin Elementary School serves children in the urban center of Ithaca, and is geographically isolated from undeveloped natural areas.
- Collaborating teachers expressed a desire to supplement their curriculum with lived experiences in nature for their children.
- Science curriculum included weather, water, and animals.

### How we responded:

- 39 students from three 3rd Grade classrooms including three teachers, aides, and two parents travelled to the Tompkins County 4-H Acres property (twice).
- Students spent four hours exploring and learning about their environment, in small groups under the guidance of 4-H Primitive Pursuits educators.
- They got to eat and enjoy their lunch in the outdoors and spend time doing healthy activities in the forest air.

### Successes:

- Teachers and parents alike reported positive changes in behaviors and environmental interest after the trips.





### Teacher quote:

- Reported her student trying a wild edible, it was the first time she saw him eat something other than “chicken fingers and cheese sticks”, and the first time he ate a vegetable in school.

### Parent quote:

- A parent reported seeing their children engage in new behaviors such as going outside to build little shelters for their toys, looking around their yards to see what plants were growing there, and pretending to be animals during play times.





# RURAL YOUTH SERVICES (RYS)

RYS provides free or low-cost programming to youth who live in the communities of Ithaca, Caroline, Danby, Dryden, Enfield, Freeville, Groton, Lansing, Trumansburg and Ulysses. Since 1995, RYS has provided a place to try new things and belong by offering engaging activities after school and throughout the summer.

## 2018 Success Story

### Issues/Needs and Audiences

- Tompkins County Youth Services in conjunction with the Town of Enfield conducted needs assessments that provided findings that helped determine targeted age group and local needs. The youth being served were youth who don't participate in any or many other afterschool programs, primarily because they did not have transportation. These are youth who most need these opportunities to build social skills, develop peer and adult relationships and learn new positive uses of their leisure time. Youth were often referred through school counselors, teachers and psychologists. Youth were also recruited by the Program Manager at school lunches and community events.

### Extension Responses

- The program serves youth ages 7-14 youth with a focus on varied programming options that include a variety of topics, programs are designed to build confidence, life skills and provide a place to belong.
- Through the teen leadership program youth develop leadership skills and opportunities to work with community members on items important to the municipality of Enfield. A variety of programming options are offered to appeal to many personality types.





## Accomplishments and Impact

- Serving the needs of youth living in a remote town with little access to services and youth who are not involved in other social activities and have a hard time finding friends.
- This program gives young people a place to belong, build strong friendships, learn new skills and interests, and develop a healthy relationship with a trusting adult.

## Collaborators

- The Town of Enfield- funding
- The Enfield Community Council – funding
- Tompkins County Youth Services – funding and technical support

## Special funding sources

- The United Way Community Caring Fund





# 4-H URBAN OUTREACH PROGRAM

provides daily after school and summer programming for youth in the West Hill Area and the Northside Apartment Complex. Programing empowers youth and adults by creating opportunities that build academic and life skills through experiential learning. The aim is to ensure that youth achieve a sense of independence, belonging, mastery and generosity, to develop into positive, caring, and productive citizens.

## 2018 Success Story

### Needs:

- Youth living in the West Hill Area and Northside Apartment Complex needed free after school enrichment opportunities closer to where the children live to eliminate transportation barriers.
- Youth need safe places to be after school
- Youth and Families in the program experience:
  - Low-income
  - Subsidized housing
  - Language/ESL
  - Disabilities
  - Low paying jobs
  - Transportation barriers



### Responses:

- Worked with community partners to bring literacy and STEM resources to youth that might not otherwise have enrichment opportunities.
- Youth enjoyed the support of 13 community partners; 29 student mentors and volunteers and 13 community volunteers.
- Provided a safe environment and enrichment support to help youth create a sense of belonging.
- Healthy living, STEM, and Life Skill focused programming.
- Provide healthy snacks to youth.
- Raised money to be able to offer programs for free.
- 4-H Urban Outreach is building community by connecting people to one another and community resources.
- Development of a teen program to meet the needs of older youth.





### Parent response:

- Parents expressed gratitude for having a program so close to where they live because only a few families have cars and they also enjoy being able to walk their children to and from program and to be able to see what their children are working on.
- One parent expressed her gratitude for 4-H Urban Outreach during the extended care of a terminally ill family member by stating that “I am grateful my children have an opportunity to just play and be kids for a few days a week to get away from the seriousness and sadness at home.”





# MENTOR - STUDENT PROGRAM

The mission of the Mentor-Student Program is to transform the lives of youth whose needs are not being met by providing one-on-one relationships with positive adult role models resulting in increased confidence, improved school performance, and effective communication skills.

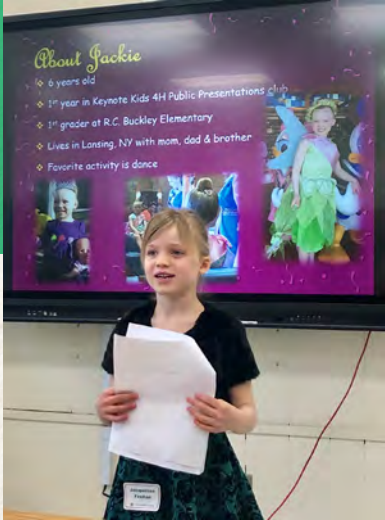
The Mentor-Student Program develops mutually rewarding relationships between the students and mentors resulting in greater success in school for the student and greater empowerment in life for both the mentor and student. This program transforms the lives of youth through a one-on-one, on-going, dependable relationship with a positive adult role model. Most youth are recommend to the program by the school principal or guidance counselor. The mentors and the students work together to identify the youths strengths, talents and gifts, which make the student a unique individual, and then the mentor helps guide the student to use these strengths as they interact with their family, peers, teachers, and community. Together the mentor and student work to build a trusting supportive relationship by meeting a minimum of two times each week to talk and read together after classes, and over school breaks. Additionally, the Mentor-Student Program takes youth on a fieldtrip to TC3 every year to give them an idea of college life and classes.

In 2018 this program served 10 youth with over 70 hours each of one-on-one mentoring.





# SPECIAL PROGRAMS



**4-H Public Presentations** is a program in which youth learn to create a presentation and develop the skills needed to present before an audience. They learn about the research process and steps needed to organize information into an interesting and creative presentation.

In 2018 over 30 youth participated in the Public Presentations Program.



**4-H Youth Fair** is a week long event in July each year, 4-H youth in Tompkins County have an opportunity to share and showcase the projects they've been working on, at a youth-run event. The public is invited to come and see what youth in this program are doing. Highlights of Fair Week include: livestock shows, plant science projects, entomology displays, Jr. Iron Chef contest, dog obedience and agility demonstrations, public presentations, a chicken bar-b-que, and more!

In 2018 we had 290 exhibits by 53 exhibitors and over 30 youth showing animals.



**Animals and Medicine** is for students in grades 9-12 to explore veterinary medicine through the unique program at the Cornell College of Veterinary Medicine. Each week hands-on activities focus on different animal species or group of animals, including cats, dogs, horses, ruminants, swine, and exotics. This 5 week mini-course caters to those with an interest in biology, medicine, and animals.

In 2018, 18 youth participated in Animals and Medicine.



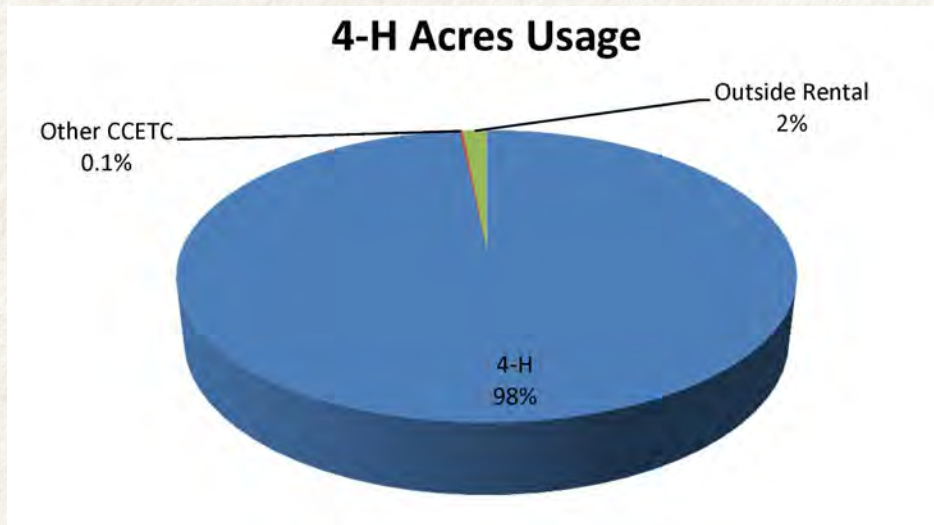
**Kritter Kamp** is a program for youth between the ages of 9 and 13 who have an interest in learning more about farm animals. Youth spend 2 days at 4-H Acres learning about animal behavior, care, different breeds, anatomy, the importance of agriculture and farm animals in our society and general safety with animals.

In 2018, 26 youth participated in Kritter Kamp.



**4-H ACRES** is a rural nature facility located at 418 Lower Creek Road in Ithaca and owned by Cornell Cooperative Extension of Tompkins County. Facilities include; Kiwanis Hall, meeting rooms, a commercial kitchen, Bowker Hall, covered BBQ pit, pole barn and nature trails. 4-H Acres exists to give young and old a place to explore, investigate, learn and experience. It provides a setting for hands-on learning for youth and adults in the areas of nature, leadership, animals, arts, service, skill building and community development.

**4-H Acres is used  
over 300 days  
per year!**



### 4-H Acres Objectives:

For people from across Tompkins County, 4-H Acres provides:

- a safe place to go after school.
- a unique indoor and outdoor space.
- a venue to showcase 4-H project work.
- a location where people can partake in community service opportunities.
- an environment where people have a say in what happens and develop necessary skills.
- strives to be a site where people who live close to 4-H Acres have greater access to 4-H and CCETC programs.
- provides space for the community to hold events that align with the values of CCETC.







**A BIG THANK YOU** to all of our sponsors, donors, grantors, partners, volunteers, parents/guardians and participants, and staff!

### 4-H Program Lead Staff:

Megan E. Tifft, Ed.D., 4-H, Youth, Family, & Community Issue Leader

Brenda Carpenter, 4-H Club Programs & Volunteer Coordinator

Jed Jordan, Primitive Pursuits Administrator

Sarah Birnbaum, Primitive Pursuits Coordinator

Ramona Cornell, 4-H Urban Outreach Program Manager

Tami Snyder, 4-H Urban Outreach Program Manager

Shelley Lester, Rural Youth Services Coordinator

Athena Steinkraus, 4-H Youth Development Administrative Assistant

### 4-H Program Committee:

Christine Ashdown

Sarah Barden

Lincoln Young

Anna Susmann

Mike Tenkate

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**4-H YOUTH DEVELOPMENT TOMPKINS COUNTY**  
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