



PINELLAS COUNTY'S 4-H NEWSLETTER

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Then and Now... Learning leadership, citizenship and life skills since 1902

Rock Eagle 2008 – A 4-H Leader's Perspective

by Lisa McBride, Volunteer Leader 4-H2O 4-H Club

It was a cool autumn morning at O'dark thirty. My husband and I were waiting in the CVS parking lot in Dunedin. I had a large suitcase, a pillow and my 4-H tote. There was little traffic on the street. Most of the world was still asleep. I felt like a spy waiting for my contact under a bright street lamp. Then we saw what we were waiting for: our contact had arrived. Instead of some underworld spy coming out to see us in the very early dark morning, we were greeted by a cheerful Jean Rogalsky, Pinellas County 4-H Agent. She had arrived to pick me up along with two other 4-H leaders we were to meet in another dark parking lot on our way to the Southern Volunteer Leader Forum in Rock Eagle, Georgia.

As I jumped in the van I thought, "I don't really care where I am going. Someone else is driving for 8 hours and all I have to do is rest, read, enjoy my travel partners and my own company. What a treat."

I kissed my husband and waved good bye. Jean and I drove off toward the Target parking lot where we picked up the 4-H leaders from Crazy 4 Canines, Liz Piquet and Teryl Plaisance.

Along the way, I learned a great deal about how to train dogs and animals in general from Liz and Teryl. As we traveled, we made several stops and I got to loiter at rest stops and have lunch with grownups. Best of all, I used my special neck pillow and took a long luxurious nap and woke just before we got to Rock Eagle. Ahh, heaven. I felt like I had had a vacation even before arriving at Rock Eagle.

Rock Eagle is the largest 4-H camp in Georgia and the nicest camp I've ever been to. This year's forum was hosted by Louisiana. Once inside the gates of the camp, there is a beautiful view of the rolling hills of the Oconee National Forest and a beautiful 110-acre lake with a glass-like surface. This time of year, the trees around the lake are decorated in gold and orange which are reflected in the lake's mirror, filling the camp with sparkle and color. The weather was a little cool and we were all excited to experience fall.

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Horse News Trail Clinic

There will be a Trail Clinic on December 13 at Lakeview Stables. This will be a great time to try your horse on the various obstacles on the trail course. This clinic is free to all 4-H members and leaders. For more information contact Rosa Freed, Pony Pals 4-H leader @ (727) 546-1846.



Nationals

Alicia Griggs will be presenting her horse demonstration at the national competition this month in Kentucky. Join the 4-H office in wishing her the best. We are very proud of Alicia.

Camp Ocala

This summer we will be camping the week of July 4th. We will leave June 29th and return Friday, July 3rd. Please make a note, since July 3rd is the beginning of a three day weekend for many.

4-H Clubs

Parts of a Project

Attention new 4-H members! Here are a few tips to start you on your project work. There are four parts to a project. All of these parts are connected. First you have a project book. If you do not have one, let your leader know, so a book can be ordered for you. The second part of the project is the demonstration. This should be fun, since you get to choose a project topic. The topic should be something you are very interested in and the demonstration should be directly related to your project. The third part of a project is an exhibit. The exhibit is something educational you create. It should teach someone else something about your project. For example, it could be a display of labeled feed samples or a poster with pictures of canine parasites. A poster illustrating the life cycle of the butterfly is a good example of an insect project. Don't forget that the exhibit does not have to be the same topic as your demonstration. The last part of the project is the project summary or record. This is a record book of all your 4-H activities for the year. More complete information is available in the document, "A Completed Project is..." available at www.pinellascounty.org/4h.

Your leader will tell you when all these parts need to be completed. After you turn them in, your leader will judge the projects and award ribbons. You will then receive your 4-H year pin and certificate at our Awards and Recognition banquet.

Is your club interested in Marine Science?



Photo credit – Bob Lipe

Florida, and Pinellas County in particular, are surrounded by coastline. You may be aware of the State 4-H Marine Ecology Event, but did you know Betty Lipe, 4-H Educational Instructor, is ready to bring *Shells Alive* or *Shark Awareness* to your club? *Shells Alive* helps the members understand that shells are living things and includes a video of living shells. *Shark Awareness* helps everyone better understand the life of the shark and that we are not its primary food source. Please allow 45 minutes for each presentation. Contact Betty at 582-2528 or blipe@pinellascounty.org to set up her visit.

Ochs Garden

The Ochs 4-H Vegetable Garden club is off to a great start. The 4-H gardeners have completed planting their plots with tomatoes, peppers, cucumbers, pole beans, bush beans, peas, sugar snap peas, radishes, carrots, broccoli, cauliflower and cabbage among others. Many of the 4-H gardeners have created scarecrows. The scarecrows are now in place watching over the garden plots. These scarecrows are not known for actually keeping birds from the garden, but they are decorative and fun to have. In fact, the 4-H gardeners want the birds to stay and eat the insects that may eat their plants.

As of this writing the club was electing officers.



Welcome New Clubs

Ballroom Bicycle Brigade

This club started up last winter and has been going strong ever since. They dance in the summer and bike when the weather is cooler. They work on both bicycle and recreation projects. Last June, many of the 4-H'ers attended Camp Ocala. Ms. Gina Hunter is their leader, another Pinellas County 4-H alumna.

Pinellas Park Recreation 4-H

The afterschool program in Pinellas Park has started vegetable gardens at two recreation centers. Each center will host a new 4-H club that will work on horticulture projects.



A brand new 4-H club has begun at Majestic Oaks in Pinellas Park. The name is **Favorite Thingz 4-H Club**. This community club will focus on horse, photography, and woodworking. They also plan to develop environmental community service projects.

4-H Clubs Reports

BBBs

The Ballroom Bicycle Brigade had their first meeting of the new 4-H year on September 29 at the Gulfport Casino in St. Petersburg. The BBBs were extremely busy over the summer season. They competed in many ballroom dancing competitions including, the Orlando Classic, Florida State, and Fire and Ice. They brought home many firsts and seconds as well as "Top solo", "Top Junior Couple", and "Top Newcomer Couple", just to name a few! Members of the group even competed in Chicago and Virginia and took home many awards, and some had fun competing at an anime convention in Orlando where they won third place! Members of the BBB donated their time by dancing at the Tampa Has Talent fundraiser for the Bloomingdale Library Victim.

The bicycling portion of the group will resume their trips now that fall and cooler weather is setting in.

Sincerely,
Victoria J. Yore
President



Seminole Riders News

By Carol Nunez

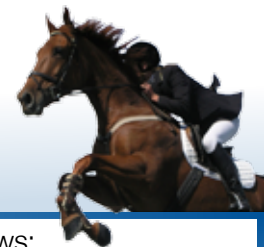
The Seminole riders club held their elections Tuesday, October 7, 2008. The officers are as follows: Brianna Mullins, president; Rylee Twinam, vice president; Brandi Sclafani, secretary; Charly Miller, treasurer; Carol Nunez, reporter; and our two historians are Elizabeth Gorman and our newest member Marina.

We also discussed our upcoming open house which is going to be held on Saturday, November 15th. We are looking forward to having many people tour our new horses-for-handicapped riding facility.

This past Sunday, October 5, we attended a Walsingham Horseman's Association horse show. There were nine girls from our club who took their own or leased horses to the show. It was a fun and successful day.

We recently sold apples and pecans hoping to offset the costs of our club's jackets and t-shirts.

Every Saturday morning from 9:00am to 12:30 pm our club is very busy assisting our handicapped riders. We are responsible for the care and tacking of our horses and safely leading about 30 of our handicapped members around our ring.



4-H Teens

The 4-H Technology Team



The 4-H Technology Team is looking to recruit some new members! The team started meeting at the end of October but is looking to get more teens from 4-H clubs to join. The Technology Team is a club comprised of a small group of teens age 14-18 that works to incorporate technology into 4-H. It operates as a 4-H club. Some of the goals are to improve the technological skills of the team members, learn how to create PowerPoint presentations, blogs, videos, develop and manage the team's website, learn the values of teamwork and have fun using technology. This year the team is also planning to work with tons of new software to create interactive material for 4-H. In addition, the Technology Team will be managing the websites of other 4-H clubs that have attended the Weebly website trainings and any other clubs that decide to create a website through Weebly in the future. If you are a 4-H senior member, or know any 4-H seniors that would like to be a part of the team, please contact Andrew Yuan at (727) 582-2103 or ayuan@pinellascounty.org.

Technology Team Holds Another Successful Website Training

On Thursday, September 25th the 4-H Technology Team held its second website training for two 4-H Clubs, the 4-H Pony Pals and 4-H2O. With the continued help of a website creation tool, www.weebly.com, 4-H Clubs are putting themselves online. At this website, clubs can promote their website for easy access to their club pages, calendars, events, etc. This was not, however, the last opportunity. Many more clubs will have the opportunity to publish their www.weebly.com website to the www.pinellasteeninfo.com Clubs Page in the next few months. Check out the Clubs Page on www.pinellasteeninfo.com to see the existing 4-H Ochs Garden website and upcoming sites. Also find out more information about upcoming website trainings and additional resources offered by the 4-H Technology Team. If you would like to put your club online, please contact Andrew Yuan at (727) 582-2103 or ayuan@pinellascounty.org.



Rock Eagle 2008 – A 4-H Leader's Perspective *(continued from page 1)*

The camp is located on 1,428 acres of forest and looks more like the campus of a small college rather than a camp. There are paved streets, cute little bungalow residential cabins and colonial style meeting buildings. The buildings are named after those who contributed to their construction - International Paper, Georgia Power & Gas and Calloway, to name a few. The camp boasts eight conference buildings, an auditorium, chapel, pool, dining hall, museum, seven open-air pavilions, hiking trails and an administration building. The grounds are so large that there was a shuttle to transport the forum participants.

The Leader Forum is part education and part fun. During the day, there are educational offerings to help with running a 4-H club or program. Attendants of the forum include 500+ 4-H leaders, 4-H agents, state and national 4-H organizers and various university faculty affiliated with 4-H from states all over the southeast. There are some incredibly dedicated and committed individuals that attend this forum. I met a woman in her 90's who has been a 4-H leader longer than my mother has been alive!

There were so many classes I wanted to attend that it was hard to choose. I attended a workshop on teaching entrepreneurial skills to children and learned how to make a really pretty fabric flower broach that sold for \$5 when complete. Then there was a workshop entitled, "Are You My Mother?" which was taught by a behaviorist from North Carolina who had some excellent suggestions for dealing with discipline issues in clubs. I have already put to use some of what I learned and it works so well. The whole trip would have been worth it just for that one workshop. I also went to a workshop on teaching children to knit and finally, now that I am becoming an old lady, learned to knit myself. Liz took this class with me and we spent the rest of the evening knitting, not being happy with our results, pulling our scarves apart and starting again. I restarted so many times, I wore the yarn out and had to cut it off and try on some fresh yarn. Liz got frustrated and decided to read her novel. Another of the workshops was about the new national 4-H website that will be rolled out in January. It will be so awesome. It will incorporate all of the 4-H sites in the country and there will be a way to customize your own 4-H page and integrate your clubs website and calendar on startup.

Going to the Leader Forum reminded me of going on a cruise. It feels like you just ate and then it's time to eat again. The food was wholesome and healthy. The very best part about the food there was that I didn't need to prepare it or clean up afterward! We were served three meals per day with a snack between breakfast and lunch, and lunch and dinner, which was way more food than I needed to eat. One night we had a meal with the theme, "Holiday on the Bayou," with fried catfish, hush puppies, French fries, coleslaw and pecan pie. Another night we had grilled chicken breast, rice, salad with strawberries and pecans, and black berry cobbler and vanilla ice cream. There was a Louisiana showcase one evening where, besides booths highlighting major Louisiana industries, there were booths with samples of regional foods like meat pies, pecan pies, gumbo, shrimp au fromage, and sweet potatoes and chicken. I learned that eating and drinking are very important to Louisiana culture. There was a Mardi Gras parade and a Masquerade Ball.

All of the evening events were interesting. I liked the first the best. It was given by an expert on body language who showed us what various body gestures (no, not that kind) meant. The next was real entertainment by a very talented young woman named Amanda Shaw who can jump and fly around the stage while playing a mean Cajun fiddle. Lastly, we had a talk from a Cajun motivational speaker and humorist. I learned what it meant to be Cajun, and his talk was uplifting.

On the way home, we talked a lot about 4-H and what we could do to make 4-H better in our county. Of course we thought we had fabulous ideas. One of the things of which I have been aware, having been to Camp Ocala the past two summers, is how lucky we are to have Jean Rogalsky as our county 4-H agent. We really are so very fortunate to have her as our agent. We all expressed our gratitude to Jean for all of her work with 4-H in Pinellas County. We reached home tired, but energized about 4-H and full of new ideas to try with our clubs. The Leader Forum was really a great treat, as was the camaraderie with my fellow Pinellas County 4-H leaders and 4-H agent. I highly recommend all 4-H leaders consider going next year!

(Note: This article was adapted from the original. Original is available upon request.)



4-H FAMILY
builds strong families
and strong communities

There Must Be More to Being Green: The Curious Family's Journey

Installation 6 of 6

The Curious Family's Journal – Each member reflects on their experience.

Ben Curious - This has been a great year of discovery and personal growth. As I look back at the beginning of this 2008 journey, I was very negative about being green, environmentally responsible and sustainable. I was so resistant to the idea that there was more to being green than conserving our natural resources. I learned that being sustainable is simply what the word suggests — to sustain. Every day we must make decisions that will not only preserve and protect our environment but make decisions that will also protect and preserve our families. But it took my son to remind me that I have always encouraged them to keep an open mind, do their research and embrace new knowledge. As the old saying goes "out of the mouth of babes." I'm so glad my wife and I started this family tradition. Without fail, we've grown as individuals and as a family. I can't wait to see what we come up with for 2009!

Bea Curious - As a mom and wife, it's important that my family is taken care of in every way. I have to admit that I was a bit confused about the word *sustainable*. But through this year's Curious Journey to Knowledge, I learned that the word *sustainable* describes perfectly what a mom and wife wants for her family. I want my family to make decisions that will help them create and sustain a desirable quality of life. This includes respecting the environment, enhancing their personal

academic and social growth, and caring about how their decisions impact not only themselves but others.

13-year-old Andes Curious - It's so cool being a member of this family. We have so much fun. I especially enjoy our Curious Family's Journey to Knowledge. I was so proud that I was the one to suggest that we learn if there was more to being green. That's one of the best things about my mom and dad. They always listen and make us a part of making decisions with and for the family. Dad seemed so agitated about anything green or sustainable. It got me wondering, "what is this thing that has my dad so annoyed?" It was really interesting to learn that being a part of 4-H is helping me to be more sustainable. Each year when we work on a project we learn so many things such as how to manage a project, make decisions, care for and get involved with our community and come up with solutions to problems. All of these things develop the 4H's — our Head, our Heart, our Health and our Hands. Someday when I have a family, I will continue the tradition of the Annual Curious Family's Journey to Knowledge.

9-year-old Shirley Curious - I learned that I can make a difference in my community when I make good choices. I always have fun spending time with my mom, my dad and my brother. I'm ready for next year!



Families can make a green commitment by visiting the sustainability page at www.pinellascountyextension.org and taking the pledge.

In 2009, consider starting your own Family's Journey to Knowledge tradition. This is a great way to strengthen your family relationships and have fun while doing it.



4-H Foundation

Passport to Giving Back to 4-H Youth

To celebrate the 4-H Centennial, the 4-H Foundation is planning a Centennial Fundraising Banquet, Friday, March 13, 2009 at 6:30 p.m.



The banquet will take place at Banquet Masters in Pinellas Park. Tickets for adults will be \$50.00 and will include dinner, entertainment and a guest speaker. Please mark your calendars as this date has been changed to March 13th. If you are interested in volunteering your talent or time, please contact the 4-H office. The proceeds from this event will support 4-H scholarships and operating expenses at the 4-H program.

More information will be upcoming on the 4-H blog.

4-H Calendar

November 15

State Marine Ecology Event
Kissimmee

November 27 – 28

Office Closed – Thanksgiving
Holiday

December 4

4-H Foundation Meeting
Pinellas County Extension
6:00 p.m.

December 5

Cloverleaf News Due

December 5 – 7

Second Executive Board
Camp Ocala

December 13

Horse Trail Clinic
Lakeview Stables

December 25 – 26

Office Closed – Christmas Holiday

January 1 – 2

Office Closed – New Year's Holiday

January 5

Cloverleaf News Due

January 19

Office Closed – Martin Luther King
Day

January 20

4-H Advisory Meeting
Pinellas County Extension
6:00 p.m.

January 23 – 25

Senior Leadership Adventure
Weekend (S.L.A.W.)
Camp Ocala

February 5

Cloverleaf News Due

February 5 – 16

Florida State Fair
Tampa Fairgrounds

February 7

4-H Day and Centennial Kick Off
Florida State Fair
10:00 a.m.

February 13 – 15

Intermediate Leadership
Adventure Weekend
Camp Ocala

February 14

4-H Day @ Florida State Fair



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December 2008



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Making the Best Better!

The 4-H mission is to empower youth to reach their fullest potential working and learning in partnership with adults.

There's always something fun to do in Pinellas County for families and youth! For a current listing of classes, workshops and events, visit:

www.pinellascounty.org/events
or tune your television to **PCC-TV**
(Brighthouse 622 - Knology 18 - Verizon 44)

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4-H Youth Development & Distance Education
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4-H Youth Development



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4-H is a community of young people across America who are learning leadership, citizenship and life skills.

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