



PINELLAS COUNTY'S 4-H NEWSLETTER

Cloverleaf

JUNE 2008

head · heart ·
hands · health
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hands · health



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

Miss Margaret Accepts a New Challenge

It is with a heavy heart that I say goodbye to 4-H, however I am not leaving the Pinellas County Extension. Due to departmental realignment I am being taken away from my 4-H duties and given the new task of assisting with the development of the Extension's Distance Education program.

Please don't feel sad at this change. I will still be with you just behind your computer screen. I may even help your club develop a web site.

I am thankful for the time I have had with 4-H and all of you. It is because of the life skills I learned in 4-H that I feel up to my new challenge. Exactly the way you all do when you leave 4-H for college.

I will still be in the Extension office so feel free to stop by and visit me.

Margaret Deller
Extension Educator



Miss Margaret assisting at the Pinellas County Dog Show

4-H Blogging is Here!



What is a blog? Many of you may have already used a blog, but if you have not it is a website where entries are commonly displayed in reverse chronological order. When someone says, "I am going to blog," it means that he or she is adding content to a blog. Blogs can provide news, information on a subject, or can even be used as an online diary. Pinellas County 4-H has its own blog now and it will be used to keep you informed of upcoming events and activities, highlighting achievements, and the ability for you as members and volunteers to make comments and ask questions. *So, rather than sending out mass e-mails, we will use the blog to keep you updated.* Another nice feature of the blog is that it is searchable, which will allow you to easily go back to past postings. *It is important that members, parents, and volunteers subscribe to the blog by going to <http://pinellas4h.blogspot.com>.* Each time something new is posted you will be alerted through e-mail to visit the blog for all of the details.

We also invite you to subscribe to the Pinellas County Extension blogs: *Timely Topics*, *Planting Pinellas* and *Thinking Green*. These blogs offer a variety of articles conveying the depth and diversity of knowledge available from the Pinellas County Extension staff.

<http://pcetimelytopics.blogspot.com/>

<http://plantingpinellas.blogspot.com/>

<http://pcethinkinggreen.blogspot.com/>

4-H Clubs



Is Your 4-H Project Complete?

You've done your demonstration, completed all the required activities in your project book, and now your 4-H project is complete and ready to be turned in. **OR IS IT?** Did you remember to complete your summary/report form and prepare an exhibit? If not, don't panic!

Simply follow these instructions:

First, get a report form for your age category.

There are three simple ways to get a form:

1. **Ask your leader.**
2. **Call the 4-H office at 582-2215.**
3. **Download the correct form from the 4-H website:**

Cloverbud (5-7)

<http://pinellas.ifas.ufl.edu/4-H/pdf/Clover%20Bud%20Summary.pdf>

Junior (8-10)

<http://pinellas.ifas.ufl.edu/4-H/pdf/Junior%20Project%20Report.pdf>

Intermediate (11-13)

<http://pinellas.ifas.ufl.edu/4-H/pdf/Intermediate%20Project%20Report.pdf>

Senior (14-18)

<http://pinellas.ifas.ufl.edu/4-H/pdf/Senior%20Project%20Report.pdf>

Second, create an exhibit.

An exhibit is a display you make that a person can walk up to and learn something. It can be as simple as a poster (no larger than 11x14) that shows several breeds of rabbits and what makes them different or unique, or even sample bags of dog food labeled with nutritional information. Remember to check with your leader to find out when your projects are due. Final club level results are due to the 4-H office June 23rd. Blue ribbon projects are due for county judging July 12th.

2008 Pinellas County Horse Show

On March 30th the annual Pinellas County 4-H Horse Show was held at Lakeview Stables in Pinellas Park. Forty-four riders participated in thirty-four classes. A great showing was made by all! This is an open show that allows both 4-H and non – 4-H competitors. The halter class grand champion was **Caitlin Schiller-Wedge** of All Things Equine and the reserve champion was **Sarah Davis**. Of special note were the high point winners:

Kelsey Seals

Jr. Western

Alex Waterford

Sr. Western

Brandi Sclafani, Seminole Riders
Jr. English

Alicia Griggs, Seminole Riders
Sr. English

Thank you to all the clubs that made this show possible by providing volunteers and equipment: Pony Pals, Hearts and Hooves Saddles Club, Seminole Riders, All Things Equine, and Silver Stirrups.

A special thank you goes to Madeline Crawford, leader of All Things Equine, for filling in as announcer at the last minute. She did such a great job; this may become her annual job.

Finally, we would like to recognize our sponsors: Amber Glen – Feed Depot, Dick Norris Automotive, UBS Financial Services, Lakeview Stables, the Gilkey Family, Celeste and Charlie Tingler, and Kim and Harvey Rose.

To see some great photos of the show visit:

http://miniaturemeditations.com/gallery/4617253_rMuQH#P-1-12

Consumer Judging

On April 19th, at the Central Florida Fair, Pinellas County youth tested their knowledge of bicycle helmets, sports drinks, work-out clothing and digital cameras. The youth were from the Kyoyo, The King's English, Ambassadors, and 4-H Fun Clubs. This year we had one junior team, three intermediate teams, and one senior team.

Joshua Sackett, Brian Sackett,
Alyssa Coburn

Junior Team • 2nd Place

Addison Gurvitz, Julie Phouy,
Alec Ithavilaysuk and Catherine Sharp

Intermediate Team • 2nd Place

Trong Du
Intermediate Placings • 1st Place

Melissa Sharp
Senior Placings • 1st Place

Alyssa Coburn

**Junior High Point Award
2nd Place**

Julie Phouy

**Intermediate High Point Award
4th Place**

Phai Bui (first time competitor)

**Senior High Point Award
5th Place**

Congratulations to all our participants!

A Doggone Amazing Club

For the last year, Crazy 4 Canines worked tirelessly to present the first Pinellas County 4-H dog show in more than 20 years!

Great job Crazy 4 Canines! Congratulations to **Molly Miller** for winning the overall **Best Handler Award**. We would also like to congratulate the high point winners: Junior **Hannah Elrod** from Polk County, Intermediate **Danielle Hendrix** from Pinellas County, and Senior **Molly Miller** from Sarasota County.

To view more photos visit:
<http://pinellas.ifas.ufl.edu/4-H/index.shtml>



4-H Dog Show High Point winners with leader Liz Piquet

Cooking Club thru the "Y-Kids" Program

The "Y-kids" program is off to a fun start for the first year. This year we have cooking clubs at Orange Grove Elementary, Bauder Elementary, Cypress Wood Elementary, and Lake St. George Elementary. The students made interesting recipes such as Fried Rice, Zucchini Pancakes, Sautéed Apples served over Frozen Yogurt, Creamy Vegetable Soup, and Taco Salad. While making the recipes, they also learned about healthy eating and good nutrition. Fun and games made up part of each lesson.



Jennifer serving up the Taco Salad



Jennifer (on right) and Kristen (on left) teaching the lesson before cooking



Embryology

In April, 65 teachers from around the county met to begin the project of hatching eggs in the classroom. The program includes a workshop for first time teachers where they are taken step-by-step through the process while doing it in their classroom. They can even go

Hatched chicks still in the incubator



Capone gets ready for Showmanship

Thank You Volunteers

On March 29th, Pinellas County held a family picnic for employees. 4-H provided hands on activities for the youth. Kyoyo 4-H members Catherine and Melissa Sharp, with leader Tanya Poruba, a Pinellas County 4-H alumni, made recycled paper and butterfly magnets. The Crazy 4 Canines youth and 4-H alumni leader Liz Piquet put their dogs through some obedience trials. The final Pinellas County 4-H alumni, Ben Wrobel, led a quick lesson on Newton's Laws, and then instructed participants on how to build and launch 2-liter bottle rockets. Finally, Richard Livingstone of the 4-H Community Grants Board played nutrition Jeopardy with the youth.

on-line to access the story of the developing embryo at http://pinellas.ifas.ufl.edu/4-H/egg_chick.shtml and click on the presentation link for *Embryo Development and Hatching*. The teachers report that this is an excellent life lesson for the students and the students are "egg-cited about the project", to use the words of one of the teachers.

Are 4-H Project Clubs for You?

Submitted by Judy Butterfield
Central District, Regional Specialized 4-H Agent III

Although General 4-H clubs are the most commonly known type of delivery mode, 4-H reaches youth in other ways – one of those being a project club. This delivery mode serves a different purpose but is equally important. Project clubs may differ in regard to duration and intensity, but always involve the “learn by doing” concept. Project clubs should be developed and started based on the needs of the youth involved, the availability of volunteers with special knowledge in the project area, and research-based curriculum should be available to support the specific project whether it be computers,

gardening, woodworking, bee-keeping, llamas, etc. In Florida, Shooting Sports is probably one of the best known subject areas using project clubs as its delivery mode. *(Note: In Pinellas County, Horse and Dog Clubs are our best known project clubs)*

Because they may have fewer members than a General Club, project clubs provide the needed quality time for youth to form a caring relationship with adults, as well as promoting a sense of belonging. It is also wise to keep in mind that 4-H Project clubs usually have a beginning start date and a specific ending date – it could be a

swine club specifically geared for raising an animal for the fair, or a sewing club where the items being made are being donated for a specific use such as a neonatal unit or hospice. As previously mentioned these clubs usually have a specific duration and purpose.

Project clubs are a wonderful way to get more youth involved in true youth development programs and activities. They also allow volunteers to become more involved and use their individual skills; therefore having more ownership in the program.

Source: California 4-H Leader Digest, (2006), and Dr. Todd Tarifa, LSU 4-H Extension.

4-H Foundation

Thank You...

4-H Foundation wishes to thank the following donors who have graciously supported the 4-H Youth Development Program:

- Pass-A-Grille Community Church - Women's Fellowship
- Orangewood HCE
- Wesley Jenkins
- Master Gardener Advisory Association
- Chuck Scaffidi
- Bob Abben
- The Largo Garden Club

Donation forms are available on line at <http://pinellas.ifas.ufl.edu/4-H/foundation.shtml> if you wish to help send youth to camp, Congress or other leadership activities.

4-H Centennial Family Cookbook

The 4-H Foundation would like to do a spring 2009 fundraiser to honor Florida 4-H's 100-year anniversary, by putting together a 4-H Family Cookbook. You may submit your recipes by e-mail to **robinmoore1@verizon.net** or regular mail to Felicia Romano, 1044 Brookwood Dr. South, St. Petersburg, FL 33707. If your submission is from a 4-H member, please put their name and age on the recipe. The recipes can be anything from dips and salsas to main courses or desserts.

We would also like to know how many cookbooks you think you could sell to friends and family so enough can be ordered. Thanks for your support and the committee looks forward to getting your recipes.



FAHCE Scholarship

The Florida Association for Home & Community Education (FAHCE) is offering \$300 scholarships for 4-H participants. This scholarship grant is available to any 4-H member who has completed three current consecutive

years of satisfactory 4-H work. The deadline to submit this application is August 15, 2008. For more information or an application, please contact the 4-H office or log on to **www.pinellascountyextension.org** and click on *4-H Youth Development*.

4-H Teens



Website Training for any 4-H Club Youth!

Is your club ready to get technical? If you have not already checked out the new 4-H teen pages at www.pinellasteeninfo.com, don't wait! The Tech Team is gearing up to host its first webpage design training to help clubs build their own websites. We are encouraging each club to establish a committee to design and maintain their own pages, which will be accessible through the Pinellas County 4-H site. During the training you will learn how to build the framework for your site and some tips and tricks to make and keep it just the way you want it.

You must pre-register for the training so please contact 582-2103 or e-mail rlivingstone@pinellas-county.org to reserve your spot. We are encouraging several members from each club to attend. The training is scheduled for June 26th from 10am - 12pm at Extension. We will provide access to a computer, materials, and technical support during the session. The training will also include a review of the State and County 4-H website guidelines.

Don't Miss Camp Ocala

Sign-up packets are still available at the 4-H office for Camp Ocala. The cost is \$170 with an additional \$20 fee for the bus. A limited number of scholarships will be available.

Boy Scout Troop 475 Completes Grant Funded Project

Shortly following the addition of the Rotary Centennial Nature Center, officials at Honeymoon Island State Park (www.floridastateparks.org/honeymoonisland) knew something needed to be done to save a crumbling sea wall only a short distance away. That's when Jonathan W. of Boy Scout Troop 475 sought action to build a protective fence. Soon after receiving \$1,000 from the 4-H Community Service Grants Board, Jonathan's Eagle Scout project brought together friends and other scouts to help bury fence posts, mix cement, secure planks, and weather wood. His newly constructed fence presently stands strong and tall against sea winds and protects the park's 950,000 annual visitors. To view pictures and learn more about Jonathan's project, visit the *Grants* portion of www.pinellasteeninfo.com.

Have a Nutritious and Fun Summer!

Summer is definitely a time for fun and relaxation, but don't be a couch potato all summer long. Staying active during the summertime not only gives you something fun to pass the time, but is also a great way to keep your body in shape.

There are many enjoyable ways to keep active, including playing basketball with friends, running at a park, or even just walking or biking around your neighborhood. Staying active is not the only part of having a healthy lifestyle, it is also important to maintain a healthy diet. One great way to find out how to eat a healthy diet is by referring to the food guide pyramid.

- The food guide pyramid provides information about the five essential food groups: dairy, fruits, vegetables, grains, and protein.
- The food guide pyramid helps you know which foods and how much of each to eat on a daily basis.
- No single food provides all of the nutrients that your body needs, so eating a balanced variety of foods within each group ensures that you get the necessary nutrients and other substances that promote good health.

Want to learn more about nutrition and health? A great website to find tips on healthy eating and fun physical fitness is www.myfoodguidepyramid.com.



Keeping a healthy lifestyle doesn't only have to be at home. 4-H Youth Development has a Nutrition Team dedicated to teaching other teens about healthy living. Want to join this fun team of youth during the summer? Find out more information about this exciting summer volunteering opportunity at www.pinellasteeninfo.com or by calling Eric Yuan at 582-2103.

From June 16-20, campers will enjoy canoeing, swimming, hiking, crafts and much more. You can also sign up for a county class such as shooting sports, camp newspaper, rocketry, wildlife or knots/friendship

bracelets to take each day. If you or your friends would like to find out more about Camp Ocala, visit the state website at <http://florida4h.org/camps/ocala.shtml>.

4-H Club Reports

Seminole Riders

The WHA Horse show was held in February, and Oreo took first place. Saturday, March 1, 2008 we had Horses for the Handicap while Wayne worked on getting the lights in the stalls. All of the plumbing is done and the rest-room is working too! Last Saturday Snakey put up a trail class for the handicap riders to go over and practice for the Special Olympics. Horses for the

Handicap is going well, but we are always looking for extra help (9610 125th St., Seminole, FL).

March 15th we went to County Events to present our demonstrations, and it went along nicely. Brianna, Brandi, Angie, and Alicia all did very well with their demonstrations, and Alicia, Brandi and Angie will be going on to District.

See you soon for an update on the Seminole Riders!

Brandi Sclafani

BBB's

February and March were busy months for the BBB's.

Several of our members participated in the Night of the Arts talent competition: Chase Hunter, Dakota Hunter, Nina, Nora and Dillon Jenkins, Aleyah Conway, Heather Moore, Adison Julian, Vanessa and Victoria Yore. Winners were Chase/Nina, Dakota/Aleyah and Victoria. They will all be going on to the District level of competition in Polk County. In addition, Laura Williams and Evan Julian danced as entertainment.

On March 8, 2008, the ball room part of the BBB's competed in the Treasure Coast Dance Championship in Gulfport, FL and won many ribbons and lots of scholarship money.

The Yore sisters, Vanessa and Victoria, participated in Demonstration Day on March 15th. Vanessa spoke about competing as a ball room dancer, and Victoria talked about the dances of ballroom. Both earned the privilege of going onto the District level of competing.

Evan and Adie Julian invited the ball room BBB's to participate in 2 activities associated with the Chasco Fiesta in New Port Richey: the team danced "Sassy Day" at the Gulfview Square Mall one Tuesday afternoon, and also put on an exhibition at Simms Park in NPR. Evan and Adie were even judges for a dance competition sponsored by the radio station WDUV after the exhibition.

Dakota and Chase Hunter danced along with their partners Lindsay Nobles and Laura Williams to the song "Singing in the Rain" for a fashion show in Seminole.

Over the weekend of April 4, 5 and 6, the BBB's camped out at Boyd Hill Park in St. Petersburg. Miss Gina biked to the park with the bicycle team, and others drove in with their families. Some slept in tents and others in cabins. The BBB's held their 4-H meeting on Saturday, April 5th. The highlight of the weekend was a pot luck dinner and dancing in Oak Hall.

Vanessa M. Yore
Ballroom BBB



If you enjoy writing, talking about current events and earning ribbons during achievement week, then we want to hear from YOU! Club reports are due into the 4-H office the first week of every month (please refer to your 4-H monthly calendar).

The bicycle group rode twice in the month of March. On March 24th, Miss Gina, Dakota, Chase, John Roe, Heather and Miss Roberta rode the Pinellas Trail. They started at the Long Center and rode to Safety Harbor and back to the Long Center. The weather was cold and windy. The boys got up to 20 MPH peddling down a bridge. We had lunch at a restaurant in Safety harbor. On the return trip Heather had a flat tire.

On March 31st, Miss Gina, Dakota, Chase, John Roe, Heather and Miss Roberta rode the Pinellas Trail. They started at the Target on Tyrone Blvd and rode to Centennial Park and back. The weather was warm and breezy. They played tag at the park and on the way back they stopped at the workout park and played there. They also went to Shells for lunch. They are looking forward to their ride to Boyd Hill Park in April.

Heather Moore
Bicycle BBB

4-H Families



4-H FAMILY
builds strong families
and strong communities

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

Installation 3 of 6

"Hi, I'm home!" said Ben Curious as he entered the room where his family was hanging out. "Hi honey!", "Hi dad!" responded Bea and the kids. "You won't believe what we talked about in our staff meeting today", said Ben. "What?!" the family asked in unison. "Our director talked about the triple bottom line of sustainability." Shirley quickly asked "Triple bottom line, what does that mean?" "I knew you were going to ask that." Ben replied. "After the meeting, I did a little Internet research of my own and found this article that explains it quite nicely. 'Sustainability: The Triple Bottom Line by Kelly Faloon, March 1, 2008.'" Ben begins reading from the article ... 'and this concept of sustainability says there are three "bottom lines" to consider, not just

the financial or economic one. There is also the environmental bottom line, which measures the impact on air, water, land and global climate. And the social bottom line, which measures the impact of a person's happiness, health and productivity, as well as the community's welfare.' Good stuff, huh?" Ben proclaimed happily. "So, by being sustainable and green we will reap the economic, environmental, and social benefits" said Bea. "Exactly!" said Ben. Reaching for the paper, Andes asks "May I take a look at the article?" Handing the paper to Andes, Ben responded "Sure son." Andes reads "... 'the social bottom line, which measures the impact of a person's happiness, health and productivity', so this means that making smart choices

about what we eat and exercising on a regular basis is all a part of being sustainable?" "Absolutely!" said Ben. Pointing to a sentence where her son stopped reading, Bea chimes in "and don't forget the last part, ... 'as well as the community's welfare' this means that not only do your decisions affect you, it can affect our family and ultimately the whole community." "Wow!" Shirley said in amazement. "Mom I don't quite understand" said Andes. "Well, think about it, do some research on your own, and we will discuss it further this weekend. But right now, let's go into the kitchen so we can prepare dinner." *Don't miss the next issue of the Cloverleaf to see how being sustainable can benefit their family, community, country and the world.*

4-H Calendar

May 26

Memorial Day

4-H Office Closed

June 5

Cloverleaf News Due

June 6

Volunteer Banquet

PCE/6:30 p.m.

June 16-20

4-H Camp Ocala

Ocala National Forest

June 21-23

State Volunteer Forum

Camp Cloverleaf

June 23

Club Level Project Judging

Sheets Due

June 23-27

4-H Legislature

Tallahassee, FL

July 4

Independence Day

4-H Office Closed

July 7

Cloverleaf News Due

July 12

Projects Due for County Judging

July 15

4-H Advisory

PCE/6:30-8:00 p.m.

July 17

Community Service

Grants Board Mtg.

6:30-8:30 p.m.

July 21-25

4-H Congress

Gainesville, FL

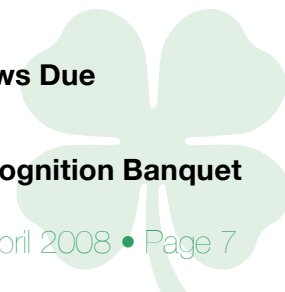
August 5

Cloverleaf News Due

August 15

Awards & Recognition Banquet

PCE/6:00 p.m.



Cloverleaf

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JUNE 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)

This newsletter was produced in cooperation with the Pinellas County Communications Department. 333 Chestnut St. • Clearwater, FL • (727) 464-4600

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Janet Golden, Program Leader
4-H Youth Development

Jean Rogalsky, Agent
4-H Youth Development

Elizabeth Tobias, Agent
4-H Youth Development



Pinellas County 4-H Youth Development

IFAS/University of Florida
Pinellas County Extension
12520 Ulmerton Rd.
Largo, FL 33774-3602

(727)582-2215 phone • (727)582-2262 fax
www.pinellascountyextension.org

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

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