



Cloverleaf

Pinellas County
4-H

April - May 2007
Volume 2- Issue 2

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Hot Topics

Night of the Arts Rocks

This year's Night of the Arts was the largest ever with 24 competing acts. The evening was so large that the Fashion Revue was moved to Demonstration Day. The talented 4-H'ers sang, played piano and violin, performed puppetry and even signed a song. The 25 youth participating in 24 acts really challenged the judges to decide which two junior, intermediate and senior acts would get the chance to participate in District Events.

After a long deliberation it was decided that for a second year in a row, Sarah Head of the Jungle Club singing "Popular" would be one of the first place junior acts. The other was Miranda Reyes for her piano piece "Sonatina Op. 36, No 1". The intermediate acts were a family affair with both Vanessa Yore singing "Good Morning Baltimore" and Victoria Yore singing "The Girl in 14-G". The Yore girls are members of the Dreamcatchers 4-H Club. Seniors advancing to District Events were Clearwater Lightning's Stephanie Tonnesen for her piano pieces "Reverie" and "Restless Sea", and Maranatha's Jenny Healy for her sign language version of "Cry Out to Jesus".

The Gulfcoast 4-H Club deserves special mention. They worked together on an act but could not be judged because they were from different age categories. While the judges were deliberating, Katelyn Garner, Tricia Gellatly, Matthew Garner, and Christopher Garner performed a very creative "Fur Elise with Soul" on the piano. We would like to thank the Head family of the Jungle Club for the loan of their sound system and expertise to keep the program running smoothly. We would also like to extend a special thank you to the **Music Gallery**, 5990 Ulmerton Road. They are fantastic hosts. If you stop by the **Music Gallery**, please extend your appreciation for this opportunity.

HCE Scholarship

The Florida Association for Home & Community Education, Inc. is offering \$300.00 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 grant must be used at one of the Florida State College/University, Junior Colleges, or Vo-Tech schools. This is a grant and need not be repaid. Subsequent Grants can be given dependent upon the number of new applicants for



Hot Topics cont...

the year, not to exceed a total of two grants to any one applicant. Selection will be made by the FAHCE Foundation Advisory Board, the State President and the State Treasurer. The deadline to submit this application is August 15, 2007. If you are interested, please contact the 4-H office for an HCE Grant Application.

Consumer Choices

Did you know you should apply sun block at least 40 minutes before going out in the sun or that chewing gum can help you stay awake? Our consumer judging teams sure do! And it helped them compete April 21st at the Central Florida Fair in Orlando.

Consumer judges are scored individually and as teams. This year we had two youth that placed as individuals - junior Alyssa Coburn and senior Chris Coburn. Alyssa placed 2nd in Placings, **1st in Oral Reasons**, and 2nd in High Point. Chris placed 3rd in Placings, 3rd in Oral Reasons, and 3rd in High Point.

Our teams also did very well. The junior team of Alyssa Coburn - Ambassadors, Addison Gurvitz - Ambassadors, Julie Phouy - 4-H Fun Club, and Crystal Wong - 4-H Fun Club placed 2nd. The intermediate team from the 4-H Fun Club; Alec Ithavilaysuk, Trong Du, Uyen Le, and Thanh Thuy Nguyen placed 4th. And the senior team of Chris Coburn - Ambassadors, Jenny Healy - Maranatha, and Matt Healy - Maranatha placed 2nd.

Also participating in the contest this year were: Sarah Howard - Clearwater Lightning, Ben Moore - 4-H Community Service Grants Board, and Sonny Sayavong - 4-H Fun Club.

Congratulations to all of our participants.

State 4-H Forest Ecology Contest

It was a cool spring day at Austin Carey Memorial Forest, as 4-H youth gathered to compete in the 4-H Forest Ecology Contest. Each participant rotated through six stations that tested their knowledge of tree and plant identification, forest insects and diseases, map and compass, forest wildlife, and forest ecology. Many thanks to the UF School of Forest Resources and Conservation staff and students who help organize the contest materials.

All the Pinellas winners are from the Gulf Coast 4-H Club. Thank you Coach Kevin Garner!

Junior Individual Winners:

1st Katelyn Garner

3rd Kailey White

Junior Team Winner:

1st Pinellas: Katelyn Garner, Tricia Gellatly, Daniella Vacek-Best, Kailey White

Intermediate Individual Winner:

2nd Matthew Garner

Intermediate Team Winner

3rd Pinellas: Matthew Garner, Hayden Anderson, Ashley Bently, Victoria Hynes

Area E 4-H Horse Show

Riders and horses from Seminole Riders, Hearts and Hooves Saddle Club, and Country Day represented Pinellas County at the horse show April 28 & 29. Congratulations to Lindsey Gillette and Lord He's Bodacious of Country Day for qualifying for the State 4-H Horse Show. Lindsey placed in three classes to earn enough points to qualify. Also placing in their classes were Ashley Kraus and Brittany Pier of Seminole Riders, Olivia Sipos of Hearts and Hooves Saddle Club, and Vanessa Gillette of Country Day.

For more information about these or any 4-H competitive events, please call the 4-H Office at 582-2215.

My S.L.A.W Weekend

By: Matthew Galiano, Crazy for Canines 4-H Club

I went to 4-H S.L.A.W weekend from February 2 - 4th at Camp Cloverleaf, Lake Placid, FL. S.L.A.W is the Southern Leadership Adventure Weekend. This year was different because Intermediates were allowed to go. The weekend was full of activities! When I got there on Friday, I went to check in and went to an assembly. The assembly described the events. Then we played a get-to-know each other game. When we were done with that we went to our cabins to do a cabin get together game. Then we went to another assembly and later went to the big campfire they had. After that we went to bed. In the morning we went to another assembly then we went to our events. The first four out of eight events we rotated from MOCK Legislature to YEAH's jumpstart to health program to canoeing on the lake to doing community service by making Valentine's Day hearts for the elderly. The other four we picked the night before. I chose Demo 411, Self Defense Made Easy, Dodge Ball, and Outside of the Box. My favorite event was Dodge Ball because it was fun and exciting. Saturday night we went to Mock Legislature where they passed fake bills to teach us about the real Legislature. After that some of us went to a movie others went to a dance. I went to a dance. I went to the dance, then we went to bed. On Sunday we went on a senior scavenger hunt, then we did our evaluations and went home! It was all fun although none other than me were from Pinellas. I am definitely going back next year!

Don't let Matthew go it alone again! Please check the 4-H website for information on next year's S.L.A.W.

Demonstration Day March 31st

Thirty-five individuals and two teams presented their demonstrations, illustrated talks, speeches, poster art and Fashion Revue at Demonstration Day. We are proud of all that competed no matter what color ribbon they received. Thank you to all the leaders, youth leaders, and parents that helped our participants succeed on Demonstration Day. Congratulations everyone!



The category winners, their clubs, and their categories are:

Addison Gurvitz - (Ambassadors) Food Preparation
Chelsea West - (Crazy 4 Canines) Food Preparation
Devin Radford - (The King's English) General Public Speaking
Chris Coburn - (Ambassadors) General Public Speaking
Michaela Polmann - (4-H2O) Animal Industry
Katie Hendrix - (Crazy 4 Canines) Companion Animal
Danielle Hendrix - (Crazy 4 Canines) Companion Animal
Rebecca Morris/Jennifer Galiano - (Crazy 4 Canines) Companion Animal
Vanessa Yore - (Dreamcatchers) Leisure Arts/Recreation
Melissa Sharp - (4-H Fanatics) Leisure Arts/Recreation
Micah Tonnesen - (Clearwater Lightning) Aquatic & Marine Environment
Samantha Witsey - (Ochs Garden) Plant Connections
Stephanie Tonnesen - (Clearwater Lightning) Forests & Other Terrestrial Environments
Jackson Garcia - (Average Joe's) Mechanical & Electronic Science
Lexa Armstrong - (4-H2O) Media Arts
Jessica Freed - (Pony Pals) Horse
Kelsie Cobb/Shelby Comerford - (Hearts & Hooves) Saddle Horse
Chelsea Bolin - (Seminole Riders) Horse
Elinor Gale - (Sliver Thimbelinas) Clothing Construction School Wear
Miranda Gale - (Sliver Thimbelinas) Clothing Construction Special Occasion
Olivia Cook - (4-Him 4-H) Clothing Construction Active Wear
Victoria Cook - (4-Him 4-H) Clothing Selection Special Occasion
Maribel Graczyk - (Girls of Grace) Dairy Poster

District IX Events Success!

This year Pinellas County hosted District IX Events. Pinellas, Hillsborough, Manatee, and Sarasota belong to District IX. At District Events 100 4-H'ers competed. There were 200 in attendance. If you did not take advantage of attending District Events while they were here in our county you missed out on some excellent demonstrations, illustrated talks, speeches, Share the Fun, and Fashion Revue. Congratulations to all the families that did join us at the Indian Rocks Christian School May 5th. Junior and Intermediate winners received a camp scholarship. Senior winners received a full scholarship to 4-H Congress. Seniors advancing to state competition are in italics.

Here are the results:

Sarah Head - Jungle Club
Share the Fun - Blue/First

Miranda Reyes - Girls of Grace
Share the Fun - Blue

Vanessa Yore - Dreamcatchers
Share the Fun - Blue

Victoria Yore - Dreamcatchers
Share the Fun - Blue

Jennifer Healy - Maranatha
Share the Fun - Blue

Stephanie Tonnesen - Clearwater Lightning
Share the Fun - Blue

Victoria Cook - 4-Him 4-H
Clothing Selection Special Occasion - Blue/First

Elinor Gale - Silver Thimbelinas
Clothing Construction School Wear - Red/First

Miranda Gale - Silver Thimbelinas
Clothing Construction - Red/First

Olivia Cook - 4-Him 4-H
Clothing Construction Active Wear - Red/First

Breanne Kujumdziev - Silver Thimbelinas
Clothing Construction My Choice - Blue/First

Devin Radford - The King's English
General Public Speaking - Blue/First

Micah Tonnesen - Clearwater Lightning
Aquatic & Marine Environments - Blue/First

Samantha Witsey - Ochs Garden
Plant Connections - Blue/First

Jackson Garcia - Average Joe's
Mechanical & Electronic Science - Blue/First

Lexa Armstrong - 4-H2O
Media Arts - Blue/First

Michaela Polmann - 4-H2O
Animal Industry - Blue/First

*Chelsea Bolin - Seminole Riders
Horse - Blue/First*

Katie Hendrix - Crazy 4 Canines
Companion Animal - Blue

Danielle Hendrix - Crazy 4 Canines
Companion Animal - Blue

*Rebecca Morris/Jennifer Galiano - Crazy 4 Canines
Companion Animal - Blue/First*

Addison Gurvitz - Ambassadors
Food Preparation - Blue/First

*Chris Coburn - Ambassadors
General Public Speaking - Blue*

Marine Ecology Special Interest

The Marine Ecology Special Interest group will begin in August with orientation meetings. This is a program for anyone interested in the marine environment. We will be studying various plants, vertebrates, and invertebrates that inhabit the marine world. There will be at least two field trips and the final event will be participation in the State competition in Kissimmee on November 3 for the youth that want to test what they have learned. We will be allowed to take two each junior, intermediate, and senior teams as well as three individuals in each age group. Please contact the 4-H office if you would like to participate. We need to know who is interested, so that we may prepare the study books prior to the orientation meeting.

4-H Clubs



Achievement Time - Completed Project Judging Sheets Due in June

It is that time of year again - Achievement! All 4-H club members should be completing their projects and turning them in to their club leaders for judging. All 4-H club leaders should send their completed judging sheets to the 4-H Office by the second week in June.

To achieve, a 4-H member should do a demonstration or illustrated talk, complete required activities in the project book, create an exhibit, and complete a project summary or report. These requirements are explained in the 4-H publication "A Completed Project Is...". It is available on our Pinellas county 4-H website and at the 4-H Office. All members who achieve receive a year pin and project certificate. 4-H members are also eligible to apply for Clover Awards. In this award system, participation, attendance, and competition all contribute to different level awards. The award materials were handed out in the beginning of the 4-H year. If you do not have these materials, please let us know. The Achievement banquet to recognize these youth accomplishments will be August 24.

Remember blue ribbon club level projects are due to the 4-H office for county judging by June 24th.

And Now for Something New

This year every enrolled 4-H'er has the opportunity to apply for a Standards of Excellence Award. The awards come in Bronze, Silver, Gold, and Emerald clover levels for juniors, intermediates, and seniors. Cloverbuds can participate as well but they only have one level of award, the clover. To earn these awards each 4-H'er must individually apply.

Applications are available from your club leader and the 4-H office.

What do you have to do to earn an award? There are different requirements for different ages, but the one constant is you must attend 2/3 of the club meetings.

Here are some answers to the FAQ's:

1. If you went to the event and watched you attended; if you went and did something you participated.
2. For this form you may only count community service done as a 4-H activity.
3. A project report is the blue, green, or white form that comes from the 4-H office or your leader.
4. Teaching a club activity is a pre-arranged club time set aside by your leader. It can be educational or recreational.
5. Building My Portfolio forms are an option to get an award and are useful tools to use.
6. "My 4-H Experience" poster (or any poster) should be 14"x22".
7. "Can One Youth Really Make a Difference" essay should be 5 paragraphs in length with a maximum of 500 words.
8. The intermediate and senior wild card is an interview with a 4-H Alumnus (not a relative). A written report (5 paragraphs maximum 500 words) is to be turned in with award application.

4-H Family



4-H FAMILY
builds strong families
and strong communities

Are We There Yet?

While traveling for summer vacation, parents will probably hear the question "Are we there yet?" Whether by car, bus, or train, take advantage of your family travel time. This is the perfect opportunity to spend that quality, uninterrupted time with your family which is critical for building and maintaining a strong family.

During your summer trip, try playing "The Traveling Name Game."

Simply start by naming a vegetable. The next person names a vegetable that starts with the last letter of the first vegetable. The longer the game goes on, the more creative you have to be to stay in the game. The topic can be whatever you choose.

This game will have you laughing and having fun in no time. And you know what they say, "Time flies when you're having fun!" So don't be surprised if someone says "Awww...we're there already."



For more family activity ideas or to participate in the 4-H Family four-week series, contact Vestina at vcrayton@pinellascounty.org or (727) 582-2450.

4-H Foundation Station

Are you creative, dynamic, have a knack for fund raising, and believe in supporting the 4-H program? If any one of these describe you, then the 4-H Foundation would like to invite you to join. If you are looking for a rewarding experience, our next meeting will be June 7th at the Pinellas County Extension office at 6:00 p.m.

What is the purpose of the Pinellas County 4-H Foundation?

The 4-H Foundation's primary purpose is to raise money to use to support the 4-H program. Foundation members include 4-H leaders, parents, Master Gardeners, and retired county employees. You do not have to have a 4-H background to be a productive member. It is more important that you can work with the team to generate ideas and ways to supply scholarship and program dollars for 4-H youth and volunteers.



4-H Operation Military Kids



"Thanks From The Troops"

4-H Operation Military Kids has received many "thank you" letters from soldiers serving in Iraq and Afghanistan. They express their gratitude for hand-made Valentine's cards they received from our 4-H District Council members. In addition, 4-H and OMK youth volunteers also made holiday cards for the children and spouses of deployed soldiers in our area.



Dear Flo,

2/16/07

My name is Scott Grant and I am the Operations Officer for the C-12 detachment. I am writing to thank you for the generosity you have shown in making our Valentines Day a little more special. We are about to depart Afghanistan, but the folks replacing us will still use the same address. We also shared your gifts with some of the soldiers who are around us. Again, thank you for your support and generosity.

Respectfully,

Scott Grant



4-H Teens

Let's Get Physical!

One of the 4 H's is pledging your health to better living. As you gear up for the summer try and remember that being physically active every day is just as important as eating healthy. So if you are not already doing it, we are hoping this article might get you going.

Why is it important? Being active for 30-60 minutes on most days can help you build strength and fitness, relax and reduce stress, have more energy, and improve your sleep. These benefits all add up to decreasing your risk of heart disease and other conditions, such as colon cancer, diabetes, osteoporosis, and high blood pressure.

Try and include physical activities daily this summer. Be creative in the activities you choose. Find something you like to do, make it fun! Some suggestions are to play games in the yard, walk your dog, go swimming, have a scavenger hunt, or play an interactive dance and movement game using a gaming system such as Wii or play station.

Tips to get your family to be more active:

- Physical activity can be done inside or outside.
- Physical activity should be fun for children and teens.
- Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.
- Include physical activity in your next birthday celebration or family gathering.

When purchasing gifts buy something that promotes being active.

So get out there and get moving!

The resources used for the above article include the American Heart Association www.americanheart.org and www.healthierus.gov

Other site to check out: Assess Your Physical Activity

<http://www.mypyramidtracker.gov>

Physical Activity Resource

<http://www.kidshealth.org>

Free 2 month membership for any youth ages 13-18 to Lifestyle Family Fitness. This offer is running through August so take advantage. To find a location near you go to www.lff.com.

4-H Club Reports

Girls of Grace

By Miranda Reyes

The Girls of Grace 4-H club began the year 2007 requesting a grant from the 4H Youth Development Board. The grant was used for a community service project at the Homeless Emergency Project (HEP) in Clearwater, Florida. This project was led by club member, Ariana Myers, and her mother, Lisa. On February 12th, the Girls of Grace went shopping for items to be given to HEP. On February 26th the club visited HEP in Clearwater and delivered the items. We were greeted by Rebecca, who explained the things HEP does and also gave us a tour of the facility. We learned the homeless arrive at the facility without anything at all except the clothes on their backs. Some of the services that HEP provides are dental clinics, Family learning centers for after school programs. HEP also provides three meals a day. We felt so good to know that we could help and learn about this special homeless shelter.

Also, congratulations to club member Megan Johnson. Megan requested a grant for another community service project. This project, which is still "baking in the oven", will help the Christian Outreach Center. We expect this to be our project for the month of April. Well done gal pals!!!

4-H Club Reports cont.

F.A.I.T.H. 4-H Club

F.A.I.T.H. (Fun Activities In The 'H') is a new club this year with a focus of Heads on science, Hearts on friendship, Hands on Service and Health on having great fun. Each member is working on a different project (or two)! We come together to share what we have learned through presentations and activities given by the students. The children also look for ways to use their new knowledge to serve the community.

At January's meeting, we had our first guest speaker, Margaret Deller, 4-H Educational Instructor. Ms. Deller gave a presentation on 'How to give a Presentation' and also answered our many questions on all we could do in the 4-H.

Following Ms. Deller, Jozef Soja did an illustrated talk on mollusk and how to clean and classify your seashell collection. The group then made a piece of 'shell art' to be exhibited in the annual St. Petersburg Shell Show.

The club's artwork won a yellow ribbon and each member had a certificate of participation. Jozef Soja's shell collection received a red ribbon and a certificate of participation.

We encourage you to start collecting shells this summer to exhibit next year!

Our youngest cloverbud, Hannah Engwall, is enjoying the 4-H Fun with Food project book. It was Hannah's idea to go pick strawberries for fun and the club agreed it would be fun to share. A report on our day is given below by Benjamin Engwall:



On Wednesday, January 24, the F.A.I.T.H. 4-H Club went to Hunsader Farm's U-Pick Strawberry Field in Bradenton. Attending from the club were: Esther (future cloverbud), Hannah, Benjamin, Joseph, and Jozef. The club picked and washed six pounds of strawberries. Those strawberries went to the Ronald McDonald House. The staff there was delighted with seeing so many strawberries and two bottles of whipped cream!

Submitted by Benjamin Engwall
F.A.I.T.H 4H Club

Seminole Riders

By Arinn Bolin

The Seminole Riders have been quite busy these past months! Our members have kept up their riding skills with lessons and showing. On February 11th, Lindsey White, Alicia Griggs, and Chelsea Bolin traveled to a dressage show at First Choice Equestrian Center and did very well, scoring high in all of their tests. More recently, a majority of our members participated in the local WHA show. Successful participants included Chelsea and Brittany Poole, Lindsey White, and Alicia Griggs. Congratulations to Chelsea Bolin and Ashley Kraus for receiving the high point awards!

Aside from the extra effort spent practicing horsemanship, we have been busy with our demonstrations and project books. We are all looking forward to an exciting month and the upcoming Area E horse show.

Keeping busy is one of the things the Seminole Riders do best! Project books are coming to a close, and all members are starting their demonstrations. We have a variety of projects ranging from horses and animal sciences to goats and swine. On March 31st, Chelsea Bolin, Angie Zazzaro, and Lindsey White participated in demonstration day. All received blue awards and Chelsea will be representing the horse project at District level, and Angie is the alternate. Congratulations to all participants!

March 18th was the 4-H Horse Show at Helen Howarth Park. Alicia Griggs, Ashley Kraus, Angie, Lindsey, and Chelsea all showed in preparation for the upcoming Area E horse Show, held at the Tampa Fairgrounds on April 27 - 29. Special thanks to Jessica Wagner and Ann Marie White for grooming, and to Mary Urquhart for helping us keep the park clean. Good luck to all riders at Area E!

4-H Calendar

- | | | | |
|---------------|---|---------------|---|
| *May 28 | Memorial Day
Office Closed | *June 25 - 29 | 4-H Legislature/
Tallahassee |
| |  | *July 4 | Holiday - Office Closed |
| | | *July 5 | Cloverleaf News Due |
| *June 4 - 8 | 4-H Camp Ocala in
Ocala Nat'l Forest | *July 19 | Community Service Grants
Board Mtg./6:30-8:30 p.m. |
| *June 5 | Cloverleaf News Due | *July 23 - 27 | 4-H Congress/Gainesville |
| *June 9 | Club Level Project Judging
Sheets Due | |  |
| *June 21 | Community Service Grants
Board Mtg./6:30-8:30 p.m. | *August 6 | Cloverleaf News Due |
| *June 23 | Club Projects Due for
County Judging | *August 16 | Community Service Grants
Board Mtg./6:30-8:30 p.m. |
| *June 17 - 22 | Welaka Horsemanship
School in Welaka State
Forest | *August 24 | Awards/Recognition
Banquet - 6:00 p.m. @ PCE |

Volunteers Note

The Volunteer Banquet has been moved from June 1st to September 7th due to building renovations.



Pinellas County 4-H Youth Development

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

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

Phone: 727-582-2215
Fax: 727-582-2262

County website: www.pinellascounty.org/extension
State website: www.4h.ifas.ufl.edu

The
Power
of Youth 

Making the best better!

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

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