



Cloverleaf

Pinellas County
4-H

Autumn 2007
Volume 4- Issue 4

INSIDE THIS ISSUE :

Hot Topics	1 - 3
4-H Foundation Station	4
4-H Clubs	5
4-H Family	6
4-H Afterschool	7
4-H Community Service Grants	8
4-H Club Reports	9
4-H Calendar	10

Hot Topics

4-H Open House and Apple Cook-Off—November 17

The 4-H Office would like all clubs to join us for the 4-H Open House. This is a wonderful event to show the community all the great and fun things we do in 4-H. We are looking for clubs to set up an exhibit or conduct an activity. The exhibit could be the projects you have done in the past. The activity could be one for the visitors at your booth, or a mini-workshop to be done one time. Last year the Ambassadors presented an Improv workshop. The Pony Pals showed us how many hands we were tall. We can help you come up with ideas.

We already have a butter making activity from Pizza Garden, a nutrition booth, Rockets Away, a 4-H Tech Team display, and the wildly popular Extreme Gingerbread House contest.

Are you crafty? Your club may set up a booth and sell handmade crafts your club has made. Last year, clubs sold holiday decorations, "salad bowls" (container garden with growing greens), horsey handbags, and gift items. Several of the items were recycled art creations.

Another happening will be the first 4-H County Council meeting. District IX Council President Sean Russell and Vice President Devon Parke will be there to talk about 4-H district activities. The meeting starts at 10:00.

Mark your calendars for the Second Annual 4-H Open House and Apple Cook-Off on November 17 from 10:00 to 3:00. This year the event will be even more exciting since the new Market in the Park will be open in the parking lot from 8:00 to 1:00.

Apple Cook-Off

Youth, adults, and families are invited to enter the 4-H Apple Cook-Off. Pre-registration forms are in this Cloverleaf, on the website, and at the 4-H Office. Each recipe must contain at least one apple. The finished product must be checked in at the Apple Cook-Off registration table by 10:00 that morning. Along with the apple dish, please fill out a card with your name, recipe name, category, and phone number. Also bring the recipe, either on recipe cards or printed out on regular paper. If you have questions, please call Jean Rogalsky at 582-2597.



Hot Topics cont...

Congratulations to our Award Winners!

Each year the 4-H staff selects two outstanding clubs to be Club of the Year. These clubs are selected because they achieved their goals, their high level of activity in project work, and community service. Our winners for 2007 are:

Crazy 4 Canines and Seminole Riders

The Leadership Award goes to Jennifer Galiano of Crazy 4 Canines.
The 4-H Historian of the Year is Lindsey White of Seminole Riders
Winning her 20th Blue Ribbon is Angela Zazzaro of Seminole Riders.



County Achievement Project Medal Awards

Consumer Education.....	Joshua Holman
Conservation	Stephanie Tonnesen
Dog.....	Katie Hendrix
.....	Danielle Hendrix
.....	Jordan Hunter
.....	Jennifer Galiano
Food & Nutrition.....	Benjamin Engwall
Gardening & Horticulture	Samantha Witsey
Horse.....	Chelsea Bolin
.....	Sarah Gilbert
.....	Brittany Pier
.....	Kaymie Van Benthuysen
Marine	Jozef Soja
Media/Visual Arts	Melissa Sharp
Outdoor Education	Matthew Galiano
Performing Arts.....	Victoria Yore
Pets/Small Animals	Caleb Holman
Rabbits.....	Angela Zazzaro
Recreation.....	Vanessa Yore
Swine.....	Katlynn Jansen
Veterinary Science	Arinn Bolin

Hot Topics cont...

Clover Certificate Awards



<u>Cloverbud</u>	<u>Junior</u>	<u>Intermediate</u>	<u>Senior</u>
Chelya Buck	Kaylee Hone	Matthew Galiano	Jennifer Galiano
Chloe Buck	Benjamin Engwall		Stephanie Tonnesen
Hannah Engwall	Jessica Freed		
Joseph Engwall	Jozef Soja		
Christian Kondor	Micah Tonnesen		
Anna Moore			
Sofia Parent			
Ramius Steihler			
Reanna Steihler			

Volunteer Award

These awards were presented September 7 at our Leader, Volunteer, Donor Banquet. Congratulations to these winners and all of our adult volunteers who make our 4-H program one of the best in the state!

Head.....Carlos Colon
HeartMickey Soja
Hands.....Barbara Orr
Health.....Maggie Halbert
SpiritLisa McBride

Rookie of the YearRosa Freed
Volunteer of the Year.....Mary Urquhart
Leader of the Year.....Liz Piquet
4-H AmbassadorJulie Burton

Don't Have a Pig? You Can Still Enter the Florida State Fair!



The Florida State Fair has many fun and exciting competitions available for youth to enter. These competitions include baking, photography, sewing, horticulture, and art. The complete list for the Family Living Category, entry forms and rules are available on the Fair web site at:

<http://floridastatefair.com/content/view/19/47/>. Log on and download soon, since most entry forms are due by December 15, 2007.

Why enter the Fair ? You can show off all your fine work to a large audience. Most entries are awarded ribbons and entries that place will earn you \$12 for first place, \$7 for second and \$4 for third. You will also receive one free entry into the fair.

The State Fair begins February 7. The 4-H days are February 9 and 16 and 4-H'ers get in free!

District IX Holiday Party/Fundraiser

On December 14th the District Council will be hosting its first ever Holiday Party and Fundraiser. The event will be held at the Pinellas County Extension Office and will begin at 6:00 p.m. The party is open to all District IX 4-H members and their families. A \$5 donation lets your family in the door. Please bring a potluck dinner dish that will serve 8-10 people.

If you can't make it on the 14th, you can just purchase the ticket to support the District Council. Tickets can be purchased at the 4-H Office.

The District Council is a group of teen 4-H'ers who work together on district level activities. Last year they held the very successful District Congress for 4-H Juniors and Intermediates. This year Pinellas, Hillsborough, Manatee, Pasco, Polk, and Sarasota Counties all belong to 4-H District IX.

District 9 4-H Healthy Lifestyles Initiative Food Collection

This collection project is part of an effort by 4-H'ers statewide to promote healthier living for ourselves and the people living in our communities. The healthy food collected will be donated to a local food bank in this county. Suggestions of items for donation are:

- * Canned Fruits and Vegetables
- * Whole Grains such as Whole Wheat Pastas, Brown Rice, Whole Wheat Crackers, or Whole Grain Cereals
- * All Natural, Low Sugar/Low Fat Snacks such as Raisins, Trail Mix, or Dried Fruit.

Other items that could be included are: Soups, Low Sodium Pasta Sauces and Peanut Butter, and Low Sugar Jellies. Thank You very much for your donation and for helping promote the Healthy Lifestyles message with your generosity!

4-H Foundation Station

Foundation News

The Foundation would like to thank the clubs that have stepped up to the plate and picked up orders from people who have called the office but cannot get out to the Ochs to pick up the apples or pecans.

Help is needed October 25, 26, and 27 with delivering apples to cars. If you have any time you can give between the hours of 10 am and 5:30 pm on Thursday or Friday, or 10 am to noon on Saturday, please call Robin Moore at 384-2428 as she is coordinating apple delivery.

Scholarships

If you have not turned in your scholarship evaluation from this summer please be sure to get it in. These are a very important part of the Foundation scholarship program and we need to hear from you. Also, if you read your letter, failure to return the evaluation may affect your scholarship plans for the next year.

This year the Foundation had its first Scholarship/Donor Reception. The donors really appreciated meeting the young people that they have sponsored. Keep the thank you notes and evaluations coming in because then we have something to show our very generous donors.

Thanks to the following donors: Julie & Greg Burton
Robert Abben

David Cormier
Craig & Jill Galiano

4-H Clubs



Enrollment Forms

All members should have received their enrollment/re-enrollment forms by now, if you have not, please ask your club leader or contact the 4-H office 582-2215. Once you receive your forms please complete them and return the forms with your \$10 enrollment fee to your 4-H leader as soon as you can.

Please remember we must have current enrollment and participation forms for you to participate in 4-H activities.

Calling Club Officers!



Pinellas County 4-H is starting up its own County Council. The County Council is made up of the club's president or vice-president. The County Council helps clubs connect with each other. In other counties, the Council may organize a county-wide event or community service project. The County Counsel works with the District Council.

Usually the president and vice president represent their club on the council, although all members are welcome to attend meetings. Seniors and intermediates are best suited for membership on the council.

The first meeting of the County Council will be at the 4-H Open House and Apple Cook-Off on November 17th at 10 a.m. Officers of the District Council will be there, so you can meet them.

For more information contact Margaret Deller at mdeller@pinellascounty.org or 582-2263.



Loose Change

Do you have a pile of pennies in your piggy bank? Would you like to put it to good use? Then work with your club today and help our District win the Change Wars Contest.

Each year the State 4-H Office holds a Change War and asks the youth of 4-H to collect their pennies, nickels, dimes, and quarters for a common cause. This year we are collecting for the orphans of Piella. Piella is a small village in Burkina Faso, Africa. Currently, they get 1 meal a day of millet or rice. One teacher comes one week a month for schooling. One hundred percent of the money raised will go to the orphans. The money will be used to purchase seeds and tools so they can plant crops. They will also purchase chickens, dairy goats, a cow or steer, and pigs. A 4-H volunteer from St. Lucie County travels to the village twice a year so we will be getting updates on their progress.

So put out a can, bottle, or cup at your club meetings and collect as much change as you can. Collections can be turned in at the Open House on November 17 or no later than November 24th. The winning District will receive an award equal to 5% of the total money collected in their district.

4-H Family

Ask 4-H Family

What's new? Ask 4-H Family!

By now you're aware of the amazing new family opportunities 4-H has to offer. As a reminder, 4-H offers the following two programs for parents/caregivers and their youth: 4-H Family P.L.A.Y (Parents Learning Along with Youth), a four-week series for ages 7-12 and 4-H Family "Teening-Up", a six-week series for ages 13-17. 4-H Family is a group learning experience that promotes strengthening the family unit. Each program explores *Family Strengths, Family Communication, Family Decision Making, and Family Community Involvement*.

4-H is about educating and sharing information. The Cloverleaf will feature "Ask 4-H Family" as an ongoing initiative to assist our 4-H families with making their family the best. If you have a question or would like specific information about ways to help strengthen your family in the areas mentioned above, let "Ask 4-H Family" do the research for you. Since 4-H is a University of Florida IFAS affiliate, all answers and information will be research-based and the sources will be provided. All questions will be answered and featured in the Cloverleaf.

Below is an example of the type of information 4-H Family will and can provide:

Are teen brains really different?

Answer taken from the 4-H Family "Teening-Up" curriculum.



In 1999, researchers were surprised to discover that just before puberty, a second wave of overproduction of gray matter (the thinking part of the teen's brain) occurs. The teen's gray matter changes in different functional brain areas at different times in development. For example, the gray matter growth spurt just prior to puberty is predominant in the frontal lobe where brain functions such as planning, impulse control, and reasoning take place.

Reference:

Walsh, Michael (2004) *Why do they Act That Way: A Survival Guide to the Adolescent Brain for You and Your Teenager*. Minneapolis, MN: Family Information Services

Submit your questions to "Ask 4-H Family" at vcrayton@pinellascounty.org.

If you would like to participate in one of the 4-H Family programs, please call (727) 582-2450.



4-H FAMILY
builds strong families
and strong communities

4-H Afterschool



This year Pinellas County 4-H is expanding and enhancing our programs to engage more young people in 4-H Afterschool through a partnership with the YMCA of the Suncoast. Whether you are in a YMCA after school program or are just interested in participating in a YKids Club in partnership with 4-H there are four great 4-H

Clubs that have been designed specifically for the after school environment. For more information please call Janet Golden, 4-H Program Leader at 582-2105 or email jgolden@pinellascounty.org.

4-H Walk on the Wet Side Marine Club

Youth will see that learning about the environment can be fun through fun, interactive, and educational activities. In the 4-H Walk on the Wet Side Marine Club youth will learn about ecological concepts related to Florida's aquatic/marine ecosystems. In addition the activities promote the concept of good stewardship in the use and management of these valuable resources. Some activities youth will experience include; developing a marine ecosystem food web, creating an estuary, and playing "Mangrove Madness" to learn about the three types found in Florida.

4-H Earth Explorers Club

The 4-H Earth Explorers Club is designed to help youth understand the environment and stewardship issues associated with soil, air, and water conservation and quality. After learning about soil, air, and water plus their connections the youth will be given opportunities to make environmentally informed decisions concerning our environment with "Trade-Offs" and "Eco-Choices". Through these and many other activities youth will have a foundation for furthering their environmental awareness. The curriculum used for this club is also matched to the Florida Sunshine State Standards.

4-H Kids Cooking Club

In order for young people to live a healthy lifestyle it is necessary for them to have the skills to recognize, choose, and prepare healthy foods. While participating in the 4-H Kids Cooking Club, youth will develop these skills through hands-on cooking lessons. During the seven-session program, youth will be introduced to cooking vocabulary and techniques, tools and utensils, nutrition, kitchen safety, and new foods as they cook a new recipe each time. Youth will also benefit by increasing their math skills as they learn measurement, improve cooperation by working in teams, and gain an increased sense of confidence in preparing healthy foods at home.

4-H Money Matters Club

In the 4-H Money Matters Club youth will be guided through experiences in the world of money while they learn the characteristics and security features of our currency; explore the world of earning, saving, and spending; set savings goals for themselves; practice recording deposits in a savings account; and experience making choices with limited funds. This will be accomplished by hands-on activities such as bartering, designing their own money, and completing a treasure hunt for comparison shopping.

4-H Community Service Grants

Making the Best Better! That is the motto of 4-H, and here in Pinellas County youth are doing just that through community service. Girl Scout Troop 1166 received a \$1000 4-H community service grant to create an educational butterfly garden. They chose John Chestnut Park as the location for their project. There were five girls, along with support from parents and park staff that helped with the design and construction of the garden.



At the end of the experience the troop reported that they learned about what plants would attract butterflies and other tips about planting a garden. In the end, the girls' participation in creating this beautiful garden, helped to enhance an already wonderful park. If you are a youth ages 5-18 and have an idea for a project give 4-H a call or check us out on the web so you to can be part of making the best better! www.pinellascounty.org/extension or 727.582.2215.

Staff Changes...

As a new fiscal year dawns, 4-H Youth Development will be saying good bye to a highly efficient, energetic, and happy-going employee, Angela Wilson. Since her hiring in February 2007, Angela has brought a world of change to 4-H. In organizing this summer's volunteer program, she served as the main support staff to the varying project areas 4-H participated with over the summer! As a result of her guidance and leadership 4-H was able to provide a valued volunteer opportunity to many youth in the community. There were a total of 31 youth who provided approximately 2,280 service hours throughout the summer. Angela's personality and character will be missed and 4-H wishes her the best of luck in the future.



After a full year as a valued member of the 4-H staff we have to say good bye to Jennifer Galiano as a result of funding cuts from a grant through Juvenile Welfare Board. She brought fun and excitement each day to the 4-H office as a youth mentor. During her year of employment at 4-H Pinellas County Extension, she was a hard worker and made everyone's job easier and more enjoyable.



Jennifer utilized her variety of talents and good qualities to make a positive impact on 4-H. Jennifer was always willing to help people in any way she could, making her a benign and personable Youth Mentor during the teen summer volunteer program. The youth volunteers thoroughly enjoyed working with Jen on many projects throughout the summer and always considered her as someone they could turn to if they needed help in any aspect of their lives. Everyone at 4-H can clearly see Jen's caring and hardworking character which made her a vital member of the 4-H staff, but even more importantly Jen was a great friend to

everyone involved with 4-H. Jennifer's time spent as a 4-H employee will be greatly valued and she will be missed extensively by everyone. Although she is no longer on staff, she will continue to be involved with 4-H through her club, Crazy for Canines, and the Tech Team.

4-H Club Reports

4H2O



Hello, I'm Kaitlin Steen. I am President, Reporter, and Parliamentarian of 4-H₂O. Our group has been planning projects for this upcoming year. We all had to pick one project to do by ourselves. It was hard to pick only one project from the list. Lexa Armstrong and I chose "Canine Connections".

Michaela Polmann chose the second rabbit project, "Making Tracks" and her brother Jack chose the beginning poultry project "Scratching the Surface" Taylor Shelby chose a beginning engine project called "Cranking it Up" and her sister Tara chose "Pet Pals". Our leader is going to the Embryology Course so she can get us an incubator and some eggs to watch hatch. Jack will use the chickens we raise to enter in the Fair.

Since we are a small group, when we had elections, we realized we had to double or triple up on offices. Taylor Shelby is the Vice-President, Michaela Polmann is the Treasurer and Sergeant at Arms, Lexa Armstrong is the Secretary & Historian and Jack Polmann is the Pledge Master. We've already done officer training. We all read the Officers Training Handbook and then gave a presentation on our office(s) to the rest of our members.

We are meeting every Friday at 4:00 PM. Our leader, Ms Lisa, is helping us get our projects done by holding a project meeting every other week alternating with a business meeting every other week. Most of our members are really into Webkinz. Ms. Lisa is going to give each member who reaches their mid year goal a Webkinz, so we are pretty motivated. Most of us already have one or two of our activities done.

We are looking forward to getting our apples too. We hope to sell some at the Dunedin Green Market and also outside one of the health food stores. We're all excited to be together in 4-H₂O. We are looking forward to having a great year.

Welcome to the Newest 4-H Clubs



The 4-H Fishers Club are just getting started in Largo. Their leader is Tina Gilbert. The Gilberts have previously been in 4-H through the Ochs Garden. The club will be working on a vegetable garden project together. We wish them the best and look forward to reading their club reports.

Silver Stirrups is a new horse club located at Silver Stirrups Stable in Pinellas Park.

Their leader is Jennifer Gilkey, who is another of Mary Urquhart's alumna from Seminole Riders. This club is for 4-H'ers who own or lease a horse. We welcome them and look forward to seeing them at the next 4-H event.



Ochs Garden Club



The 4-H gardeners have finished planting their gardens for the fall season. We have planted tomatoes, peppers, eggplant, corn, peas, beans, carrots, lettuce, and other greens. At first the armadillos were uprooting some of the plants, but now they seem to have moved on. It was not raining very much, so some of the gardeners had to replant their seeds. It is so exciting to see the first shoots pushing through the soil! At the next club meeting, we will be making scarecrows to put in the plots. The scarecrows don't scare the crows, but they look great to the people passing by. Every year we get a lot of compliments about the scarecrows.

We see different types of wildlife at the Ochs. In addition to the armadillo, we have seen cottontail rabbits, red-tailed hawks, black racer snakes, and a garter snake. We have gopher tortoise burrows nearby, but we haven't seen the tortoises in awhile. There are also a lot of birds and butterflies around the vegetable garden, the butterfly garden, and the natural area.

The garden club has over 50 members, including members from three other 4-H clubs. If you would like to visit, the hours are Tuesdays and Fridays 3:00 - 5:00 and Saturday mornings 9:00 - 12:00. Sign up for the spring garden will be in January. For more information, please call 582-2597.



4-H Calendar



*October 12	Marine Photo Contest paperwork due	*November 17	4-H Open House & Apple Cook Off @ PCE/10-3 p.m.	*December 8	Horse Judging School in Gainesville
*October 16	4-H Advisory @ PCE 6:30-8:00 p.m.	*November 19	Recycled Art Workshop @ PCE/6:30-8:30 p.m.	*December 10	Recycled Art Workshop @ PCE/6:30-8:30 p.m.
*October 25-27	Apple order pick up @ Ochs	*November 22-23	Thanksgiving 4-H Office Closed	*December 21	Tropicana Winners Due
*November 3	Marine Ecology Comp. @ Osceola Heritage Park in Kissimmee, FL.	*November 26	Recycled Art Workshop @ PCE/6:30-8:30 p.m.	*December 24-25	Christmas 4-H Office Closed
*November 5	Cloverleaf News Due	*Nov. 30-Dec. 2	Second Executive Board @ Camp Ocala	*Dec. 31-Jan. 1	New Years 4-H Office Closed
*November 12	Veterans Day 4-H Office Closed	*December 3	Recycled Art Workshop @ PCE/6:30-8:30 p.m.	*January 4	Cloverleaf News Due
*November 13-15	Pizza Garden @ FBG	*December 5	Cloverleaf News Due	*January 17	Community Service Grants Board Mtg./6:30-8:30 p.m.
*November 15	Community Service Grants Board Mtg./6:30-8:30 p.m.			*January 21	Martin Luther King Day 4-H Office Closed

Janet E. Golden

Janet Golden, 4-H Program Leader

Jean Rogalsky

Jean Rogalsky, 4-H Agent

Elizabeth Tobias

Elizabeth Tobias, 4-H Agent



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.

Non-Prof Org.
US Postage
Paid
St. Petersburg, Florida
Permit No. 8089