



Cloverleaf

Pinellas County
4-H

June - July - August 2007
Volume 3- Issue 3

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Hot Topics

Awards and Recognition

The Awards and Recognition dinner will be held August 24th at 6:00 pm. This event recognizes youth who have achieved, competed, and/or participated in 4-H events. This year, by popular demand, we will be returning to the pot luck supper. Please bring your favorite dish. Please RSVP to Shelley with the number of your party and the dish you will bring at 582-2215 today. We look forward to seeing you there for food, fun, friends and family.

4-H Special Interest: Marine Ecology

Mark your calendars for Tuesday August 7th, at 7pm and attend an orientation meeting at Pinellas County Extension for the Marine Ecology Program.

Each year 4-H organizes a Special Interest Program that studies our marine habitats and wildlife. Those who participate will be given study material for independent learning and will have until October to prepare for a 4-H State (friendly, non-compulsory) Competition on November 3rd in Kissimmee. Some fun, hands on field trips are planned, a service project, and a special warning: you may get your feet wet!

Attending the Orientation Meeting will give you the chance to find out more about the program, have questions answered, and see some photos from last year. You will be able to sign up for the program on this night.

If you know for certain you will be participating in this year's Marine Ecology program or if you have any questions, please email Mickey Soja: asoja@tampabay.rr.com or contact Shelley Sarabia at 727- 582-2215 by August 1. We will then have study packets available at the Orientation Meeting for those who email in advance.

The Best Leader Training - Rock Eagle!

Southern Region Volunteer Leader Forum will be held from October 4 - 7 this year. It takes place at Rock Eagle, a Georgia 4-H camp, located in Eatonton, Georgia. Volunteers, 4-H staff, and faculty attend from the southern states, Grenada, Puerto Rico, and the Virgin Islands. This is a great opportunity to learn about all



Hot Topics cont...

the fabulous opportunities in 4-H.

The workshops offered this year cover many interesting topics: Digital Darkroom, Catching Cloverbuds, and Organization is it Really Necessary?, to name a few. Each evening there are fun shops where you can learn crafts and ice breakers to use at your club meetings. This is a time to learn, make new friends, and to feel good about the choice you have made, to be a 4-H volunteer. Not only will you be trained, but also recharged!

The 4-H Office provides transportation. The cost is \$230 for the weekend and partial scholarships are available. The fee covers everything but the meals (two lunches) on travel days. If you are interested in more information, please call Jean Rogalsky at 582-2597 or email jrogalsk@pinellascounty.org. Registration forms are due to the 4-H Office by August 17th.

Volunteers Needed



The Master Gardeners are requesting our help Saturday October 6th from 8 a.m. - 12 p.m. with the Master Gardener Plant Sale. They need 15 - 20 volunteers to help. Peak volunteer time will be from 10-12. You do not need to volunteer the whole time, but they would like as many people as possible.

Volunteers will be assisting customers with their purchases, moving plants to holding areas, plant runners, and helping to consolidate plants after the sale has begun. If you own a wagon it would be appreciated if you brought it. Youth ages 14 and up may volunteer on their own. Youth 13 and under may volunteer with a parent or 4-H Leader. Volunteers under 14 may volunteer as individuals or in groups of 6 or less. Lunch will be provided.

In the past the Master Gardener Plant Sale Committee has generously donated a portion of their proceeds to 4-H. So please, call and volunteer.

Please call 582-2263 or email mdeller@pinellascounty.org to register.

2007 4-H Marine & Aquatic Photograph Contest Mickey Soja/ Betty Lipe

The Marine/Aquatic Photo contest is held in conjunction with the 4-H State Marine Ecology Event. The photos will be on display on November 3, 2007 at the state event in Kissimmee. Youth do not need to be present to win an award however they are welcome to attend. The Marine Aquatic Photo contest is open to all 4-H youth regardless of age! Although photographs submitted by Cloverbuds won't be officially judged, they will be displayed at the event.

Photos must be submitted by October 12th to the Pinellas County 4-H Office. They may be submitted in the following categories:

Category 1 - Marine Habitats - includes photos of specific marine and brackish water habitats where the focus is the habitat, not individual animals or plants.

Category 2 - Marine Life - includes photos of animals and or plants of the marine/brackish water habitat. There may also be more than one species (a grouping) in a photo.

Category 3 - People in the Marine/Aquatic World - include photos of how people use or impact the marine (saltwater) and aquatic (freshwater) world.

Category 4 - Aquatic habitats - Includes scenes of freshwater lakes, ponds, wetlands or swamps, rivers, etc.

Category 5 - Aquatic Life - Specific animals/plants that can be found in freshwater.



Remember only single prints should be entered. For complete details on size, mounting, and an entry form, contact Mickey Soja asoja@tampabay.rr.com or blipe@co.pinellas.fl.us @ 582-2582.

Camp Ocala



We started our summer off right by spending June 4-8 at 4-H Camp Ocala. Twenty-two Pinellas campers joined campers from Hillsborough, Polk, and Pasco Counties for a grand total of 140! Several campers "brought a buddy" to show a non 4-H member how great it is to be in 4-H. One such buddy, **Mac Viljac**, who is the cousin of 4-H2O member **Kaitlin Steen**, even won the Jr. Head award. Mac and Kaitlin, joined by **Jessica Bandoni** and **Megan Kisluk** of the Ochs Garden Club, were part of the PPPH press team that wrote and designed the camp newspaper. Megan's buddy **Katie McNees** was also part of the team. The Crazy Clovers sure know how to make the most of the camp experience. **Katy Wheeler**, **Rachel Bozich**, and **Braxton Chavez** were Senior Counselors. In addition, Katy and Rachel taught the Hip Hop Dance and More class. **Cameron Wheeler** served as a C.I.T. (counselor in training) and won the coveted Jr. Spirit award. **Kevin Smith**, who first came to camp as the Tropicana winner, returned to have all the fun again. First time camper **David Blake** of the Ambassadors was one of the lucky ones chosen for the popular shooting sports class. Another first time camper, **Angel Callahan** of the Ochs Garden Club, bravely canoed across the lake and camped overnight as part of the O.C.A.L.A. class.

The teens decided to bring back the talent show, so Tuesday evening we were treated to our own Share the Fun. **Alyssa Coburn** of Ambassadors sang, as did **Sarah Head** of The Jungle Club. You may have heard them sing before. **Miranda Gale** of the Silver Thimbelina told the tale of the Muffin Tree. Angel also sang. **Jessica Freed** of Pony Pals brought her buddy **Elizabeth Gaskins**. They, along with Miranda and **Amanda Peacock** of Silver Thimbelina, were part of the drama class. The drama class and the Hip Hop class both performed for the entire camp. New member **Jennifer Parrish** added her special brand of energy to the Hip Hop class. **Elinor Gale** (another Thimbelina) and **Michaela Polmann** of 4-H2O learned about wildlife tracking. The class even set up a camera where they had found bear tracks! C.I.T. **Ben Moore** of the 4-H Community Service Grant Board rose to the challenge of serving as Senior Counselor when asked to after he arrived at camp. Now that's 4-H spirit!

We could not have had such a great week without our fantastic volunteers. Crazy Clovers 4-H Leader **Kathleen Wheeler** taught her Lots o' Knots class and led additional life skill activities as well. **Ben Wrobel** taught Rocketry and assisted in all those extra, unexpected duties that come up. HUGE thanks go to our Camp Nurse, **Lisa McBride**. She is wonderful as the leader of 4-H2O and extraordinary as our nurse. Reportedly, she could take a temperature, apply a bandage, braid hair, and apply the Heimlich maneuver at the same time.

Don't miss the fun next year. Our tentative camp dates are June 9-11.

We Can't Believe We Missed Him

When we listed the District winners we accidentally left Matthew Galiano off the list. Matthew received a blue/first for his Leisure Arts & Recreation demonstration "Backpacking Basics". Congratulations Matthew!

This Just In . . .

Chelsea Bolin received a red ribbon for her illustrated talk "Chapter 5C-18" at the State Horse Events held June 22nd. Great Job Chelsea!





Master Gardener Fall Plant Sale October 6, 2007 in Largo



Pinellas County Master Gardener's Fall plant sale will be held Saturday, October 6, 2007, at Pinellas County Extension, 12520 Ulmerton Rd., Largo. The event opens to the public at 9:00 AM and runs until 12:00 PM.

Early admission at 8:00AM for Florida Botanical Gardens members, Pinellas County Master Gardeners and Pinellas County Extension Staff

For more information contact Extension Office at (727) 582-2599

Or visit our web site at www.fbg.org then click on calendar of events.

There will be a wide variety of plants, including herbs, Florida natives and butterfly plants, and a good selection of shrubs, trees, and seeds will also be available at very low cost. For this sale we have the new Master Gardener cookbook containing over 300 recipes and Extension and Florida Botanical Gardens information and pictures. We will have educational displays with master gardeners and horticulturists will be on hand to answer your gardening questions For your convenience, please bring your wagon and come early for best selection.

The Master Gardener Plant Sales are a Pinellas County tradition that draws over 1000 attendees per sale. Proceeds from this sale are used to help support the Master Gardener Program, and make donations to the Florida Botanical Gardens, 4-H, and other worthy causes.



The IFAS/Extension public gardens are part of the Pinewood Cultural Park campus, also home to the University of Florida, Institute of Food and Agricultural Sciences (IFAS)/Pinellas County Extension, Florida Botanical Garden, Gulf Coast Museum of Art, and Heritage Village. The Pinewood Cultural Park is designed to educate, inspire, and showcase the arts, history, and nature. The environment in these surroundings motivates the visitor to practice techniques of Florida friendly living.

4-H Clubs



Did You Enter the State Fair?

Were your baked goods, crafts, or art on display at the Fair? Did you enter a plant or an aquarium? Did you show an animal? If so, Shelley needs to know for our records. Please email her at ssarabia@pinellascounty.org.

Calling All Gardeners! Pre-register Now!

Before you know it, summer will be over and it will be time to start gardening again. The Ochs 4-H Vegetable Garden sign up and orientation will take place August 27th at 7:00 p.m. in the Magnolia Room at the Extension Office. You must pre-register by calling the 4-H Office. After you pre-register, we will send you the enrollment paperwork to be returned at the orientation.



The garden is located at 14602 113th Ave, North in Largo. It is at the corner of 113th and Hamlin. The garden has been open to 4-H gardeners Tuesday and Friday afternoons from 3:00 to 5:30, but we are arranging Saturday morning hours. Please let us know if you are interested in Saturday hours.

For more information about the 4-H vegetable garden project, please call Jean Rogalsky at 582-2597.

More Ochs 4-H Educational Center News

Are you looking for a community service project or looking to volunteer outdoors? The Ochs 4-H Educational Center has several opportunities for 4-H members and adults. The commitments range in time from a couple of hours weekly for the 4-H year to one morning or afternoon. We already have a wonderful team working there, but we need more hands helping out. Benefits for year round volunteers include sharing the harvest of the community plots and citrus. All volunteers will be trained.

Vegetable Garden - If you like to garden and work with youth, you may want to help with the garden chores on Tuesdays, Fridays or Saturdays. Chores include watering, mulching, and weeding. Year round volunteers may be eligible for their own garden plot.

Landscaping - The plantings around the buildings need attention now and then. Most of the plants are native, but trimming and weeding is needed.

Wildflower Project - This is new! We are applying for a grant to plant wildflowers in the restoration area and in the area around the parking lot. Volunteers would assist in the preparation of the site, watering, and, you guessed it, weeding.

Restoration Area - This area has been set aside for wildlife. Volunteers would help with new plantings and removing invasive plants.

Citrus Grove - Volunteers help maintain the area in general.

Please call Jean Rogalsky if you are interested.





4-H FAMILY
builds strong families
and strong communities

4-H Family

4-H Family is Growing!

Because 4-H continually strives to meet the needs of our community, 4-H Family is proud to offer the following two programs beginning in the Fall:

P.L.A.Y. - **Parents Learning Along with Youth** is a four-week program designed for parents/caregivers and youth ages 7-12. Through hands-on learning experiences, families identify strengths, learn to communicate effectively, make decisions together and explore ways to make their community better.



Program Specifics:

Cost: Free

Location: Community Centers, Recreation Centers, Faith-Based Organizations, Community Club Houses, and any other indoor community space throughout Pinellas County.

Dates: To be determined by the participating group and 4-H staff

Time: 7:00 P.M. - 8:30 P.M. or 6:00 P.M. - 7:30 P.M.

Please note this program requires a minimum of five families to participate.

"Teening-Up" is a six-week program designed for parents/caregivers and teens ages 13-17. This program covers the following topics: The Teen Brain; Teen Transitions; Positive Discipline; Talking with Teens about Dating; Sex, Drugs, and Alcohol; Understanding Parent/Caregiver and Teen Anger; and Empowering Teens to Build Assets.

Program Specifics:

Cost: \$40.00 per family (Partial scholarships are available on an as need basis)

Dates: September 11, 18, 25, October 2, 9, 16

Times: 7:00 P.M. - 8:30 P.M.

Location: Pinellas County Extension, Magnolia Room, 12520 Ulmerton Rd., Largo

In addition: Course materials and a healthy snack will be provided.



4-H Family is the perfect opportunity to get to know the members of your family while building a safe, strong, and healthy environment where members can flourish.

Here's a 4-H Family strengthening tip: Take advantage of meal preparation time. This is a great occasion to spend time together and talk about what happened during your day. Children are never too young to be brought into the kitchen. Even a baby enjoys watching what is going on while you talk about the various activities you are performing. Toddlers love helping out and can begin with some simple tasks of meal preparation. For more ways you can get the most out of this experience, visit <http://unlforfamilies.unl.edu/Time/Family/MealPreparation.htm>.

Tip Source: University of Nebraska Lincoln, UNL Families, Building Strong Families.

For more family activity ideas, to participate in one of the 4-H Family series or for more information about the programs, contact Vestina at vcrayton@pinellascounty.org or (727) 582-2450.

4-H Foundation Station

Pinellas County 4-H Foundation to hold Orientation Meeting

On August 30, 2007, at 6:30 p.m. the 4-H Foundation will hold an orientation/introduction meeting for leaders, parents, and members of the community to introduce them to the mission of the Pinellas County 4-H Foundation. If you are interested in learning more about the Foundation and its mission, please call 582-2528 (Betty) and let her know. We would like to have a head count as light refreshments are planned.

4-H Foundation Station cont.

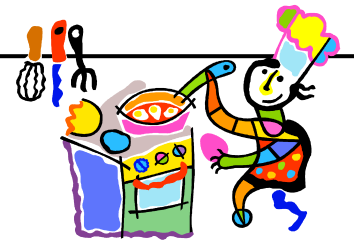
Did You Receive a Scholarship to Attend Camp, Congress, or Another Event? If So...

You are invited to a meet and greet reception on Sept 7th. 2007, from 5:45 to 6:30 p.m. All scholarship winners should plan to come to the Pinellas County Extension office to meet and talk with Foundation members - the people who made your scholarship possible. You may bring pictures, project books or anything else that you would like to show from your trip. Mark your calendars now and plan to attend. A follow-up letter to all scholarship recipients will be sent in August.

4-H Afterschool

4-H Afterschool's new Kids Cooking Club was a big hit!

Partnering with the YMCA of the Suncoast we were able to teach the program at Skycrest Elementary, Curtis Fundamental, and Plumb Elementary this past year. The kids learned how to cook nutritious meals while working as a team. Many of the kids took the recipes home to share with their families and came back to tell us that they cooked them again at home with the help of their parents.



The YMCA of the Suncoast was so impressed with the programs that 4-H has to offer that they have decided to use four of our programs in fifteen of their after school sites starting this fall. Through a collaborative effort 4-H will be training YMCA staff members to teach Money Matters, 4-H Kids Cooking Club, 4-H Walk on the Wet Side Marine Club, and 4-H Earth Explorers Club. By next year the plan is to have at least one 4-H program in all thirty three YMCA sites. We are very excited about the opportunity to bring 4-H into the lives of so many youth and we are looking forward to continuing the wonderful partnership with the YMCA of the Suncoast.

If you would like to have a 4-H Afterschool program at your child's after care facility please contact Karen Saley



4-H Operation Military Kids



Those of you who have participated in our Operation Military Kids projects and events, know how much Flo Hervey was the heart and soul of the program. In a bittersweet set of events, Flo has resigned from the program to join her husband at his next duty station. Lieutenant Commander Audrey Hervey has received orders to report to the Pentagon! Flo has touched so many lives through her hard work. She has said many times how she enjoyed working with the 4-H families who donated items or created cards for the troops. Although we will all miss her very much, we wish them the best of luck on their new adventure.

4-H Teens Update

The 4-H Program has lost a dedicated member of the team. Abbe Degroat has been accepted to the University of Florida College of Veterinary Medicine. We always knew Abbe was special. It is harder to get into this veterinary school than most medical schools. While we will miss Abbe's hard work and radiant smile, we are excited she can take advantage of this great opportunity. Perhaps we can ask "Dr. Abbe" to do a workshop for us!



4-H Teens

Something Different for the Summer

Words/Pictures by Eric Yuan

Summer is a time away from school; a time for kids to have fun and do what they want. Although it would seem that summer leaves room for endless possibilities and many productive opportunities, if you ask any teen what they have done for the summer they would equivocally respond, "Nothing." However, for the teen volunteers at the 4-H summer volunteering program, they can all say that they have been up to far more than "nothing" during the summer. The 4-H summer volunteer program presents a unique opportunity for youth to help their community and learn important life skills during their time volunteering. At the 4-H summer volunteering program, youth have the opportunity to work together to have a beneficial impact on the community by serving as role models for children, teaching others about the importance of living a healthy lifestyle, spreading environmental awareness, as well as reaching out to the community through the creation of a new teen website. Some of the youth involved in the program shared their experiences during the 4-H summer volunteer program in the interview below. All of the following were quoted from youth volunteers who have participated in the 4-H volunteering program this summer.

How did you hear about the 4-H summer volunteering opportunity?

"My mom found the program on the internet and thought volunteering would be better than a summer camp."

"Some friends of mine used to volunteer at 4-H and it sounded fun."

"My mom's friend recommended for me to volunteer at 4-H for the summer."

What were your expectations when you decided to volunteer?

"I thought it would be very strict and boring, sort of like a job. But actually it's very fun and relaxed, but we still get a lot of work done."

"I thought that I would come in and quietly do some volunteer work by myself, but I have actually made some great friends and we have so much fun doing volunteer work together."

"I did not know that I would meet so many amazing people at a volunteer program."

What kinds of activities do you do while volunteering?

"We design a teen friendly web site."

"We go and interact with children from the ages of 5- 12. Each day we create arts and crafts and also have fun with drama lessons."

"We go to different recreation centers each day and teach youth peers about living a healthy and nutritious lifestyle. Then we teach them to cook nutritious foods from different food groups."

Do you feel as though volunteering has helped you? If so, how?

"It helped me open up as a person and be more outgoing."

"Volunteering helped me better my work skills in a working environment."

4-H Teens cont.

What do you like most about being a summer volunteer?

- "Helping the community"
- "Making Friends"
- "Friends"

Describe your time at 4-H summer volunteering in one word.

- "Awesome"
- "Fun"
- "Friends"
- "Productive"
- "Teamwork"



The summer volunteering program offered by 4-H Youth Development clearly leaves a lasting effect on the youth who have been a part of the program. 4-H volunteering not only gives something for young people to do during the summer, it can be a life-changing experience. Youth learn about themselves and gain valuable life skills that benefit them in the future whether it be in school, the work force, or family life. The 4-H summer volunteering program is a great way for youth to stay active and productive in the summertime and they can be proud that they have done far more than nothing with their time.

4-H Club Reports

Look for Club Reports in our September - October edition!

We Want YOU As A Club Reporter

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



4-H Calendar



| | | | | | |
|---------------|---|------------------|--|----------------|--|
| *July 23 - 27 | 4-H Congress/Gainesville | *September 5 | Cloverleaf News Due | *October 4-7 | S.R.L.F. @ Rock Eagle |
| *August 6 | Cloverleaf News Due | *September 7 | Leader, Vol., & Donor Banquet 6:30 p.m./PCE | *October 5 | Cloverleaf News Due |
| *August 7 | Marine Ecology Orientation 7:00 p.m./PCE | *September 7 | Scholarship Recipients Meet & Greet @ PCE 5:45 - 6:30 p.m. | *October 6 | Master Gardener Plant Sale @ PCE |
| *August 16 | Community Service Grants Board Mtg./6:30-8:30 p.m. | *September 14-16 | First Executive Board TBA | *October 12 | Marine Photo Contest paperwork due |
| *August 17 | Southern Region Leaders Forum Paperwork due in 4-H office | *September 22 | FL. State Fair Seminar: Beef, Dairy, Dog, Goat, Llama, Poultry, Rabbit, Sheep, Swine | *October 24-27 | Tentative Apple order pick up |
| *August 24 | Awards/Recognition Banquet - 6:00 p.m. @ PCE | *September 23 | Tentative Horse Judging Clinic 1:00 - 3:00 p.m./Helen Howarth Park | *November 3 | Marine Ecology Competition @ Heritage Park in Kissimmee, FL. |
| *August 27 | Ochs Orientation @ PCE 7:00 p.m. | | | | |
| *August 30 | 4-H Foundation Meeting & Orientation 6:30 p.m./PCE | | | | |
| *September 1 | Apple Sale Begins | *October 1 | Apple orders due in 4-H Office | | |
| *September 3 | Labor Day-Office Closed | | | | |



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



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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