

4-H CloverClips

Palm Beach County UF/IFAS Extension 4-H Newsletter

October 2013



4-H Nature Camp at Arthur Marshall Wildlife Refuge

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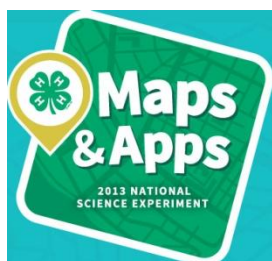
4-H Science Makes the Grade in Palm Beach County

Science was super in October. Nearly 200 youth and adults from across Palm Beach County engaged in the annual 4-H National Youth Science Experiment. The 2013 experiment, *Maps and Apps*, helped participants discover the importance of GIS (Global Information Systems) and how this technology helps professionals solve every day challenges ranging from managing scarce natural resources to planning busy urban communities. Using a variety of materials and techniques youth teams created both physical and computer based maps as they worked to design a city park. They then shared their creations online with other youth from across the nation. 4-H Maps and Apps is a great example of some of the amazing science learning that took place in Palm Beach County



in 2013. Nearly 4,500 youth engaged in hands-on science learning through clubs, camps, in-school and afterschool programs. Some of the most popular subjects included embryology, gardening, science inquiry, energy, engineering and natural resources. Evaluations showed that 84% of youth demonstrated an increase in science knowledge, 74% reported that they enjoy science more than they used to, and 41% reported that because of 4-H science programs they would like a career in science. More proof that fun, hands-on learning makes science great.

-Jon Mayer



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Third graders at West Palm Beach Junior Academy experience life cycles while watching chicks grow and hatch.

Teens Learn the Value of a Dollar at the 4-H Financial Workshop



Teenagers from across Palm Beach County learn the value of a dollar at the 4-H "On My Own" workshop.

Thirty teenagers from across Palm Beach County learned the value of a dollar and much more during the October 4-H "On My Own" workshop. Middle and high school youth gained valuable skills and knowledge in writing checks, creating a savings account, understanding payroll deductions and managing a monthly budget through fun hands on activities. The highlight of the day was the "On My Own" simulation in which youth assumed a family situation ranging from single to married with four children. They pretended to live through a month using their monthly salaries to purchase all of their family's needs and wants. Along the way they discovered many challenges and solutions in

managing their monthly budget. Employees from Palm Beach County Credit Union volunteered during the program sharing their wealth of knowledge and experience with the kids. These caring adults served as exceptional role models for the youth. So far this year nearly 300 teens have participated in 4-H financial workshops. Nearly 80% of youth have stated that the program helped them learn how much money it takes to live. Sixty three percent of participants learned that there is a significant connection between occupation and lifestyle, while 90% believed that the "On My Own" workshop will help them better prepare for the future.

-Jon Mayer

Walking For Water

Every year women and children walk 1,400-miles a year to get water for their families, often carrying 50lbs of water. The water isn't good. It's filled with leeches and bugs and bacteria. Every 15 seconds someone dies from unclean water. Last year IFwater walked from Florida to Kansas to spread the word about the water crisis that affects over a billion people in our world! On the way, IFwater raised \$50,000 and built 9 water wells. This year we finished the walk across America and walked from Kansas to California. Our goal was to finish this 1,400 mile journey in 54 days and raise over \$100,000 to launch the start of new water projects in Haiti and throughout other parts of the world! The charity is a non-profit and it is called IFwater. Being a non-profit corporation, 100% of what gets donated goes straight to building water wells. We walked day to day in hopes that restaurants would donate food and hotels would donate a room; most of the time they did! It's great to see how much support that people give for a good cause. People don't take clean water as seriously in America... All we have to do is turn the faucet and it's there. People don't realize how many deaths the lack of water or water contamination causes!

-Cody Ludwig

Nature Trail at Westgate Elementary School

4-H of Palm Beach County is working with Westgate Elementary to create a nature trail at the school that will allow students and faculty to experience various garden types including some of the native ecosystems that are found in South Florida. One of the goals is to familiarize students and faculty with some of the native trees and shrubs that could also be utilized in the urban landscape. For a much broader glimpse of these and other diverse ecosystems along with the wildlife that inhabit them, one need to go no further than one of the numerous natural areas offered throughout Palm Beach County. On a given day, one can view pine flatwoods, natural scrub areas, mangrove swamps and other ecosystems. So take advantage of what Palm Beach County has to offer and schedule a day in native Florida.

-Bill DuMond

4-H Sustainability Program Connects Youth to Nature

From the Ocean to the Everglades, Palm Beach County is home to a treasure of natural resources. Getting children outside and connecting them to nature enhances their physical, mental and emotional wellbeing while inspiring them to take care of the natural world. The 4-H Youth Leaders for Sustainability Program (4-H YLS) is a great way for youth to connect to nature while making a difference in their communities. 4-H YLS engages middle and high school aged youth in hands-on education for sustainability and service learning through a summer capstone camp and ongoing club. The goal of 4-H YLS is to help youth develop leadership skills, understand sustainable development and improve their communities by implementing youth driven environmental service projects. Nearly 20 youth have participated in this leadership opportunity in 2013.

Interviews with parents have already demonstrated dramatic results. Here is a sample.

"I wanted to share with you all the positive changes that we experienced with my son as a result of the 4-H YLS Program. He is a very active and smart kid, but he used to spend too much time playing video games. After the 4-H 2013 4-H YLS Summer Camp my son found a better way of using his energy. My son is no longer

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spending so much time playing video games. He is now interested in planting seeds to see how plants grow, cleaning the lake in our neighborhood and playing ball outside with his friends.

My son planted all the sunflower seeds and vegetable seeds that he got at your program. We now have a "Vegetable Garden", and I am looking forward to making our favorite Mexican salsa using our own vegetables! He had over 10 sunflowers in our back-yard and they all looked very pretty. Also, during summer, my son spent a lot of

hours with his best friend walking around our neighborhood cleaning the lakes; a few times he came home with a grocery bag full of trash from the lakes. He caught several fish, placed the fish in a big tank and sat to observe them. My son and his friend talked for several hours about what was happening inside the tank with the fish. Every day when I came back from work, he had an amazing story regarding his vegetable garden or his "excursions" to the lake."

-Jon Mayer



4-H Gardens: A New Kind of Classroom

The weather is starting to cool off in Palm Beach County, which means planting season is here! School gardens are getting ready; some have already begun like the one at Imagine Chancellor School. At Chancellor, taking care of their butterfly, herbs, salsa and hydroponic gardens are among the everyday tasks of students. Each grade is responsible for an aspect of the garden; they are enjoying, learning and succeeding! Another great example is LC Swain Middle School. It's 4-H entrepreneurial garden sold close to \$600.00 last year, and is already set up with a "high tech" support system for their tomato and pepper plants. Having a garden is always a great experience, but having a 4-H garden at school



brings in a new dimension. It turns the typical classroom into a science lab; a place where kids discover their love for nature as they grow into more successful adults driven by the caring efforts of 4-H volunteers.

-Maivette Hernandez

Fuel Your Car on Plants and French Fries?

Most people wouldn't think of fueling their cars with sweet potatoes, grass, trees, or cooking oil. But it's true... fuel can be made from many organic substances like these, called Biofuels. At a recent workshop with the University of North Carolina 4-H, I learned how we can use biofuels as an alternative to gasoline to help us become less dependent on oil and develop a sustainable form of energy.

Did you know that we are already using corn to fuel our cars? Ethanol is a biofuel made from plants like corn. It is produced when the sugars from corn, grass, potatoes, algae, or other plants are fermented. It is then added to gasoline that we use in our cars. The next time you are at a gas station you might notice a sign that says "Contains 10% ethanol". That means it has been added to the gasoline. Biofuel can also be made by adding alcohol to fats from vegetables, animals, or even cooking grease. These are all resources we have plenty of, and are renewable!

The Biofuels curriculum gets youth to think about alternative sources of energy for the future and allows them to conduct experiments in their classroom or club. Stay tuned for stories and photos of our scientists in action!

-Amy Teerman



Palm Beach County 4-H

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*4-H empowers
youth to reach
their full potential,
working and
learning in
partnership with
caring adults.*

Important Dates!

November 9, 9:00 am - Noon

Animal Ethics at Palm Beach County Cooperative Extension Exhibit Hall B

November 14, 6:00 – 8:00 pm

County Council and Leaders Meeting at Palm Beach County Extension

November 16

Shooting sports leader training – Volusia County. Please call 4-H office for details.

November 21

Registration for 2nd Executive Board Due

December 2

Registration for Horse Judging Due

December 6-8

2nd Executive Board, Camp Ocala

December 12, 6:00 – 8:00 pm

County Council and Leaders Meeting at Palm Beach County Extension

December 14, Noon - 3 pm

4-H Food Judging - Palm Beach County Extension Exhibit Hall B



Palm Beach County 4-H
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