

4-H Clover Clips

Palm Beach County UF/IFAS Extension 4-H Newsletter

Spring 2014



4-H Clover Benefit Horse Show

2014 Brings Big 4-H Events

While the New Year has been with us for only a few short months, it has been an exciting one for Palm Beach 4-H. The year kicked off with a bang in January during the South Florida Fair. 4-H members submitted over 200 food and general exhibit entries. Both youth and adults donated hundreds of hours during fair by serving as 4-H ambassadors at the exhibit hall and volunteering in the animal barns. Plus, three of our senior 4-H members received thousands of dollars in South Florida Fair Scholarships.

February did not slow down for our Palm Beach County 4-H Equestrian Program. Fresh from a successful show at South Florida Fair, members next turned their sight towards hosting the 4-H Clover Benefit Horse Show at the Jim Brandon Equestrian Center. 4-H members worked hard to secure sponsors such as *Recovery Associates*, *Red Barn Feed and Supply*, and *Wellington Hay and Grain*. Over 80 youth and adults competed during the benefit show. Through sponsorships

and entry fees, our equestrian members fundraised nearly \$15,000. These donations will go a long ways towards helping 4-H'ers attend regional and state learning opportunities, events and competitions.

The fun continued into March during 4-H County Events as members of all ages participated in illustrated talks, demonstrations, fashion review and share-the-fun. There were nearly 40 entries across project areas such as technology and science, foods and nutrition, clothing, animal science, and the environment. While 74% of Americans report that they fear public speaking, 4-H members once again proved to be an exception to the rule as they wowed the judges and earned dozens of blue ribbons with their public speaking skills. Next up, District Events on May 10th as Palm Beach County youth will compete with Broward and Miami-Dade Counties.

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Youth from South Florida on the steps of Florida's State Capitol

4-H Science Safari!

In April, the excitement continued as fifty 4-H'ers headed to Tallahassee for 4-H Day at the Capitol. This event draws kids from all across Florida to represent 4-H, but Palm Beach County is proud to be one of the largest groups at this State event. Given the long drive to Tallahassee, it shows the dedication our youth have towards 4-H and citizenship!

In May, Palm Beach County will again host the Area-F Horse Show. Riders from as far as Collier County will come and compete. This two day event takes place on May 24 and 25 at the Jim Brandon Arena. If you haven't been to an Area-F Horse Show, this is one you won't want to miss!

While increasing participation in Palm Beach County 4-H Events and the wealth of blue ribbons and other accolades our youth have received are important, we find the greatest impact by digging a little deeper. These numbers show that through the hard work of adult volunteers and effective youth/adult partnerships, we are helping kids by not only giving them valuable knowledge and skills, but also by empowering children to take that next step by applying what they've gained within their club or classroom to new and larger opportunities.

-Jon Mayer

During spring break, we had our first 4-H Science Safari day camp. 20 youth from the ages of 8-11 joined us to learn more about science. We explored different activities from science inquiry to plant adaptations.

The youth made bee buzzers and were challenged to find out what made the buzzing sound. They asked questions about changing one variable at a time until they were able to conclude how the sound



was made. We also taught them about the different layers of soil and everybody's favorite – worms! Believe it or not, most of them were picking up the worms to get a closer look. In the Mounts garden, there are so many different kinds of trees – the perfect place to teach the youth about plant adaptations, or



special characteristics they have that allow them to survive the elements or predators. The Silk Floss Tree is covered in hundreds of thorns, which protect the trunk and its branches. We let the kids blow up balloons and touch them to the tree. Most were surprised at their sharpness as their balloons instantly burst. One of our favorite 4-H group

activities is making paper rockets that are launched by stomping on an empty 2-liter bottle. They discovered that some rockets did not fly due to too much drag or improperly located wings. Other rockets soared high above the trees and became lodged in the branches. We always like to end our day camps by having the youth give presentations on their favorite activity. This not only reinforces the lesson, but prepares the youth to stand



in front of a group of people and comfortably speak – a life skill that will stick with them forever. As a result of Science Safari, 100% of the youth who attended showed an increase in positive attitude towards science, as well as an increase in knowledge!

-Amy Teerman

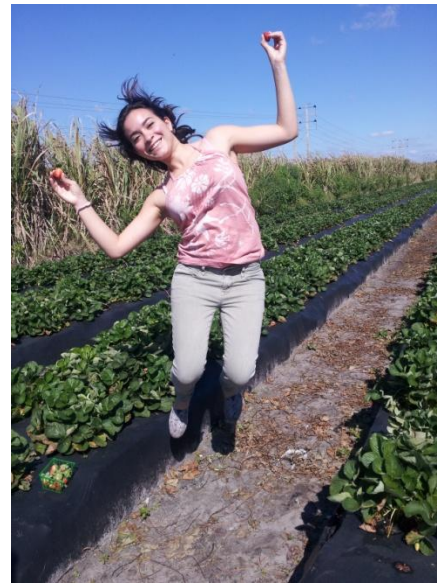
4-H Tech Wizards

The determination and skill that the Forest Hill 4H "Tech Wizards" club portrays is something I admire greatly. From outstanding volunteer work, to the friendly environment it exudes. "Tech Wizards" has made such a great impact not only on the community, but the lives of the youth that participate. This club helps these youth prepare for the future, with lifelong skills that will help them through the adventurous journey that awaits them. Apart from the technical aspects of the club, they learn how to improve their communication skills, professionalism, and make healthy lifestyle choices through nutrition.



In addition, we also balance things out with field trips. On one of the field trips, we went to Bedner's Farm in Boynton Beach, Florida. We had fun picking our own strawberries right from the plant, and learned immensely about the new ways to grow foods. In that farm, they used raised beds. This has been a very successful way to grow things down here in South Florida. It diminishes the likelihood of pesticides and or fertilizer to seep into the ground and further contaminate the soil. It also aids the plants when there is a flood, so they don't end up drowning. They also use a new technology that helps the plants obtain the water they need, without using sprinklers. The water is

underground. South Florida is one of the only places where this can be done. This way of farming is better



for the environment, and diminishes product losses for the producer (farm); which also means a lower cost for us, as the consumer. We also got to taste fresh tomatoes off the vine, and

also try raw sweet corn that tasted really good. I felt very lucky to have that hands-on experience.

It has been such a great learning experience for me and all the other youth involved. I have made good friends that share the same interest as I do and made a unique bond with my mentor and club leader, Maivette. I am glad I have acquainted myself with such remarkable people.



-Gabrielle Solorzano
4-H Tech Wizards

First Annual County Day Out



On March 21st, Palm Beach County council hosted its first Annual "County Day Out" at Okeeheelee Park. This year the Council's goal was to host an event that was open to all members, was well attended and engaging to all ages. We did it! Everyone had a blast! We started the day out by playing the noodle ice breaker game which had everyone up, laughing and participating. Soon after, we had the water balloon toss. Let's just say some people wound up very wet! The winners of this game were President Kyle Kazek and Vice President Gabriel Ferri. Participants then had time to enjoy their sack lunches from home and fellowship, while Kyle raffled off several 4-H games, gizmos and gadgets. After lunch, we took the games to the field. Youth and adults participated in the wheel barrel, piggy back, skip and crawl races. This year's 4H county day out was a huge success. We hope the tradition will continue and grow in years to come!



-Kyle Kazek



Palm Beach County 4-H Reaches Out To Community

Palm Beach County 4-H has been given the unique opportunity to work with the residents at the Saint James Retirement Center in West Palm Beach. On January 30, Lisa, Meghan, and Jillian Hanley met with a group of residents to demonstrate how to plant and care for herbs. The residents had many questions and were actively involved in a discussion concerning the uses of herbs, as well as the best lighting, watering, and

temperature. Following the informational session, the attendees potted two kinds of parsley. At the end of the workshop, many residents asked when the next workshop would be held, hoping to plant other herbs, such as peppermint, lemon balm, and sage, to add to their growing



collection. They left the workshop with their parsley



planter, as well as extension handouts which gave them additional gardening tips and recipes.

Growing herbs is very easy and they don't take up too much room, making them the ideal potted plant for an apartment.

-Meghan Hanley

Join Our New **Junior Master Gardener** Program!



Discover science, plants, animals, weather, soil, and nutrition in this engaging, hands-on program! Fun and creative activities will help youth learn how to create their own garden, contribute to their families, and give back to the community.

Who: Any youth ages 8-11

When: Monday, May 19, 4:30-5:30

Where: PBC Cooperative Extension

***Please call the 4-H office for more info or to sign up.**



Palm Beach 4-H Robotics Teams Win South Florida Regionals, Advance to FRC World Championship!

On April 4th and 5th, approximately 1,000 students in 47 teams from high schools across the southeastern and northeastern United States and Mexico competed at the Broward County Convention Center in Fort

Lauderdale, in the FIRST FRC Robotics South Florida Regional. This competition is considered "the Super Bowl of the mind." Two of the alliance teams, "The Dirty Mechanics", and "Children of the Swamp", both Palm Beach County 4-H clubs, advanced to the semi-finals and became the champions of the FIRST FRC South Florida Regional! This win gives both teams a spot to compete at the FIRST World Championship in St. Louis starting April 24th!

FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition pits teams of high school students, mentored by professional engineers, against each other for a shot at the national championships and millions of scholarship dollars. Each team has six weeks to build a robot that will meet the challenge of the competition's game from a common kit of parts. Robotics is a growing 4-H project nationwide. Since its beginning, FIRST has had a positive impact on students' attitudes towards math, science and teamwork. The student's interest in pursuing internship and employment opportunities in science and engineering has increased, especially with those companies that participate in the FIRST program.

This year's game is called "Aerial Assist" and is played by two Alliances of three teams each. Alliances compete by trying to score as many balls in goals as

possible during a two-minute and 30-second match. Additional points are earned by robots working alone in autonomous mode, working together to score goals, and by throwing and catching balls over a truss

suspended just over five feet above the floor as they move the ball down the field.

"The Dirty Mechanics," is comprised of students from Boca Raton Community High School, St. Andrew's School, Spanish River High School, FAU High School and two home school groups. "The Children of the Swamp" is comprised of students from Suncoast, Forest Hill, Royal Palm Beach, Lake Worth, FAU, Seminole Ridge, Dwyer, and Jupiter

High Schools, as well as Oxbridge Academy and G-Star School of the Arts.

Congratulations to both teams and the following pit crew, programmers and robot drivers, who helped the teams win the competition!

From Team #3932, "The Dirty Mechanics"

- Driver, Josh Stephenson, Boca Home Schools
- Dan Ruess, Boca Raton High School
- Human player, Ben Bruen, Boca Raton High
- Coach JD Potts
- Woolly (short for Woolly Mammoth), the robot

From Team #179 "The Children of the Swamp"

- Driver, Dylan Smith, G-Star School of the Arts
- Backup driver, Jeron Lane, Forest Hill High
- Human player, Christian Olsson, Jupiter High
- Coach, Dan Quiggle, Engineering mgr, EDF, Inc.
- Mascot- Swampy (Brody Hulten - Lake Worth High)

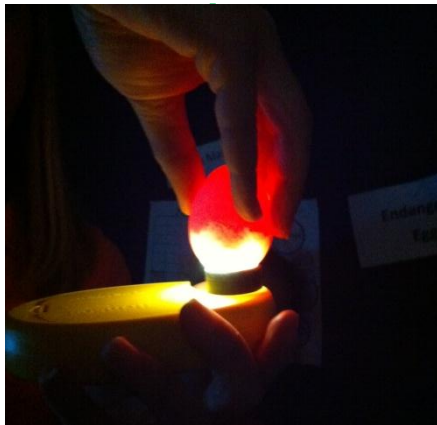
To learn more about these 4-H Robotics teams, go to <http://www.dirtymechanics.org/>, and <http://www.179swampthing.org/>



Hatching With New Peeps!



This year, Palm Beach County 4-H teamed up with a new volunteer and chicken expert – Amy Martz. Mrs. Martz is a former school teacher who now raises her own chickens. But not just any chickens... rare and beautiful chickens! She breeds Sultans, an endangered breed that are white with a tall plume of feathers on its head. She also breeds Silkies, and they are probably the softest, fluffiest chicks you will ever see! It has been a pleasure taking Mrs. Martz into the classrooms so she can share all her knowledge of the chick's life cycle with the children.



In addition, we purchased some new mini incubators, and we are so excited with the results! So far we have had a 100% hatch rate! They are small, portable, and fully automated, making it easy for a busy teacher to manage. In addition, we have some new "candlers" – a device that shines a bright light into the egg so the children can see the development. The children were amazed when they saw so much movement inside the eggs! It was truly an experience the children will never forget. Currently we are hatching chicks with Grove Park Elementary, Manatee Elementary, and Golden Grove Elementary schools. Next week we will bring the equipment and fertile eggs to Bethune Elementary so their 4th grade can also experience the development of chicks.



Studies of our embryology program have shown a 90% increase in students' interest in science and 75% increase in their desire to have more science at school. This is good news for the push to advance students' proficiency in science.

If you are a school teacher, home school group leader, or club who would like to hatch chicks, you can contact the 4-H office to reserve an incubator. Peep! Peep!

-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!

May 2

Registration for District Events Due

May 9

- Registration for 4-H University (Congress) Due
- Elected Officer Positions Due

May 10, 9:00 am – 4:00 pm

District Events Day –Palm Beach County Cooperative Extension

May 15 – 6:00 pm

PBC County Council (Election)

May 23 – 25

Area F Horse Show – Jim Brandon Arena

May 29, 6:00 – 9:00 pm

Appointed Officer Interviews

June 13

Record Books Due

June 23 – 27

4-H Legislature



Newsletter layout - Amy Teerman. Please email me if you or your club would like to contribute an article.
ateerman@pbcgov.org



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