

# 4-H Clover Clips

Palm Beach County UF/IFAS Extension 4-H Newsletter

Fall 2014



West Pines Equestrian Club shows off their project book certificates

## 4-H Blasts off to a Great Start!

It has been a great year for Palm Beach County 4-H! During the 2013/14 4-H year over 200 adult and teen volunteers helped nearly 7,000 youth learn life and work force skills through hands-on learning in Science, Citizenship and Healthy Living. From clubs and camps to competitions and leadership activities at the county, district and state levels, 4-H youth and adults worked in partnership as they made new discoveries and helped to create positive change across our communities.

As we begin the new 4-H year, I'm looking forward to all of the great things our organization will accomplish in 2014 and 2015. During October there are many ways that you can help

welcome in the new 4-H year. October 5<sup>th</sup>-11<sup>th</sup> is National 4-H Week. While every day is a great one to spread the word about 4-H, we hope that during National 4-H Week you will take a few extra moments to share your 4-H stories with friends and neighbors in your community. Let them know how much your experience in 4-H means to you and how they can get involved.

That's not all. October 8<sup>th</sup> is going to be a blast as 4-H members across the country and world, engage in the 4-H National Youth Science Day, *Rockets to the Rescue*. "This year, youth will be tasked with the same mission: in light of the recent natural disasters such as Typhoon Haiyan,

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National 4-H Council is asking youth to design and build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue." Contact the 4-H Office to learn more!

There's more! This year's 4-H Open House will take place on October 19<sup>th</sup> at the Mounts Botanical Garden's Fall Family Festival. Bring the whole family to the open house and festival where you'll experience a wealth of exciting learning activities and entertainment. 4-Hers please sign up to host a table during the open house where you may demonstrate the projects your club is exploring while promoting 4-H to families.

Yes, October will be a great month and the perfect start to another exciting year of 4-H. The best just keeps getting better!

-Jon Mayer



## 4-H District Events

On May 10, a group of volunteer judges were blown away by the amazing talent and knowledge shown by the 4-H'ers of South Florida. After winning blue ribbons at Broward, Miami-Dade, or Palm Beach County Events Day, the best of the best came together once again to win a round of applause and qualify for 4-H University. The talks ranged from the technical aspect of fly fishing, to demonstrating how to make homemade pot pie. With four rooms packed with family, friends and judges, 48 students in all delivered their speeches. In the afternoon, the "Share the Fun" portion could have rivaled "America's Got Talent". We were able to watch the budding talent of the youth performing vocal, piano, guitar, and drama acts. The competition was tough, as only one youth age 14-18 could be chosen to represent District XIII at 4-H University this summer. Palm Beach County is proud to announce that Meghan Hanley's stunning piano solo won her the spot, and she went on to compete at state. Meghan has been accepted at the University of Alabama to pursue Music Therapy.

# 2014 Awards Banquet Masquerade!



*President Emily Bercaw is sworn in.*

This year's annual 4-H Awards Banquet was a memorable event! On August 15, 140 guests arrived at the Holiday Inn banquet hall clad in masquerade attire, ready to celebrate the past year's accomplishments with their clubs and families.

After the crowd enjoyed dinner, the awards began. This year a new award was presented to both youth and adults – the Excellence in Volunteerism award. The recipients were nominated by other club members, leaders, or staff. The Teen Excellence Award went to the Forest Hill High School Tech Wizards for the many community service projects this new club has done, including teaching English and computer literacy to adults.



*The Helpful Hearts display their project book certificates*

There were several college scholarships given to graduating seniors. Among them were: Meghan Hanley, Caleb Cheng, Cody Ludwig, Joshua Stephenson, and Charlie Barge. We wish these grads a great upcoming year as they begin a new chapter in their lives! Two clubs that completed the most project books were West Pines, led by Wendy Wagner, and The Helpful Hearts, led by Helen Adler. SHADOW, a new club for the 2013-2014 year, led by Ileana Bell, had several students score a 90 or above in their project books! Great work everyone!



*Senior Scholarship winners: Meghan Hanley (accepted by Jillian Hanley), Caleb Cheng, and Cody Ludwig*

The 2014 council was sworn in, and is as follows: Emily Bercaw, President; Cameron Duran, Vice President; Christy McClure, Secretary; Gabe Ferri, Treasurer; Courtney Ludwig, Chaplin; Amy Obranic, Historian; Kyle Kazek, Reporter; Hannah Bercaw, Parliamentarian; Christine Obranic, Sergeant-at-Arms; Ethan Saulog and Jillian Hanley, District Delegates. President Emily Bercaw gave her acceptance speech and said one of her goals this year is to put the "fun" into county council, and to get as many youth to attend as possible. We can't wait to see what is in store for the upcoming year!

*-Amy Teerman*



# Empowerment Explosion Conference Inspires Teen Girls

The Palm Beach County Cooperative Extension campus was bursting with inspiration on August 30<sup>th</sup> during the first inaugural teen girls "Empowerment Explosion" conference. Eighteen girls, ages 12-18, and nine women volunteers came together to explore a wealth of subjects such as relationships, etiquette, fitness, healthy eating, financial management and goal setting.

Made possible by a partnership between the 4-H Youth Development Program and R.I.T.E Side Up, Inc., the conference allowed youth to network with their peers, learn valuable knowledge and skills, partner with positive role models, address issues and barriers faced by young women, and enhance their self-esteem.

Program highlights included:

- Eveline Pierre, author of *The Secret of Winning Big*, motivated youth to turn their challenges into victories.
- Teens collaborated with local fitness instructor, Terese Mallary of YoloFitKids Inc., to create and practice their own exercise routines.
- Youth discovered the importance of healthy eating while cooking with Dierdre Cunningham, chef at White Horse Tavern in Wellington.
- A hands-on simulation helped participants discover how to develop a monthly budget while meeting the needs of their family.
- A beauty session and fashion show, led by adult volunteers, allowed young ladies to explore their inner beauty, etiquette and the

appropriate attire for varying social and professional situations.

"Today I will leave here with a much better understanding of the value of planning for the future and goal setting," said Jessica Louis. "It is so important to have a good relationship with one's self, to simply be you," commented one young lady. "I feel that I'm

great. I'm the bomb. I am powerful," shared other children. Overall, 100 percent of participants demonstrated an increase in knowledge and positive perception of themselves and other young women.

"The girls had such a fun time and enjoyed every

session," said Amanda Holloway, president of R.I.T.E Side Up, Inc. I was filled with joy to know that what was once a vision became a reality for young girls to attend a workshop to be restored, inspired, and empowered. I loved how the girls opened up and shared personal stories, asked questions, and participated in every activity. This workshop is definitely an event that can and will lead young girls in the right direction to become leaders, follow their dreams, and discover their greatness. I look forward to making this a consistent annual event for young girls in the Palm Beach County area."

To discover how you can volunteer with the Palm Beach County 4-H Program and help young people within your community. Contact Jonathan Mayer at 561-233-1731 or email [fourh@pbcgov.org](mailto:fourh@pbcgov.org).

-Jon Mayer



## Build-It, Cook-It, Sew-It Camp

What's one of the most exciting summer events here at 4-H? How about Build-it, Cook-it, Sew-it Camp! This July, twenty kids ages 7-13 gathered at the Mounts Auditorium to learn more about some of the basics: cooking, sewing, and building. In the kitchen, Ms. Ada showed the youth how to make healthy meals and snacks on their own. The food ranged from bruschetta and baked potatoes, to smoothies, and homemade coconut ice cream! Delicious!

In the sewing room, Mrs. Adler taught them how to do a basic stitch with a sewing machine. Soon they were able to make their own pillows, bean bags, and drawstring tote bags! At the woodworking station, the youth were hard at work as Ms. Rosemarie demonstrated sanding and painting wood items such as key hooks and cutting boards. Everything was displayed at the end of the week for the parents to see while the youth each gave a short speech about what they learned at camp and how it will benefit their future.

The purpose of this workshop was to get back to some of the basic 4-H skills like cooking, sewing, and woodworking. During the camp, the youth gained new knowledge, developed meaningful relationships between their adult mentors and teen counselors, and learned how to take care of their bodies by eating healthy. What is so great about our camps is that they touch on each of the missions of 4-H. We look forward to offering this camp again next summer. Be sure to sign up early so you can reserve your spot!

-Amy Teerman



# Palm Beach County Extension Volunteers Recognized with Outstanding Lifetime Volunteer Award

Together, Linda Wooten and Rosemarie Oschmann have volunteered for 75 years with the Palm Beach County Cooperative Extension 4-H program. Their efforts have helped thousands of children develop essential leadership, life and workforces skills through a wealth of projects ranging from public speaking and citizenship to cooking, sewing and equestrian science. So it was no surprise when both women received the Outstanding Lifetime Volunteer Award this August during the annual 4-H Appreciation and Achievement Night. This prestigious award recognizes adult volunteers who have served 4-H for ten years or more and who have demonstrated outstanding service to 4-H, while promoting volunteerism as an opportunity and privilege to serve one's community.

As a co-leader of the 4-H Helpful Hearts club, Rosemarie Oschmann has dedicated 30 years of service to youth in Palm Beach County. "Rosemarie makes education fun for youth," says her mother, Helen Adler. "When working with 4-H members she is caring, compassionate and understanding of their individual needs. She recognizes that each young person brings with them varying levels of skills and

maturity, and tailors her instruction to help each child reach his or her goals."

For the last 45 years, Linda Wooten, has made a difference in the lives of youth and families in 4-H and across the equestrian community. As a 4-H horse project leader and member of Palm Beach County

4-H Association, Linda has been instrumental in

developing the countywide program by helping to plan and implement equestrian competition and shows, fundraising to provide financial assistance for children, and preparing young people to not only



*Rosemarie Oschmann (left) poses with her mother, Helen Adler*



*Linda Wooten (left) with fellow volunteer, Pam Kalil*

become skilled in equestrian science and horsemanship, but to also develop into responsible, successful adults. "If we could have a little more of Linda within ourselves, this world would be a better place," says Pam Kalil, who nominated Miss Wooten for this award. "She would do anything for anyone, most importantly, the boys and girls in our 4-H program."

-Jon Mayer



## Activity on Bird Beak Adaptations you can try!

Here's a great activity you can do with your club or home school group. It's called "Bird Beak Adaptations". All you need is a small box with an assortment of household items, and you have an engaging learning activity. I did this with seven 3rd grade classes at South Grade Elementary and the kids enjoyed it while learning a lot.

Have you ever noticed how different every bird's beak is? Each beak allows them to get the food they need. For instance, a hummingbird's long thin beak allows it to get nectar out of plants, while a pelican's scoop-like beak helps it catch fish and allows the water to drain out. If these



birds traded beaks they wouldn't be very helpful to them, would they? These differences are called "adaptations", or physical characteristics that allow an animal (or plant) to survive in its environment. I distributed boxes with an assortment of pennies, marbles, rubber bands, tiny beads, buttons, and paper hole punches to each group of students. Then I passed out bags containing different "beaks" (tongs, tweezers, spoons, straws, clothes pins, chopsticks). First I had them try the chopsticks and see which different items they were able to pick up. Then I had them try the tweezers to see if they could get some of the things they could not get with the chopsticks. As we went through each "beak", I related it to different birds and how they acquire their food. You could even use staple removers to show how the eagle uses its clawed beak to grab its prey.

To wrap the lesson up, we discussed which objects were easier to pick up with the different beaks, and talked about how each bird's adaptation allows it to get the food it needs.

-Amy Teerman

*Don't forget...*

## 4-H County Council Kick off Meeting!



And mandatory leaders meeting

October 16; 6 - 8 pm  
@ the PBC Cooperative Extension



- Everyone welcome!
- Food and fun activities!
- Bring a friend!

**See You There!!**

**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!

**October 8**

National 4-H Youth Science Day

**October 16, 6-8 pm**

First County Council and Leaders meeting

**October 19, 11-3 pm**

4-H Open House and Fall Family Fest

**November 13, 6-8 pm**

County Council meeting

**November 8**

Marine Ecology Event

**November 15, 9 am - Noon**

Animal Ethics class at South Florida Fair, Building 10



Newsletter layout - Amy Teerman. Please email me if you or your club would like to submit an article.  
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