

4-H Clover Clips

Palm Beach County UF/IFAS Extension 4-H Newsletter

Nov/Dec 2013



Mila and Jessica show off their awards

4-H Food Judging Tastes Great!

This December, taste buds were amazed by a menu of delicious casseroles, pastas, salads, cookies, cakes and much more at the annual Palm Beach County 4-H Foods Judging Event. Thirty five youth prepared sixty seven mouth watering dishes while demonstrating their culinary knowledge and skills to expert judges. Judges assessed each dish focusing on characteristics such as appearance, texture, smell and taste as they offered valuable advice to the youth. The children's abilities were apparent as over sixty

blue ribbons were awarded. In fact, the judges often requested copies of the members' recipes so they could later recreate these masterpieces for themselves. One judge stated, "This is my favorite event to volunteer at. I am amazed at how hard the kids work and how delicious everything they make tastes."

Eleven volunteers helped ensure another successful event by serving as judges and assisting with registration. Each judge received an appreciation gift including a "thank you" card, chocolate, 4-H book mark and University of Florida pin. However, volunteers agreed, that the pride and joy seen on the faces of the children and their parents was the greatest reward of all.

-Jon Mayer



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Thirty five youth prepared sixty seven mouth watering dishes while demonstrating their culinary knowledge and skills to expert judges.



Mouthwatering fresh salad with spinach greens, onions, mushrooms, strawberries, and walnuts

Connecting Youth to our Marine Treasures

Anyone who has taken a group of children to the ocean is well aware of the magic it holds. As soon as their toes touch the sand, kids rush forward ready to play and explore. Multihued seashells clink among the waves like coins spilled from a treasure chest while pelicans bravely dive bomb the sea's surface in search of food. Wherever a child turns there is something exciting to discover, a new mystery to unravel.



In November, volunteers and teachers from Palm Beach and Miami-Dade Counties attended the 4-H Marine Science Workshop. Led by Florida 4-H Science Coordinator, Karen Blyler, participants gained valuable skills that will help them immerse youth in the living classroom that is our Atlantic Coast. Attendees engaged in fun, hands-on science projects covering topics such as marine ecosystems, fish physiology and fish adaptations. Palm Beach County 4-H Volunteer Leader, Michelle Kazek, enjoyed the program. "The Marine Science Workshop was informative and fun. It offered many interesting "Hands on Learning" activities to engage students and help them relate to the marine environment. I especially like that the lessons/activities in both the Marine Science Guide and Fins & Scales Project Book offered opportunities to learn about marine life both in and out of the classroom. Both youth and adults, who participated in the training, were captivated by the materials and the presentation."

To discover how you can help connect children to our valuable marine resources and reveal a world of wonders, contact the Palm Beach County 4-H Office.

-Jon Mayer

4-H Spreads the Word at the 2013 Learn Green Conference

This November, hundreds of school teachers, administrators, staff and volunteers discovered a wealth of green living and sustainable education resources during the 2013 Learn Green Conference hosted by Pine Jog Environmental Education Center, Florida Atlantic University and Palm Beach County School District. The Palm Beach County 4-H Youth Development Program, along with dozens of other county and state organizations, attended this event to share their expertise with K-12 educators and community members. This year 4-H Secretary, Melissa Allman, and Program Assistant, Maivette Lorenzo, hosted an information booth to "spread the word" about 4-H projects and resources. Participants discovered subjects such as gardening, biodiversity and energy, all designed to help children become good stewards of the planet. In addition, 4-H Program Leader, Jon Mayer, was selected to share a presentation titled "Fun Green Lessons for Elementary Students". Over thirty teachers attended this workshop and discovered a variety of engaging, hands-on activities they could bring back to the classroom. After the conference, several teachers contacted 4-H to

develop new programs at their school. We look forward to working with these schools as they continue to prove just how "green" Palm Beach County kids can be.

-Jon Mayer and Maivette Lorenzo



4-H secretary, Melissa Allman, shares 4-H resources at the Learn Green Conference

Youth Share Experiences at the Marine Ecology Event

On Saturday, November 2, 2013, 4-H youth from around the state of Florida met in Kissimmee for the State Marine Ecology Event. The purpose of this annual competition is to test the 4-Hers' knowledge of marine and aquatic environments, specifically Florida plants, invertebrates, vertebrates. To prepare for this event, 4-H leaders and youth went on marine science-related field trips, had group study sessions, and researched on the internet.

The Marine Ecology Event is divided into five sections—identification of marine and coastal plants, marine and aquatic invertebrates, and vertebrates, a species scavenger hunt, and a written test. Every year a specific topic is chosen with additional questions and activities. This year's topic was fish. As youth went from station to station, they found tables filled with seeds, branches, invertebrate specimens in bottles, shells, as well as live and dead vertebrate and invertebrate specimens. The scavenger hunt was a fast-paced activity. After competitors received a list of hints that described a species of plant or

animal, they dashed from one table to the next looking for that species. Many competitors said that this was the most challenging, but enjoyable, part of the day. The last section was a multiple choice quiz where the difficulty of the questions was determined by the 4-H category—Junior, Intermediate, or Senior.

After lunch, there was an awards ceremony. Awards were given for the top six individual winners and top three teams in each 4-H age category. Besides the competition, there was a photo contest. There were five categories: Marine Habitats, Marine Life, People and Water, Aquatic Habitats, and Aquatic Life. There was also a People's Choice award that was chosen by those who attended the event. Four Palm Beach County 4-H members won ribbons for their photos.

For more information on the Marine Ecology Event visit:

http://florida4h.org/programsandevents/_marine/

-Jillian Hanley

The 4-H State Marine Ecology Event (MEE) is a competitive event held in Kissimmee, that provides 4-H youth with an opportunity to demonstrate their knowledge of the marine and aquatic worlds. To prepare for the MEE, 4-H Leaders and club members go on marine field trips, visit museums and aquariums, and have group study sessions. In the process, youth learn important life skills. Two members of the Wave Makers Club just recently came back from this event; Courtney Ludwig and Jillian Hanley. To prepare for this event the Wavemakers went to Jonathon Dickenson State Park, Gumbo Limbo, International Game Fishing Association, Green Cay, Sandoway House, Smithsonian Institute Marine Center and snorkeled under the Blue Heron bridge in Riviera Beach. We put together posters, and studied cards and quizzed each other. Some of our members submitted photos in to the Marine Photo Competition. They were all displayed at the MEE. Jillian got two 3rd places, Kyle got a second place, and Courtney got an honorable mention. There were over 75 photographs and it was amazing to win, and have this experience with all the County 4Hers statewide.

-Courtney Ludwig



Seniors Jillian Hanley and Courtney Ludwig show off their accomplishments at the Marine Ecology Event.

Students Get “Egg”cited About Science!

The first and second graders at Jupiter Farms Elementary stare in amazement as they observe the chicks growing inside their eggs. They are filled with questions and anticipation about when their six eggs will hatch. Over the past year, Palm Beach County 4-H gave kids a firsthand look at the cycle of life by partnering with 7 elementary schools to teach embryology. It is no surprise this program is so popular with schools... The level of engagement effectively teaches valuable life skills, while instilling a new love for science.

Over a period of 21 days, the students eagerly await the birthday of their new chicks, while learning about the embryo development and different parts of the egg. Several times I visit the classroom to “candle” the eggs, which allows them to discover the development inside. The most exciting moments are when they see the chick move, or spot a beak opening! By learning each day what is happening inside the egg, students understand the different stages of the life cycle, and relate it to the life cycles of other species, including humans.

It is a very exciting day when at last the chicks “pip” their way out of the shells, and the children are able to experience the hatching firsthand. It is wonderful seeing them care for the chicks, and pick out names for each one as if they



By learning day to day what is happening inside the eggs, students understand the different stages of the life cycle and relate it to the life cycles of other species, including humans.

are their own children. By learning how to take care of the chicks, they will understand the chick’s basic needs for food, water, and a warm safe place to live, called a brooder.

4-H Embryology has shown to help students grow not only intellectually, but also socially and emotionally as well. Almost all of the students said they had a better appreciation for living things after participating in the embryology program. Students also displayed high levels of responsibility, as

they diligently reminded their teachers to refresh the chicks’ food, water, or clean the brooder. Many classes set up a chore rotation schedule so each child could take pride in caring for the chicks.

Post evaluations of the 4-H embryology program revealed that 90 percent of students who participated enjoyed science more than they had prior, and 75 percent said they would like to have more science classes at school. With schools striving to raise their overall science performance, 4-H’s hands-on, experiential approach may be the extra boost students need to achieve high scores in science!

-Amy Teerman



4-H Youth Learn Life Skills at Animal Ethics Training

With the South Florida Fair right around the corner, nearly 90 children from across Southern Florida attended the Animal Care and Ethics training in November. Developed in 2005, this program helps young fair exhibitors gain knowledge and skills in raising and showing livestock. Participants explored subjects such as the purpose of livestock projects, importance of ethics, and proper animal handling and management.



4-H and the South Florida Fair volunteers brought a variety of animals, such as horses and chickens, for the youth to discover. Hands-on time with livestock was an exciting way for attendees to gain real world knowledge that will help them succeed with their animal project at home and on the fairgrounds. While this workshop is required of all youth working with animals at fair, it also prepares youth to serve as ambassadors representing farmers, ranchers and other agricultural professionals. This January we hope to see you at the South Florida Fair. While there, be sure to stop by the animal barns to discover for yourself the accomplishments of caring, hardworking youth who are doing their part to share the story of Florida agriculture.

-Jon Mayer

Workshop participants discuss the life skills they will gain through their livestock projects.

4-H Excitement Spreads at School Career Day

Do you love 4-H? Would you some day like to have a job doing a variety of fun, hands-on learning activities with a diverse population of youth ages 5-18? This month, we had the opportunity to participate in Hope Centennial Elementary School's Career Day. We told them all about 4-H, explained what we do every day in the 4-H program, and showed them why working for 4-H is so great. We began by teaching them the 4-H pledge, and then did a fun science-inquiry based activity.

The 4th and 5th graders had a great time constructing Bee Buzzers. They were very interested in trying different experiments to find out just what makes the sound. The Second graders learned about life cycles of a butterfly by doing a craft with macaroni in different shapes to represent the eggs, caterpillar, chrysalis, and butterfly. By the end of each class, many teachers were asking us to come back to their classrooms and do more learning activities, and even help them start a club! Now that's exciting!

-Amy Teerman



Equestrian Clubs to host 2014 Clover Benefit Horse Show

If you've ever been to a 4-H Horse Show, you have seen the hard work and dedication the Equestrian members put into their events. It is no secret that months of planning go into these events, and they can get very costly for the 55 youth participating. Our equestrian teams have been working hard at fundraising to fund their events. On February 22 and 23, The Palm Beach County 4H Equestrian and West Pines Equestrian teams will be hosting a Benefit Horse Show in order to raise funds for Area F, State, and Regional Fees for the 2014 Competition season. This show is sponsored by the Recovery Association of the Palm Beaches and entry is open to the public. The Clover Benefit Horse Show will be held at Jim Brandon Equestrian Center, 7500 Forest Hill Blvd., West Palm Beach, FL, 33413. (Okeehewee Park South)

How Can You Help the Equestrian Team??

1. Horse Show Sponsor
2. Advertise in Booklet/Program
3. Donate items for the Silent Auction
4. Be a Volunteer February 22 & 23!

Entry Details:

- **Set Fee for the Weekend \$100.00** will include (Stall/No Shavings, Unlimited Classes, and Unlimited Clinics)
- **Stall reservations and Dressage ride times:** email sheveyl@aol.com
- **Pre-registration:** Fax entries to 1-561-642-5980 or Email mmainc@bellsouth.net
- Stalls are limited so be sure to reserve yours ASAP. Shavings will be available for **\$9.00** per bag.
- Individual Dressage Test - 20.00 each.
- Individual Classes - \$10.00 each.
- Individual Clinics - \$20.00 each.
- Individual Stalls - \$30.00 each
- Grand Champion High Point, Reserve Champion High Point, Junior High Point, and Senior High Point will be awarded one cash prize at the end of the show. Only one cash prize per person.

For more information or if you would like to participate or volunteer, contact Pam Kalil 1-561-436-9847, Shelly LeConte 1-561-252-1432, or Wendy Wagner 1- 561-723-9544.

2014 Clover Benefit 4-H & Open Horse Show

February 22 & 23

Schedule of Events

1. Grooming & Conditioning
2. Mini Halter
3. Halter Mares all ages
4. Halter Geldings all ages
5. Color
6. Showmanship 17 & under
7. Showmanship Adult
8. Walk/Trot Western Pleasure 17 & Under
9. Walk/ Trot Western Horsemanship 14-18
10. Walk/ Trot Western Pleasure 18 & Ov
11. Walk/TrotWesternHorsemanship18 & & Ov
12. Western Pleasure 17 & Under
13. Western Pleasure 18 & Ov
14. Western Horsemanship 17 & Under
15. Western Horsemanship 18 & Ov
16. Command Western/Eng 17 & under
17. Command Western/Eng 18 & Under
18. Walk Trot Trail
19. Trail 17 & Under
20. Trail 18 & Ov
21. Walk Trot Trail
22. Ranch Trail
23. Reining
24. Walk/Trot Hunt under Saddle 17 & U
25. Walk/Trot Hunter under Saddle 18 & Ov
26. Walk Trot Hunter Equitation 17&U
27. Walk/Trot Hunter Equitation 18 & Ov
28. Hunter under Saddle 17 & U
29. Hunter under Saddle 18 & Ov
30. Hunt Seat Equit 17 & U
31. Hunt Seat Equit 18 & Ov
32. Walk Trot Hunt Seat Equit Adult
33. Hunt Seat Equit 13 & u
34. Hunt Seat Equit 14-18
35. Hunt Seat Equit Adult
36. Crossrails 17 & U 18 in
37. Hunter Hack 17 & Under
38. Hunter Hack 18 & Ov
39. Pony Working Hunter 2'3"
40. Working Hunter 17 & U 2'6
41. Working Hunter 18 & Ov
42. Equitation ov Fences 17 & Un 2'3"
43. Equitation Ov Fences 18 & Ov 2'3"
44. Dressage: 17 & Under
45. Dressage: Adult

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!

January 6, 10:00 am – 3:00 pm

Teen Finance Workshop at PBC Cooperative Extension. Register by 4 pm Jan 3

January 11, 9:00 am – 1:00 pm

General Exhibits judging at the Fair. Building 4

January 11 – February 2

South Florida Fair. We will send you reminders if you signed up to volunteer

January 16

County Council and Leaders meeting CANCELLED

January 17 – 19

L.A.W (Leadership Adventure Weekend) Enroll through 4honline by January 2

January 18, 25, and Feb 1 (Saturdays)

Speeches and demos at South Florida Fair, TBA

February 13, 6:00 – 9:00

PBC County Council, Exec Board (5:30), and Leaders Meeting

February 18, 10:00 am – 3:00 pm

Teen Finance Workshop at PBC Cooperative Extension.



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



Palm Beach County 4-H
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