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December 2006

4-H OFFICE HOURS: (8-12; 1-5, M-F)
CLOSED for lunch: 12:00-1:00 P.M.
*After Hours MAIL DROP at
4-H DOOR (SW SIDE) CALL AHEAD for an
APPOINTMENT and/or Other Services
Website: http://leon.ifas.ufl.edu
E-Mail: gaskinsj@leoncountyfl.gov

Leader Adventure Weekend
Tyndall Air Force Base
January 19-21, 2007

For 4-H members ages 11-13, as of Sept 1, 2006.

What is LAW? (Leadership Adventure Weekend) It is a fun-filled educational weekend planned by senior level youth, focusing on developing communication skills and leadership. It is an excellent chance for youth to get to know others from across their state while learning valuable life skills at the same time.

Check out https://4h.ifas.ufl.edu/Events/law/index.htm or call Tracy at the 4-H office for more information. Registration for Leon County 4-H members will be due on Tuesday, January 2, 2007. TAT

4-H Staff
Marcus D. Boston, Jr., Extension Agent III
Tracy Tesdall, Extension Agent I
Jeanette Gaskins, Administrative Associate IV
Zulema Wibmer, Program Assistant

Happy Holidays

The Foundation for The Gator Nation
An Equal Opportunity Institution


**Attention Homeschool Parents**

The 2006-2007 Homeschool 4-H/Tropicana Public Speaking Contest will be held Wednesday, January 10, 2006 at Good Shepherd Catholic Church at 10:00 a.m. Please e-mail Chris Moleski, the 4-H/Tropicana Public Speaking Homeschool Liaison at MsMouse321@aol.com for more information. Or call the 4-H Office (606-5204) and speak to Jeanette Gaskins, our Administrative Associate.

**SCHOOL DAZE**

The 2006-2007 School year is in full Swing! The 4-H Program has some great “School Enrichment” curriculums to enrich and enhance classroom teaching. We have:

- SEAT BELT SAFETY
- EMBRYOLOGY
- SNACK SMART
- and FORESTRY

Let us know where we can help!

In addition, the **4-H/Tropicana Public Speaking** program is ongoing in all the schools. Here are a few reminders:

- All ribbons and medallions have been distributed
- Friday, December 8, noon – Public Speaking Enrollment Forms are due from each school’s contact person
- Tuesday, January 2 – Information packet for school winner will be mailed
- Thursday, January 11, noon - Name of school winner and title of speech for each winner due in 4-H office.
- Contest date & time: Saturday, January 20 – 4-H/Tropicana County Contest, Perry Page Auditorium, Florida A & M University Campus, 7140 S. Martin Luther King, Jr. Blvd, Tallahassee, FL 32301

**4-H Benefits from Congressman Boyd Dove Hunt**

This year, Camps Cherry Lake and Timpoochee were on the receiving end of a $115,000 donation from the Congressman Allen Boyd Dove Hunt Family Charities Day. There was fun for the entire family! Thank you to Jalisa Johnson and Andrew Carter, 4-H Camp Cherry Lake Counselors, for representing Leon County 4-H members at this event!

**TAT**
4-H County Events …Jump Into Action!!!

Jump Into Action….to start preparing for the 2007 County Events program.

Jump Into Action ….to learn that this is a fun, organized competitive opportunity for 4-Her’s to give “show & tell” presentations about their 4-H project or other activity of their interest. Participants can also give speeches, exhibit posters and photos, and be in a fashion show!

Jump Into Action ….to realize County Events provides 4-Her’s the opportunity to enhance their preparation and presentation skills.

Jump Into Action ….to understand 4-Her’s must participate in County Events in order to qualify for 4-H District Events.

So-o-o all 4-Her’s should start gathering their information in preparation for this spectacular event………. Jump Into Action!

Check out the Florida 4-H Events & Activity Handbook at: https://4h.ifas.ufl.edu/events/events_and_activities_handbook.pdf to see the specific guidelines and categories for fashion revue, posters, photography and demonstrations!

New in 2007!
Monday, February 19, 2007 (President’s Day & students have no school), we are planning a 4-H County Events workshop to teach, in a hands-on way, how to participate in 4-H County Events. Practice giving a speech, get ideas for the poster contest, learn what it takes to be in the fashion revue—and more! Ages 8-18 are invited. Mark your calendars today!

2007 4-H Showcase at the Florida State Fair

Join us Saturday, February 10, 2007~ State Fairgrounds ~ Special Events Building, Tampa, FL

Showcase your skills in:

• Florida Sate Fair Fashion Show
• Public Speaking
• Share the fun
• Interactive Displays and Booths

Registration materials available at your County Extension Office or go to the website at: www.florida4h.org Return forms to the State 4-H Events Office by 4:30 pm, Friday, January 19, 2007.

TAT
MyPyramid – Steps to a Healthier You

MyPyramid was developed to be a personal path to health for each one of us. The path to good health isn’t the same for everyone; but this tool is all about you!! We have examined some of the key parts of MyPyramid over the past year. Below are some suggestions as you and your family move along that path to good health.

- **Be REALISTIC**
  Make small changes over time in what you eat and the level of activity you do. After all, small steps often work better than giant leaps!

- **Be ADVENTUROUS**
  Expand your tastes to enjoy a variety of foods and physical activities.

- **Be FLEXIBLE**
  Go ahead and find your right balance between what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

- **Be SENSIBLE**
  Enjoy the foods you eat, just don’t overdo it!

- **Be ACTIVE**
  Walk the dog; don’t just watch the dog walk!

Sources: UF IFAS Extension, http://fycs.ifas.ufl.edu/pyramid/index.htm
Purdue University Extension, https://secure.agramercy.purdue.edu/store/
MyPyramid.gov

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### 4-H County Council Meeting Dates

- **Time:** 5-6:30 p.m.
- **Location:** Ag Center Auditorium
- **January meeting – Cancelled due to holidays**
- **Jan 23, 2007 (to plan County Events Workshop)**
  - Feb 27, 2007
  - Mar 20, 2007
  - Apr 24, 2007
  - May 29, 2007

All youth ages 11-18 are encouraged and welcome to attend!  TAT
North Florida Fair - - It was Awesome!
The North Florida Fair has come and gone but not without a lot of participation AND winning by Leon County 4-H’ers. Look at what we did:

Judging Contests

**Agricultural Judging – 3rd Place Team (Intermediate Division)**
Kimberlie Papka (Trailblazers Horse Club)  Sarah Taff (Trailblazers Horse Club)
Kelli Rosser (Trailblazers Horse Club)     Morgan Sykes (Trailblazers Horse Club)

**Horticultural Judging – (Individual)**
Nikki Futch – 1st Place Sr. (Bridles & Bits Club)  Vincent Dewar – 1st Place Jr. (Horticulture Club)
Lauren Futch – 2nd Place Sr. (Bridles & Bits Club)  George Krafft – 1st Place Inter. (Horticulture Club)

**Agricultural Judging – 3rd Place Team (Senior Division)**
Anna Taff (Trailblazers Horse Club)  Kathryn Rosser (Trailblazers Horse Club)
Sarah Oliver (Trailblazers Horse Club)

Congratulation to Abby Taff (Trailblazers Horse Club) and Lyndsey Sykes (Trailblazers Horse Club) who did an outstanding job competing as an Individual.

**Consumer Choices Judging**
Congrats to the Consumer Choices Team participants for training and participating in the contest. The participants were:

4th Place (Junior Team)
Shrikumar Nair (At-large member)  Ashley Hinton (Pinewood Place Club)
Alexis Thompson (Pinewood Place Club)  Martina Geleta (Pinewood Place Club)

3rd Place Intermediate Team
Amy Griffith (Pet Partners Club)  Theodore Chaires (Pinewood Place Club)
Indiya Walker (Pinewood Place Club)

7th Place Intermediate Team
Dale Spears (Pinewood Place Club)  Kaniya Grady (Pinewood Place Club)
Breanna Williams (Pinewood Place Club)  Louis Chaires (Pinewood Place Club)

**Share-The-Fun Talent Show**
Alexander Cook – 1st Place (Intermediate Division) (At large member)
Dallas Tucker – 1st Place (Junior Division) (At-large member)

**4-H Department**

Individual Exhibits
Congratulations to the 62 4-H’ers who exhibited individual exhibits in the fair!

Club Booths
A well designed booth was put in by the EZ-Riders 4-H Club. They will receive $150.00 for their club’s treasury.

As you can tell there was a lot of fun & learning going on at the fair this year. If any of this interests you, please plan on participating in the 2007 North Florida Fair.    MDB
ATTENTION ALL CLUB LEADERS AND CO-LEADERS:

Your attendance is requested for our 2nd Quarterly Leader Meeting of the 2006-2007 4-H Year on Tuesday, January 30 at the 4-H Office

Light Dinner to be served 5:30 – 6:00 p.m. Meeting scheduled 6:00 – 7:30 p.m. Please R.S.V.P. by Thursday, January 25, 2007

Helpful Hints for Club Leaders and Volunteers!
As we start the new calendar year and attempt to re-organize everything organized in the previous year, we must keep in mind several helpful hints on how to maintain a successful 4-H Club!!

- Schedule a meeting with the parents of all the club members and map out a 3-6 month agenda of upcoming projects, activities, and meeting dates.
- Discuss the roles you would like each parent to play in the club (this meeting should be parents only, if at all possible).
- Advertise your meetings. Everyone should know the date, time, and place.
- Allow club members to set goals for the year!
- Read monthly 4-H Newsletter and participate in all 4-H activities, competitive and noncompetitive events that apply.
- Encourage youth to read newsletter online (http://leon.ifas.ufl.edu)
- Encourage club members to elect officers. And remember - - the youth should run the club - - not the adults. Adults are there to provide guidance and leadership.
- All final decisions should be voted on by the club members.
- Be sure all members have completed complete enrollment forms for this new 4-H year and received the member card.
- Start all meetings on time
- Club meetings should have at least 3 parts: business, educational program, recreation
- Keep 4-H Agents informed of all club’s activities (via email, phone, mail, etc.)
- Once new officers are elected, plan at least one meeting for installation program (contact 4-H Agent to schedule.)
- Schedule an officers training to be done by 4-H Agent, if you haven’t already.
- Attend all quarterly Leader Meetings (Jan 30 is the next one!)
- Encourage youth to participate in all 4-H programs and activities (county events, special interest programs, etc.)
- Have fun and allow youth to be creative and remember, if they are enthusiastic about the 4-H club, they will be excited.

If you would like more information on maintaining a successful 4-H Club, please give us a call.
4-H Calendar

December 2006
1-3 State 4-H Council 2nd Executive Board, Camp Ocala
8 4-H/Tropicana Enrollment Forms due, 12:00 noon
9 4-H Horse Judging School, Gainesville
25 4-H Office Closed, Holiday

January 2007
1 4-H Office Closed, Holiday
2 Deadline to register for the 4-H Leadership Adventure Weekend
11 4-H/Tropicana School Winner & Title of Speech due, 12:00 noon
16 4-H Office Closed, Holiday
19 Registration deadline for the 4-H Showcase at the Florida State Fair, Tampa FL
19-21 Leadership Awareness Weekend, 4-H Camp Ocala
20 4-H/Tropicana Public Speaking County Contest, Florida A&M University Perry Page Auditorium
23 4-H County Council Meeting, 5:00 – 6:30p.m.
25 R.S.V.P. for the 2nd Quarterly Leader Meeting
30 4-H Leader Meeting

February 2007
10 2007 4-H Showcase at the Florida State Fair, Tampa, FL
19 4-H County Event Workshop
27 4-H County Council Meeting, 5:00 – 6:30p.m.

June 2007
1 Project Books are due to 4-H Office, 4:00 p.m.

Tracy Tesdall       Marcus D. Boston, Jr.
Extension Agent II, 4-H      Extension Agent III, 4-H

The Leon County Extension 4-H Program provides research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. For persons with disabilities requiring special accommodations, please contact the Leon County 4-H Office at least 5 working days prior to a program so that proper consideration may be given to the request.