WELCOME OUR NEW 4-H CLUBS!

The Leon County Performing Arts 4-H Club is seeking members. If you or anyone you know is interested in print or runway modeling, stage and special effects makeup, glamour makeup, improv, theatre games, music, costuming, and social dancing (like swing), this is the club for you!

Members of the Performing Arts 4-H Club will participate in Share the Fun and other areas of 4-H.

The first club meeting will be held in December.

Teen CERT is back in business and seeking new members! Teen CERT (Community Emergency Response Team) members will be trained to help first responders in the event of a natural or man-made disaster. During the year, Teen CERT teams provide peer mentoring and partner with local emergency management organizations to provide community outreach and training. Teen CERT is open to any youth age 13-18.

If you are interested in joining one or both of these clubs, please call the 4-H Office to receive club leader contact information.

ATTENTION HOME-SCHOOL PARENTS

Do you have 4th, 5th, or 6th graders interested in participating in the 4-H/Tropicana Public Speaking program? If so, please call the 4-H Office TODAY!

Requirements of this program include a home school contest to secure 4th/5th grade winner and a 6th grade winner that will advance to the overall county contest to be held in January.

Participants do not have to be enrolled in 4-H in order to participate. If you know of other homeschoolers who might be interested, please have them call the 4-H Office.

Specific details about the home school contest will be announced as soon as they are made available. In the mean time, please visit the 4-H/Tropicana Public Speaking contest website in order to begin preparing your youth!
The North Florida Fair will be held from November 4-14, 2010. The following is a list of important dates to keep in mind:

**4-H Exhibits:** All Leon County 4-Hers entering exhibits in the fair should bring their items to the fairgrounds on November 1st between 10:00AM and 1:00PM. Items arriving after 1:00PM will not be accepted. Baked goods should also be brought to the fairgrounds November 1st between 10:00AM and 1:00PM. Judging for baked goods will take place the same day.

Once the fair is over, 4-H Exhibits can be picked up on Monday, November 15th between 10:00AM and 1:00PM at the Fairgrounds.

**4-H Agriculture Judging Team Training:** Agriculture judging training will take place at the Extension Office. Training dates have been scheduled for:
- November 2, 2010 at 3:45PM
- November 9, 2010 at 3:45PM
Please call the 4-H Office to register for these trainings.

**4-H Day at the North Florida Fair is Saturday, November 13, 2010.**

If you have any other questions related the fair, please visit the North Florida Fair website or call the 4-H Office. See you at the Fair!

**TEEN CLUB IS BACK!**

The Leon County 4-H Teen Club will be starting up again for 2010-2011 4-H year. All youth ages 12-18 as of September 1, 2010 are encouraged to participate. Our second meeting will be Thursday, November 4th at 6:30PM in the Auditorium at the Extension Office. Club officers are asked to arrive at 6:00PM. Light snacks will be provided. If you are not on the email list for the club and wish to be included, please email leon4h@ifas.ufl.edu.

**SHOOTING SPORTS TRAINING: DECEMBER**

A two-part shooting sports training is being offered to adults and youth (ages 14-18) in December. Attendees may choose to be certified in archery OR shotgun. NOT both.

Part I of the training will be offered via Polycom ONLY on December 7th from 6:00PM - 9:00PM. Part II of the training will take place at Camp Timpoomee on December 11th from 8:00AM - 5:00PM.

The cost to attend the training is $20.00/person. An additional fee will be added if lodging is needed at camp the Friday before training. The deadline for registration is Wednesday, November 20th.

More information can be found online. If you wish to participate in the training, please remember to reserve the Polycom with the 4-H Office.

**SAVE-THE-DATE: 4-H CAMP CHERRY LAKE!**

Leon County will be packing their bags and heading to camp June 6-10, 2011. Registration for camp will begin Monday, March 15, 2011. Don’t miss out!
**Florida 4-H Awards and Scholarship Portfolio.**

Attention all Leon County 4-H members between the age of 14-18! Ever wonder how your friends were picked to attend National 4-H Congress or National 4-H Conference? Need extra money to pay for your college school books next year? Complete the Florida 4-H Awards and Scholarship Portfolio and you might be the lucky recipient of one of these amazing awards!

The application process is easy. The awards packet and directions can be found under the Awards and Recognition tab at [www.florida4h.org](http://www.florida4h.org). Follow the link to Youth Opportunities.

**NEW THIS YEAR:** This may be the last year that Seniors are permitted to apply for award trips. ALL JUNIORS WISHING TO APPLY FOR THESE TRIPS ARE STRONGLY ENCOURAGED TO APPLY THIS YEAR. You might not have the opportunity to do so next year.

Completed packets are due to the Extension Office by May 18, 2010. Late packets will NOT be accepted. Please contact Stefanie Duda for questions and look for future dates on workshops about completing the Florida 4-H Awards and Scholarship Portfolio.

**Family Week: November 21-27, 2010 by: Jo Shuford-Law**

Eating at least one meal as a family per day has several beneficial effects. Families who eat together have stronger bonds, eat more nutritious meals, and reduce their risk of becoming overweight.

Eating as a family promotes togetherness and may help strengthen communication skills. It offers a time to talk with each other and provides a sense of belonging for everyone. It can also help build self esteem. Keep conversation light, interesting and fun.

Learning about table manners, social skills, cooking and nutrition can all be accomplished while eating together. Cultural traditions are often centered on various types of foods and mealtime can be a great way to teach kids about their culture and traditions.

Children eating regular family meals often get better grades in school, are more motivated, and get along better with others. Young people who more often participate in family meals have fewer behavioral problems and are less likely to be involved in risky behaviors, such as alcohol, drugs or smoking.

Eating as a family may also promote eating healthfully. Kids are less likely to snack on unhealthy foods and more likely to eat fruits, vegetables, whole grains and calcium rich foods. They also drink fewer soft drinks.

To make family meal time pleasant and beneficial for everyone, make sure to keep the meal at the table and not in front of the television. For this sharing to take place, distractions need to be limited. In other words, turn off the TV and put away phones and other hand-held devices. Enjoy your meal and the time spent together!

For more information see:


http://edis.ifas.ufl.edu

**IMPORTANT: 4-H Member Re-Enrollment**

Every year, 4-Hers must re-enroll after September 1st. If you are a new member, you must enroll for the first time. This process is very simple and can be completed online or by turning in a hard copy of the 4-H Youth Enrollment Form.

We prefer you use our online enrollment system because it allows you to provide all the necessary information at one time, rather than needing to complete more paperwork at a later date.

Online re-enrollment or enrollment can be completed at: [https://florida.4honline.com](https://florida.4honline.com). Any one re-enrolling online will need to enter the email address and password used last year. If you have forgotten the password, simply enter the email address and click “I forgot my password.” A temporary one will be sent to you.

If you have any questions or need help with online enrollment, please call the 4-H Office.
GENEROSITY – THE 3RD ESSENTIAL ELEMENT

The third “H” in the 4-H pledge specifically speaks about “pledging your HANDS to larger service.” As we approach the holiday season, now is a great time for 4-H clubs to begin to plan community service activities. These projects can be at aimed at helping those that are less fortunate, have limited resources and individuals that may be lonely during this time of the year. However, these are not your club’s only options.

Each club should spend some time during their club meeting brainstorming about potential ways the members can make someone else’s holidays a little brighter and implement a plan of action between now and the end of December. Please keep in mind that “sincere” acts of kindness go much farther than “size.”

LEON COUNTY 4-H CALENDAR

November 2010
1: Exhibit check-in at the North Florida Fairgrounds (10:00AM - 1:00PM)
1: Baked goods drop-off at the North Florida Fairgrounds (10:00AM - 1:00PM)
2: Agriculture Judging Team Practice at the Extension Office (3:45PM)
4-14: North Florida Fair
4: Teen Club at the Extension Office (6:30PM)
9: Agriculture Judging Team Practice at the Extension Office (3:45PM)
11: Veteran’s Day; 4-H Office Closed
13: 4-H Day at the North Florida Fair
15: Exhibit pick-up at the North Florida Fairgrounds (10:00AM - 1:00PM)
25-26: Thanksgiving Holiday; 4-H Office Closed

December 2010
2: Teen Club at the Extension Office; Holiday Potluck (6:30PM)
7: Shooting Sporting Training Part I via Polycom (6:00PM-9:00PM); Pre-Registration REQUIRED
11: Shooting Sports Training Part 1 at Camp Timpoochee (8:00AM-5:00PM); Pre-Registration REQUIRED
24: Holiday; 4-H Office Closed
31: Holiday; 4-H Office Closed

January 2011
21-23: Senior Leadership Adventure Weekend (Camp Ocala; Altoona, FL; Pre-Registration REQUIRED)
25-29: Youth Development Institute (Gainesville, FL)
29: 4-H/Tropicana Public Speaking County Contest

Leon County 4-H Staff

Marcus D. Boston, Jr.
Extension Agent, III

Stefanie L. Duda
Extension Agent, I

Zulema Wibmer
Program Assistant

4-H is the youth development program of the Florida Cooperative Extension Service and the University of Florida’s Institute of Food and Agricultural Sciences. The focus of 4-H is to provide young people with opportunities to develop skills through participation in community clubs, project clubs, day camps, residential camps, school enrichment programs, and competitive events. 4-H is open to all youth between the ages of 5-18 regardless of gender, race, creed, color, religion, or disability. Persons with disabilities should notify the office at least 10 working days prior to a 4-H event so that proper consideration can be given to the request.