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4-H Staff
Marcus D. Boston, Jr., Extension Agent III
Zulema Wibmer, Program Assistant
Stephanie Duda, Extension Agent I

SEPTEMBER 
2010

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
Email: bostonm@leoncountyfl.gov
Website: http://leon.ifas.ufl.edu

Be sure you’re a bonafide 
4-H member or volunteer--
Each year, 4-H’ers must re-enroll (and new members must enroll) after September 1st
by completing an enrollment form. This year
we have 2 ways to enroll in the 4-H
program. You can enroll online by going to
http://florida.4honline.com or you can click
on 4-H Youth Enrollment Form (Hard copy
version of on-line form) to print and complete
the form and send it to the 4-H office. You
can also download one from the website at
http://leon.ifas.ufl.edu by clicking on “4-H
Forms.” All persons re-enrolling online will
need their password from last year or click
(I forgot my password) to enter
information. Anyone, age 5 (by September
1) and up (through 18), can enroll as a 4-H
Member.
ATTENTION ALL PRESENT & POTENTIAL CLUB LEADERS

Mark you calendars for our first 2010-11 4-H Leader Meeting on Tuesday, September 14th, 2010 at 6 pm. As we began our new 4-H year on September 1st, we’ll review the tools needed to maintain an active and successful 4-H club. Additional topics to be covered: North Florida Fair opportunities, re-enrollment packets, and more. Please RSVP by September 10th as to who will be in attendance from your club. A light meal will be served from 5:30 - 6:00 pm for all those who would like to eat. Call the 4-H office or email leon4h@ifas.ufl.edu to RSVP.

Note: To avoid missing any information provided at this meeting, please make sure your club has a representative in attendance. If you have any questions, please give the 4-H office a call. MDB

Club leaders, don’t forget these dates:

- September 14: 4-H club financial reports
- October 1: Club Charter Renewal Form & Re-Enrollment Forms Due

All forms will be available at the leaders’ meeting or downloadable at:
http://leon.ifas.ufl.edu/4-H_Department/Forms/index.shtml

THE FAIR IS COMING!

Even though the North Florida Fair doesn’t start until November 4th, WE need to start thinking about it NOW, BECAUSE MOST DEADLINES ARE OCTOBER 8th !!
The NORTH FLORIDA FAIR BOOK is now ON-LINE (go to www.northfloridafair.com)

SIGN-UP FOR A 4-H CLUB BOOTH: Your club could have the opportunity to design a booth (8’x 10’) to go in the 4-H Building during the fair. Each club that sets up a display will receives $150 to defray any expenses. Please call by Friday, October 1st if your club is interested in putting in a booth. Since Leon County has only been allotted one space for a club booth, a special selection process will take place after the October 1st deadline to determine which club will receive the booth. Any club wishing to sign up for the booth should contact the 4-H office for more information.

JOIN A 4-H JUDGING TEAM: This is not only FUN but educational as well. You will receive training materials and/or attend study sessions (that's right, we help you learn what you need to know!) to prepare yourself as a team member. The different types of teams are:
- Horticulture Identification (plants)
- Agriculture (livestock, animal feeds, and poultry)

Please call and sign up for teams by Thursday September 30th 2010.
ENTER A FAIR 4-H PROJECT EXHIBIT: Enter any individual projects you’ve done into the fair. All exhibits will be displayed in the 4-H Building. An exhibit can be freestanding or anything you may have made or learned through your experience with 4-H. Deadline for completed entry forms is **Friday, October 8th**. For additional information and Entry Forms, contact the 4-H office at 606-5204 or go online at http://www.northfloridafair.com and link to “premium book, Department 210”. This year you will need to bring your completed item to the fairgrounds on Monday **November 1st 10-1pm**.

SHOW OFF YOUR ANIMAL: You can enter your rabbits, chickens, hogs, dairy goats or cows for competition. Not only is this a load of fun but you can win ribbons as well. The entry deadline (using an official entry form) is **Friday, October 8th** and must be sent to the North Florida Fair Office. **MDB**

The North Florida Fair Talent Search Is On!

If you would like to represent Leon County at the North Florida Fair's Talent Show this year please give us a call at the 4-H office. This year the NFF contest will be held **November 13th, 2010 beginning at 12 noon**. Since we are only allowed to enter two acts from our county your immediate reply to this information is very important to get your name on the list. If needed, auditions will be held in to determine who will be our Share The Fun Talent Show Representative. Our traditional 4-H Share-The-Fun contest will be held in Spring of 2011. The specific date and time will be announced in the December newsletter. Since we may need to have auditions to see who will represent Leon County 4-H at the North Florida Fair Talent Show, we must know by **September 17th** if you are interested in competing. If you have any questions please give us a call. **All acts must fall between 3 and 5 minutes**

Awards Night: Mission Possible!

On August 19th we took the opportunity to recognize those 4-H members and adult volunteers who have shown their active involvement and support of the Leon County 4-H Program. This year’s Awards Night planning committee consisted of: Nzinga Dennard, Malek Dennard, Janea Powell, Nikki Futch, Morgan Burns, Chet Ptachick, Cody Ptachick, Ben Horne and Rogers Horne. A big thank you to everyone who helped put on this event and to all those recognized! **MB**

State 4-H Congress ‘10

Congratulations to all of our 4-H youth earning their trip to attend 4-H Congress, July 26-30th. Everyone did an outstanding job. Here is the summary of our 2010 participants:

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nzinga Dennard</td>
<td>Leadership Tracks</td>
<td>Participant</td>
</tr>
<tr>
<td>Nikki Futch &amp;</td>
<td>Leisure &amp; Performing Arts</td>
<td>2nd Place Overall</td>
</tr>
<tr>
<td>Olivia Olmstead</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
I Pledge My Hands to Larger Service....

The 4-H Community Pride program, funded by Chevron, is accepting applications to financially support your next service project. If you and your club members have an idea of something to do to help in our community, submit a PROPOSAL to the Leon County 4-H office. The proposal’s not hard to do and you just might receive some money! Check out “4-H Forms” at http://leon.ifas.ufl.edu to find the application. Complete a proposal & return it to our office by FRIDAY, OCTOBER 8. Call the 4-H office for further details.

Sensational After-School Snacks

Long and busy days can suck all the energy out of us and leave our stomachs growling for food by the time we get home. Instead of grabbing for that bag of potato chips, or stopping for fast food plan for nutritious and delicious healthy snacks. Eating something healthy will leave us feeling better and will also reduce the risk of over-eating later. Surprisingly; healthy, convenient and easy to grab snacks can leave us more satisfied, and contain fewer calories and more necessary nutrients that keep our bodies healthy.

Easy ways to add more fruits and vegetables to your diet is to include them in a snack. When you get home from school (or work) and are ready to chow down, try placing a bowl of fresh, sweet fruit on the counter. When food is in sight and easy to reach the amount eaten will increase. Here are some delicious ideas:

- Pair some juicy fruit with a low-fat or fat-free yogurt cup or a stick of string cheese. You can even make a cool, creamy fruit and yogurt parfait and top it with some crunchy granola.
- Try keeping cut up vegetables in the refrigerator to grab quickly.
Crunchy carrot sticks, celery, and mini cherry tomatoes are just a few great choices. Dip these treats in some low-fat or fat-free dressing or delicious hummus for a new snack idea.

- Cut some celery into sticks, spread a bit of peanut butter on each then top with your choice of dried fruit to make “ants on a log.”
- A few whole-grain crackers with some cheese and a piece of fruit is another easy-to-grab, delicious snack.
- Make your own trail mix by mixing in some whole-grain cereal, nuts or seeds, dried fruit, or pretzels.
- Bite-sized sandwiches can also be a great choice. Make a regular sized sandwich, cut into four squares. Voila -- mini snacks for sharing are ready!

All of these ideas are great for after-school or after-work snacks. They are quick and easy to grab as well as very nutritious. Small snacks during the day are an important part of a well-balanced diet and keeping a healthy weight. They can prevent over-eating at other times of the day, and include necessary nutrients to keep us strong and healthy. They are also very tasty! Taste some today!

Ashley Deetz,            Jo Shuford-Law
FSU Graduate Dietetic Intern  FCS Extension Agent

Congratulations Danielle DiUlus!!

Congratulations Danielle DiUlus for being appointed as one of the Presidential Appointees for the State 4-H Council. Danielle will serve in her new role by attending First, Second, and Third executive board assisting the state council as they plan state 4-H events throughout the year. Keep up the Good Work.

MB

Welcome Stephanie Duda

On September 3rd Leon County 4-H gave a warm welcome to our new 4-H Agent, Ms. Stephanie Duda. Stephanie was born in Ohio but worked several years as an intern at the Florida 4-H office while in school. She also served as camp director for 4-H Camp Timpoochee for several years. Stephanie is looking forward to meeting everyone and providing more opportunities to make the best better! Welcome Stephanie!!!
**4-H CALENDAR**

**September 2010**
14 4-H Leader Meeting (6pm)
17 Deadline to sign up for the North Florida Talent Show
30 Deadline to sign up for the 4-H Consumer Choices 4-H Horticulture I.D. & Agricultural Judging Contests

**October 2010**
1 Deadline to register animals into the Fair
6 National 4-H Youth Science Day
8 Deadline to register for NFF Club Booth
   Deadline to register 4-H Project Exhibits for the NFF
   Entry deadline for your animals for the NFF
3-8 National 4-H Week
8 Community Pride Grant applications due to Leon County 4-H office

**November 2010**
1 Exhibit Check-in at North Florida Fairgrounds, 10-1pm
4-14 North Florida Fair in town
13 4-H Day at the NFF
   North Florida Fair Talent Show
   Consumer Choices/Ag Judging/Hort ID Contests
15 North Florida Fair Exhibit Pick-up @ North Florida Fairgrounds, 10a.m. – 1:00 p.m.
11 4-H Office Closed, Holiday
25 & 26 4-H Office Closed, Holiday

**December 2010**
24 4-H Office Closed, Holiday
31 4-H Office Closed

Marcus D. Boston, Jr.
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.

For more information on these or other 4-H programs, please check out our website at [http://leon.ifas.ufl.edu](http://leon.ifas.ufl.edu) – especially the 4-H Events Calendar or the state website at [http://www.florida4h.org](http://www.florida4h.org) or call us at 850/606-5204.