



4-H News

Holmes County 4-H

January 2013



AGENT'S CORNER — Happy 2013!

Hello 4-Hers!

I hope everyone had a great Christmas and fun holiday break from school and work! It is hard to believe that 2013 is already here! Time flies when you are having fun.

We have so much coming up in the Spring, as it is such a busy time for 4-H. From the Tropicana Public Speaking Contest to our County & District II Events, we are going to have lots of fun!!! Be sure to check out our website at holmes.ifas.ufl.edu for event dates and details. I hope soon I will have our Holmes County 4-H Facebook page active for everyone to communicate together!!

I can't stress enough that we need adult volunteers to join our team! If you know of a parent, church leader, or friend of the family that wants to help us out in 4-H, send them to me! We have lots of great ideas to get started on. Air Rifle, robotics, rabbits, and cooking, you name it! In order to offer more activities and clubs, we need more 4-H members and volunteers to help out. So get busy and start recruiting your friends!! 4-H is GREAT! Aren't you excited?

Ms. Niki, 4-H Agent

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Calling All Sewers!



The Holmes County Sewing 4-H club meeting will meet on Tuesday, January 15th from 3:00—4:30 PM. This club is still open for youth to join. Please note that we will be working with our sewing machines at this meeting. You may bring your own or borrow one of ours. We do ask that you bring your own basic sewing supplies such as a thimble, scissors, pins, pin cushion, measuring tape, etc.

Holmes County Club Meetings:

United Clovers:

Thursday, Jan. 10th
3:00—4:00 PM

4-H Office

Sewing Club:

Tuesday, Jan. 15th
3:00—4:30 PM

4-H Office

Archery Club:

TENTATIVE!!!!

Tuesday, Jan. 8th
3:00—4:30 PM

Nock and Load Range

TENTATIVE!!!!

Tuesday, Jan. 22nd
3:00—4:30 PM

Nock and Load Range

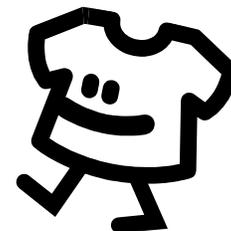
(Must be age 8 by September 1, 2012 to participate.)



- **January 8th** — TENTATIVE Dead Centers Archery Club Meeting
- **January 10th** — United Clovers Club Meeting
- **January 15th** —Holmes Sewing Club Meeting
- **January 21st** — Martin Luther King Holiday: 4-H Office Closed
- **January 22nd** —TENTATIVE Dead Centers Archery Club Meeting
- **January 11th & 12th** — Volunteer Air Rifle Training (Registration required)
- **February 1st** — Washington Co Youth Fair Livestock Registration Deadline
- **March 1st** — Washington County Youth Fair Begins
- **March 9th** — 4-H State Archery Match
- **March 14th** — 4-H Day at the Capitol
- **March 21st** — County Tropicana Public Speaking Contest
- **April 30th** — Florida Agriculture Literacy Day
- **April 30th** — 4-H County Events
- **June 1st** — 4-H District II Events

Attention United Clovers!!!!

The United Clovers 4-H club meeting (this meeting is for Clover Buds) will meet on Thursday, January 10th from 3:00 until 4:00. If all goes well, our plan is to create a really neat t-shirt craft. **In order for youth to take home a completed t-shirt, please have your child bring a plain, colored t-shirt (no white or cream) that you do not mind them making a craft out of.** Also, the craft may get a little messy so have them bring at least an old shirt to wear so we do not ruin good school clothes. They can change here at the Ag Center.





4-H County & District Events

Do you love fashion? Do you have a natural singing or dancing ability? Do you like to give your opinion on an important topic? Well, we have the competitions for you!!

Holmes County 4-H County Events is fast approaching and all of us Holmes County 4-Hers need to get ready for April 30, 2013! 4-H participation in County/District Events provides 4-Hers the chance to compete in a fun, friendly, and environment. **Competitive events are an important part of any well-rounded 4-H Program, and serves to help youth develop poise, and self confidence.** This event also provides youth with the experience of developing and presenting public presentations, compete for awards and recognition, and to practice good sportsmanship. 4-H members ages 8-18 (as of September 1, 2012) are eligible to participate. Registration forms will be available online and through the 4-H office.

4-H is for all
youth who
like action,
learning, and
FUN!

From County Events, those youth placing 1st and 2nd place in each division are eligible to compete in District Events. So, as long as we have enough entries, we will host a County Event this year! Competitive events are listed below. Don't wait to prepare at the last minute!



SHARE THE FUN

This event is designed to help 4-H'ers discover, develop and share their talents of singing, dance, drama, etc.

4-H FASHION REVUE



In this event, 4H'ers develop skills needed to plan, select or construct appropriate clothing for different occasions. During this process, they gain confidence and poise by creating an article of clothing that expresses their personality and creativity or demonstrate skills in consumer-decision making as the select becoming choices for clothing needs.

4-H POSTER EXHIBIT

This contest provides an opportunity for 4-H members to create posters to promote public awareness and support of 4-H.

DEMONSTRATIONS/ILLUSTRATED TALKS



This contest is designed to provide 4-H'ers experience in the preparation and delivery of a demonstration (a presentation that shows how to do something) or an illustrated speech (a speech with visual props). This program requires 4-H'ers to recognize, organize and present information on a topic that relates to certain topics.

4-H County & District Events (continued)

4-H
Public
Speaking



PUBLIC SPEAKING

This contest is designed to provide 4-H'ers experience in the preparation and delivery of a speech. This program requires 4-H'ers to recognize, organize and present information on a topic that relates to 4-H'ers and their peers.

PHOTO EXHIBITS

This contest provides a showcase for 4-H member's photographic accomplishments. The winning photographs are displayed for public view with the intent of increasing public awareness and understanding of 4-H.



DAIRY POSTER CONTEST

Design a poster telling a story about milk, cheese and/or yogurt using an assigned theme from the Dairy Council which will be announced soon.



SCIENCE FAIR EXHIBIT

This contest provides a showcase for 4-H members to become scientists by using methods of scientific inquiry to learn about a topic in the natural sciences. Natural sciences refer to the areas of study that try to explain the physical and natural world or the events that happen in nature. These areas of study include: Biology, Chemistry, Physics, and Earth and Space Science. This new event will give youth a creative outlet to make their own learning experiences and investigate their questions and ideas which will generate excitement and interest in science among youth.

Why Does Our Archery Club Cancel Meetings?

The Dead Centers 4-H Archery club meeting was cancelled in December. The January meetings are tentative at this time which means that there is a chance the future meeting (s) may need to be cancelled. WHY? The reason for the cancellations is because we currently only have one certified volunteer, Mr. Brett, to lead the meetings. Mr. Brett is a very hard worker and works out of town a lot. Sometimes he cannot get back to Bonifay to run the club in time.



Your next question may be, "Why doesn't Ms. Niki run the club then?" Well, there are several reasons. Mainly, 4-H is designed for volunteers to get involved with youth and the University of Florida wants 4-H Agents to assist volunteers, not run the clubs all the time. Secondly, Ms. Niki is waiting to take the volunteer archery certification. The training/certification is only offered when we have enough volunteers to participate (at least ten must commit from our total district for a training to be set up.) Since archery requires a training/certification for volunteers, we need more adult volunteers to get certified and help us run this club.



So, how can you help fix this problem? Ask adults that you know to help your 4-H club. Tell them that we need adults to volunteer for the Archery Club. There is no cost to them. It is only for a couple of hours per month and it is a lot of fun! Start recruiting adults today! Tell your adults to call Ms. Niki at 547-1108 for more information.

You Can Give Back and Support Your Youth While Having Fun!



In 2013, you may find yourself wishing to do more, give more, be more in the lives of young people today to help make a difference and change the path of our nation's future. One way to do such is to become a volunteer in a local organization. It is understandable to feel a bit of initial hesitancy when wanting to commit as a volunteer. Financially, many of us are strained due to the economy, working long hours to make ends meet to care of our families. Also, along with the demands of working long hours, we may be concerned that by committing ourselves as a volunteer, we will not find the time to fulfill our other commitments and obligations, enjoy family, AND have time for one's self. And, even some others may find that they want to give back by volunteering but just don't know where or how to get started. The good news is that if you are interested in giving back to make a difference in the lives of our young people and our community, you can start by volunteering with the Holmes County 4-H Program.

Recent studies indicate that youth spending time in positive youth programs, such as 4-H,

are less likely to become involved in high risk behaviors, have higher school attendance and grades, better conflict management practices and better work habits. 4-H is one of the largest youth development programs in America with more than 6.5 million young people, ages 5-18, and 540,000 youth and adult volunteers. 4-H's learning opportunities are designed around positive youth development by providing youth with: supervised independence, a sense of belonging with a positive group, a spirit of generosity toward others and a wide variety of opportunities to master life challenges. A variety of fun, educational, social, and engaging activities are offered such as sewing, archery, science and technology, robotics, and so much more! These programs operate with volunteers to teach the fundamental 4-H ideal of practical, "learn by doing" experiences which encourages youth to experiment, innovate and think independently. Your time as a volunteer will provide these youth the safe environment they need to pursue whatever interests, causes, and leadership roles that are most important to them and help to direct them into healthy, productive citizens for our future.

By volunteering with Holmes County 4-H, you will find yourself able to give back to your commu-

nity, support your local youth, have fun in the volunteering process AND still have time for you and your loved ones! Volunteering is easy and requires little to no specialized knowledge other than being able to work with youth ages 5-18. The 4-H volunteer process is designed to ensure the safety and security of our youth and involves a volunteer application packet, reference checks, mandatory background screenings, and face-to-face interview. The process takes little time away from the applicant and there is no cost to the individual. Trainings are offered on a regular basis to assist the volunteer.

I encourage you to step up to the challenge our nation is facing and join the revolution of change with our young people. Make a difference in your local community today – call the Holmes County 4-H program to begin your path as a 4-H Volunteer - a positive adult role model that will help shape our youth's development and lead the path to a safe, fun, and bright future.

For information on how you can become a 4-H Volunteer in Holmes County, please contact Niki Crawson at 547-1108, or ncrawson@ufl.edu



Hmmm, Parents, What Are Your Thoughts On This?



In an age where everyone owns a cell phone, a recent story in the news immediately caught my attention...a mother gives her 13 year old son an iPhone, along with an 18-point set of terms and conditions. Rare does a parent's rules make the national news so I was immediately curious of the particulars. Once I viewed the terms and conditions of the parent, I gave a victorious "Yes!" in the air. Finally, attention is being given to the behaviors of our teens and technology AND the efforts of the parents' to teach and protect. Call me crazy but I enjoyed this mother's attempt to be an active parent, disciplinarian and teacher. Strict? Maybe so but in today's times we may need to be a little more "creative" in our efforts to monitor the influences in our children's lives. Read carefully, you may find Ms. Hoffman's terms and conditions interesting...I would love to know your thoughts (too strict, too far-fetched, or "I'm with her!") after reading this article so be sure to send me an email, ncrawson@ufl.edu

Thirteen-year-old Greg Hoffman had been begging his parents for an iPhone all year. So on Christmas morning he was thrilled to find the object of his desire under the tree, but there was a catch. The phone came with an [18-point set of terms and conditions](#) that he had to agree to before the phone could be his. And the agreement did not come from Apple or the phone provider, it was from his mother.

Hoffman herself is a blogger and mother of five in Cape Cod, Mass. She wanted her son to avoid many of the pitfalls that both smart phone using teens and adults fall prey to. Hoffman said that the lessons she outlined were for her son's iPhone usage, for his life and for anyone too attached to their mobile device.

Here's some of Janell Hoffman's rules for her son, originally posted on her blog:

Be sure to read the entire article! Excerpt taken from <http://abcnews.go.com/US/massachusetts-mom-son-sign-18-point-agreement-iphone/story?id=18094401#.UOW2F6xThfF>

Dear Gregory,

Merry Christmas! You are now the proud owner of an iPhone...You are a good & responsible 13 year old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well-rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership. I love you madly & look forward to sharing several million text messages with you in the days to come.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?

3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the

screen reads "Mom" or "Dad". Not ever.

6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.

7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay...out of the crossfire.

8. Do not text, email, or say anything through this device you would not say in person.

11. Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

17. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone. Merry Christmas!

xoxoxo ~ Mom

Family Fun Activities To Do Together!

Here are some great ideas for family fun activities, which were found at <http://www.familyfunshop.com/100funfamilyactivities.htm> The ideas here should help you find something to do when you need a good idea for family fun. Be sure to enjoy 2013 TOGETHER!!

Animal Sounds

Head into nature and listen to the sounds of the animals. See how many you can identify.

Broom Hockey

Use old brooms for sticks and a squishy ball for a puck. Wrap the broom bristles with duct tape to make the bottom stiff enough to hit the ball. Set up some upside down buckets in the yard for goals and you're ready to go. Be careful not to hit anyone with the brooms.

Bubble Catching Contest

Get a small bottle of bubbles for each member of the family. Let everyone blow bubbles until they fill the sky. Now let everyone try to catch them with the round part of the bubble blowing sticks. This makes a lot of bubbles and a lot of fun.



Bury a Family Treasure

Fill a box or sealable bottle with special personal items. Seal up the container well with plastic and bury it for someone to dig up in the future. Whether you dig it up later or someone else finds it, it will assure that a history of your family is passed on to the future.



Commit To Healthy Eating...Yum!

January 24, 2013 is National Peanut Butter Day. Here is a great recipe that your children can make by themselves! Yummy!!!

Peanut Butter & Banana Coins



Preparation Time: 10 minutes
Ready In Time: 15 minutes
Serves: 1

Essential Equipment

- Cutting board
- Small knife
- Sandwich spreader or butter knife
- Measuring spoons



Gather Ingredients

- 1 whole wheat tortilla
- 2 Tbsp. Kraft Peanut Butter
- 1 small banana

Do This First

Peel banana and set aside.

Simple Steps

- 1 Spread one side of tortilla with peanut butter.
- 2 Place peeled banana on tortilla edge and roll up tortilla around banana.
- 3 Slice tortilla log into half inch slices to make coins.

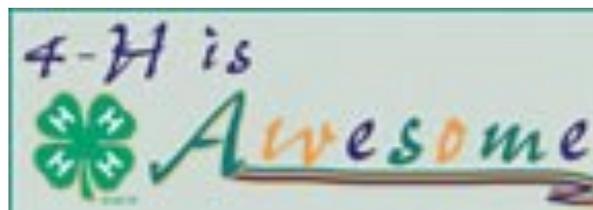


2013 4-H Day at the Capitol

March 14, 2013



4-H'ers from around the state will converge around the Capitol for 4-H Day at the Capital event. This event is an educational opportunity that provides hands-on "learn by doing" experiences for youth. 4-H youth will learn about the legislative and government processes as they participate in workshops, tours and observation of our government at work. This will provide youth the opportunity to develop knowledge and skills to become more informed citizens. We encourage 4-H'ers, volunteers and leaders to attend. Contact the Extension Office at 547-1108 or ncrawson@ufl.edu if you would like to participate.



**Holmes County
Extension Office**

For more information about the Holmes County 4-H Program, please call (850) 547-1108 or contact me at ncrawson@ufl.edu

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For persons with disabilities requiring special accommodations, please contact the Holmes County Extension Office, (850) 547-1108 (TDD, via Florida Relay Service, 1-800-955-8771) at least five working days prior to the event so that proper consideration may be given to the request.