



# EXTENSION NEWS!

March 2022



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### Greetings Extension Family,

Spring arrives this month, and for many that means gardening and Spring cleaning. Also, this spring, we have exciting events coming up at the Jefferson County Extension Office.

Dr. Scott Angle, UF Senior Vice President of Agriculture and Natural Resources, visited the Jefferson County Extension to converse with stakeholders. Thank you, Dr. Angle, for your visit and our fabulous stakeholders for your attendance.

To our 4-H families, County Events is April 9. Have you started on your demonstration or speech? Senior 4-H'ers, if you complete a demonstration/illustrated talk, or speech, you are eligible to attend 4-H University on the campus of the University of Florida at NO COST!

As always, the Jefferson County Extension staff is available and ready to assist you in your time of need. Please call or stop by.

Enjoy,

**John Lilly**  
Jefferson County Extension Director/4-H Agent

# 4-H Youth News

## The 4-H Adopt-A-Road Project

Naila Hill, Jason Mosley, Sha'Qaysia Mosley, & Johnathon Youngblood- these loyal and dedicated teens got up early this morning, braved the cold and windy weather, and walked through wet and high grass. Thank you for keeping Jefferson County beautiful despite atrocious conditions.

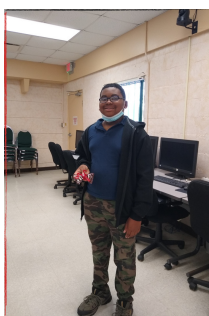
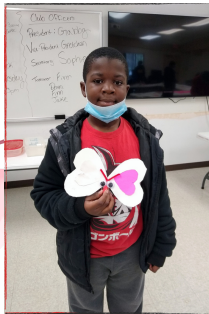


#donotlitter



## Hickory Hill Club

Hickory Hill 4-H Club met on Saturday, February 12th at the Extension Office, We will Elect Officers at our next meeting which will be on Saturday, March 12th at 11:00 a.m.



## Life, Liberty, & Livestock Club

Congrats to the new "Life, Liberty, and Livestock" 4-H club and their 2022-2023 club officers!



**President: Gabby Graff**  
**Vice-President: Gretchen Brown**  
**Secretary: Sophie Ogden**  
**Treasurer: Finn Feinburg**  
**Club Leaders: Alec and Caroline Hoffner**

If you would like more information about joining this club please contact: John Lilly at [jgl@ufl.edu](mailto:jgl@ufl.edu) or Emily Nolen at [enolen@ufl.edu](mailto:enolen@ufl.edu) .



# 4-H Youth News

## 4-H NORTHWEST DISTRICT TEEN RETREAT...A SUCCESS

Seventy-four teens participated in the 4-H Northwest Florida District Teen Retreat on February 21-23, at 4-H Camp Timpoochee. This year's theme: "4-H Music Magic". This leadership event was planned by senior 4-H'ers from the Northwest Extension District for youth ages 12 and up.

The Teen Retreat kicked off at Friday night check-in and lots of pizza for dinner. The program proceeded with the District Introduction. Friday night ended with a campfire and movie.

Saturday morning opened with a group picture preceding two educational workshops, "Warming Up The Band Leadership Workshop" and "Living On My Own". The participants had many laughs and gained insight on using improved techniques to make them better leaders, team members, and productive citizens.

The afternoon sessions highlighted fun shops: Line Dancing & TikTok Dances, Shooting Sports, Drawing, Tailgate Grilling, & Cake Decorating.

There is nothing like an entertaining game of kickball with teens versus adults. As always, the game was intense but lots of laughter. Final score teens 16 and adults 12.

District and State reports were given by District Officers, followed by the dance, board games, and campfire with s'mores.

On the final day rise and shine, the youth cleaned up the campground and completed the evaluations.

We were able to keep the cost to a minimum thanks to our fabulous sponsors: Dirty Pecan Bike Event, Gulf Power, Florida Power and Light, The Florida 4-H Foundation, Lynn Haven Garden Club, Hancock Whitney Bank, Career Source Gulf Coast, & St. Joe Community Foundation. All sponsors are printed on the back of the T-Shirts and each will receive a 36 X 48-inch banner signed by all the participants.

The next 4-H Northwest Florida Teen Retreat will be held on February 24-26, 2023 at beautiful 4-H Camp Cherry Lake.



## 4-H Overnight Summer Camp

### Outdoor Skills

June 6-10, 2022

Cost: \$425



Join us as we kick off summer with a week spent in the wild. We'll explore the ins and outs of outdoor survival! Expect to gain skills in compass navigation, shelter and fire building, wildlife identification, and so much more. This week is the perfect opportunity for all young adventurers to gain confidence in the outdoors!

## 4-H CAMP TIMPOOCHEE

# '22

Join us for a full week of overnight adventures, challenges, friendships, and more! Please read below to see which week or weeks you'd like to attend!

QUESTIONS? Contact us at [timpoochee4h@ifas.ufl.edu](mailto:timpoochee4h@ifas.ufl.edu) or (850)897-2224

**AGES 8-12,  
AS OF SEPT. 1, 2021**

With the exception of  
Just for Teens Camp

### Wonder Emporium Camp

June 13-17, 2022

Cost \$425

As campers journey through this imagination filled week, they will connect the magic of the world with the real-life science that's behind it all. From chemistry and physics to wildlife ecology and robotics, we will be sure to dabble into your favorite topics. Expect to perform experiments, create art, and collect

specimens from the world around us!

### Creative Arts Camp

June 20-24, 2022

Cost: \$425

You won't want to miss out on this week dedicated to the artist in all of us. Youth will grow their skills in drama, painting, dancing, and so much more! All our classic camp crafts, activities, and fun will collide as we focus on the value of artistry and hobbies in everyday life.



### The Wild Outdoors

July 11-15, 2022

Cost: \$425

Campers will explore the outdoors through the lens of summer camp! From plant and animal identification to stories around the campfire, wild outdoors camp will immerse youth in the beauty of Camp Timpoochee. We will go on nature walks and delve into the different ecosystems found on camp.



### Just for Teens Camp

June 27 - July 1, 2022

Ages 13-16 as of

Sept. 1, 2021

Cost: \$475

A week of adventurous programs designed just for teens! Campers will experience their favorite parts of camp, plus adventures off-site on field trips to highlight the wonders of the emerald coast. Whether you're interested in building your leadership skills or creating memories that will last a lifetime, this is the week for you!

### Junior Marine Science Camp I

July 18-22, 2022

Cost: \$425

Calling all ocean lovers! Join us as campers become oceanographers and dive into the wonders of our Florida seas, gulfs, and bays. This week we will take a special focus on our ecosystems that make Florida so unique. Expect to explore our very own Choctawhatchee Bay, practice different types of netting, and learn to identify fish and aquatic plants.

### Junior Marine Science Camp II

July 25-29, 2022

Cost: \$425

Expect all your favorite marine camp traditions from netting in the bay, scientific dissections with local experts, to caring for creatures in our marine laboratory. Campers can expect a week full of ocean exploration with a focus on why we should learn about the oceans and how they make our world on land go round!



### REGISTRATION OPENS

**FEB. 1, 2022**

Early Bird Discount! Register by March 15th for \$25 off per week!

Visit <https://florida4h.ifas.ufl.edu/camps/> to learn more about camp and to register.

Scholarships are available through this website as well, so please apply!

An Equal Opportunity Institution.

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



# 4-H Youth News

## After School Club

Every two weeks, 4-H visits Somerset Academy and provides hands-on afterschool programs for grades 2-8.

These programs provide youth with a chance to participate in fun learning opportunities which includes:

- STEM
- Agriculture
- Nature
- Outdoor wilderness oriented topics



This is an ongoing venture which will last the entire school year and will involve many topics.

Keep posted for more 4-H programs coming your way!

## Saturday Outdoor Programs

**Jefferson County Extension office is proud to introduce Outdoor Saturdays!**

Come join 4-H extension staff in our Outdoor Saturdays. These are fun, hands-on programs for youth on outdoor and wilderness topics about the area in which we live. We will have fun and games while learning all about the outdoor world. Topics will range from fun STEM projects to learning some wilderness skills, such as, navigating the woods, cooking outdoors, and how to respect what is around you. Adults are more than welcome to attend these events. Come enjoy the fun!

**Register by emailing the program assistant at [bryan.danford@ufl.edu](mailto:bryan.danford@ufl.edu).**

**Walk ins are also welcome but please try to register.**

**When:** Every other Saturday @ 9am

**Where:** Jefferson County Extension Office Property

**Ages:** 8+

**Dates:**  
**Dirty Pecan Bike Race : March 5th**



No outdoor program

**Map & Compass Reading : March 19th**



Come learn how to use a map and a compass, and do a small orienteering course.

## 4-H Day at the Capital

Ten -teens from Jefferson County attended 4-H Day at the Capitol on Feb 23. The event provides youth with an opportunity to learn more about their state government and experience the political process firsthand. Youth toured the old and new Capital and Florida A&M University. The teen also had a brief and interesting conversation with the new Dean of UF/IFAS Extension and Director of Florida Cooperative Extension Service, Dr. Andra Johnson, Dr. Michael Gutter, State Program Leader for 4-H Youth Development, & Stacey Ellison, Associate State 4-H Program Leader. The teens also took a group photo with the administrators. The delegation was energized and inspired. Several of the teens plan to attend Florida 4-H Legislators this summer.





## National Invasive Species Awareness Week

Feb. 28th - March 4th

**Danielle Sprague, UF/IFAS Jefferson County**

The purpose of National Invasive Species Awareness Week is to spread awareness and identify solutions to combat invasive species in the United States. Of all the states in the continental US, Florida is the most vulnerable to the introduction and establishment of invasive species. This comes as no surprise with 30 ports of entry, a constant flow of visitors and our subtropical climate. On average, Florida receives one new pest a month.

Having the opportunity to visit many farms and properties in the county, I have witnessed firsthand the impact invasive species have in our community. Whether it be a farmer battling tropical spiderwort in their field, a landowner fighting cogongrass on their property, or a homeowner dealing with red imported fire ants in their lawn, we are all impacted by invasive species whether we realize it or not.

### **So, what exactly is an invasive species?**

An invasive species, also called an “introduced species,” is any organism (plant, animal, insect or disease) that is not native to a specific location and that has the potential to spread, which may cause harm to the environment, economy and/or human health. In Florida,



Coral Ardisia



Tropical Spiderwort



Tropical Soda Apple

**Examples of invasive weeds**



## National Invasive Species Awareness Week Continued

our agriculture industry alone loses an estimated \$179 million annually to invasive species. Not only do they cause economic losses, but invasive species also disrupt the balance of food chains, threaten our native plants and animals, and alter our ecosystem. Invasive species and their spread are a serious issue, but there are some simple, yet important things we can do to help.

### **What can you do to help?**

Become familiar with the invasive species we have in our area. Avoid spreading them and try to control them if you have them on your property. If you aren't sure if you have an invasive or not, contact the UF/IFAS Jefferson County Extension Office.

The majority of invasive species were first introduced by humans, either by accident or intentionally. To make sure you are not responsible for our next big invader, don't bring plants, animals and agricultural products into the country illegally. Also, never release any unwanted house plant, pet or animal into the wild. Many of the invasive species taking over our Florida ecosystems were once a plant in someone's aquarium (hydrilla) or someone's pet (Burmese python).

Another simple, yet, important thing we can do to limit the spread of invasive species is to clean our outdoor gear and equipment before leaving an area. Whether it be traveling from one farm to another, a new job site or even a lake, invasive plant seeds can easily be transported in mud or dirt. Always check your vehicle and equipment and remove any plants before leaving an area. For more information on invasive species, contact the Jefferson County Extension office at 850-342-0187.

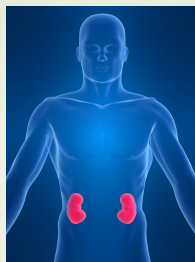
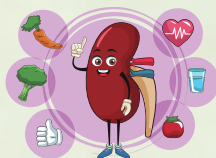


# Family & Consumer Sciences News

## National Kidney Health Month

The goal is to encourage people to support kidney disease research and promote kidney safe and health. Kidney Disease is symbolized by green, so purchase green ribbons, green waistbands, or green magnets from a Kidney Disease Awareness during March. If anyone wants to observe National Kidney Month, they can join the organ donor registry, donate to a kidney non-profit, and keep their kidneys healthy.

Did you know that keeping your kidneys healthy has a positive effect on your heart? Kidneys are on the left and right sides of the spine and the backside of the stomach. The kidneys are no longer than 5 inches, and both have a big job when it comes to keeping the body synchronized. Kidneys have many job titles, such as monitoring blood pressure, constructing healthy bones, equalizing Ph levels, filtering blood, and contributing body energy.



It is imperative to keep both the heart and kidneys healthy by exercising, getting tested for heart disease, healthy diet, watching cholesterol levels, and stopping using tobacco. Researchers state that 50% percent of Americans between the age of 30-49 will develop kidney disease in their lifetime.

## World Home Economics Day

March 21, 2022



Since 1982 the International Federation for Home Economics has sponsored World Home Economics Day. The event promotes the home economics profession and acknowledges the hard work that home economists do for their communities. The International Federation of Home Economics brings together professional organizations, research institutions, and educators to help develop a sustainable future. Their mission is to advocate research and education for the resources at the household and consumer level.

In 2022, the theme is "Building Resilient Homes and Families." Resilient means the ability to bounce back from a disaster. The steps to be resilient for the household will be planning, preparation, being ahead of the upcoming disasters, understanding what natural and human disasters cause. Mental Health plays a vital role because disasters can be overwhelming and crush their self-worth.

During the COVID-9 pandemic, society is learning to build a more resilient structure to prevent such crises in the future. Resource Planning has always been a significant discipline for home economists. Family and Consumer Sciences Agents within your local community can help contribute programs such as Nutrition, Child Development, Resource Management, Health, Family Dynamics, and Personal Development.

Please contact your local UF/IFAS Extension Office and speak with the FCS Agent in your county for more information about programs.

## Living Well Wednesdays

11:00 am ET

Join us by registering [HERE!](#)

March 16 - Backyard Chickens

April 20 - Covid

19/Immunizations

May 18 - Summer Stress



# FAMU Extension News

## How can you get involved with FAMU 4-H?

### NATIONAL 4-H STEM CHALLENGE— GALACTIC QUEST

Kids learn foundational STEM skills while they wrestle with the same questions as today's top aerospace scientists and engineers!

Activities can be done all at once or individually, making it great for classrooms, afterschool programs, clubs, parents, and more.



### FAMU Tech Changemakers

We Want YOU!

Tech Changemakers is a program designed to pair teenagers (who are very tech literate) with older persons in the community to teach them valuable tech skills to make them more employable and confident in the ever-growing/changing workplace.

FAMU Tech Changemakers is recruiting motivated teenagers who are interested in helping close the gap of the digital divide.



### 2022 In –Person 4-H National Summits in Washington D.C

PLEASE SEE BELOW FOR THE DIFFERENT SUMMITS BEING OFFERED THIS UPCOMING YEAR AND THE DATES.

- **Agri-Science Summit**
  - March 10th–13th
- **Citizenship Washington Focus**
  - June 5th—July 16th  
(week long programs)
- **Leadership Washington Focus**
  - July 18th—July 22nd
- **STEM Summit**
  - September 15th—18th

### Agri-STEM

Agri-STEM is a program that teaches students about multiple areas of agriculture that uses science, technology, engineering, and mathematics in their everyday practices.

The Areas of Agriculture Include:

- Natural Resources
- Veterinary Technology/ Animal Science
- Biological & Agricultural Systems Engineering
- Food Science
- Entomology

# March

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
	1	2 4-H Speech Help	3 Backyard Gardening Series	4 West Florida Livestock Show	5 Dirty Pecan Event 6
7	8	9 4th Grade School Club 4-H Speech Help	10 3rd Grade School Club	11	12 4-H Chick Chain Show 13
14 Teen Council Meeting	15 5th Grade School Club	16 4-H Speech Help Living Well Wednesdays	17	18	19 Outdoor Program 20
21 World Home Economics Day	22	23 4-H Speech Help	24	25	26 27
National 4-H Conference					
28	29	30 4-H Speech Help	31		

## Upcoming April Events

Backyard Gardening Series - 3rd  
 West Florida Livestock Show - 4th and 5th  
 Dirty Pecan Bike Event - 5th  
 4th Grade School Club - 9th  
 4-H Demonstration/Speech Help - 2nd, 9th, 16th, 23rd, 30th  
 3rd Grade School Club - 10th  
 4-H Chick Chain Show- 12th  
 Teen Council Meeting- 14th  
 5th Grade School Club- 15th  
 Living Well Wednesdays- 16th  
 Outdoor Saturday Program - 19th  
 World Home Economics Day- 21st  
 National 4-H Conference (DC) - 19th - 24th

4th Grade School Club - 13th  
 4-H Demonstration/Speech Help - 6th  
 County Events - 9th  
 3rd Grade School Club - 14th  
 Teen Council Meeting- 11th  
 5th Grade School Club- 15th  
 Outdoor Saturday Program - 2nd & 16th & 30th  
 Leap Virtual Program - 20th

# Meet the Staff!



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