

EXTENSION NEWS!

March 2023

SOLUTIONS



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Subscribe to our Newsletter below!

SUBSCRIBE

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.

To our 4-H families, **County Events is March 25**. 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!**

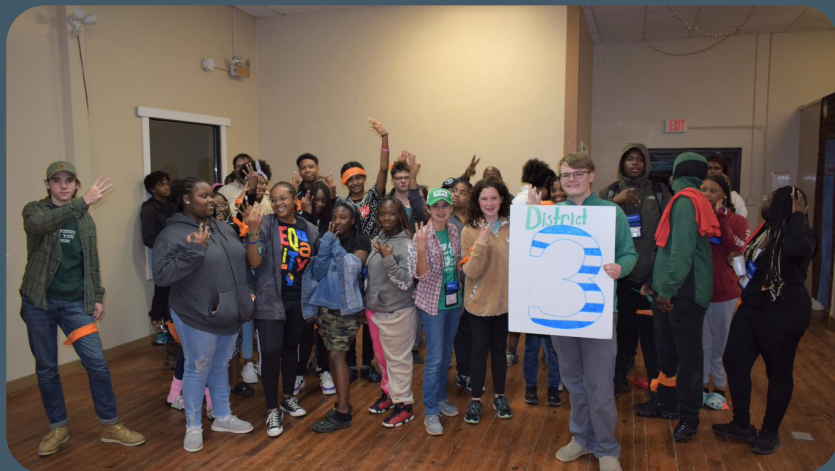
As always, the Jefferson County Extension staff is available and ready to assist you in your time of need. Please call or stop by.

Enjoy,

John Lilly

Jefferson County Extension Director/4-H Agent

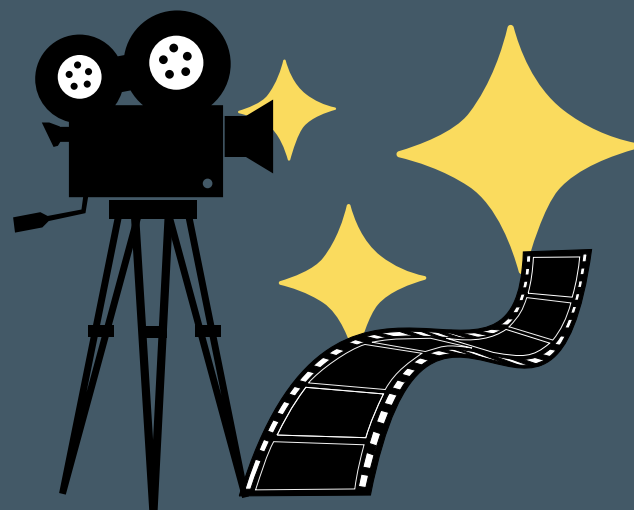
4-H NORTHWEST DISTRICT TEEN RETREAT...A SUCCESS



Seventy-four teens participated in the 4-H Northwest Florida District Teen Retreat on February 17-19 at 4-H Camp Timpoochee. Jefferson County had a total of twenty-two teens that attended the retreat. This year's theme: "**Lights, Camera, Action**". 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, we ended with a campfire and recreation.

Saturday morning opened with a group picture preceding three educational workshops, Mindfulness" Service Project and Portfolios/Scholarships.



The afternoon sessions highlighted fun shops: Fishing, Cake decorating, Dance, Tailgate Grilling, & Forensic Science.



4-Hers had the opportunity to strut their stuff down the red carpet to show off their extravagant outfits. Next, there was a talent show, dance, and district reports.

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, & St. Joe Community Foundation.

County Events

4-H County Events are annual competitions in the areas of public speaking, demonstrations/illustrated talks, and Share the Fun (talent). County Events will be Saturday, March 25, at the Jefferson County Extension Office. The program will begin promptly at **9:00 a.m.**

Age Division:

- **Cloverbuds** (5-7 years of age)
- **Juniors** (8-10 years of age)
- **Intermediates** (11-13 years of age)
- **Senior** (14-18 years of age)

All County Events winners will receive a ribbon on the day of the events and a trophy at the Annual Awards Banquet.

County Events winners will also advance to compete at District Showcase on April 25.

All senior participants in the county events are eligible to attend 4-H University for FREE! 4-H University will be held on the campus of the University of Florida from July 30-Aug 3.

Time allowance for County Events categories are:

Demonstrations:

- **Juniors:** 3-12 minutes
- **Intermediates:** 3-12 minutes
- **Seniors:** 5-12 minutes

Public Speaking:

- **Juniors:** 3-7 minutes
- **Intermediates:** 3-7 minutes
- **Seniors:** 5-7 minutes

Horse Public Speaking:

- **Juniors:** 3-7 minutes
- **Intermediates:** 3-7 minutes
- **Seniors:** 5-7 minutes

Share-The-Fun:

- **Juniors:** 3-5 minutes
- **Intermediates:** 3-5 minutes
- **Seniors:** 3-5 minutes

Please complete the County Event Registration Form and return it to John Lilly.

The registration deadline is Monday, March 13.

PLEASE START ON YOUR PROJECT NOW!!!

[Please Click Me](#)

Jefferson County 4-H 2023 County Events

Registration Form	
Personal Information	
Name: _____	4-H Division (Please check one):
Name of 4-H Club: _____	<input type="checkbox"/> Cloverbud (5-7)
Email: _____	<input type="checkbox"/> Junior (8-10)
4-H Age: _____ Grade: _____ Gender: M / F	<input type="checkbox"/> Intermediate (11-13)
	<input type="checkbox"/> Senior (14-18)
Competitions	
Public Speaking	<input type="checkbox"/> General Public Speaking <input type="checkbox"/> Horse Public Speaking
	Title: _____
Demonstration/ Illustrated Talk	<input type="checkbox"/> Individual <input type="checkbox"/> Team (Members: _____)
	Title: _____
	category (Please select one):
	<input type="checkbox"/> Animal Science <input type="checkbox"/> Environmental Education
	<input type="checkbox"/> Civic & Leadership Development <input type="checkbox"/> Family & Consumer Sciences
	<input type="checkbox"/> Communication & Expressive Art <input type="checkbox"/> Healthy Lifestyles
	<input type="checkbox"/> Plant / Natural Resources Science <input type="checkbox"/> Science & Technology
	<input type="checkbox"/> Workforce Preparation & Career Development
Share The Fun	<input type="checkbox"/> Individual <input type="checkbox"/> Team (Members: _____)
	Title: _____
	Category: <input type="checkbox"/> Instrumental <input type="checkbox"/> Drama / Novelty
	<input type="checkbox"/> Vocal <input type="checkbox"/> Dance
	<input type="checkbox"/> Other: _____
	If Instrumental, what type of instrument(s): _____
	*Note: instruments are not provided; Youth must provide needed equipment.
**Registration Forms are due to the 4-H Office by Monday, March 13th @4:30pm. For more information contact Mr. John Lilly at (850) 342-0187 or jgl@ufl.edu	

4-H Youth News

4-H Keeping Jefferson County Beautiful

Jefferson County 4-H Teens participated in their annual 4-H Adopt-A-Road Project. The teens picked up over 100 pounds of trash on the two-mile stretch of Lake Road. The teens completed this service project on February 20.



L-R: Shammyrah Williams, Tashari Russell, Jazlyn Russell, Aaliyah Smith, Rayneside Hawkins, Shaqaysia Mosley, Samantha Hall, Fantasia Hawkins, & Johnathon Youngblood.



March Outdoor Adventures

March 11: Tree Diseases

- We'll identify different tree diseases/Go over State Forestry Contest.

March 18: Tree Diseases

- We'll identify native trees and plants around us.

Wildlife Happenings:

Birds

- Migrating birds from Central and South America visit the state.
- Mourning doves nest now through November
- Carolina wrens are nesting now.
- Listen for newly-returned chuck-will's-widows calling after sunset.



Herps

- Snakes become active and move to their favorite feeding areas.

Fish

- Gulf of Mexico Sturgeon spawns in the Suwannee River during the spring or early summer.
- Largemouth bass spawning throughout central and north Florida
- The White bass run up the Ochlockonee River above Lake Talquin.

To register call us at 850-342-0187 or email us at bryan.danford@ufl.edu.



The Jefferson County 4-H Teen Council

Meeting Dates: MARCH 6 APRIL 10 MAY 8

The Jefferson 4-H County Teen Council is a club comprised of teens between the ages of 12-18. These teens work collaboratively with the Jefferson County 4-H Agent in planning and implementing 4-H Events in the county. In addition, the organization stresses youth leadership training, development, and community service-learning projects.

The Teens Council also plans and implements countywide 4-H programs year-round. Therefore, council members must be willing to commit time and assume responsibility for formulating, directing, and facilitating events.

The council will meet on the following dates below at **4:00 PM** at the Jefferson County Extension Office.



4-H Youth News



The Life, Liberty, and Livestock 4-H Club is gearing up for the 2022-23 4-H year!

Our monthly club meetings are every first Thursday of the month at the Jefferson County Extension office at 5 PM.

Each month we will focus on a new topic in Agriculture that our club members would like to learn about! It is a perfect time to come out and check out this fun club!



Jan. 12th	March 3rd - Monthly Meeting
Jan. 14th - Jefferson County Chick Chain Workshop	March 11th - Chick Chain Show
Feb. 2nd	TBD- West Florida Livestock Show and Sale
Feb. 4th - Chick Chain Poultry Perfection Workshop	April 6th
Feb. 20th- 23rd - North Florida Livestock Show and Sale	May 4th
March 3rd- Chick Chain Record Books Due	TBD- End of Year Celebration

Hickory Hill 4-H Club

On Saturday, February 11th, the Hickory Hill 4-H Club met for their monthly meeting, which Mrs. Chandra Hayes and her daughter, Kennedy, could attend.

Mrs. Ruth Ann shared the Volunteer's Workshop in Destin, FL, with the group.

Next, the group made **Bat Man Cakes** and **Hershey's Kiss Valentine's Day Mice Craft**.

In March, the club will be grilling hamburgers and hotdogs. We are looking for members to join our club; if interested, please call the Extension Office for Details.



March 11, 2023
members will be grilling
(Hamburgers and Hot Dogs).

We will meet the second Saturday of each month at 11:00am

Recipe

Bat Man Cake

Ingredients:

- 1lb. Brown Sugar
- 2 Sticks Melted Butter
- 3 Eggs
- 1/2 Cup Sugar
- 1 tsp. Vanilla
- 1 Cup Chopped Pecans
- 2 Cups Self-Rising Flour

Melt and cool butter, mix all the ingredients well with a spoon.

Pour in 9x13" pan and bake at 325 degrees for 35-40 minutes.



Agriculture & Horticulture News



UF UNIVERSITY of FLORIDA



COMMUNITY AGRO FAIR DAY

COME LEARN ABOUT GROWING AND EATING FROM PRODUCE FROM HOME

HANDS ON ACTIVITIES

In honor of the launch of the Spring Seed library and community garden, join us for the Community Agro-Fair day where you can pick up a variety of seeds, participate in educational activities, and learn how to create a successful home garden and healthy fresh eating.

FREE SEEDS

Free Lunch

**MARCH 18TH
2023**

**JEFFERSON COUNTY
LIBRARY
375 S WATER ST, MONTICELLO,
FL 32344**

10AM -1PM

The kickoff will offer fun for all ages, including:

Hands-on seeding activities

Information about vegetable gardening techniques

Healthy fresh eating information

Food Preservation information

Ask-a- Master Gardener



ASK QUESTIONS AND INTERACT WITH THE KNOWLEDGEABLE STAFF FROM THE UF/IFAS JEFFERSON COUNTY EXTENSION AND JEFFERSON COUNY DEPARTMENT OF HEALTH.

Please contact the Extension office or County Library for questions

For more information about Agriculture and Horticulture please call 850-342-0187 or email : De'Anthony Price at deanthonyprice@ufl.edu.

Family & Consumer Sciences News

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Physical activity is important for all individuals. Everyone can benefit from being physically active throughout their lives. Physical activity helps to reduce the risk of, or manage, chronic conditions such as type 2 diabetes, heart disease, and hypertension.



Being active can help people maintain a healthy body weight as they age or help people lower their body weight if needed when paired with a healthy diet. Physical activity can help with balance which reduces the risk of falling and lessens the risk of injury if a fall does occur.

How much physical activity is recommended? Some activity is better than none, even small, everyday amounts of activity have benefits, such as:

- walking
- grocery shopping
- folding laundry
- garden

The Physical Activity Guidelines for Americans recommend that individuals get 150 to 300 minutes of moderate-intensity activity each week or 75 to 150 minutes of vigorous-intensity each week. Moderate-intensity exercise increases heart and breath rate but the person should still be able to maintain a conversation. Vigorous-intensity exercise causes you to become out of breath and unable to hold a conversation normally. It is important to know that exercise is most beneficial spread throughout the week. For example, brisk walking 30 minutes a day, 5 days a week. Some people do not have time to set aside a 30-minute block during the day to walk and choose to do 10 minutes at a time 3 times a day which counts for 30 minutes of exercise that day!

Physical activity can benefit overall health including mental health. Research indicates that people who have an accountability partner tend to stick with their exercise goals longer than those who do not-- grab a friend or two and plan to meet up a couple of times each week to socialize and exercise together!

The Physical Activity Guidelines for Americans also recommend that adults should do at least 2 days per week of muscle-strengthening exercises such as lifting weights and resistance training. You do not need any fancy equipment, you can use food jars, cans of soup, milk jugs, etc. to use as your weights. Also, you can use your body weight for resistance training, such as push-ups, squats, and planks. When doing muscle-strengthening exercises, it is important to work out all major muscle groups each week including, legs, back, chest, and hips.



Always consult your healthcare provider before beginning an exercise program. It is also important to keep in mind a few safety tips, be aware of your surroundings, dress for the weather, stay hydrated, and make sure the area is well-lit to avoid fall or trip hazards.

Physical Activity Guidelines for Americans | health.gov

Family & Consumer Sciences News



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GOT 30?

Improve your health in only 30 minutes a day!

Join us for
Let's Walk Florida
starting on March 13th

Compete with others from your county and around the state to earn awards and prizes!

Teams and solo-walkers are welcome!

REGISTRATION IS REQUIRED

Register online or contact your county extension agent for more information.

Contact:

Melanie Southerland

Phone: 850-342-0187

Email: melmcafee@ufl.edu



Let's Walk Florida! is a 6-week, virtual educational program designed to help Floridians achieve health through physical activity.

You will:

- Receive weekly Health eGuides delivered to your email
- Attend group check-ins with county-based health educators
- Join our virtual community to track your progress for accountability and support
- Participate in physical activity challenges with other walkers and teams!

FOR MORE INFORMATION & REGISTRATION

<https://LWF.ifas.ufl.edu>

Resumen de Actividades

Eventos del Condado

Los Eventos del Condado 4-H son competencias anuales en las áreas de hablar en público, demostraciones/pláticas ilustradas, y Compartir la Diversión (talento). Los Eventos del Condado serán el sábado, 25 de marzo, en la Oficina de Extensión del Condado de Jefferson. El programa empezará puntualmente a las 9:00 a.m.

Todos los ganadores de los Eventos del Condado recibirán una cinta el día de los eventos y un trofeo en el Banquete Anual de Premios.

Los ganadores de los eventos del condado también pasarán a competir en la exhibición del distrito el 25 de abril.

Todos los participantes senior en los eventos del condado son elegibles para asistir ¡GRATIS a la Universidad 4-H! La Universidad 4-H se llevará a cabo en el campus de la Universidad de Florida desde el 30 de julio hasta el 3 de agosto.

El tiempo permitido para las categorías de Eventos del Condado son:

Demostraciones:

- **Juniors:** 3-12 minutos
- **Intermediates:** 3-12 minutos
- **Seniors:** 5-12 minutos

Horse Public Speaking:

- **Juniors:** 3-7 minutos
- **Intermediates:** 3-7 minutos
- **Seniors:** 5-7 minutos

Public Speaking:

- **Juniors:** 3-7 minutos
- **Intermediates:** 3-7 minutos
- **Seniors:** 5-7 minutos

Comparte la diversión:

- **Juniors:** 3-5 minutos
- **Intermediates:** 3-5 minutos
- **Seniors:** 3-5 minutos

Por favor, complete el formulario para inscribirse al Evento del Condado y entréguelo a John Lilly.

El plazo de registro finaliza el lunes 13 de marzo.

¡POR FAVOR COMIENCE SU PROYECTO AHORA!

Let's Walk Florida

¡Mejore su salud en sólo 30 minutos al día!

Empezando el 13 de Marzo.

Let's Walk Florida! es un programa educativo virtual de 6 semanas diseñado para ayudar a los Floridanos a lograr una mejor salud a través de la actividad física.

Compíte con otros participantes de tu condado y del Estado para ganar premios.

Se aceptan equipos y caminantes solitarios. Es necesario inscribirse.

Regístrese en línea o contacte al agente de extensión de su condado para obtener más información.

FAMU Tech Changemakers

¿Quieres participar?

Tech Changemakers de FAMU está diseñado para unir adolescentes (con conocimientos tecnológicos avanzados) con personas mayores dentro de nuestra comunidad con el objetivo de enseñarles habilidades tecnológicas que les permitan tener más confianza en sí mismos y ser más capaces de obtener un empleo en un mundo laboral en constante crecimiento y cambio.

FAMU Tech Changemakers está reclutando adolescentes interesados en ayudar a cerrar la brecha digital.

El Comité de Adolescentes 4-H del Condado de Jefferson

El comité de adolescentes del condado de Jefferson 4-H es un club compuesto de adolescentes entre las edades de 12-18. Estos adolescentes trabajan en colaboración con el agente de 4-H en la planificación e implementación de eventos de 4-H en el condado. A través la organización se enfatiza el entrenamiento de liderazgo juvenil, desarrollo y proyectos de aprendizaje de servicio a la comunidad.

El Comité de Adolescentes también planifica e implementa programas 4-H en todo el condado durante todo el año. Los miembros del consejo deben estar dispuestos a dedicar tiempo y asumir la responsabilidad de formular, dirigir y facilitar eventos.

El comité se reunirá en las fechas indicadas a las 4:00 PM en la Oficina de Extensión del Condado de Jefferson.

Reuniones 2023

MARCH 6

APRIL 10

MAY 8

Life, Liberty, & Livestock ¡El club se prepara para el año 4-H 2022-23!

Nuestras reuniones mensuales son el primer jueves de cada mes en la oficina de Extensión del Condado de Jefferson a las 5 PM. ¡Cada mes nos enfocaremos en un nuevo tema de agricultura que nuestros miembros quieran aprender! ¡Es un tiempo ideal de visitar este club divertido!

Reuniones 2023

Abril 6

Mayo 4

Día de la Feria

Agro-alimentaria Comunitaria

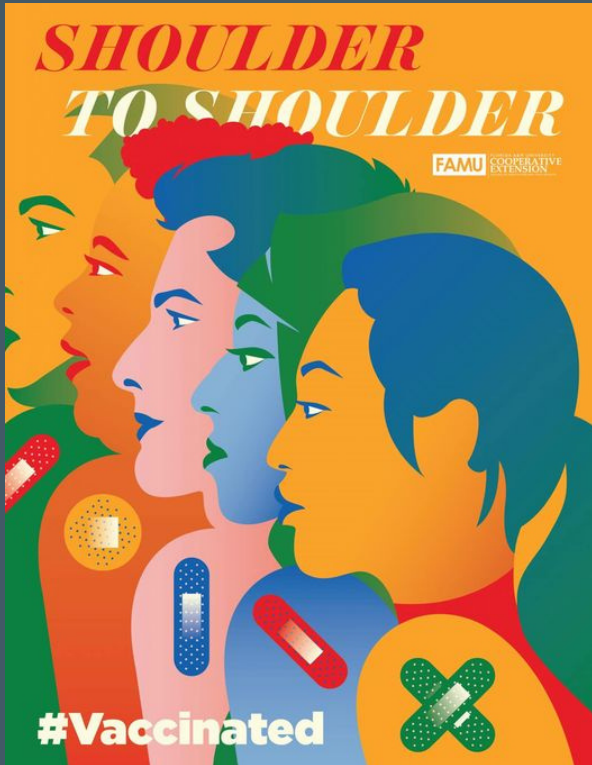
En honor al lanzamiento de la Biblioteca de Semillas de Primavera y el huerto comunitario, únase a nosotros en el día de la Agro-Feria Comunitaria donde podrá recoger **una variedad de semillas gratis**, participar en actividades educativas y aprender a crear un huerto casero exitoso y una alimentación fresca y saludable.

MARCH 18TH 2023	JEFFERSON COUNTY LIBRARY 375 S WATER ST, MONTICELLO, FL 32244	10AM -1PM
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Almuerzo Gratuito

Para más información, contacte a ana.portillo@ufl.edu o teléfono(850) 342-0187.

FAMU Extension News



Vaccine effectiveness is a measure of how well vaccination protects people against outcomes such as infection, symptomatic illness, hospitalization, and death.

Vaccine effectiveness is typically measured through observational studies specifically designed to estimate individual protection from vaccination under “real-world” conditions.

For more information click [here](#)!

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 interested in helping close the digital divide gap.



Become a 4-H Tech Changemaker!!

Inequitable access to technology and digital skills is impacting opportunities for people nationwide. Would you like to make a difference as a 4-H Tech Changemakers?

You can become a digital skills trainer, build your resume, increase your leadership skills, and advocate for increasing digital inclusion in your community.

To learn more, check out <http://4-H.org/TechChangemakers>

4-H Tech Changemakers is a:

- unique opportunity to learn new skills for college or career.
- great way to build your network.
- great way to build your knowledge about teamwork, communication, public speaking, teaching, facilitating, and civic service.

Contact Sabrina Hayes, FAMU 4-H Agent, to learn more about local efforts to address digital inclusion.	
Sabrina Hayes	OFFICE ADDRESS: 2010 Pinder Drive Tallahassee, FL 32307
PHONE: 850-412-5714	EMAIL: sabrina.hayes@famuedu
SOCIAL MEDIA: https://www.facebook.com/famuxext	

PROGRAM IS SUPPORTED BY:



March

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
		1	2	3 Live, Liberty, and Livestock 4-H Club Meeting	4 Spring Outdoor Program Dirty Pecan5
6 Teen Council Meeting	7	8 4-H Demonstration/Illustration Workshop	9	10	11 Outdoor Program 4-H Chick Chain District Show Hickory Hill 4-H Club Meeting12
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Upcoming April Events

Dirty Pecan - March 4th
 Life, Liberty, and Livestock 4-H Club Meeting- March 3rd
 4-H Chick Chain District Show (Washington County Ag
 Center) - March 11th
 Hickory Hill 4-H Club - March 11th
 3rd Grade School 4-H Club - March 21st
 4th Grade School 4-H Club - March 22nd
 5th Grade School 4-H Club - March 23rd
 4-H County Event- March 25th
 Teen Council Meeting- March 6th

Life, Liberty, and Livestock 4-H Club Meeting- April 6th
 Hickory Hill 4-H Club- April 8th
 Teen Council Meeting- April 10th
 District Showcase on April 25th

Meet the Staff!



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