



Okaloosa 4-H Times

O k a l o o s a C o u n t y 4 - H

A note from Mrs. Jennifer

We had a busy and very productive summer and year! Day Camps, Camps and more!!!! We also had over 500 youth enrolled in 4-H clubs for 2009-2010!

We're gearing up for a busy fall too!

Fun Horse Show at Timpooshee will be September 25, 2010.

4-H Science Day will be October 8, 2010.

Northwest Florida Fair is October 26-30, 2010.

Starting November 12, 2010, I will be on Maternity leave until the end of the year. I will then be taking a six month professional development leave and will be taking classes at NWFSC. I will return to work July 1, 2011. We will hire a part-time program assistant to help during my leave.



The New 4-H Year!

Re-enroll NOW!
Go to
<http://florida.4honline.com>
All members must be enrolled in order to participate in activities such as fair and Area A Horse show.

Great Things Happening This Year!

New way to receive information from the Extension office!

We are now launching our Subscription Management System which will allow you to sign up for newsletters and other information about 4-H and many other topics like gardening, nutrition, financial management, agriculture and natural resources and more!

Subscription Management System

Go to our website:
<http://okaloosa.ifas.ufl.edu> and click on the subscribe button!
This will be how you receive notification that our 4-H newsletter is ready for you to read from now on.

Northwest Florida Fair

October 26-30, 2010

The Fair Premium book and registration form are online at <http://okaloosa.ifas.ufl.edu/4h.shtml>.

Shooting Sports Club starting back!

Why does 4-H have a shooting sports program?

4-H uses shooting sports to teach youth development. Our programs are valuable for helping young people develop self-confidence, personal discipline, responsibility, teamwork, self esteem and sportsmanship. The discipline and self-control required for responsible firearms use carries over into many other aspects of life.

4-H programs provide a positive experience for youth and promote the safe and ethical use of firearms.

It is our belief that firearms education reduces gun accidents.

Hunting and Shooting are rich American traditions. 4-H shooting sports programs help continue this tradition through involvement of the total family: youth, teens, parents, grandparents, etc.

Our first meeting will be **September 12 at 2p.m.** at 4-H Camp Timpooshee in Niceville. Please contact the 4-H Office for more information!



Archery at Camp Timpooshee

Source: www.4-hshootingsports.org/

Healthy Living for kids and families

“Limit our children’s screen time (TV and computer) to 2 hours per day (recommended by the American Academy of Pediatrics).”

Research shows that America is facing a major problem with obesity in children. The increase in childhood obesity represents an “unprecedented burden” on children’s health, according to the American Academy of Pediatrics. This burden, affecting about 25 million children, contributes to billions of dollars of healthcare expenditures in America today.

So, what can parents do to change this trend? We are not helpless. There are several things we can do to develop healthy lifestyles in children. First, we, parent, are the most important influence on our children’s

nutrition. We need to set a good example by eating well ourselves. We can also shop, cook and eat together and make mealtime enjoyable. We can choose not to reward our children with sweets. We should offer healthy food choices at mealtime and allow our children to choose which healthy foods to cook. We should offer new food items at the beginning of the meal when children are hungrier and more likely to try new things. Lastly, we should limit our children’s screen time (TV and computer) to 2 hours per day (recommended by the American

Academy of Pediatrics). Instead of screen time, we should encourage more physical activity. We can walk, run and play with our children. Physical activity is good for the parent too!

Resources: *USDA Center for Nutrition Policy and Promotion, Nutrition Tip Sheet No. 2*

National 4-H Healthy Living Initiative



ATV Safety for Kids

All-terrain vehicles (ATVs) are off-highway three- and four-wheeled vehicles that were originally developed in Japan for farm use. In the 1970s, ATVs were introduced to U.S. consumers. Now, millions operate/ride ATVs for recreation or work in the U.S. Due to the unique characteristics of ATVs (high center of gravity and capacity for very high speeds), high rates of serious injury and death have been observed among inexperienced or young drivers. In 1997, most youth (under 16 years of age) operated adult-sized ATVs labeled with warnings against operation by a rider under the age of 16. The Consumer Product Safety Commission estimates that children under the age of 16 accounted for approximately 38% of ATV-related deaths in the U.S. between 1982 and 2001. There are some steps that parents can take to decrease the risk of injury or death for their children who ride ATVs. The first step is to buy an ATV that properly fits your rider. Each ATV is sold with a warning label listing the manufacturer's minimum age

“The Consumer Product Safety Commission estimates that children under the age of 16 accounted for approximately 38% of ATV-related deaths in the U.S. between 1982 and 2001.”

recommendation. The ATV Safety Institute recommends:

6 years and older to ride 70ccs and below,

12 and older to ride 90 ccs and below,

16 and older to ride 90 ccs and up.

Next, the ATV Safety Institute lists 8



Golden Rules of safe ATV operation.

Always wear a helmet and other protective gear.

Never ride on public roads – another vehicle could hit you.

Never ride under the influence of alcohol or other drugs.

Never carry a passenger on a single-rider vehicle.

Ride an ATV that's right for your age.

Supervise riders younger than 16; ATVs are not toys.

Ride only on designated trails and at a safe speed.

Take an ATV RiderCourse.

Okaloosa County 4-H has 2 certified ATV RiderCourse Instructors. Please contact the 4-H Office if you are interested in your child attending one of our trainings by calling 850-689-5850 or emailing heady@ufl.edu.

4 - H National Youth Science Day

Clean Water.

Bright Future.

On October 6, 2010, millions of young people across the nation will become scientists during the third annual 4-H National Youth Science Day. In this year's experiment, 4-H₂O, youth will learn about carbon dioxide and discover how we as a nation can reduce our environmental impact. Source: <https://www.4-h.org/NYSD/>

In Okaloosa County, 4-H'ers at Eglin AFB will planting sea oats in observance of this event on October 7.



Also, we will be holding a 4-H Science Day on October 8, which is a teacher work-day for Okaloosa Public Schools. It will be at the 4-H Office from 9-noon. To register, fill out the registration form (available on the Okaloosa County 4-H website) and send it with \$5 to the 4-H Office.

Limited to first 15 youth to register.