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**UF/IFAS EXTENSION
JEFFERSON COUNTY
2729 W. WASHINGTON HWY.
MONTICELLO, FL 32344
850-342-0187**



WEBSITE:
SFYL.IFAS.UFL.EDU/JEFFERSON/



Greetings,

HAPPY NEW YEAR, EXTENSION FAMILY! As we look forward to 2022, I hope the New Year brings abundant joy, good health, happiness, peace, and prosperity to you and your's.

Have you made any New Year resolutions? If you think about it, a resolution is simply a goal anticipation improvement in the coming year. Strive to achieve those goals. Start now; it's not too late.

The Jefferson County Extension Service looks forward to a new year and another opportunity to serve you. Please reach out to the Extension Staff if you need our assistance. See the staff profile on the "Meet the Staff" page.

The Jefferson County Extension Office will be closed in observance of the Martin Luther King Holiday on January 17.

Enjoy,

John Lilly
Jefferson County Extension Director/4-H Agent

4-H Youth News

JOY! THANK YOU 4-H TEENS

A heartfelt thank you to the Jefferson County 4-H Teen Council Members for participating in sorting & bagging toys for the JOY Toy Christmas Drive. More than 100 families are appreciative of your service.



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!

4-H Teen Retreat



Jefferson County teens will join other teens from around the Northwest District at the 4-H Teen Retreat on Feb 25-27. The retreat will be held at beautiful 4-H Camp Timpoochee in Niceville, Florida.

Teens from around the district will explore 4-H programs, make new friends, discover their potential, gain leadership skills, attend exciting workshops, but most of all, have lots of fun! The theme is **"4-H Music Magic"**.

Teens can register at [4-H Online](#) under events labeled NWD 4-H Teen Retreat. Registration will be open until February 7.

Contact John Lilly at jgl@ufl.edu or phone (850) 342-0187 for more information.



Outdoor Code Program



On December 5th, Bryan Danford, held an Outdoor Code Program for our local troop.

Jefferson County 4-H has partnered with the local Cub Scout and are now doing merit badge requirements.

This is the beginning of our Scout Programs and more are being scheduled for the upcoming year, including programs involving **Into the Woods** and **Into the Wild Merit Badges**.

These programs will resume after the holidays in January.

If your organization would like to have specialized programs please feel free to contact Bryan Danford at bryan.danford@ufl.edu



4-H Youth News

4-H DEMONSTRATION/SPEECH WORKSHOP

Getting in front of an audience can be very intimidating. So why not come and learn new skills and techniques to put together a demonstration/illustrated talk or speech at the 4-H Demonstration/ Speech Workshop.

The workshop will be **Thursday, February 3**, at the **4-H Office from 4:00- 5:00 p.m.** I highly recommend your attendance if you plan to do a demonstration/illustrated talk or speech for the first time.

Parents are also welcome to attend. We need at least five (5) youth to RSVP by **January 31**, or we will cancel the workshop. Contact John Lilly at jgl@ufl.edu or phone (850) 342-0187 for more information.



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

When: Every other Saturday @ 9am
Where: Jefferson County Extension Office Property
Ages: 8+

Dates:
Winter Survival: January 8th

What would you do if you were trying to survive winter in the wilderness? Come find out some cool tricks!

Migration and STEM planes: January 22

Join us to learn about Migration and participate in some fun activities. We will build STEM planes and become a bird and participate in a game made just for the birds.



4-H Speech Winners Announced

On December 7, nine fourth & fifth graders and four sixth-graders presented interesting, engaging, humorous, or thought-provoking speeches at the contest.

The young people showcased their creativity in building public speaking skills on topics ranging from personal experiences with examples drawn from their school or family lives to their favorite foods & sports.

The 4th & 5th-grade winner, Emery Simon, with a speech on her ancestors, "The American Dream." Bailey Fletcher won first place in the sixth-grade division with his hilarious "The JV Football Experience" speech. Emery and Bailey will advance to the district competition on April 23 in Wakulla County.

A special thank you to Aucilla Christian Academy principal, Mr. Richard Finlayson, for being a fabulous host. Also, a shout out to Maggie Walker, who did an excellent job as master of ceremonies.

Lastly, thank you, Mr. Matt Molher, from Florida Power and Light as the program sponsor.



4th & 5th Grade Division

L-R: 1st place: Emery Simon —"The American Dream", 2nd Place - Reign Carrillo—"Phillipino Born, American Raised", 3rd place—Stella Borders "Guinea Fowls" & 4th place— Trip Davis "Moving"

6th Grade Division

L-R: 1st place: Bailey Fletcher "The JV Football Experience" 2nd Place - Mae McNeil "A Refined Palate" 3rd place— James Boyd "Skrtrt!!!Skrtrt!!!" & 4th place— Charlotte Brewster "My Crazy Thoughts"



Produce Safety Alliance Grower Training

January 19, 2022 8AM-5PM

UF/IFAS Extension Jefferson County
2729 W. Washington Hwy. Monticello, FL

Fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety are encouraged to attend. The PSA Grower Training Course is one way to satisfy the FSMA Produce Safety Rule requirement.

The course will provide a foundation of Good Agricultural Practices (GAPs) and co-management information, FSMA Produce Safety Rule requirements, and details on how to develop a farm food safety plan.

The cost to attend is \$40 and includes training materials, lunch, refreshments, and certificate of attendance issued by AFDO.

To register: <https://psa111021.eventbrite.com>

For more information, contact Danielle at 850-342-0187.



Citrus Health Forum

February 17, 2022

UF/IFAS North Florida Research & Education Center -Quincy

During the last decade, satsuma and cold hardy, fresh market citrus have generated more interest in North Florida and South Georgia than any other tree crop. There is a growing satsuma industry in the region. Despite the growing interest, grower meetings regarding important fundamental issues such as variety improvement, rootstocks, cold hardiness, insect, and disease control are rare in the area. This meeting aims to cover the major issues that north Florida citrus growers are currently facing. This year's meeting will focus on proper citrus planting methods and considerations, insect management and will feature an in field demonstration of proper grove hedging.

To Register:

<https://2022citrushealthforum.eventbrite.com>



Family & Consumer Sciences News

TURN IT OFF...

Today, children spend too much time on technology such as cell phones, gaming, and television. Too much technology time cuts into family time, encourage violence and promote unhealthy lifestyles. Research states that excessive technology, such as television and gaming, has been linked to obesity in children.

Tips to help you and your family turn it off technology:

- Listen to music
- Read to your children
- Finger Painting
- Limit technology time
- Have a family dinner time
- Spend time outside
- Technology-free days



Kids in the Kitchen



Children love to explore, so let your child help in the kitchen. The child can measure ingredients and help wash food items. Children who learn how to cook in the kitchen are willing to learn new recipes in the future.



SMART Couples of Florida Celebration

Strengthen your relationship through the Art of Effective Communication!

- Fun date night!
- Join us online from the comfort of your own home.
- Workshops from marriage and family professionals from across the nation.
- Learn how to improve your communication skills and keep romance alive

10 per couple
(through January 31)
\$15 per couple
(starting February 1)

Each ticket covers the cost of one virtual seat (link) at the conference — only one ticket needed per couple (assuming you watch the event on the same device together) All workshops will be recorded and will be available on-demand for participants to watch for approximately 30 days after the conference.

February 18th, 2022
6:00–9:15 p.m.
Online Virtual Event
[Register Here!](#)



Lets Walk Florida

Starting in February 2022

For more information click : [Here!](#)

Let's Walk Florida! is a virtual educational program and challenge designed to help Floridians achieve and maintain health through physical activity. The program meets you where you are - both in terms of physical location and your current fitness level.

Our county-based health educators provide participants with healthy lifestyle strategies and exercises for all fitness levels. Let's Walk Florida! is available to individuals, families, and teams. All ages can benefit from establishing and achieving health and well-being goals. Participants can walk or exercise at their homes or other locations while maintaining the recommended physical distancing.

Peanut Butter Challenge Winners!



The UF/IFAS Staff in Jefferson County collected the most with 1,441 jars (2,237 pounds) of peanut butter during the 2021 Peanut Butter Challenge!



Pictured, from left to right, are: Ana Portillo, Administrative Assistant; Dawanda Skipworth, Secretary; Gretchen Thornton, Family and Consumer Sciences Agent; John Lilly, County Director/4-H; Bryan Danford, 4-H Program Assistant; Emily Nolen, FAMU Extension Program Assistant; and Danielle Sprague, Agriculture and Natural Resources Agent.

FAMU Extension News

2021 Looking Forward How can you get involved with FAMU 4-H this fall?

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.

- **Healthy Living Summit**
 - February 10th–13th
- **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

JANUARY

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
					1 New Years Day! 2
3	4	5	6	7	8 Outdoor 4-H 9
10 Teen Council Meeting	11	12 4th Grade School Club	13 3rd Grade School Club	14	15 16
17	18	19 Produce Safety Training 5th Grade School Club	20	21	22 Outdoor 4-H 23
24 RSVP 4-H Workshop Deadline 31	25	26	27	28	29 30

Upcoming February Events

New Years Day - 1st
 Saturday Outdoor 4-H - 8th and 22nd
 4th Grade in - school Club - 12th
 3rd Grade in - school Club - 13th
 5th Grade in -school Club - 19th
 Teen Council Meeting - 10th
 Produce Safety Training- 19th
 RSVP for 4-H Demonstration/ Speech Workshop - 31st

4-H Demonstration / Speech Workshop - 3rd
 4th Grade School Club - 9th
 2022 In-Person 4-H National Healthy Living Summit -10th - 13th
 3rd Grade School Club - 10th
 Teen Council Meeting- 13th
 5th Grade School Club- 15th
 Lets Walk Florida Starts - 15th
 Citrus Health Forum - 17th
 The Art of Effective Communication - 18th
 4-H Teen Retreat - 25th - 27th

Meet the Staff!



John G. Lilly, Sr.
Extension Director/ 4-H Agent
jgl@ufl.edu



Danielle Sprague
Agriculture & Natural Resources Agent
dsprague@ufl.edu



Gretchen Thornton
Family & Consumer Sciences
Agent
gthornton1@ufl.edu



Emily Nolen
FAMU Extension
Program Assistant
emily.nolen@fam.u.edu



Ana Portillo
Administrative Assistant
Ana.portillo@ufl.edu



Bryan Danford
4-H Program Assistant
bryan.danford@ufl.edu



Dawanda Skipworth
Office Secretary
dskipworth@ufl.edu