



4-H CLUBS:

- 4 Paws
- Aquatic All-stars
- Blazers
- Booker Clever Clovers
- Clogging Clovers
- County Critters
- Crusader 4-H / FFA Club
- Eastside Rabbiters
- Florida Crackers
- Foxmill Kids & Colts
- Fruitville Exceptional Equine
- Gavel Club
- The Green Team
- Home Grown Explorers
- Horse N Around
- Indian Creek 4-H Club
- Itty Bitty Horse Committee
- Jr. Cattlemen
- Kelly Community Clovers
- Little Rascals
- Livestock Club
- Miakka Allstock
- Mini Hooves of Sarasota
- Myakka Ranchers
- New Gate
- Open Gaits
- Positive Teens
- Precision Riders
- Ridin' Rednecks
- Sarasota AG
- Sarasota County Ranchers
- Sarasota Swine
- Sarasota Swine's Minutemen
- Science Lab
- Silver Spurs
- Southern Spurs
- Successful Oak Park Kids
- The Club
- Yes You Can



The Clover Times



JULY 2005

From the Agents Desk; by Marcia Morris

Summer is here! As you receive this newsletter Sarasota County 4Hers will be enjoying a week of "Catching the Fun" at 4H Camp Cloverleaf. Everyone is excited to be at camp this year, especially since one of our own 4H alumni, Amanda Day, will be the waterfront director. Over 100 youth and adults will be attending our annual week at camp. We plan on lots of fun activities and as always spending time with friends both old and new.

As the summer heat and storm seasons arrive, please be sure to keep up with summer safety practices for yourself, your family, and your animals. Don't forget your Sunscreen, and Water Bottles where ever you go.

Be sure to check the newsletter for additional summer activities. Many Sarasota 4H members will be attending different camps and 4H activities over the summer bringing back many exciting ideas and information to share.

4H State Congress, 4H Legislature and the State 4-H Horse show are all happening in July. Good Luck to all of the 4H members participating in these events. 4H Marine Camp, Shooting Sports Camp, and the Southeast Dairy Youth Retreat are all also happening this month. There is so much to do !!!

The Sarasota Swine Club and the County Council are both in consideration for state Community Pride awards for community service projects conducted during the year.

Hats off to 4H leader Marlene Strickland who was honored as a "Bright Spot on the Suncoast" for June. You may have seen the public service announcement on ABC Channel 7, highlighting all of her good work for our community. Congratulations Mrs. Strickland ! We are very proud of you and all of your achievements.

The 4H staff wishes to thank all of the clubs and leaders for the invitations to the club banquets. We really appreciate all of the hospitality and the opportunity to spend time with the clubs and members as you reflect on and share in your accomplishments throughout the year.

Best wishes for a Safe and Fun summer for everyone ! Enjoy Vacation!

Marcia Morris, 4-H Extension Agent II



All 4-Hers are invited!

Something to Bark About! This is a great educational opportunity for any 4-Her wanting to learn more about a dog project. Make your plans now to attend a Dog Showmanship Seminar, sponsored by the Tampa Bay Kennel Club on Saturday, July 30th (approx. 10:00 am) at the Florida State Fairgrounds Horse Pavilion in Tampa.

This Seminar is open to all juniors (ages 8-18) who have any interest in showing in Junior Showmanship classes. You do not have to own an AKC registered dog to attend. So mark your calendars and send in your pre- registration information on you and your dog, ASAP.

This Seminar will be instructed by AKC Judges, Handlers, and former Junior Handlers. You will learn everything you need to know to compete in AKC Junior Showmanship classes. We will start with a general session with all kids seated.

The Showmanship Seminar will include:

- * Instruction to Juniors in AKC Junior Showmanship Rules and Regulations and record keeping of their qualification points.
- * Instruction to Juniors with their dogs by AKC Professional Handlers including proper presentation of dogs in the show ring, grooming for the show ring and ring generalship.
- * Instruction to Juniors from former AKC Junior Handlers: including: proper dress for the show ring, how to perform frequently used showmanship patterns and showing with a winning attitude.
- * Instruction from AKC Judges including- what judges look for in Junior Showmanship, common mistakes to avoid in Showmanship and good sportsmanship.
- * Showmanship Classes: Juniors will be offered constructive advice on improving their Showmanship techniques, and a winner will be named from each age group of classes at the Seminar.

After the general session, the kids will get their dogs and be broken into groups. The groups will go into more detail- and work one on one. (There will be a lunch break at an appropriate time). Kids will change into their show clothes, then we will hold mach classes for each group, and group winners will be brought back to compete in front of the final general session.

This is an air conditioned facility, and crating space will be available for your dog. Bring your lunch, 'dress' showmanship clothes, your dog, your crate and supplies for your dog. Parents are also welcome. And best of all, there is **no fee for attending!** To reserve your space E-mail your info (or mail) between now and July 15, send your name, address, phone number, e-mail address, dog's name & breed to Sally Alford at horsepny@tampabay.rr.com or mail to Sally Alford 4424 Lakewood Dr. Seffner, FL 33584. More information will be sent out to those who pre-register.

Southeast Dairy Youth Retreat... will be held at the SCFFA Leadership Center in North Myrtle Beach, South Carolina. July 28-31, 2005. The cost of the camp will be \$200 per student. A bus will be available (leaving and returning) from Gainesville for \$75. Some of the workshops will include 7 Habits of Highly Effective Teens, Dairy Quiz Bowl, Dairy Foods, Ocean Marine Ecology and possibly a tour of Fort Fisher Aquarium in Wilmington, NC. The night life activities will include the Alabama Theatre, the Dixie Stampede, and the Myrtle Beach Grand Prix. Other fun activities will include swimming, a ropes course, kayaking and a trip to the beach. Contact the 4-H Office at 861-9810 for more information.

Marine Science Judging Team Wants You!

Junior and Senior 4-H members who enjoy marine science are invited to join a judging team that will learn about local species of plants and animals that live in the marine environment (sorry, no Cloverbuds for this activity). Opportunities for youths to compete at State 4-H Judging events will be offered. Study sharks, octopus, squid, sea grasses, spider crabs and much more! Call Ms. Clark at 371-8340 to learn more about this exciting 4-H activity.

4-H Fishing Tournament

J.R. Welden won the prize for the biggest fish caught at the June 12th 4-H fishing tournament at Harts Landing. He pulled in a beautiful 19 " flounder and had his photo taken for display at the Harts Landing Bait Shop and will have his name in the newspaper for his accomplishment. Clayton Wilson won a prize for the most fish caught. We thank all the youths who participated and invite them to join us once again on **July 17th from 9am-12 noon for another fishing tournament.** The 4-H office will provide 4-Hers the use of fishing rods if they do not have any available. Contact Mr. Wilson at 861-9818 to sign up.

4-H Missions in Space:

Moon, Mars, Earth - Agriculture in Challenging Environments, September 12-16, at the US Space & Rocket Center, Huntsville, AL. Learn about growing food in space, robotics, and geospatial technology in agriculture. Registration deadline is July 15, and positions are limited! Call TODAY if you are interested, 861-9810. Cost: \$150



Health Matters

Got Milk? According to government recommendations, kids ages 9 to 18 need 1,300 mg of calcium a day. Unfortunately, nearly 9 out of 10 teenage girls and 7 out of 10 teenage boys fail to get enough calcium in their diets. Try some of these ideas to make food fun and make sure you are getting enough calcium;

Fondue – dunk your favorite fruits, veggies, and cooked-cubed chicken into cheesy fondue

Smoothie – blend low-fat milk, frozen fruit, and a little low-fat yogurt

Kabobs – dip fruit kabobs into low-fat yogurt

Shake – mix your favorite flavor of low-fat ice cream and skim milk

Mix it up – mix fruit, whole grain cereal, and low-fat yogurt

3-A-DAY! Consuming 3 servings of milk or milk products a day can reduce the risk of developing bone disease and fractures, problems that are increasing in the USA.

Reward Yourself: You Earned IT! When you've worked hard to meet a goal such as losing 10 pounds, or completing your first month of a new exercise program – it's good to celebrate your accomplishments. Rewards can help you maintain "long-term" motivation. Keep your rewards positive and healthy, whatever motivates you!

Improve YOUR Health

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's one of your body's most natural forms of exercise. It's safe, simple and the health benefits are many. Here's what you need to know to get started.

Wear Comfortable Walking Shoes, before you set out be sure to select comfortable footwear. Also dress in loose-fitting, comfortable clothing and in layers if you need to adjust to the temperature. Wear bright colors or reflective tape after dark so that motorists can see you.

Warm up, Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm. Warming up your muscles reduces your risk of injury.

Stretch, After warming up, stretch your muscles for about five minutes before walking. Include the calf stretch, quadriceps stretch, hamstring stretch, lower back stretch and chest stretch.

Stay Motivated: Set Goals, Have Fun, Starting a walking program takes initiative. Sticking with it takes commitment. But when you think of the potential health benefits, it's well worth your effort.

Just For Leaders...



Get Ready... Get Set... The first leader meeting for the 2005 - 2006 4-H year will be held August 15th at 7:30 PM at Twin Lakes Park. 4-H Staff will hand out leader packets, enrollment forms, project lists, calendars, and 2006 Fair Rules Books to help start the year off right. Please be sure to attend. Leader's meetings are held every 3rd Monday of the month. These meetings provide a format to ask questions, share ideas, and stay informed. Leaders, please remind your club President and County Council Delegate to attend the County Council Meetings!

New Leader Orientation... New Leaders, mark your calendars!

There will be a New Leaders Orientation August 25th, (Thursday) 7-8:30 PM at the 4-H Office located at Twin Lakes Park. If you have not attended a "New leaders orientation" it is a must! If you have any questions call Keith Wilson @ 861-9818.

Watch Your Mail Box; Leader renewal forms will be mailed out this month. We ask that these forms be completed and returned to the 4-H Office by August 16th, 2005 so we can up date all our files and our mailing lists. Please be sure to include your e-mail address as requested. This form is for all organizational, project, and activity leaders. If you do not receive a form, please call Barbara at the 4-H office, 861-9812, and one will be provided. Thanks for all you do!

"4-H: Golden Opportunities" The Southern Region Leader's Forum

The Southern Region Leader's Forum is scheduled for Thursday, October 6th – Sunday, October 9th, 2005 at the Rock Eagle 4-H Center in Eatonton, Georgia. At the 2005 Southern Regional Leader's Form you will meet leaders from 13 southern states share ideas, and through workshops gain knowledge, and increase skills. For more information contact Keith Wilson 861-9818. The deadline to register with the 4-H Office is Monday, July 25th, and the registration fee is 192.00. (Scholarship money is available to help with the cost of this trip)

Look What We Did....



Learning and Leading in Civic Engagement

Kayla Comer, Danielle Padgett, and Glenda Padgett were the representatives from our county to a state wide youth development workshop June 6-10. It was called "Learning and Leading in Civic Engagement" and was presented by the Points of Light Foundation. The workshop was held at a conference center and hotel in Ocala and was all expense paid, thanks to a grant received by the Florida 4-H Foundation. We had a great time while we were there, but we also gained a lot of knowledge that we can use in our county to make our 4-H program better. Through out the week we covered many topics including: Group Dynamics, Youth / Adult Partnerships, Civic Engagement, Communication and Presentation skills, Decision Making Skills, Leadership, Creativity Skills, Community Research and Goal Setting and planning.

The first day of the conference, we arrived in the evening, moved into our hotel rooms, and did a few get-to-know-you games as well as a few team building games. Each delegation performed a skit to introduce themselves and their county that they had prepared ahead of time. The second day the trainers from the Points of Light Foundation arrived! We learned many valuable things from them about team building that we hope to be able to use many times in our county program. We learned the four steps to creating a team; forming, norming, storming, and performing - and how to work through each of these stages. Next we learned about youth / adult partnerships and how to handle situations where youth or the adult is not being treated equally.

On Wednesday, our third day at the conference, we learned exactly what civic engagement is. We worked on communication skills and made 5-10 minute presentations to teach to the group. Wednesday evening our entire group went to Easy Street, a local arcade with games, go-carts, and bumper boats. We only had one little problem when a girl from our group fell into the bumper boat pool, but other than that we had a great time!

On Thursday we took a leadership 101 class and learned many valuable lessons. We also learned to set goals and how to map out the barriers we might encounter. That night we had a graduation from the program. Dr. Marilyn Norman, the Dean of Florida 4-H, was there to hand out diplomas. We all are now certified trainers in many different areas. We had a dance that evening and it was a lot of fun! As part of our commitment Kayla and Glenda will be teaching a workshop at 4-H Congress on Wednesday morning, and Danielle will be teaching a workshop in August to the new State Officers and State Ambassadors. Kayla and Danielle will also be joining a local board or council in our community in hopes that they will be able to create a permanent youth position.

We are really looking forward to visiting some of your clubs, as guest speakers, to share the information we have learned with you! We are very excited about this opportunity and can't wait to come speak to your club!

Foundation News: The new 4-H Foundation Officers for the upcoming 2005 - 2006 year are: President - Aaron Brown, Vice President - Elva Farrell, Treasurer - Christina Schook, Secretary - Karen Sellers, Parliamentarian—Jim DeUnger

Congratulations to all and we look forward to a great 4-H year!

Foundation Scholarships;

The Sarasota County 4-H Foundation awarded 11 scholarships to the following graduating seniors: Samantha Altheide, Kristen Anderson, Laura Blackburn, Heather Brown, Tressie Brown, Nicole Haarer, Jessica Johnston, Amy Robinson, Bryan Russell, Erin Smith, and Danielle Tabar. We are all very proud of your accomplishments and your contributions to the 4-H Program. We wish you all the brightest of futures!

Padgett Family

Goes International

The Padgett's will be a host family for a foreign exchange student for the upcoming school semester! Glenda and Joe Padgett, along with their children Danielle and Jared, have graciously volunteered to make a 15 year old student from Switzerland part of their family. Bianca Kaehr will be attending Riverview High School. The decision to be a host family for cultural exchange is something the family has thought about for several years and is making it a reality this year.

Through the EF Foundation for Foreign Study, a non-profit organization dedicated to promoting cultural exchange through friendship, the Padgett's will be providing room and board and a caring environment for one special student. All students speak English and come with their own spending money and insurance. It is a unique opportunity to learn about another culture, share American culture, and build international relationships that will last a lifetime.

EF Foundation is looking for a couple more host families in the Sarasota/Manatee County area for the 2005-06 school year. Host families can be single adults, families with or without children, and the student does not have to have their own room. To learn more about this program call Mary Kay Capuano at 923-5106, email mkcapuano@cs.com or visit the EF website at www.effoundation.org.

Heart



Animal Connection...



Are you looking for a purebred rabbit to show at the fair?

I have an orange Netherland Dwarf doe, and a black Mini Rex buck. Both of these rabbits have been shown at the Sarasota County Fair and rabbit shows across the state. They have placed very high in their categories.

I also have two Lionheads. They are 2 months old. One is a silver marten, and the other is an otter. They both are bucks. If you are interested in any of these rabbits please call Heather Brown at 377-9048.

BUNNIES! These bunnies are all looking for good homes. That is; they are to be pets, not for meat or breeding. They are all in the process of being litter trained. Their Mother is beautiful golden color, and their Father is grey, both parents are around 6-7 lbs.

Born Feb 11th: Neutered Male - mottled golden Neutered Male - black & white

Neutered Male - mottled black Neutered Male - solid grey Male - dark grey

Male - black Female - squirrel color Female - light grey Spayed Female - black

Born March 12: Female - mottled golden Female - black Female - light grey (lavender?) Male - light grey (lavender?) Male - grey Male - grey with white paw

Male - grey with white paw and star Male - black and white My contact info:

Kathy Schmitz 362-4899 or kvschmitz@hotmail.com (subject: rabbit ad)

Check and Double Check Your Rules... Fair Days Ahead:

Crossbred cavies, poultry, and rabbits **will not** be permitted in the 2006 Sarasota County Fair. PUREBRED ANIMALS ONLY. Purebred animals will be judged in accordance with the standards set forth in the "Standards of Perfection" as published in the American Rabbit Breeders Association and the American Poultry Breeders Association.

Goble, Goble...

A Manatee resident has kindly offered free turkeys to 4-H youths who wish to use them in 4-H animal projects. Toms, hens, and hatchlings are available. Call Judy Dodd at 737-1371 to find out more about this opportunity.



News From Out There...

County Council News; by Danielle Padgett, President

The 2005-2006 County Council officers have been working hard to plan for the next 4-H year. We met on May 27th at Danielle Padgett's house to begin planning. Seven of the ten officers were in attendance as well as Marcia Morris, our council advisor. We made plans for each month that included activities and a guest speaker. We also planned many events as well as a new county-wide service project.

Our county-wide community service project for next year will be called "Operation Military Kids". We will be working with the children of the National Guard and Reservists in our area. Depending on funding, we hope to go to the Salvation Army one more time around the holidays to work with the homeless children. We will also work on improving our environment by participating in a beach clean-up in September and April.

On October 1st, we will host the second annual 4-H Opportunity and Awareness Day and Officer Training. We are hoping to have some mock judging contests at the event so more people will participate at the fair.

The next event we began planning is Junior Congress which will be in Sarasota County on October 22, 2005. Jr. Congress is a day for junior 4-Hers to come to fun workshops and activities led by senior 4-Hers and adults. Be on the look-out for more information, because this is an event you don't want to miss.

Our third annual County-Wide Dance will be held on November 19, 2005 at the Potter Building. The tickets will be five dollars and we will have a D.J., food and lots of fun!

This upcoming year we will be continuing our Adopt-A-Club program. Each county officer has chosen four or five clubs to keep in touch with during the year. You should be hearing from them as the beginning of the 4-H year gets closer.

We are all very excited about the upcoming 4-H year and we hope to make it the best that Sarasota County has ever seen. We look forward to seeing you during the summer at Camp, Legislature and Congress! We hope to see you at our kick off party for the County Council on August 15th, 2005 at our first meeting of the year. Until then, keep making the best better!

YOUR NEWS...



Sarasota Swine by Rebecca Griffin

Hi Everyone! Our new officers for 2005-2006 are as follows:

President - David Clemons

Vice President - Houston Burnett

Secretary - Sammi Manley

Treasurer - Holly Hunt

Reporter - Rebecca Griffin

Historian - Allison Bisel

Sergeant At Arms - Jarrad Albritton

Honor Officer - Ryan Britt

Parliamentarian - Kerry Desmarais

Shooting Sports Delegate - John Karl Albritton

Swine Committee Chairman - Gavin Albritton

Our 2nd Annual Appreciation and Awards Banquet is June 18th. Marcia Morris will induct the new officers. I will write more about the banquet next month. Congratulations to our Graduating Seniors - Ashley Manley and Eddie Griffin. Good Luck! See you at Camp!

What's your first impression! Are manners important? YES! Where do manners begin? At home! Your family is very important to you - if you do not show your family courtesy and respect, how will you remember your "manners" with your friends. What do we mean by the term "manners"? Manners are the rules for social conduct. You tell others about "**you**" by the way you act and what you say. People are comfortable around individuals who use good manners and common courtesy. This is a reflection of how "**you**" feel about yourself and how you feel about others. People judge us by our actions. Manners, or the lack of, are your trade mark. What's your trade mark?

Happy Birthday!

Erica Bass, Nick Bass, Charli Beauchamp, Erin Bumpus, Troy Burnett, Brett Butler, Jennifer Cain, Amy Chamard, Haley Coles, Dalton Comer, Donald Davis, James Dean, Katie Edwards, Ebony Fain, Aniesha Frett, Karen Garcia, Kendra Gauntlett, Meghan Girard, Lee Goode, Stephen Gorski, Justin Gulsby, Karleigh Hoyt, Eric Hull, Jacqueline Keller, Kelly Larkin, Haley Lehman, Madison Lutz, Therese Marchand, Harmonie McCall, Brittney McGhee, Gage McMichael, Paige Mead, Matt Mercurio, Valerie Miller, Annie Montgomery, Craig Montgomery, Kayla Newell, Jolene Nisley, Jimmy O'Neil, Anna Packer, Jenny Panitch, Jack Peters, Annabelle Plush, Brittany Potts, Kelsey Powers, Bethany Rendemonti, Sean Russell, Allison Scarbrough, Madelynne Sherk, Courtney Stocks, Shea Tooker, Dustin Troglen, Tanner Troglen, Alaina Upman, Kristen Walding, Nanette White, Kari Wilbanks, Tynasha Williams, Rachel Wilson, Misty Wolf, and Scott Wood.

Ridin' Rednecks; by Jared Padgett

Ridin' Rednecks 4-H Club is not meeting this summer, but our members are busy in many 4-H activities. Many members are hoping to be Camp Counselors and C.I.T.'s this summer at 4-H camp. There will be a lot of members that will be campers at 4-H camp. Danielle Padgett, Kayla Comer and leader Glenda Padgett were chosen to participate in the "Point of Light" Leadership Training workshop in Ocala in June. They learned lots of leadership skills that they look forward to using. The last week of June Chris Nobles and Danielle Padgett will be attending 4-H Legislature in Tallahassee. In July Jared Padgett will be attending Marine Camp, at Camp Tim-poochee. The last week in July Stephanie Lyons, Chris, Clint and Wade Nobles, and Danielle Padgett will be attending State 4-H Congress. We had many graduating seniors this year and wish them success as they head off to college later this summer.

We will be having a family picnic in August and will be starting our meetings again in September.

ATTENTION ALL INCOMING CLUB REPORTER'S...

Reporting 4-H news can be exciting, and it could be the beginning of a new and exciting career. The 4-H reporter has the privilege and opportunity of telling others about 4-H. To be news your story should be 1. Recent 2. Important 3. Unusual 4. Interesting and 5. Accurate. Please note: **Minutes of the club meeting are not considered news.**

Tell us; what your club members and leaders are doing, share an interesting or funny 4-H story, interview your club leader or project leader, let us know about your fundraiser's (car washes, concessions...), so we can all support each other.

Review Suggestions for a Good "Straight" News story on page 2 in your 4-H Reporter record book.

And please, please when ever possible email your news to;

sholland@scgov.net

Please submit news stories by the 15th of each month, Thanks!



MAKE YOUR PLANS NOW!



July

August

4 Independence Day!

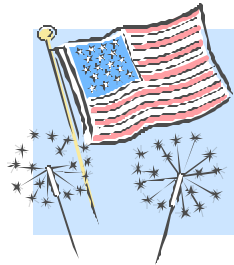
5 Camp Cloverleaf
July 5th - 9th

7 State Horse Show
July 7th - 9th

13 Horse Advisory

17 Fishing Tournament

25 State Congress
July 25th - 29th



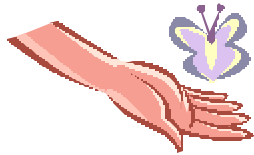
8 Foundation Meeting
School Starts!

10 Horse Advisory Meeting

15 Leader & County Council Meeting

16 Leader renewal forms due

25 New Leader Orientation



A Summer Project

Butterflies are among one of the most beautiful insects. One way to attract butterflies throughout the summer is to create - **a butterfly garden.**

Creating a butterfly garden can be as simple as selecting the right plants for a window-box or as complex as landscaping large areas. To be successful in any situation it requires the correct choice of plants.

The total butterfly garden will serve as food for both the adult butterfly and caterpillars. Butterflies will seek out flowers that are white, yellow, pink, and purple. If you plant bright nectar flowers in your garden, butterflies will come! Some suggestions: Golden Dewdrop, Lantana, Passion vine, Pipevine, Snapdragon, and Milkweeds.

Give your new plants a good start. Mulch and water regularly to ensure plants establish well. Remember to avoid pesticides. All butterfly life stages are susceptible to pesticides; even the slightest drift from a nearby application can be deadly.

Like many kinds of wildlife, butterfly populations have declined. As we continue to build, their precious natural habitats are altered or destroyed. Choose the right plants for your garden and enjoy your new wildlife friends! By creating a butterfly garden you will be participating in habitat conservation.

