



4-H CLUBS:

- 4-Her's
4 Paws
Aquatic All-stars
Blazers
Canine Connections
Clogging Clovers
Eagles
East County Steer & Swine
Eastside Rabbiters
Florida Crackers
Foxmill Kids & Colts
Fruitville Exceptional Equine
Green Thumbs
The Green Team
Half Pint Pullers
Home Grown Explorers
Horse N Around
Indian Creek 4-H Club
Jr. Cattlemen
Kelly Community Clovers
Little Rascals
Livestock Club
Miakka Allstock
Mini Hooves of Sarasota
Muddy Boots
Myakka Ranchers
Open Gaits
Positive Teens
Reef Rovers
Ridin' Rednecks
Sarasota County Ranchers
Sarasota Sharp Shooters
Sarasota Swine
Southern Spurs
The Club
The Group
Venice Bits & Spurs
YMCA Youth



The Clover Times



From The Agents Desk:

HAPPY FOURTH OF JULY! We hope everyone has a fantastic fourth!

A wonderful time was had at Camp Cloverleaf by 109 Sarasota County campers. Along with our great volunteers, Erica Bass, Jackie Bland, Carrie Dean, Debra Neill, Dan Russell and Colton Whittier. There was lots of fun canoeing, swimming, crafting, hiking, singing, campfires, skit night, and just plain having fun with old and new friends. Many thanks to all who helped make our week a camp a success.

Suitcases are being packed throughout the summer as 4H members set out for various 4H activities. David Clemons, Britney Gleason, Laura Knipper, Molly Miller, Sean Russell and chaperone Linda Knipper attended 4H Legislature in Tallahassee June 25th - 29th.

A large group from Sarasota County will be attending the State 4H Horse Show in Tampa, July 12-14th. Be sure to check next months newsletter for results. Fifteen members and chaperones will be boarding the bus for 4H State Congress July 23-27th, held at the University of Florida.

Our request for 4H clubs adopting roads has yielded another sighting. Turtle Beach park has been adopted by The Green Team. Have you seen any other signs around the county? If so please let the 4H office know.

Summer means fun and many exciting activities. As always please remember to take safety precautions, drink plenty of water, wear a hat and protective clothing, wear your sunscreen, and keep pets and other animals safe.

Marcia Morris, 4-H Extension Agent II

I pledge,

My Head

to clearer thinking,

My Heart

to greater loyalty,

My Hands

to larger service,

And My Health

to better living,

For my club, my community,

My country and my world.

Dear 4H Families,

I am excited to be the first to tell you about a 4-H milestone, Camp Cloverleaf is coming up on its' 50th anniversary! Throughout the years Camp Cloverleaf has served as the premier camping facility for all 4-Hers. To commemorate this special milestone and raise funds to support the future of this camp a celebration is being planned.



Camp Cloverleaf has been a place where fond memories have been created over the last 50 years. On Saturday, October 13, 2007, we will be commemorating the 50th Anniversary of the camp with a Barbeque, camp facility tour, and a presentation of Camp Cloverleaf's rich history throughout the last 50 years.

Watch for details in the up coming newsletters!



## 4H Doesn't Slow Down!

### SUMMER ACTIVITIES with Keith Wilson

July 16	Marine Science and Microscopes Selby Library	2:00-3:00pm
July 19	Freshwater Habitats North Port Library	1:30-3:00pm
July 24	Marine Science Class at South Lido Beach At the nature trail	10:00-11:30am
July 25	Freshwater Fishing Tournament Meadowlands Church	9:00-12noon
July 26	Reptiles (turtles) North Port Library	1:30-3:00pm

Call Keith Wilson at 861-9818 space is limited!

Note: Rods and reels are available for those who wish to borrow them at the fishing tournament on July 25th. Prizes will be awarded for the first, most and largest fish.

### Are you interested in the 4-H Dog Project?

Don't miss this: Mark your calendars for the Florida Junior Jamboree. The Jamboree will kick off on July 21, 9:00AM in the main building at the Central Florida Fairgrounds, Orlando. It will be a fun filled day of teaching you everything you need to know about Showmanship: what judges look for, presentation of dogs in the show ring, grooming, rules, a winning attitude, and much, much more!!!!

The Jamboree is FREE of charge to all youth ages 8-18 and their dogs. A FREE lunch will be provided to all participants.

The Central Florida Fairgrounds is located at 4603 W Colonial Drive. **Deadline to register July 13<sup>th</sup>**. Contact the 4-H Office for details and registration 861-9810.

### What's All The Buzz?

#### Discover the World of Insects!

There are more different kinds of insects in the world than all other living things. Many people are astonished to find that insects exhibit the same kind of behaviors as large animals. Insect behavior ranges from simple to very complex. Some behavior is learned and other is instinctive or automatic. Want to learn more?

All youth are invited to a free presentation by Entomologist, Dr. James Ellis with the University of Florida partnering with Keith Wilson, Sarasota County 4H Extension Agent.

Youth will be introduced to the fascinating world of insects, see live insects, learn the "capture and maintenance of insects", discuss how to collect them, rear them, conduct experiments, etc. Entomology can unfold right before your eyes!

The date is set for July 23, 10:30—11:30 AM at Twin Lakes Park. Class size is limited, so call today to register: 861-9812.

### 4-H / FFA Youth Rabbit Show

Attention Rabbit lovers! Don't miss this opportunity. Highlands County 4H Clubs, Country Clovers and Cracker Trail Livestock, are sponsoring a 4H / FFA Youth Rabbit Show. The date is July 14, 2007 at the Sebring Agri-Civic Center 9:00AM—1:00PM. Entries are \$1.00 per entry with no limits. There will be a Rabbit Clinic starting at 9:00AM.

We have entry forms at the 4H Office (contact Sheila at 861-9810) For more information contact Samantha Bickman at 863-531-0144 or Michelle Hahn at 863-314-0238.



### Watch Your Flowers Grow!

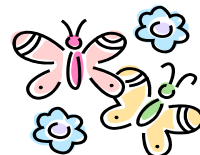
Butterflies are among one of the most beautiful insects. One way to attract butterflies throughout the summer is to create - a **butterfly garden**.

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. Did you know... Butterflies will seek out flowers that are white, yellow, pink, and purple. If you plant bright nectar flowers in your garden, butterflies will come! Here are some suggestions to get started: Golden Dewdrop, Lantana, Passion vine, Pipevine, Snapdragon, and Milkweeds.

Don't forget to give your new plants a great 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.



## Just For Leaders...



### New Leader Orientation

Attention New Leaders mark your calendars. A new leader orientation is scheduled: August 23rd, at 7:00 PM, and will be held at Twin Lakes Park, room A.

All new leaders who have not attended an orientation are invited to come. For details and information contact Keith Wilson at 861-9818.

### Watch Your Mail Box:

It's that time of year again - and we need your paper work. "Leader Renewal" and "2007-2008 Club Information" forms have been mailed out, we ask that these forms be completed and returned to the 4-H Office on or before JULY 15th. The Leader Renewal form is for *all* organizational, project, and activity leaders. This year (on the back of the Club Information form) we are asking for additional information, so leaders be sure to complete the back also. And please provide us with your e-mail address, by utilizing email we hope to get important information to all of you as quickly and timely as possible. Thanks for ALL you do!!!!!!

### Get Ready... Get Set... Let's Go

The first leader meeting for the 2007 - 2008 4-H year will be held August 20<sup>th</sup> at 7:30 PM at Twin Lakes Park.

4-H Staff will hand out leader packets, enrollment forms, project lists, calendars, and 2008 Fair Rules Books to help start the year off right. Please be sure to attend.

Leader's meetings are held every 3<sup>rd</sup> Monday of the month. These meetings provide important leader training, 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!



## 2007 Southern Regional Volunteer Forum



October 4-7, 2007

Leaders make your plans now to attend the 4H Southern Region Volunteer Forum. This event draws nearly 600 volunteers from across our southern region to Georgia's beautiful Rock Eagle 4-H Center.

Make new friends and gather ideas! At the 2007 Southern Regional Leader's Forum you will meet leaders from 13 southern states, share ideas, participate in workshops, gain knowledge, increase skills and have FUN.

Registration forms are due (in the 4H Office) by August 17<sup>th</sup>, and the fee is \$230.00. Fees cover lodging, meals and a Florida delegation shirt. Sarasota County Foundation scholarships are available upon request.

Call the 4H office for details and registration forms, 861-9810.

### Establishing and Chartering a 4-H Club

Florida 4-H has established criteria for enrolling clubs as an "official 4-H Club". Official enrollment and receipt of a 4-H Club Charter gives the club the authority to use the 4-H name and emblem. Clubs must be chartered through a request to the 4-H Extension Office, meeting the minimum criteria and receiving written approval. Criteria for 4-H clubs in Florida are as follows:

- The club has five members (from at least two families) with completed enrollments.
- The club is organized with youth officers.
- There are one or more appointed club volunteers, following application, screening and training.
- An initial meeting place is secured for at least several consecutive months.
- An official non-discriminatory club name is chosen.
- Club rules, which may be in the form of by-laws, are established.
- At least six or more regular meetings plus project meetings are scheduled.
- A written educational plan/calendar for the club program and activities is presented to the county 4-H office (a draft is okay).



When requesting a Club Charter the Charter Application Form should be completed by the Club Secretary and signed by the Club President, Club Volunteer and Extension Faculty. Once completed, the Extension Faculty will then forward the request to the State 4-H Office.

Official Chartered 4-H Clubs can use the name and emblem of 4-H. Individual clubs may have continuous use of their charter over many years, however, an Annual Request for Charter, is required from all clubs. **This form is due September 1 of the current 4-H year.** Forms to establish your club charter, or to renew your annual charter are available at the 4-H Office.



### 5th ANNUAL 4-H and FFA Dance

November 10, 2007 7p.m- 11p.m.  
Potter Building  
Tickets \$ 5.00 Each

Guests are welcome at the same price and  
adult chaperones are FREE!

We will have an awesome D.J.

Pizza, Drinks, and Snacks will be sold!

Tickets will be available through County Council and at  
the 4-H Office members beginning in September.

Contact Jared Padgett, Council President, for more  
information at 925-3175



### Fair Days Ahead:

#### Sarasota County Fair March 14—23, 2008

It's not too early to start thinking about what projects you may  
want to participate in. The first steer weigh-in  
will be in September.



Plants need to grow, livestock needs to be pur-  
chased and animals need to be cared for.

Demonstrations, Public Speaking, Fashion Revue,  
Clothing Selection, Mini Building entries all take  
planning.

**Why not try something NEW this year!**

## 4-H Foundation—Working Hard 4-YOU

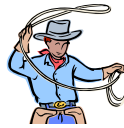


### Learn by Doing, by Chris Schook

Would you be interested in raising the 4-  
H Foundation Swine for the 2008 Sarasota County  
Fair? This is a great way to learn about these  
projects and you can raise them at your home or a  
facility will be provided. You will also receive a  
portion of the profits.

Please contact the 4-H office if you are  
interested in this project opportunity and to re-  
ceive an application form and more informa-  
tion. Applications to raise the Foundation Swine  
are due by Tuesday September 4th, 2007.

### Looking Ahead...



### The Cowboy Hoe-Down Is Coming

Mark your calendars for a night of fun. The Sarasota  
County 4H Foundation will be sponsoring the Cowboy Hoe-  
Down and Silent Auction again this year. The date is set for September  
15th at Roberts Arena.

If you have any items you would like to donate to the silent  
auction please call Elva Farrell at 355-1856. Also, if any clubs would like  
to create a "theme basket" and donate it for the silent auction from  
your club that would be great! Look for more information on the Hoe-  
Down in upcoming 4H Newsletters.

## Look What We Did...



### News From Camp Cloverleaf

4-H CAMP was awesome! Sarasota County had a fun filled week of swimming, fishing, canoeing, kayaking, line dancing, archery, crafts, health, campfire (with magic dust), dances, camp-songs, and Skit Night!

A BIG "Thank-you" to all our Counselors and CIT's! You *all* did a great job - and you are a very important part in the success of camp. The 4-H Staff recognized Amy Chamard and RJ Sommers as our "Top Counselors." Our "Top CIT's" were Christine Magill and Tyler Gilbert. We also said good-bye and good-luck to our graduating seniors Trish Durso, Amanda Dahlberg, Devin Dirmeyer, and Colton Whittier.

We want to say "Thank-you" to some *very special volunteers!* Our "Camp Nurse" Jackie Bland and Debra Neill. Carrie Dean stepped in to help teach hair and nail care, and Erica Bass and Colton Whittier taught our line dancing classes! Also helping us this year at the water front and photography was Dan Russell. Thanks to all! You all truly make a difference!

### Congratulations, Jenny Federico!

Jenny received 3rd place in the State Dairy Poster Contest. Jenny's poster will be used to promote the Dairy industry and she will receive a medal and savings bond.





## Dinner for two, three, or more????

Restaurants today serve super sized meals! It makes it difficult to estimate a healthy portion size and to eat the right food. Often the focus is on the meat entrée and does not include enough vegetables or fruit.



**Dinner is Served...** Now take a better look at your plate. What size are your portions? Did you know 1/2 of your plate should be fruits and vegetables, 1/4 should be whole grains, and 1/4 or less should be meat or protein.

Here are some visual tips to keep you on track; one cup of vegetables or fruits equals the size of a baseball, a medium potato equals the size of a computer mouse, a slice of bread equals an audio cassette tape, and one serving of meat should equal the size of a deck of cards.

## Deciphering Food Labels

Research has shown that eating a well-balanced, nutritious diet reduces the risk of coronary heart disease, strokes, some cancers, and osteoporosis. To determine if your family's diet is well balanced, nutritious, low in fat and cholesterol, you need to look at the nutritional values of the food you're buying, understand what ingredients the food contains, and keep an eye on your calorie intake. Food labels provide these nutritional answers. Labels allow you to comparison shop and make informed food choices.

### Learning Label Language

It's important to remember that the information found on food labels is based on an average diet of 2,000 calories per day. Actual calorie and nutritional requirements vary by age, weight, gender, and activity levels. Use food labels as a guide to determine whether a food is generally nutritious. Look for serving size, servings per container, calories, fat, carbohydrates, sugars, and protein.

### Food Label Claims

A food claim is often made by the manufacturer on the front of the package - for example, "fat free" or "no cholesterol." Many people wonder if these claims are trustworthy. In fact, the FDA only allows claims on labels that are supported by scientific evidence. But even though claims that indicate lower cholesterol, lower sodium, or lower fat content are regulated, you still need to be cautious when reading them. Reduced fat has 25% less fat than the same regular brand.

Light means the product has 50% less fat than the same regular product. Low fat means a product has less than 3 grams of fat per serving.

Even if a food is low in fat, the food may not necessarily be nutritious. Even a low-fat food may be high in sugar. Any of these words on a label mean that the food contains sugar: sucrose, dextrose, lactose, molasses, corn syrup, honey and fructose. Food companies may also make claims such as no cholesterol (meaning there is no animal fat used in making the product), but that does not necessarily mean the product is really low in fat.

## SUMMER TIP:

Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks and are refreshing on a hot summer day.

## How do you get your fruit?



- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

## What Is Pilates?

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates increases circulation and helps to strengthen the body's "core" or "powerhouse" (torso). People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

Pilates (pronounced: puh-lah-teez) improves your mental and physical well-being, increases flexibility, and strengthens muscles. Pilates uses controlled movements in the form of mat exercises or equipment to tone and strengthen the body. For decades, it's been the exercise of choice for dancers and gymnasts (and now Hollywood actors), but it was originally used to rehabilitate bedridden or immobile patients during World War I.

The great thing about pilates is that just about everyone - from couch potatoes to fitness buffs - can do it. Because pilates has gained lots of attention, there are lots of classes available. Before you begin any type of exercise program, it's a good idea to talk to your doctor, especially if you have a health problem.



## Eagles by: Tiffany Ewan

Eagles members have been very busy this summer. Trish Durso, Jasmine Long, Chris Giumo, Dee Ricker and Tiffany Ewan will be representing Sarasota County in Gainesville in the Hog and Ham project. Members raise, harvest and package meat from swine that they purchased just after or before the county fair. The hogs are placed on full feed and have grown approximately 150 pounds in 90 days. Gavin Albritton will also be taking a hog to Gainesville.

Tiffany Ewan participated in the District Speech contest and gave a speech titled "Youth: It's Our Fault". Tiffany will be representing Sarasota County at Congress.

Dee Ricker, Kelly Goff, Mercedes Eisenmann, Tiffany Ewan, and Nick VanBeck have purchased their steers for the 2008 county fair. Their calves weigh between 450 and 615 pounds.

June 12-15 Trish Durso, Tiffany Ewan attended the FFA State Convention in Orlando.

Eagles officers for 2007-08 include Jasmine Long, Trevor Burns, Mercedes Eisenmann, Tiffany Ewan, Dee Ricker, and Ellen Ross. They were selected as team in May and will take office in August.

## Miakka Allstocks: by Shelby Martin

At Miakka Allstock's last meeting, elections were held for the new officers. The new board for 2007-2008 is: President - Drayton Lutz, Vice-President - Bree Scarbrough, Treasurer - Jamie Bland, Secretary - Sarah Birkhold, Historians - Rebecca Kaufman and Madison Lutz, County Council Delegate - Aaron Bontrager, County Council Alternate - Trevor Brown, Chaplin - Carly Scarbrough, Reporter - Shelby Martin.

The following club members attended District 9 Congress: Michael Dean, Sara Martin, Shelby Martin, Bree Scarbrough, and Carly Scarbrough. It was a really fun event. The marshmallow guns were a huge hit! If you were unable to attend this year, I encourage you to go next time.

We ended the year with our club's banquet. It was held Friday, May 4 at the Potter building at the Sarasota County Fair grounds. Many awards were presented and door prizes were won. The new officers were inducted. The food was delicious! Thank you Ridin' Rednecks for helping serve that night.

Congratulations to our graduating senior, Arielle Macuch! We wish you good luck with your future plans.

HAVE A GREAT SUMMER!

## Something New!

### The Green Thumbs:

Green Thumbs (formally Wood Crafters) is an exciting new club. The focus is on "Organic Container Gardening". We will learn how plants affect our environment and how we take care of them can change our surroundings.

We are looking for those interested in changing your views on growing tomatoes upside down to plants that don't need soil to grow.

If you would like to find out more contact: Ken Richards (941)356-1541 or Becky Richards (941)305-9036 (before 7:00 p.m.)

## County Council Leaders Meeting Report: Lewis Plush

After a cook out at our president's house we had a very productive meeting. We discussed such topics as how to increase county council attendance, county-wide community service projects, uniformity of our officers, a county-wide dance, and a 4-H Awareness Day. We spent a good amount of time discussing our and forming a new constitution. We decided to have each of our officers try to increase attendance by personal request and we set a goal for increased involvement of county council at Salvation Army by focusing on the children and their families.

After much debate we are going to change the color of our officers shirts try to look a little more formal at our meetings. The county wide dance will be casual as normal and the 4-H Awareness day will be a day for people interested in 4-H to come and learn about it. We spent much time on our Constitution and we tried to give the independent people a voice just as loud as a groups voice might be. All in all this was a very productive meeting.

## Attention 4-Hers! Mark Your Calendars...

The first County Council for the 2007 - 2008 4-H year will be held August 20<sup>th</sup> at 7:30 PM at Twin Lakes Park. All club presidents and Council Delegates are asked to attend.

**Do you have a 4-H story to share?** We want to hear from you! Send us your 4H stories! We would love to hear what you are doing this summer. Tell us about summer camps you have attended, dairy camp, dog shows, horse shows, legislature, congress or other activities. Send your stories to:

[sholland@scgov.net](mailto:sholland@scgov.net)

Attach your pictures too, we will add them to our photo gallery.

## The More You Know...



### As we celebrate the 4th of July, take a good look at our flag... Did you know...

George Washington's original pencil sketch for the flag indicated 6-pointed stars, a form he apparently preferred. Betsy Ross, however, recommended a 5-pointed star. When the committee protested that it was too difficult to make, she took a piece of paper, folded it deftly, and with a single snip of her scissors, produced a symmetrical five-pointed star. This seeming feat of magic so impressed her audience that they readily agreed to her suggestion. To learn how to cut a 5-Pointed Star in One Snip visit <http://www.ushistory.org/betsy/flagstar.html>



The story of Betsy Ross's is one of triumph through adversity. She was disowned by the Quakers. She lost one husband to an explosion at a munitions depot that he was guarding. Her second husband died in a British prison. She survived her third husband, who was sick for many years. She had seven daughters, two of whom died in infancy. She maintained a business through it all. You can read more about Betsy Ross at [ushistory.org](http://ushistory.org)

## Make Your Plans NOW!



### July 2007

- 4 Happy 4th of JULY!
- 11 Horse Advisory
- 12-14 4H State Horse Show
- 16-20 2007 Southeast Dairy  
Retreat
- 21 Florida Dog Jamboree
- 23-27 4H State Congress
- 25 Fishing Tournament



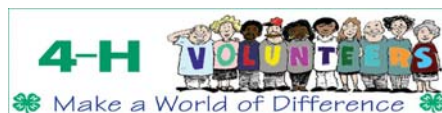
### August 2007

- 1-5 Southern Regional 4H Horse Championship
- 8 Horse Advisory Meeting
- 13 4H Foundation Meeting
- 20 County Council and Leader Meetings
- 23 Leader Orientation

### \*HELP WANTED\*

Would you like to do some community service this summer in the 4-H Office? We need your help copying, collating and getting materials ready for the 07-08 4-H year. You can earn community service hours towards your graduation requirements.

Call Barbara at 861-9812 for information.



### Can You Help:

The Livestock Club is looking for empty 55 gallon drums, to replace the old steer feeders.

If you can help, or know someone or company that might, please call Cheryl at 923-6785

## July Birthday List

Happy Birthday: Alexandra Addison, Carla Askins, Jenna Bardroff, Erin Bumpus, Troy Burnett, Brett Butler, Paige Canevari, Amanda Capps, Amy Chamard, Haley Coles, Dalton Comer, Taylor Eason, Meagan Easton, David Fitzgerald, Grey Fitzgerald, Bailey Gilbert, Kelly Goff, Timothy Herter, Amber Hudson, Audra King, Clay Linthicum, Stefan Lowe, Madison Lutz, Therese Marchand, Kyle Marois, Hunter Martin, Brittney McGhee, Taylor Moeller, Elizabeth Montgomery, Jack Peters, Annabelle Plush, Brittany Potts, Kelsey Powers, Faith Price, Hope Price, Alexandra Rodman, Sean Russell, Allison Scarbrough, Trent Schlabach, Chelsey Schultz, Sabrina Sherrill, Katherine Stanek, Clayton Troglen, Dustin Troglen, Tanner Troglen, Riley Wacha, Kris Whalen, Nanette White, and Joseph Youngblood!

Happy Birthday  
to YOU!!!

