

**4-H CLUBS:**

- 4 Paws
- Animal Crackers
- B & S Farms
- Badger's Den Productions
- Blazers
- Canine Connections
- Clogging Clovers
- Community Helpers
- Country Critters
- 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. Cattleman
- Kelly Community Clovers
- Little Rascals
- Livestock Club
- Miakka Allstock
- Mini Hooves of Sarasota
- Myakka Ranchers
- Open Gaits
- Ridin' Rednecks
- Sarasota County Ranchers
- Sarasota Sharp Shooters
- Sarasota Swine
- Southern Spurs
- The Group



# The Clover Times

## July 2009



### From the Agents Desk; by Keith Wilson

During the month of June 4-H participated in World Ocean Day at MOTE Aquarium where thousands of visitors joined together to celebrate the remarkable beauty which lives beneath the seas. At this event, 4-H staff met with members of the START Organization, which is dedicated to finding solutions to controlling red tide outbreaks, and a partnership was established to educate local youth about red tide outbreaks and research. START donated 1000 educational workbooks which will be used in 4-H school enrichment classes and with 4-H clubs.

In addition to the traditional annual 4-H summertime events of Legislature, Congress, CWF, and 4-H Camp, our staff will be partnering with Selby Library, North Port Library, Newtown Library, Jacaranda Library, Elsie Quirk Library, Colonial Oaks Park, Longwood Run Park, Laurel Park, and Turtle Beach Park to provide youth environmental science classes during summer vacation.

Sarasota County is blessed with nature parks, beaches, bike trails, sports fields, fishing piers, ponds, swimming pool facilities, and much more for the active minded person. May you enjoy as many of these opportunities that exist in our "own back yard" as possible.

Law enforcement can now pull over a vehicle and ticket individuals solely for not buckling up, so click that belt and be safe this summer.



Keith Wilson  
 4-H Agent

*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.*

### USDA and NASA to Send 4-H Flag to Space on Shuttle Launch



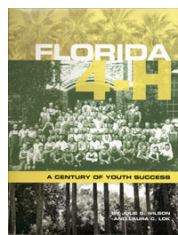
USDA's National 4-H Headquarters and NASA will send the 4-H flag, depicting the familiar 4-H Clover, into space aboard the Space Shuttle Endeavour in June, as part of the STS-127 mission.

"The inclusion of the 4-H flag on this mission is reflective of the commitment 4-H has to building young leaders in science, engineering and technology," said Agriculture Secretary Tom Vilsack. "As the global economy expands, these leaders will strengthen the United States' global competitiveness and leadership in these fields."

To read the entire story visit: [4-h.org](http://4-h.org)

# Learning From The Past, Looking To The Future...

## Florida 4-H: A Century of Youth Success



To commemorate the 100th Anniversary of Florida 4-H, we are proud to announce the publication of *Florida 4-H: A Century of Youth Success*. Since 1909, the Florida 4-H Program has impacted the lives of youth through lifelong learning, leadership skills, and self-confidence. What began as a program to teach new farming techniques became a community-based educational program that teaches young people how to learn by doing and become engaged citizens.

*Florida 4-H: A Century of Youth Success* is a stunning 8.5" x 11" hardcover volume, that celebrates the people and our history from the past 100 years. Relive those memories throughout 208 pages of interesting text with many historic and modern photographs. Books are now available at the 4-H Office for \$55.00. There are some great photo's (guess who?) in the Sarasota County section of the book!

## Let's Start At The Beginning...

### 4-H's Early History at a National Level

The roots of 4-H rest at the beginning of the 20th century, when progressive educators began to emphasize the needs of young people. They introduced nature study as a basis for improving agricultural education. "Learning by doing" was a key component of the program, which sought to make education relevant and enjoyable for young people without sacrificing substance. To further draw young people into the program, Farmers' Institutes cooperated with school superintendents, sponsoring and promoting production contests, plant identification and soil tests.



Florida's youth began enjoying educational activities provided in cooperation with the state's land-grant institutions as early as 1909. 4-H type programs were first established in north Florida, including Suwannee, Columbia, Madison, and Gadsden counties. The boys participated in corn clubs, and the girls were active in tomato clubs.

Leadership for the Florida 4-H program was found in three major academic institutions. State 4-H club agents were housed at the University of Florida and Florida State University (originally, Florida State College for Women). In addition, District Extension agents working with 4-H programs for black youth were housed at Florida A&M University.

Each of the three universities hosted a week-long summer leadership and project competition event. (Sound familiar? 4-H Congress!) The leadership programs included election of state 4-H officers for both the male and female divisions of the program. There were as many as three state 4-H council leadership programs operating in the state. Today we have one, at UF. GO GATORS!

Camping has always a key component in the Florida 4-H program with Camp Timpooshee in northwest Florida being one of the first 4-H residential camps in the country established in 1926.

Today, after more than 100 years, 4-H offers youth opportunities in communications, leadership, career development, livestock, home improvement, and computer technology to 7 million American youth. Programs are found in rural and urban areas throughout the country and around the world. 4-H will continue to grow and develop with the head, heart, hands, and health of our youth.

### Florida 4-H Timeline:

In **1909**, J. J. Vernon, University of Florida Dean of Agriculture, organized the first 4-H clubs in the Sunshine State for boys in Alachua, Bradford and Marion counties. The 4-H program in Florida began as a means to get farmers to accept hybrid seed stock. Working with youth, educators provided corn seed to young men, offering incentives for growing corn that exceeded normal production, at that time. This method of working with youth became an effective way to influence adults and teach youth needed career skills.

In **1912**, Tomato clubs for girls were organized through schools in Florida. The 4-H girls clubs began when Agnes Ellen Harris left her position at Florida State College for Women (now known as Florida State University), to become Florida's first home demonstration agent. 500 girls were enrolled in Tomato clubs during 1912 in 11 counties.

Tomato club prize winners were awarded trips to Tallahassee, where they took "short courses" at the Department of Home Economics at Florida State College for Women. We will have more 4-H History in upcoming newsletters...

## Don't miss this...



### Summer FUN...



4-H will host another saltwater fishing tournament on July 16th from 10-12 noon at Hart's Landing. This tournament is open to all youth ages 5-18 years of age. Prizes will be awarded for the most fish caught and the largest fish caught. Participants should bring their own bait and fishing gear. Contact Keith Wilson at 861-9818 for more details.



### 4-H Fishing Tournament Results

4-H members and their friends participated in a saltwater fishing tournament at Harts Landing on June 12 and caught a large number of fish off the pier in Sarasota Bay. Michael Badolato and Lane Taylor were each tied with 15 fish caught in the last minute of the tournament when Michael pulled in a fish with only 20 seconds remaining to take the "Most Fish Caught" category. Jake Fanghella caught a 15 inch lizard fish to take the "Largest Fish Caught" category. Among the many different types of fish caught were: jack, snapper, ladyfish, lizardfish, whiting, stingray, pinfish, grunt and the unusual looking frogfish. Thanks goes out to the Sarasota County 4-H Foundation for providing the prizes for the event. On July 16th another 4-H fishing tournament will be held at the same location.



## Foundation News...

### 4-H Foundation Swine Raffle Fundraiser News: Thanks To ALL!!!!

The Sarasota County 4-H Foundation would like to thank all 4-H members, parents, leaders, and foundation members that sold and bought Swine Raffle tickets this year. We had 25 clubs and many families of independent members participate by selling or buying tickets this year. Together we brought in \$5,410.00 from ticket sales and donations. As you know, the 4-H Foundation uses this, as well as other money it raises, to fund the activities of the 4-H program for members in Sarasota County.

The winning ticket was sold by Indian Creek 4-H Club. The winner of the pig; cut, wrapped, and ready for the freezer, was Andy Bodaloto. The club selling the most tickets this year was Myakka Ranchers who sold 271 tickets, second place went to Ridin' Rednecks who sold 254 tickets, and third place went to the Blazers who sold 164 tickets. Myakka Ranchers enjoyed their pizza party at their final meeting in May. The following clubs sold between 100 - 200 tickets: Animal Crackers, Mini Hooves, Indian Creek, Jr. Cattlemen, and Eagles. Selling between 50-100 tickets were: East County Steer and Swine, Florida Crackers, B & S Farms, Horse N Around, Country Critters, Shooting Sports, and Open Gaits. The Foundation would like to thank Bill McClain for securing the hog that was donated by the folks at Mosaic for this fundraiser.

Look for news this fall about the 2009-2010 4-H Foundation Swine Raffle Fundraiser and please join us in supporting this fundraiser next year. Thanks again to all who participated and made this fundraiser a huge success! Submitted by: Glenda Padgett, Chairman 4-H Foundation Swine Raffle Fundraiser.

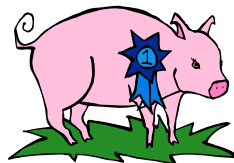
### The Cowboy Hoe-Down Is Coming

Mark your calendars for a night of fun. The Sarasota County 4-H Foundation will be sponsoring the Cowboy Hoe-Down and Silent Auction again this year. The date is set for **Saturday, September 19th** at Roberts Arena.

**ATTENTION CLUBS:** if any clubs would like to create a "theme basket" and donate it, from your club, that would be great! Also, donations for the silent auction are needed. Thanks for your help!

### Learn by Doing, by Chris Schook

Would you be interested in raising the 4-H Foundation Swine for the 2010 Sarasota County Fair? This is a great way to learn more about the swine project. You can raise the animal at your home or a facility will be provided, and you will receive a portion of the profits.



Contact the 4-H office if you are interested in this project. The application to raise and show the Foundation Swine is due by September 18th.



## You Need to Know...

### 2009 4-H Southern Regional Volunteer Forum, October 1—4, 2009



4-H Volunteers... A Southern Tradition! That's the theme this year for the 4-H Southern Regional Volunteer Forum, and Alabama is the host state. Leaders make your plans now to attend this exciting event. The primary purpose of SRVF is to educate participants to share what they have learned and to teach others. This weekend is packed with informative and interactive workshops, inspirational speakers, entertainment, and high quality exhibits, it's a fabulous weekend!

Contact the 4-H Office for information, registration and cost. The deadline to register for this event is July 24th. Fee's will include lodging, meals and a Florida delegation shirt. Sarasota County Foundation scholarships are available upon request.

### Forms, Forms, Forms

"Leader Renewal" and "2009-2010 Club Information" forms will be available at the first leader meeting, August 17, 2009. Leader Renewal forms should be completed by all organizational, project, and activity leaders. Club Information forms should be completed by the club organizational leader. This information is very important; we post your clubs information (where, when you meet, who to contact, and if your club is open or closed) on our 4-H website. New members access this information to choose a club and enroll in 4-H.

These forms will also be available on our 4-H website. For more information contact Barbara Lechky at 861-9812

### Leader Meetings

The first 2009-2010 leader meeting will be August 17<sup>th</sup>, 7:30 PM, Twin Lakes Park. Leader meetings are held the 3<sup>rd</sup> Monday of each month. These meetings provide important training and keep you informed. Contact Keith Wilson for info 861-9818.

### Mark Your Calendar

Attention New Leaders: "New leader orientation" is scheduled: August 27<sup>th</sup>, 7:00 PM, at Twin Lakes Park. All new leaders who have not attended an orientation are invited to come. For details and information contact Keith Wilson at 861-9818.

### Do YOU Have An Official 4-H Club?

It's time to re-new your 4-H Club Charter. Florida 4-H has established criteria for enrolling clubs as an "official 4-H Club". Your 4-H Club Charter gives your club the authority to use the 4-H name and emblem. The 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).

Charter Applications should be completed by the Club Secretary, and signed by the Club President, Club Leader and Extension Faculty. Clubs may have continuous use of their charter over many years, however, an Annual Request for Charter is required, **this form is due by September 1st 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, or on our 4-H website.

# Your Health Matters...



## Do you know a Bully?

Bullying is when one person or group repeatedly hurts someone else. Bullying involves hurting someone who is often weaker or less confident. It can happen anywhere, at school, in the park, on a sports team, or even at home. Often the person being bullied has a hard time defending him or herself.

### Bullying can be:

- ⇒ Hitting, punching, and shoving
- ⇒ Threatening and scaring others
- ⇒ Name-calling, teasing, gossiping, and/or spreading rumors
- ⇒ Ignoring someone—giving them the “silent treatment”
- ⇒ Making fun of someone for being “different”
- ⇒ Leaving someone out of group activities on purpose
- ⇒ Using the internet, instant messenger, and/or e-mail to hurt others
- ⇒ Using someone to get something you want, such as making friends with someone smart just so they can do your homework
- ⇒ Forcing someone to do something embarrassing or dangerous in order to join a group (also called hazing)

Although you may not be directly involved in the bullying, there may be times when you see others being bullied. And even though it may be easier to stand by and ignore the bullying, try to keep in mind, we all need a little help from time to time. Think about how you might feel if the bullying was happening to you. Here's how you can make a difference:

- ◆ **Don't join in on bullying.** If you see someone being bullied, don't join in. If the bully tries to get you to help, refuse and walk away.
- ◆ **Stop the rumors.** Don't help spread rumors about another person. You wouldn't want rumors spread about you, so don't do it to someone else! If someone gossips to you, let it end with you - don't pass it on to others. You can even tell that person you're not interested.
- ◆ **Tell an adult.** Don't just stand there and watch, especially if someone is being hurt physically. Tell an adult about the bully and what's going on. If you feel uncomfortable or unsafe telling an adult, ask the adult to keep your comments private.
- ◆ **Offer help.** When the bully is gone, try and help the person who was bullied and make sure he or she is okay. Encourage them to talk to an adult and stick up for themselves.

When you help someone who's being bullied, you are not just helping someone else, you're also helping yourself. It's important to stand up for what you believe in and help others when you can.

You can't touch it, but it affects how you feel. You can't see it, but it's there when you look in the mirror. You can't hear it, but it's there every time you talk about yourself. What is this important, mysterious thing?

### It's your self-esteem!

Of course it's OK to have ups and downs, but having low self-esteem isn't OK. Feeling like you're not important can make you sad and can keep you from trying new things, it can keep you from making friends, or affect how you do in school. It's important to know **you're** worth a lot. Focusing on the good things you do and all your great qualities, you learn to love yourself — the main ingredient for strong self-esteem! Even if you have room for improvement (and who doesn't?), realizing that you are valuable and important helps your self-esteem to shine.

## Have you ever played the “Telephone Game”

You sit in a circle with a group, one person whispers a message to the next, and each person keeps whispering the message around the circle until it reaches the last person, who repeats it out loud. The message is never quite the same as when it started.

Gossip works the same way, but it's not so funny. In fact, it can be very hurtful. At first, gossip might seem like fun. It can feel like a private club with you and your friends whispering about another person. But if someone gossips with you, he or she might gossip about you. And it doesn't feel good to be on the receiving end.

Stick with friends who would rather live their own fun lives than talk about someone else's!



## News From Out There...

### Animal Crackers

Our club just participated in "Buddy Break" as our last community service for this 4-H year. Buddy Break is a nonprofit organization which gives caregivers of special needs children (called VIP's) and their siblings a break from their ongoing care-giving responsibilities for three hours each month. We had ten children and three adults from our club participate and we all agreed it was a wonderful experience. Some of the animals we brought to share with the VIP kids were pygmy goats, miniature horses, guinea pigs, a dog, and chicken. Mother Goose was there to share in the story time for the VIP kids and our club was there to help assist in setting up chairs as well as acting out some of the stories. I'm not sure who had more fun, the VIP children or the kids from our club! All of the Buddy Break staff were delighted at our turnout of animals and kids and we hope to participate in a Buddy Break in the future!

### County Council; Jared Padgett

The Sarasota County 4-H Council is having a great summer! Our Council has turned in a Community Pride Report to the state and we are now waiting to hear the results. We have also created a 10 minute video of our 2008-2009 Community Service Video at the Salvation Army. You can view this video on YouTube at <http://www.youtube.com/watch?v=Fcf80RWxe2Q> and we will be showing it at the first County Council Meeting. The officer team will be meeting in August to plan out our new year. Our next County Council Meeting will be August 17<sup>th</sup> 2009 at 7:30 at Twin Lakes Park. Each club needs to have two delegates attend each meeting (President and County Delegate). If you have any question regarding county council please call Jared Padgett at (941)-925-3175 or e-mail @ [jpcountryboy@verizon.net](mailto:jpcountryboy@verizon.net). Have a great summer!

### Do you have a 4-H story to share?

We want to hear from you! Tell us about your adventures at Camp Cloverleaf, Horse Camp, Gator Camp, Dairy Camp, Dog shows, Horse shows, Legislature, Congress, Washington Focus or other activities you have attended.

Send your stories to: [sholland@scgov.net](mailto:sholland@scgov.net)

Don't forget to attach your pictures, we will add them to our photo gallery.

### Half Pint Pullers

We had our end of the year party in June and installed our new officers. Congratulations to Shannon Kehoe, President, Morgan Holdsworth, Vice President, Helen Milano, Secretary /Reporter, and Sabrina Gallien, Treasurer.

I would like to give a big thanks to our outgoing President Hailey Bonnet. She did a great job for the past two year. Thanks to all our outgoing officers.

I hope everyone has a great summer. We start back up in August. See you then.

### Jr. Cattlemen; by Jared Padgett

The Jr. Cattlemen 4-H Club had an awesome time in Marco Island at the Annual Cattlemen's Convention. Our members had a great time and did well in the Quiz Bowl Competition. The members that competed in Quiz Bowl where: Breanna Barrett, Christine Magill, Kaitlyn Armstrong, and Jared Padgett. Some of our members have already purchased steers for next and are in the process of halter breaking them. Our next meeting will be on August 5<sup>th</sup> 2009 at 6:45 at Fire Station 8 located on Bee Ridge Rd. If you would like to join please contact Jared Padgett at (941)-925-3175 or e-mail @ [jpcountryboy@verizon.net](mailto:jpcountryboy@verizon.net). Have a great summer!

### Bike riding is fun, and great exercise.

Think safety, always wear a helmet when you ride! It's important that your helmet is approved by: the Consumer Product Safety Commission (CPSC) or Snell B-95 standards. Your helmet should sit right above your eyebrows and be buckled so it doesn't slip while you are riding. Try not to ride at night or in bad weather, and wear brightly colored, or reflective clothes.

Be street smart. Ride on the right side of the road, moving with traffic, and obey all traffic signs and signals.

Did you know... The faster you are going, the longer it will take you to completely stop your bike once you hit the brakes. Science says that if you are going 20 MPH and you hit the brakes, it will take 15 feet to stop on dry pavement, and 23 1/2 feet to stop on wet pavement, so brake early!

## The Dog Days of Summer are Here!

Protect your pup this summer. Wash food bowls regularly to prevent bacteria from growing. Take walks at the beginning and end of the day, when the sun is low.

Try making something special for your dog; beef broth ice cubes make a great summer treat.

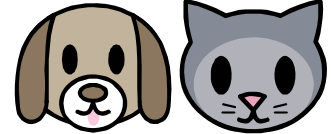
**Teeth Cleaning** Dental disease (especially periodontal disease) is the most common disease in our canine companions. It is also one of the most preventable and treatable diseases.

Fortunately, we can reduce or even prevent dental disease by feeding a crunchy diet, appropriate chew treats and toys, and daily tooth brushing.



## Dogs & Cats

**First Aid Kit - Basic Supplies:** Gauze pads, gauze roll/ bandages, roll of cloth, thermometer, tweezers, hydrogen peroxide, antibiotic ointment, Q-tips, instant cold pack, rags/ rubber tubing for tourniquet, First Aid book



**Checking the pulse:** the easiest place to locate a pulse is the femoral artery in the groin area. Place your fingers on the inside of the hind leg and slide your hand upward until the back of your fingers touches the abdomen. Gently move your fingers back and forth on the inside of the hind leg until you feel the pulsing blood. Count the number of pulses in 15 seconds and multiply that number by 4. This will give you the beats per minute (bpm).

**Vital Statistics: Pulse and Heart Rate:** Normal resting rates: Cats: 150-200 bpm, Small dogs: 90-120 bpm, Medium dogs: 70-110 bpm, Large dogs: 60-90 bpm, Pulse should be strong, regular and easy to locate.

**Handling an Injured Animal:** Any animal injured or in pain can bite or scratch you. Even the friendliest of pets must be handled with care for the safety of all involved. If you are accidentally bitten or scratched, seek medical attention. Both dog and cat bites can become infected quickly!



## Make Your Plans NOW!

### July 2009

- 3 4-H Office Closed
- 4 Independence Day!
- 5-8 Southeast Dairy Retreat
- 8 Horse Advisory Meeting
- 9-11 State 4-H Horse Show
- 16 Fishing Tournament
- 27-31 4-H Congress
- 30 Southern Regional Horse Show
- 31 Hog & Ham Demonstrations



### August 2009

- 10 4-H Foundation Meeting
- 12 Horse Advisory
- 17 County Council & Leader Meeting
- 27 New Leader Orientation
- 30 Florida 4-H Centennial Ball



**Happy Birthday...** Carla Askins, Ashlee Baker, Daniel Best, Trevor Bingle-Dewitt, Jamie Bland, Jessica Bridgeman, Bethany Bridges, Troy Burnett, Brett Butler, Page Canevari, Amanda Capps, Haley Coles, Dalton Comer, Mercedes Crosier, Taylor Eason, Damon Escobar, Stephan Gorski, Victoria Hamrick, Audra King, Dominick Lewis, Clay Linthicum, Madison Lutz, Madison Malwin, Hunter Martin, Hannah McCumber, Brittany Potts, Kelsey Powers, Faith Price, Hope Price, Valentina Ramirez, Alexandra Rodman, Sydney Rogers, Sean Russell, Christopher Russo, Leah Sailer, Payton Saladino, Josie Rushing, Trent Schlabach, Chelsey Schultz, Justin Simon, Nora Simpson, Abigail Slaubaugh, Katie Stanek, Angel Stutsman, Camille Swencki, Easton Underdahl, Riley Wacha, Cierra Ward, Nanette White, and Sherman Young.

Sarasota County 4-H  
6700 Clark Road  
Sarasota, FL 34241

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
MANASOTA, FL  
PERMIT NO. 820

UNIVERSITY OF FLORIDA

**To Make The Best Better**



**Sarasota County 4-H**