



4-H CLUBS:

4-Her's
4 Paws
Aquatic All-stars
Blazers
Busy B's
Canine Connections
Clogging Clovers
East County Steer & Swine
Eastside Rabbiters
Florida Crackers
Foxmill Kids & Colts
Fruitville Exceptional Equine
Green Leaf Adventures
The Green Team
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
New Gate
North Port Explorers
Open Gaits
Ridin' Rednecks
Sarasota AG
Sarasota County Ranchers
Sarasota Sharp Shooters
Sarasota Swine
Sarasota Swine's Minutemen
Science Lab
Southern Spurs
The Club
Wood Crafters



The Clover Times
August 2006



FROM THE AGENTS DESK

4-H summer camp had 110 youths attend the July event in Lake Placid where local youths participated in activities which included canoeing, arts and crafts, marine science, archery and dancing. The feedback we had from campers and counselors at the end of camp week was very positive. Many campers wished camp would last longer. The new kayaks were very popular. Our sincere thanks to the wonderful job that our counselors, and adult volunteers did. There are great photos of camp week that will be eventually placed on our 4-H website for all to enjoy.

4-H staff have agreed to teach ongoing **after school science classes** to students of **Booker Elementary School** at the beginning of the school year in 2006. Also, **Booker High School** has requested to team up with 4-H staff to teach marine science classes this fall.

Leaders' meetings will begin in August, so please be sure that an adult representative from each 4-H club in our county will attend to have a voice in discussions and also participate in special volunteer training opportunities. We meet every third Monday (excluding Holidays) at the 4-H Office at 7:30pm.

Our dedicated members of the **Sarasota County 4-H Foundation** are planning some very important fundraising events to benefit local 4-H youths. Remember that all of the money raised is to help support local 4-H children grow and learn through their 4-H projects and events. You can have a major impact on their success so please join us when the opportunity presents itself. If you can't attend an event, you could always donate a prize or auction item for the cause.

Please **wear your seatbelt!** Do not be in a position where you wish you had.

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.*

Bulletin Board ...



Dairy Cattle Workshop September 16th

Don't miss this! Do you want to learn more about 4-H Dairy Projects? Would you like to show a dairy cow at the fair? All these questions and more can be answered at a "Dairy Day" workshop on Saturday **September 16th**, 9:30AM—noon at the Duggan's: 551 Myakka Road.

This is a great opportunity to learn more about the dairy cattle project, Dairy Quiz Bowl, Poster Contest, and Retreats. Receive tips on basic nutrition, halter breaking, handling, grooming, clipping, attire, showing and showmanship. Are you looking for a dairy project animal—we have that information too!!! Please call the 4-H Office at 861-9810 or Mauri Duggan at 322-1657 for details!

Fair Days Ahead:

Sarasota County Fair March 16—25, 2007

STEER EXHIBITORS. The first steer weigh-in will be held at the Sarasota County Fair Grounds on Saturday, **September 9th**. All steers will be ear tagged and vaccinated at this time. Be sure to pickup a copy of the 2007 Sarasota County Fair Rules Book with entry forms and eligibility information. The Fair Rules Books should be available at the Fair Office or 4-H Office by August 21st.

NOTE: 4-H members participating in a steer project must turn in their 2006-2007 4-H enrollment forms prior to the September weigh-in. Also, please make sure you have a copy of the current Steer Record Book, and Steer Manual. Call the 4-H Office if you have any questions at 861-9810.

Floridaclubcalf.com

Floridaclubcalf.com is a web page created for youth exhibitors. The site has information and schedules of up coming livestock shows and more!

Southern Region Teen Leadership Conference Let the Sun SHINE on Leadership

Join youth and adults working side by side to develop leadership skills to lead us into the future!

When: November 9-12, 2006 Registration deadline: October 13, 2006

Where: Rock Eagle 4-H Center, Eatonton, GA Cost: \$150.00

There are more teens living in America than any other age group. They are the leaders of the future, and with the proper training, can be leaders today. The Southern Regional Teen Conference will teach both youth and adults to work side by side through youth/adult partnerships to make us all better leaders today and tomorrow. At this conference you will gain leadership skills that can be taken back and implemented in your state through youth/adult teaching teams.

Call the 4-H Office for details, 861-9810.

"What is the greatest issue facing Florida agriculture"

Each year the Florida Farm Bureau Federation Women's Committee sponsors a Youth Speech Contest starting at the county level. The winner of the county contest competes in a district contest; the district winner then goes to the Florida Farm Bureau Federation Annual Meeting in October to compete in the state competition with the other seven district winners. The contest promotes a stronger interest and clearer understanding of agriculture. The date for this event is September 7th, 7:00 PM at the Farm Bureau on Palmer Blvd. Contact Sheila at the 4H Office 861-9810 for registration information.



4-H and FFA Dance

November 11, 2006 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 members beginning in September.

Contact Jared Padgett for more information at 925-3175



Foundation News...

Yes, The Cowboy Hoe-Down Is Back!

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 September 16th. At Robarts Arena.

Get Ready, Get Set... Let's Walk!

Sarasota County 4-H Foundation is holding the annual **4-H Walk-A-Thon** on Saturday, October 21st in the **Myakka State Park**.

This annual fundraiser provides an opportunity for foundation members, leaders, and families to show their support for our 4-H Program.

As our county 4-H program grows so do our needs, with the donations received the Foundation can provide scholarships for youth attending Summer Camp, Congress, Washington Focus, Legislature, Horse Camp, Horticulture Activities, Livestock Judging, Marine Science, Workshops, Project Support, Club Support and much, much more. Lets all enjoy a Walk- In-The-Park with Great Friends for a Great Cause!



You Need to Know...

Mark your 2007 calendars:

Sarasota County Fair: March 16-25

Camp Cloverleaf: June 4-8

Legislature: June 25-29

Congress: July 23-27

First Executive Board:

September 8-10, 2006 Camp Ocala

Second Executive Board:

December 1-3, 2006 Camp Ocala

Leadership Adventure Weekend

LAW: January 19-21, 2007

Third Executive Board:

March 16-18, 2007



New Florida 4-H age divisions to be implemented on September 1, 2006

Ages 5-7 - Cloverbud Division

Children under 8 years of age are ineligible to participate in competitive activities at any level (Club, County, District, State, National or International). 5-7 year olds may exhibit or share project activities at a participation level (for feedback). Participation awards should be given to this group, but they should not be involved in Peer Competition.

Ages 8-10 - Junior Division

Any 4-H'er 8-10 years old as of September 1 of the current 4-H program year is considered a junior. Only junior, intermediate and senior 4-H'ers can participate in large animal projects or activities which involve direct contact with the animal.

Ages 11-13 - Intermediate Division

Any 4-H'er 11-13 years old as of September 1 will be considered an intermediate.

Ages 14-18 - Senior Division

Any 4-H'er 14-18 years old as of September 1 will be considered a senior. Senior level 4-H participation in Florida begins at age 14, but the 4-H'er must not have passed their 19th birthday or graduated from high school.

Just For Leaders...



Get Ready... Get Set...

The first leader meeting for the 2006 - 2007 4-H year will be held **August 21st at 7:30 PM at Twin Lakes Park**. 4-H Staff will hand out leader packets, enrollment forms, project lists, calendars, and 2007 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!

Enrollment Forms

Enrollment forms, code of conduct and insurance fees should be collected by clubs and turned into the 4-H office **with one check** payable to Sarasota County 4-H Foundation. Fees are \$1 per youth, \$1 per leader, or \$2 for youth and leaders participating in a horse project. **The 4-H office cannot accept cash.**

Please make sure all forms are complete (with signatures) we can not accept incomplete enrollments or enrolments without insurance fees.

Project and Record Books

If possible, drop off or fax (861-9886) large requests for project books and record books. Please encourage all members to select **only project books** they can successfully complete in the current 4-H year. It is recommended that youth complete "Unit 1" in a particular category and turn it in before advancing to "Unit 2" in that category.

Club Financial Planning and Record Keeping Review

Attention: Organizational Leaders (or their representative) and Club Treasurers, we will have a **mandatory meeting** on August 24th to discuss and review 4-H policies and procedures for handling your clubs record keeping, budget, and fundraising.

Make plans now, **Thursday, August 24th 7:00 p.m. at Twin Lakes Park**. Please call the 4-H Office at 861-9810 if you have any questions.

New Leader Orientation

New Leaders mark your calendars. An orientation is scheduled: **August 31st, at 7:00 PM and will be held at Twin Lake Park**. All new leaders who have not attended an orientation are asked to come. For information contact Keith Wilson 861-9818.

Leader Renewal Forms; don't forget!

Please complete Leader Renewal Forms and return to the 4-H Office by **August 21st**. This form is for **all** Organizational Leaders, Project Leaders and Assistants. If you did not receive a form, just call the 4-H office at 861-9812 and one will be provided.

Stall Talk...



Galloping into the Horizon



That was the theme of the 2006 4-H State Horse Show. Sarasota County 4-H was well represented by: Jennifer Arnold, Calyn Beese, Lauren Diedrick, Kaila Hess, Maggie LaFrance, Chelsea Lee, Jaysa Sallis, Bree Scarbrough, and Rosie Tuzik. They decorated the barns, and when they were done it felt like you had just walked into an old western town. Great job girls!

When the dust settled Sarasota County received the reserve "Golden Shovel" award for the cleanest and safest barn. Thanks to all the families, friends, leaders and horse committee member that made this a success, Congratulations!!!!

Visit the 4-H web site at sarasota.extension.ufl.edu to view pictures of the horse show in the photo gallery.



Volunteers Make It Happen!

The Sarasota County 4-H Horse Advisory Committee plans horse activities, clinics, and shows for 4-H Youth through out the year. Members also raise money through fundraisers to help youth attend 4-H horse activities.

Would you like to know more about basic safety on trails, dressage, grooming, or horse health? Are you interested in joining a Horse Judging Team or Quiz Bowl? Would you like to find out more about opportunities in the 4-H Horse Project? Let us know... Our next meeting will be August 9th and we will begin planning activities for the 2006-2007 4-H year. All are welcome to attend.

The 4-H Horse Advisory Committee meets the 2nd Wednesday of each month, 7:00 PM at Twin Lakes Park. Call the 4-H Office at 861-9810 for information.



Look What We Did!

World Ocean Day Family Festival

More than 1000 visitors attended World Ocean Day Festival on June 8th at Mote Marine Aquarium. World Ocean Day encourages communities around the world to promote awareness of marine ecosystems and urge their protection. Keith Wilson along with several 4-Hers had an educational booth at the event. Winners in the art contest were: Kyle Rowland, Lucas Wilson, Raven Chapman, Kristian Hrycrk, Sammi Birch, and Elizabeth Hall.

News From Camp Cloverleaf

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

A BIG "Thank-you" to all our Counselors and CI T's! You *all* did a great job - and you are a very important part in the success of camp. The 4-H Staff recognized Stephanie Lyons and Colton Whittier as "Top Counselors." Our "Top CI T's" were Kristen Potts and Shad Grabber. Congratulations to our "Top Campers" Amanda Boyd and Justin Burnett. We also said good-bye and good-luck to our graduating seniors Adrienne Dahlberg, Stephanie Lyons and Danielle Padgett.

Our fishing tournament winners were; First Fish - Dalton Williams, Smallest Fish - Jarrod Chapman, Largest Fish - Dalton Williams, and Most Fish - Dalton Williams. Congratulations to all who participated!

We want to say "**Thank-you**" to some *very special volunteers!* Our "Camp Nurse" Jackie Bland and Carrie Dean: thank you for all you do! Also helping us this year were Dan Russell, Chris Likens and Amanda Day! Thanks to all! You all truly make a difference!

Sarasota Goes to Iowa

On June 7th Dawn and DJ Lewis and Gavin Albritton attended the National Junior Swine Association Junior Show at the World Pork Expo. They were also joined by Dan, Darlene, and Deanna Lewis, Leanna Albritton, Julie and Justin Burnett and from Omega Georgia by Roybn, Rachel, and Russell Glarner.

The kids participated in the NJSA show that had 600 hogs in it. They all did a very good job at showing. They also participated in Judging, with Gavin placing in the top 10 Juniors.

We were also able to attend the World Pork Expo, where we learned a lot of things about the pork industry. We meet people from all over the world. When talking to the different participants from other States we learned that people don't know that we raise hogs in Florida! This was a great experience for all of us, and we are looking forward to next year.

Mark Your Calendars NOW!

Next year, 2007, Sarasota County will be camping at Camp Cloverleaf

June 4th-8th, 2007!



Health Matters...

"H" is for HEALTH

The fourth "H" stands for Health. Our 4-H pledge says, "I pledge my Health To Better Living." This means that every 4-Her can start now to build the best health possible!

Think About This... Exercise ranks among food, water and sleep as an important factor to healthy living. Your body contains more than 600 muscles. Did you know... By the time you are 12 your body is more than 1/3 muscle. If your muscles are never required to **exert** themselves other than by sitting, walking, or standing - they will never grow strong. You **NEED** exercise, get moving!

Want to know more about health? Pick up a copy of the Health- The Fourth "H" Unit 1: Project book at the 4-H Office.



Happiness and Health Your emotional health depends upon how you feel about yourself and how you feel about others. Three important guides to good emotional health are: 1. Know Yourself 2. Accept Yourself 3. Be yourself

Let's Learn Safety Together

Attention: Club Safety Officers

Safety should be top priority for every club and every 4-H member. Here's your challenge, motivate your club to become more involved in safety. Conduct monthly safety discussions on topics like livestock safety, cooking, bicycling, and fire safety. Be sure to incorporate your club's project areas. Discuss how accidents happen, what can be done to prevent them and what you should do in an emergency.

Talk with your club leader about inviting a law enforcement officer, fireman, nurse, or paramedic to a club meeting.

Promoting health and safety, what better way can we live up to our motto "To make the best better"?

Nutrition labels: Reading between the lines

You've probably seen a lot of food products labeled **low-fat**, **reduced-fat**, **reduced-calorie**, **light**, **sugar-free** or **fat-free**. Be careful when evaluating these nutrition claims, and check the nutrition label to find out the whole story.

Sometimes what appears to be healthy really isn't. For example, foods marketed as low-fat or fat-free can still be high in calories, and most snack foods are naturally "cholesterol-free," but they can still be very high in fat, saturated fat and sugar.

Think About This

One-third of U.S. children are overweight or at risk of becoming overweight. In total, about 25 million U.S. children and adolescents are overweight.

How do you know if your child's weight gain is normal and when it's leading to childhood obesity? Children, unlike adults, need extra nutrients and calories to fuel their growth and development. Children who eat more calories than they need gain weight. Childhood obesity is particularly troubling because the extra pounds often start kids on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol.

One of the best ways to help your children is to improve diet and exercise for your entire family. This helps protect the health of your children now and in the future.

How is your Back? It's Time To Lighten Your Load

School is just around the corner and it's time to think about your backpack. Backpacks come in all sizes, colors, and shapes and if they're used properly they can be a useful tool. But, how heavy is it, do you really need to carry that much, and does it fit properly?

When a backpack filled with heavy books is incorrectly placed on your shoulders, the weight's force can pull you backward. To compensate, you may bend forward at the hips or arch your back, which can cause the spine to compress unnaturally. Because of the heavy weight, you may begin to develop shoulder, neck, and back pain.

No matter how well-designed a backpack, doctors and physical therapists recommend that children carry packs no more than 10% to 15% of their body weight - but less is always better. (For example, if your child weighs 80 pounds, the backpack shouldn't weigh more than 8 to 12 pounds).

Make sure you use both shoulder straps. Bags that are slung over the shoulder aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles and increase curvature of the spine. It's also a good idea to tighten the straps enough for the backpack to fit closely to your body and sit 2 inches above your waist. Picking up the backpack the right way can also help you avoid back injuries. As with any heavy weight, you should bend at the knees and grab the pack with both hands. As another option students are purchasing back packs that can be wheeled around—just be careful how you lift these to load on the bus, or car.



News From Out There...

County Council News: by Sean Russell

August 21st is the first County Council Meeting of the year check out some of the fun things that will be happening at this meeting...

Guest Speaker from Keep Sarasota County Beautiful

The meetings theme is 4-H Spirit Night so put on your 4-H t-shirts because the club showing the most 4-H Spirit will win a prize.

We will be voting on new community service projects and four officer positions.

The club with the most attendance will win the Spirit Stick.

There will also be refreshments and a door prize.



County Council meetings are open to any 4-H member in Sarasota County. Each club should have at least two delegates at every meeting. Hope to see you there!!!

Clogging Clovers: by Rebecca Griffin

Hi! It's me Rebecca with the Clogging Clovers Times! We had so much fun in this past month! Next, I will tell you all about it.

First off, two 4-Hers from our club went to the one and only 4-H camp in Lake Placid Florida!! It was a week long. We did tons of fun stuff there. Some of the activities we did were... Swimming: We went swimming in Lake Francis and played games in the water, Canoeing: We canoed in the Lake and also kayaked, Singing: We had to sing for every meal and we sang around the campfires at night, games: Some 4Hers did a game called Cricket and many other games like football and some team building games like, getting everyone over the invisible wall and parachute games. I really hope more members from our club come next year!

This year only Tracy Reed and Rebecca Griffin (me!!!) came! We were not in the same cabin or group but, we still had fun together in leather crafts. =)

Well, a new 4-H year is coming up and I hope that everyone has a great animal and does well at fair! Remember everyone to practice all of your dances so you remember them for next year!

Have a great day and stay tuned for next month's issue of the Clogging Clovers Times! It's going to be exciting.

See yah!

From Rebecca Griffin of the Clogging Clovers Times New Staff

Junior Cattlemen 4-H Club News:

Members of the Junior Cattlemen 4-H Club attended the Florida Cattlemen's Annual Convention June 19-22 at Marco Island.

The "Beef Quiz Bowl" Team placed **FIRST** in the State! Congratulations: Andrew McWilliams, Jessica Murphy, Danielle Padgett, and Colton Whittier. Also, the "Marketing" Team: Andrew McWilliams, Danielle Padgett and Colton Whittier placed **SECOND**! Once again Congratulations to all!!!!

The Junior Cattlemen 4-H Club focus is on beef cattle and the beef industry. Club members participate in Marketing and Quiz bowl, and members compete at the annual contest held in Marco Island each year. Membership in the club is open, and the club is looking for new members; for more information and details contact Debbie Coulter 485-8002.



Reef Rovers- By Madison N. Chapman

In July, the Reef Rovers participated in a "Bay Buddies" event at South Lido Park by helping to plant native plants along this sensitive shoreline area. Bay Buddies is a group funded by the Sarasota Bay Estuary Program, which brings together kids from organizations in both Manatee and Sarasota County to help restore native habitats by removing exotic, invasive vegetation and planting native ones.

Exotics are plants like Brazilian Peppers, Australian Pines and Carrot Wood that were brought from other countries to Florida. They are examples of invasive plants that are choking out the native ones on South Lido Beach.

The Reef Rovers assisted Bay Buddies in planting over 400 Railroad Vines, which are native plants that can grow rapidly along coastlines. This was a fun way to earn community service hours and help the environment. If your 4H club would like to help out at the next Bay Buddies event, you can learn more at baybuddies.org.

ATTENTION INCOMING REPORTERS:

The office of reporting the news is a privilege, it is your job to tell others about your 4-H club. Tell us what your club and members are doing, share an interesting or funny 4-H story, interview the club leader or project leader, and let us know about fundraiser's (car washes, garage sales...), or community service projects 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. Please email your news to sholland@scgov.net no later than the 20th of each month. Let's make it a great year!

Make Your Plans NOW!



August 2006

- 9 Horse Advisory Meeting
- 14 Foundation Meeting
- 21 Leader and Council Meeting
- 24 Financial Planning Meeting
- 26 **4-H Awards Banquet**
- 31 New Leader Orientation

September 2006

- 1 2006 -2007 4-H Year Begins!
- 4 Labor Day (4-H Office Closed)
- 9 Steer Weigh-In
- 11 Foundation Meeting
- 13 Horse Committee
- 16 Cowboy Hoe-Down (sponsored by the 4-H Foundation)
- 18 Leader and Council Meeting

4-H Appreciation Dinner and Awards



An Evening of Elegance



*The Potter Building
Saturday, August 26, 2006
6:00 p.m.*

Look for your invitation in the mail!

4-H Members are asked to bring a dessert.

Members please dress in white shirt / top and black pants / skirt.

(If you have a 4-H Jacket please wear it)

Awards Committee: Mrs. Beese, Mrs. Richards, Mrs. Thomas and Mrs. Tuzik



Happy Birthday: Brian Adams, Jarrad Albritton, John Albritton, Travis Albritton, Shelby Bailey, Delanie Bartell, Brittany Beal, Kaylee Behn, Robert Boggess, Ray Bontrager, Arika Brown, Travis, Brown, Jack Calhoun, Shannon Calhoun, Sheila Coulombe, Dylan Coursey, Tara Crawford, Donna D'Amore, Amanda Dahlberg, Trevor Dash, Erinn DeJonge, Amanda DeUnger, Trey Dietz, Brooke Freeman, Travis Fultz, Danielle Gill, Jordan Haarer, Micaiah Johnston, Kerry Jones, Syllas Jones, Aaron Kardel, Rebecca Kaufman, Shannon Kehoe, John King, Alexandra Kirkley, Laura Knipper, Frankie Loeffler, Stephanie Lyons, Jennifer Maiden, Emily Mann, Jeffrey Maple, Brandy Martin, Brandan, Messier, Caitlyn Miller, Caitlin Morrison, Cheyenne Parker, Kristin Raynor, Lindsey Reed, Alberto Rivera, Samantha Schalk, Heidi Schwartz, Katherine Smith, Shelby Stasik, Alex Tuzik, Rachel VanRiper, Stephanie Velazquez, Dalton Williams, Ranisha Williams, Brent Wilson, Amber Wimmer, Nicole Wittmer, Tiffany Woolley, and Brandon Wyka!

**Happy Birthday
to YOU!!!**

