

**4-H CLUBS:**

4-H Badger's Den  
4-Her's  
4 Paws  
Aquatic All-stars  
Animal Crackers  
Blazers  
Canine Connections  
Clogging Clovers  
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. Cattlemen  
Kelly Community Clovers  
Little Rascals  
Livestock Club  
Miakka Allstock  
Mini Hooves of Sarasota  
Muddy Boots  
Myakka Ranchers  
Open Gaits  
Reef Rovers  
Ridin' Rednecks  
Sarasota County Ranchers  
Sarasota Sharp Shooters  
Sarasota Swine  
Southern Spurs  
The Group  
Venice Bits & Spurs  
YMCA Youth



The Clover Times  
August 2008



From The Agents Desk; Marcia Morris

Summer is flying by in the blink of an eye! It hardly seems possible that August is here already. There was a lot of traveling by 4-H Members in July. Eighteen youth and four adults attended State 4-H Congress in Gainesville July 21-25<sup>th</sup>. Many 4-H members participated in a variety of competitive events and activities. Results will be shared next month.

The state 4-H Horse Show was held in Tampa July 11-13<sup>th</sup>. Congratulations to all the riders from our county they designed and decorated a wonderful stall display with "It's A Green Thing" environmental theme and also brought home the Golden Shovel Award.

September is right around the corner, and that means a new 4-H year will be starting. We are awaiting training on a new 4-H enrollment system that will allow members and families to enroll in 4-H online. We will be testing the system this year as our state moves into this new program.

We are back at Twin Lakes Park and will be starting our monthly 4-H project workshops in September, read the schedule inside and sign up for one that interest you. You will learn something new, have fun and make a project that can be entered in the Mini Building. Enjoy the rest of the summer and we look forward to Seeing You in September!

*Marcia Morris* Marcia Morris, 4-H Extension Agent II

**What Is Good Sportsmanship?**



Good sportsmanship occurs when teammates, opponents, parents, coaches, and officials treat each other with respect. Kids learn the basics of sportsmanship from the adults in their lives, especially their parents. Kids who see adults behaving in a sportsmanlike way will come to understand that the real winners in sports are those who know how to behave with dignity — whether they win or lose.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Displaying good sportsmanship isn't always easy. It can be tough to congratulate the opposing team after losing a close or important game. But the kids who learn how to do it will benefit in many ways.

*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.*



# 4-H Doesn't Slow Down!

## 4-H Project Workshops are Back!

The 4-H Office will be offering a series of "project" workshops again this year. The purpose of these workshops is to encourage members explore the many project areas available in 4-H. Who can attend these workshops? Any Sarasota County 4-H Member! The workshops will be held the first Thursday of each month, 4:45 PM, at Twin Lakes Park. We ask that you pre-register so we have enough supplies on hand.

**September 4<sup>th</sup>** Fall Herb Garden Learn all about herbs as you create a container herb garden, and use your herbs in your favorite recipes! We will supply all the materials needed, the cost for this workshop is \$5.00. Please register by August 27 to participate in this workshop; 861-9812.

**October 2<sup>nd</sup>** Painted Pumpkins Come join the fun! This is a no cost workshop, just bring your own pumpkin or gourd and we will supply paint, glitter and more. Enjoy your holiday decoration all season. Please register by September 24<sup>th</sup>; 861-9812.

**November 6<sup>th</sup>** Blessing Box Count your blessings as you craft a colorful, decorative holiday box. Your box can be use as a center piece or seasonal decoration. The cost is \$5.00 and please register by October 29<sup>th</sup>; 861-9812

**December 4<sup>th</sup>** Holiday Bear Make this sustainable, adorable pinecone teddy bear for the holidays. (note: hot glue guns will be used in making this craft so cloverbuds will need assistance) The cost for this workshop is \$3.00, please register by November 27<sup>th</sup>.

## Fishing Tournament

The results from the July 9th fishing tournament held at Hart's Landing are as follows; Cole Whitlock won the prize for the biggest fish 11.5", Rimy Whitlock won for the first fish, and Mathew VanFleet won for the most fish caught!

We had a great turn out for the event, once again the weather was perfect and Hart's Landing is a great location. Over 40 fish were caught!

Thanks to all the parents and leaders that helped at this event. A special thanks to our Sarasota County 4H Foundation for providing the financial support for the prizes awarded at the event.



## Up Coming Dates:

First Steer Weigh-in	September 6
Foundation Cowboy Hoe-Down	September 20
Awards and Recognition	October 8
Foundation Walk-A-Thon	November 15
County Wide Dance	November 22
Sarasota County Fair	March 13-22

## 6th ANNUAL 4-H and FFA Dance

It's time for the 6th Annual County Wide Dance! Saturday November 22. Tickets are \$5.00 and will be sold in the 4-H Office, through county council members and at the door. Friends of 4-H members are welcome too at the same price and adult chaperones are free! There will be an awesome D.J., limbo contest and lots of line dancing! Pizza, snacks and drinks will be for sale! All proceeds will go to the Sarasota County 4-H Council. If you have any questions please call Jared Padgett at 925-3175 or e-mail at [jpcountryboy@verizon.net](mailto:jpcountryboy@verizon.net)  
*submitted by: Jared Padgett*

## Looking Ahead...

### 2008 4-H State Marine Ecology Event



Do you enjoy learning about marine life? If so the **4-H State Marine Ecology Event (MEE)** is 4-YOU! This competitive event provides 4-Hers an opportunity to demonstrate their knowledge of the marine and aquatic worlds. This year MEE will be held on Saturday, November 15<sup>th</sup> at the Osceola County Extension Office in Kissimmee, FL. Who Can Compete? Sarasota County can send two teams in each age division: Juniors, Intermediates, and Seniors. Individuals are also welcomed. Seniors who have won a first place in past events ARE eligible to compete again. Once a Senior 4-H member has won first place twice, they are not eligible to compete at MEE.

**The 2008 Marine/ Aquatic Photo Contest** is held in conjunction with the 4-H State Marine Ecology Event. The contest is open to all ages. Cloverbud members may submit their photos but these will be considered "practice" photos and not officially judged, but will be on display. Contact the 4-H Office (861-9810) if you would like to know more about these events. Study aides and photo's of last years contest can be found on the Florida 4-H website ([florida4h.org](http://florida4h.org)).

# 4-H Doesn't Slow Down!



## Fair Days Ahead:

**Sarasota County Fair dates; March 13—22, 2009**

**Did you know...** the Sarasota County Fair has a website: visit [www.sarasotafair.com](http://www.sarasotafair.com) for fair information and the 2009 Fair Rule Book.



### Take it to the next level!

It's not too early to start thinking about what projects you may want to participate in for the 2008-2009 4-H Year.

Have you given a club demonstration? Why not take it to the next level... County Demonstrations. Category winners at County level advance to District. District Junior and Intermediate category winners receive a free trip to Camp Cloverleaf, Senior category winners advance to a week long trip at UF, paid for by our Sarasota County 4-H Foundation, for State Competition.

4-H has over 200 projects to choose from. During the fair last year did you say "I want to try that"? Well now is the time to set goals and start planning!

If you have questions please contact the 4-H Office, we are here 4-YOU! 861-9810

**Why not try something NEW!**

### Attention Steer Exhibitors...

The first steer weigh-in will be held at the Sarasota County Fair Grounds on Saturday, **September 6<sup>th</sup>**, 7:00—9:00 AM.

Exhibitors must turn in a completed entry form (with all signatures required), entry fee, and a bill of sale containing the date and place of birth, location raised, and breeding of the animal. All these forms can be found in the Sarasota County Fair Rule Book.

At first weigh-in all steers must weigh a minimum of 500 pounds, but not more than 900 pounds... please read the Sarasota County Fair Rule Book!

Also, Steer Record Books can be found on the 4-H website at [sarasota.extension.ufl.edu](http://sarasota.extension.ufl.edu) All your information is a mouse click away!

**NOTE:** New 4-H members participating in a steer project **must** turn in their 2008-2009 4-H enrollment forms prior to the September weigh-in.



## Foundation News...

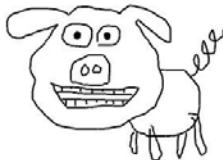
**Save the date:** The Sarasota County 4-H Foundation's annual Walk-A-Thon is scheduled for November 15th in the Myakka State Park. Donations received from the Walk-A-Thon provide scholarships for youth attending Summer Camps, Congress, District Events, Washington Focus, Legislature, Horse Camp, Horticulture Activities, Livestock Judging, Marine Science, Workshops, Project Support, Club Support and much, much more. Let's all work together to make this years 4-H Walk-A-Thon the best ever!



### Learn by Doing, by Chris Schook

Would you be interested in raising the 4-H Foundation Swine for the 2009 Sarasota County Fair? This is a great way to learn about the swine project and you can raise the animal 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 receive an application form and more information. The deadline for the Foundation Swine is due by Tuesday September 5th, 2008.



### 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 20th at Robarts Arena.

**ATTENTION CLUBS:** 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 4-H Newsletters.



## Straight From The Horses Mouth

**Attention Horse Owners:** Eastern Equine Encephalitis is on the rise in Florida. Protect your horses against Mosquito-borne diseases. EEE cases in horses are 4 times what they were in Florida at this time last year. Laurie Tarleton, with Sarasota County Mosquito Management, is available to speak and bring information to your club. Contact Laurie at 861-5000.



### Volunteers Make It Happen!

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

Our next meeting will be August 13<sup>th</sup> and we will begin planning activities for the 2008-2009 4-H Horse year. All are welcome to attend, and we encourage at least one member of each club participate.

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

### "It's A GREEN Thing"

That was the theme for the 2008 4-H State Horse Show. Sarasota County was well represented by: Calyn Beese, Danielle Brantley, Rebecca Brantley, Kaila Hess, Casey Presler, Angel Stutsman, Chelsea Thornburg, and Rosie Tuzik. Congratulations to everyone!

The delegation decorated their stalls, highlighting environmental issues, showing little changes all year can make a difference in our world! Sarasota County received the Grand Champion "Golden Shovel" award for the cleanest and safest barn. Thanks to all the youth, parents and leaders that worked so hard.

Kaila Hess and Casey Pressler will be representing Sarasota County at 4-H Regionals July 29<sup>th</sup> through August 3<sup>rd</sup> in Lexington, Virginia. Good Luck Girls!!!

Thanks to all the families, friends, leaders and horse committee members that made this year a great success, Congratulations to ALL !!!!

## Just For Leaders...



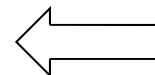
### Let's Get Started...

Don't miss the first 2008 - 2009 4-H Leader meeting! August 18<sup>th</sup>, 7:30 PM at Twin Lakes Park. 4-H Staff will hand out leader packets (including Club Charters), enrollment forms, project lists, calendars, and 2009 Fair Rules Books to help start the year.

Leader's meetings are held the 3<sup>rd</sup> Monday of every month. These meetings provide important training, help you stay informed and share ideas. Please remind your 4-H club President and County Council Delegate to attend the County Council Meetings!

If you have not returned your Leader Renewal forms please do so as soon as possible, Thanks!

### New Leaders



#### Attention New Leaders:

Mark your calendars! A new leader orientation is scheduled for Thursday, August 28<sup>th</sup>, 7:00 PM, at Twin Lakes Park.

All new leaders who have not attended an orientation are invited to attend.

For details and information contact Keith Wilson at 861-9818.

## 2008 4-H Southern Regional Volunteer Forum, October 2-5, 2008

Make new friends and gather ideas! Leaders make your plans now to attend the 4-H Southern Region Volunteer Forum. As this year's theme implies, "4-H: A Taste for All", the Southern Region 4-H Volunteer Forum will offer volunteers an opportunity to expand their horizons with informative, interactive workshops, inspirational speakers and entertainment, special cultural events and high quality exhibits.

Registration forms are due (in the 4-H Office) by August 10<sup>th</sup>, and the fee is \$240.00. 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.



## Celebrate a Summer of Green!

### Connect with Nature this Summer

- Visit a park or garden and take photos or draw what you see, put them in a nature journal.
  - Take a nature hike and learn the parts of plants and their functions.
  - Start a "learning garden" in your backyard and keep a photographic diary of how it grows.
  - Plant a tree in your backyard and monitor its growth. Have someone take your picture every birthday, next to the tree, and watch how you both grow!
  - Plant a packet of wildflower seeds, as they grow, identify what they are and record how they develop and what bees and insects visit them.
  - Build and cultivate an outdoor compost pile with dead plants, food leftovers, grass clippings and then record how the pile eventually produces rich soil complete with earthworms.
  - Create a habitat for butterflies or hummingbirds, determine what you will need to entice them to take up residence.
- Collect leaves from various kinds of trees. Create stamps by painting the back of the leaf and then make crafts by stamping the leaves on smooth surfaces such as notebooks, stationary, garden pots or t-shirts.

Enjoy the **GREAT** outdoors, get out, learn and have fun!

## SUNBURN

The best treatment for sunburn is prevention. Mild sunburn results in skin irritation and redness and can be treated at home. However, severe sunburn requires medical attention.

**Did you know...** More than 90% of skin cancers are the result of sun exposure.

Think Prevention! Before kids go out in the sun, remember: "**Slip, Slap, Slop**"

**Slip** on a shirt,

**Slap** on a hat and sunglasses,  
and **Slop** on sunscreen!



## 4-H ATV Safety



ATVs are increasingly popular among kids and adults of all ages. They can be useful for work and fun, but they can also be dangerous. Understanding the right way to safely ride the right-sized ATV for you is important before you ride.

The 4-H ATV Safety website ([www.atv-youth.org](http://www.atv-youth.org)) is a place where you can learn about ATVs, watch videos about ATVs, find out what size ATV you should ride, and play games and take quizzes to help you find out how much you know about ATV safety. This website provides useful information but it is not a substitute for certified training.

Be sure to test your ATV safety knowledge on the "Fun" link for games and quizzes.

**Make every ATV ride a safe ride!**

## Power Smoothie

This shake will help keep you in shape—inside and out!

### Chocolate Banana Blast

2 cups milk (fat free)

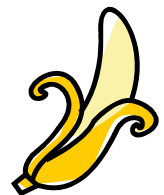
1 peeled and slice large frozen banana

1 teaspoon vanilla extract

1/4 cup chocolate syrup

Place all ingredients in a blender, cover, and blend on high speed until smooth.

Makes approximately (3 cups) or 2 servings



## Find your balance !

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important to your overall health and fitness. Be physically active for at least 30 minutes most days of the week.

If you eat 100 more food calories a day than you burn, you will gain about 1 pound a month—that's about 10 pounds a year.

The bottom line is; to lose weight it's important to reduce calories and increase physical activity.



## News From Out There...



### County Council News by: Jared Padgett, President

It is time to get ready for the 2008-2009 4-H year because it is almost here! I would like to invite you to our monthly County Council meetings held on the third Monday of the month. County Council is designed to represent all of the clubs in the county, bring youth together from different types of clubs and join together to plan countywide activities for the members of Sarasota 4-H. Activities include the Opportunity Awareness Day, the annual dance and county wide community service projects. We meet the 3<sup>rd</sup> Monday of the month at 7:30 while 4-H leaders from clubs throughout the county attend the monthly leaders meeting. Our location has changed frequently this past year due to parts of Twin Lakes closing, so watch your newsletter each month for the location. County Council is designed to have 2 voting delegates from each club (usually the President and County Council Delegate) attend but additional members are welcome and encouraged to come too. We share what our clubs have been doing and upcoming activities our clubs will have. We learn about County, District, State and National 4-H opportunities.

Last year we had 19 clubs in our County take part in our County Wide 4-H Community Service Project called "Spreading Fitness, Fun and Healthy Lifestyles to Others" which we carried out at the Salvation Army and through guest speakers at our council meetings. Our County Council was recognized for having one of the top 5 Community Pride project in the state! Way to go Sarasota County 4-H Council!

Please join us at our 1<sup>st</sup> meeting of the 4-H year on Monday August 18<sup>th</sup> at 7:30 (check the newsletter for location), share what your club is doing and learn about 4-H opportunities available. Please call Jared Padgett County Council President at 925-3175 or call the 4-H office at 861-9814 if you have any questions. Hope to see everyone at the August 18<sup>th</sup> meeting!

### Jr. Cattlemen 4-H Club by: Jared Padgett

Congratulations! The Jr. Cattlemen Quiz Bowl Team has recently returned home from the Annual Cattlemen's Convention held in Marco Island. This is a three day long conference full of competitive events, educational seminars and fun events for Florida Cattlemen and their families. This year the team from Sarasota consisted of Sarah Magill, Christine Magill, and Breanna Barrett. Although they did not win they had a great time learning more about beef cattle.

Danielle Padgett went as the 2007-2008 State Beef Ambassador. She traveled to New Orleans this past fall to compete in the National Beef Ambassador Competition and had a great time.

Our club meets on the first Wednesday of each month at Fire Station 8 on Bee Ridge Rd. east of I-75 at 6:45. Our members show steers, beef breeding, swine and plants. If you would like to join the Jr. Cattlemen's 4-H club call Jared Padgett at 941-925-3175 or e-mail at [jpcountry-boy@verizon.net](mailto:jpcountry-boy@verizon.net). Even if you don't know anything about the beef industry, we can teach you! We hope to see you in August!



### New Year, New Clubs, Welcome!

BC Drymon is starting a new 4-H Horticulture Club and Samantha Gillen will be the leader of the new 4-H Badger's Den Productions Club. Samantha's club will focus on film production for 4-H members. Peggy Creadon is starting a new club, Country Critters. And Joan Morrison will be starting a new club, Animal Crackers. If you are looking for a club for your Cloverbuds this would be a great fit!

More details about these clubs can be found on our 4-H Website. Let's all welcome these clubs into our 4-H family!

### 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)

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

## News From Out There...



### Ridin' Rednecks

Summer time has been filled for our members. Camps, Legislature, 4-H Congress and fun filled days have occupied many of our members. Twenty members attended Camp Cloverleaf. We paid out over \$1400 in scholarships.

Officers and leaders will be making plans for the 2008-09 4-H year. Our officers for the coming year are: President: Jared Padgett, Vice President: Sydney Linthicum, Secretary: Erin Gilliland, Treasurer: Lane Taylor, County Council Delegate: Jarrod Chapman, Alt. Delegate: Sydney Linthicum, Reporter: Clay Linthicum, Historian: Jeremy Whitton, Safety Officer: Delanie Bartell, Chaplain: Kyle Morison. They will be taking charge of meetings, events, news, and leadership ideas for the Club.

Our Annual Round-Up for members to join will be at Twin Lakes Park on Sunday, August 24, 2008. All members will be receiving their new forms in the mail and will bring them to our Round Up. We will have some activities and "get-to-know-you" games as well as information on our club and it's plan for the coming year. Officers and Leaders will have meetings prior so we can be ready to meet our membership. New members are welcome, just call Mrs. Strickland, 924-6159 to let her know you are coming. We will serve pizza and salad as we join together for this Round-Up.

Several members have been purchasing heifers for the coming year.

Our annual assistance with the Master Gardeners and Red Wheel will be coming up fast for the fall. Training, community service ideas, and speakers will help make the meetings interesting and exciting. Our reporter for the coming year will be Clay Linthicum, so keep reading about all the Ridin Rednecks and their activities.

Mrs.Strickland, summer reporter



## Make Your Plans NOW!

### August 2008

11	Foundation Meeting
12-14	Hog & Ham
13	Horse Advisory
18	Welcome Back! Leader and Council Meeting
28	New Leader Orientation

### September 2008

1	Labor Day (4-H Office Closed)
6	Steer Weigh-in 7:00—9:00 AM
8	Foundation Meeting
10	Horse Advisory Meeting
15	Leader and Council Meetings
20	Foundation Cowboy Hoe-Down!

### Happy Birthday to YOU...



Jarrad Albritton, John Albritton, Travis Albritton, Allison Barber, Delanie Bartell, Quinlan Barwick, Brittany Beal, Kaylee Behn, Raymond Bontrager, Tatum Britt, Anika Brown, Shelby Burge, Laura Calucci, Rose Cardinal, Miranda Comer, Sheila Coulombe, Dylan Coursey, Donna D'Amore, Trevor Dash, Erinn DeJonge, Trey Dietz, Allison Dygert, Nicolas Eason, Savannah Edmonds, Shelby Ellis, Brooke Freeman, Travis Fultz, Sabrina Gallien, Danielle Gill, Summar Gladhill, Taylor Guyn, Samantha Hamel, Elizabeth Hosford, Colton Jones, Rebecca Kaufman, Shannon Kehoe, Alexandra Kirkley, Laura Knipper, Francesca Loeffler, Francesca Martel, Tia Matherly, Owen McClellan, Skylar McMichael, Caitlin Morrison, Colt O'Connors, Ivory Oliva, Cheyenne Parker, Lewis Plush, Kristin Raynor, Chris Roman, Heidi Schwartz, Clayton Shaffer, Kristina Sieminski, James Smith, Shelby Stasik, Rachel VanRiper, Essence Wilcox, Dalton Williams, Brianna Wilson, Nicole Wittmer, and Brandon Wyka

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**Sarasota County 4-H**