

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
August 2009



From the Agents Desk; by Marcia Morris

Summer is in full force and we are all feeling the heat as we go about our different activities. Please make sure you and your pets are safe in the heat. Stay hydrated and use your sunscreen!

A great week was had by one and all at 4-H Camp Cloverleaf June 22-26th. Campers enjoyed sports, waterfront activities, nature, crafts, campfires and meeting with old and new friends. 4-H Legislature was held the same week in Tallahassee. The state 4-H Horse show was well attended by Sarasota County riders who did an outstanding job of decorating stalls and competing in the state show July 9-11th. Congratulations to all who participated. Jenny Federico completed the Hog and Ham project at the University of Florida this summer. State 4-H Congress celebrated the 100th Anniversary of Florida 4-H! July 27-31st at the University of Florida. Twenty Sarasota 4-H members attended this milestone event.

Congratulations to 4-H Green Team President Sean Russell who is featured on the Nickelodeon website with a shout out for his work on the Stow It Don't Throw It project. To see Sean go to the webpage and hit The Big Green Help button, click on the videos and click on the icon with his picture. Sean will also be seen on the Nickelodeon channel PSA's in the next few months. The project has generated 1500 individual monofilament recycling containers so far, and there is a need for more. To get involved contact Sean.

Have a safe and happy summer.

Marcia Morris, 4-H Extension 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.

4-H Million Tree Project

The 4-H Million Trees Project is a youth-founded and led international service-learning project to inspire up to 6.5 million 4-H youth to plant 1 million trees to address global climate change. Florida 4-H has embraced 4HMT on a state level, and Florida is leading the nation in this project with almost 10,000 trees planted out of the approximately 70,000 trees planted to date across the continent. Working with its partners at www.sciencebuddies.com, this SET project hopes to interest South Florida 4-Hers in science and the environment as they learn about and plant trees.

We invite all 4-H clubs in South Florida to join this project and plant trees in their neighborhoods. Clubs can learn more about 4HMT and register their trees using the online form at www.4hmilliontrees.org.





4-H Doesn't Slow Down!

Fair Days Ahead:

**Sarasota County Fair dates;
March 19—28, 2010**

Did you know... the Sarasota County Fair has a website: visit www.sarasotafair.com for fair information and the 2010 Fair Rule Book.



Record Book Updates...

Beef, swine and beef breeding record books have been updated. Please be sure to download the 2009 version for the 2009 -2010 4-H Year.

Attention Steer Exhibitors...

The first steer weigh-in will be held at the Sarasota County Fair Grounds on Saturday, **September 12th**, 7:00—9:00 AM.

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

All steers entered in the 2010 Sarasota County Fair must be born and bred in FLORIDA. At first weigh-in all steers must weigh a minimum of 500 pounds, but not more than 900 pounds.

Steer Record Books can be found on the 4-H website at sarasota.extension.ufl.edu All your information is a mouse click away!

NOTE: New 4-H members wishing to participate in a steer project must turn in their 2009-2010 4-H enrollment forms prior to the September weigh-in.

Looking Ahead...

SARASOTA COUNTY FAIR 2010 ENTRY DATES

STEER: Saturday, September 12, 2009, 7am-9am
Sarasota County Fairgrounds

PLANTS: (except Class 41 & 42) Friday, October 9, 2009
by 5:00pm (Forms) Fair Office

PLANT SCREENING: Saturday, November 7, 2009
9am-12noon—Fairgrounds

SWINE: Saturday, December 5, 2009 7am- 10am
Sarasota County Fairgrounds

BEEF BREEDING: Saturday, December 12, 2009 8am-
10am—Fairgrounds

DAIRY CATTLE: Saturday, December 12, 2009 8am-
10am—Fairgrounds

DAIRY GOATS: Saturday, December 12, 2009 8am-
10am—Fairgrounds

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 2009-2010 4-H Year.

Have you given a club demonstration in the past? 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!

Florida Farm Bureau Speech Contest

What challenges will affect the sustainability of Florida Agriculture for the future?

That's the topic for this years 2009 Farm Bureau Speech contest. Each year the Florida Farm Bureau Federation Women's Committee sponsors a Youth Speech Contest. The contest promotes a stronger interest and clearer understanding of agriculture.

The date for this event is September 3rd, 6:00 PM at the Farm Bureau, 7289 Palmer Blvd. The county contest winner advances to the district contest; the district winner then advances to the Florida Farm Bureau Federation Annual Meeting in October to compete in the state competition.

The contest is open to youth 14 to 18 years old. State Contest: 1st Place Winner receives \$500 and 2nd Place receives \$250. Contact the 4-H Office at 861-9810, or visit their web site at www.floridafarmbureau.org.

Don't miss this...



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 let members explore the many project areas available in 4-H. Workshops are scheduled for the 1st Thursday of each month, 4:45 PM at Twin Lakes Park.

Join us **September 3**, for a Fish Printing Workshop. Please bring a prewashed t-shirt and we will supply everything you need to design a great seashore treasure! There is no charge for this workshop. Call 861-9812 by August 27th so we can have enough materials on hand.



4-H Fishing Tournament Results

On July 16th a number of 4-H youth and their friends participated in a Sarasota County 4-H Saltwater Fishing Tournament held at Harts Landing. Many fish were caught from the first moment the hooks went in the water at 10am. A large school of jack hung around the pier and kept the kids busy for most of the morning.

The prize for the most fish was won by Josh McFarland and there was a tie for the biggest fish caught between Greg Marchand and Josh McFarland. Staff at Hart's Landing deserve our thanks for donating fresh shrimp for the event and to the Sarasota County 4-H Foundation for providing the wonderful prizes to the winners. If 4-H youth have an interest in future fishing tournaments in addition to the summer events organized, all you have to do is let our 4-H staff know your wishes.

The Florida CattleWomen, Inc. is looking for a Beef Consumer Representative to promote beef across Florida. This competition is open to all youth ages 13-20. The purpose of this program is to provide an opportunity for youth to become spokespersons and future leaders for the beef industry. The goal is to provide consumers with information about beef nutrition, safety, and convenience as well as to provide producers with industry information, including facts about the beef check-off program.

Contact the 4-H Office for 2009 Rules and Regulations. All forms must be post marked by the registration deadline Thursday, August 27, 2009. The state competition will be held on Saturday, September 26, 2009, at the Florida Cattlemen's Association office in Kissimmee.



Straight From The Horses Mouth...

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 12th and we will begin planning activities for the 2009-2010 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 2nd Wednesday of each month, 7:00 PM at Twin Lakes Park. Call the 4-H Office at 861-9810 for details.



**Blast From The Past:
Learning From the Past,
Looking to the Future,
Making a Difference Today!**



That was the theme for the 2009 4-H State Horse Show. Sarasota County was well represented by: Torrie Bachman, Amy Kate Besio, Danielle Brantley, Codi Briggs, Danielle Gill, Casey Presler, and Hunter Shaffer. Congratulations to everyone!

The delegation decorated their stalls, highlighting Florida 4-H's Centennial Celebration. Thanks to all the youth, parents and leaders that worked so hard. The decorations were fabulous!

Casey Presler will represent Sarasota County at the 4-H Regional Horse Show in Little Rock, Arkansas July 30th through August 4th. Good Luck Casey!!!

Thanks to all the families, friends, leaders and horse committee members that made this 4-H year a great success, congratulations to ALL !!!!



You Need to Know...

Let's Get Started!

We have emailed the "Leader Renewal" and "2009-2010 Club Information" forms, please return these forms ASAP. They will also be available at the first leader meeting, August 17, 2009. And, are available on our 4-H website under the "leaders section".

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. For more information contact Barbara Lechky at 861-9812.

Leader and Council Meetings

The first 2009-2010 leader / council meetings will be August 17th, 7:30 PM, Twin Lakes Park. These meetings are held the 3rd Monday of each month, and provide important training and keep you informed.

Leader's please make sure your Club President and County Council Delegate attend the Council Meetings.

Contact Keith Wilson for leader information 861-9818, and Marcia Morris, 861-9814 for more information on 4-H County Council.

Forms, Forms, Forms...

Enrollment forms, health forms, code of conduct, and insurance fees should be collected and turned into the 4-H Office at one time. We can make copies of the health forms: 1- for the 4-H office and 1- for your records. Health forms should be kept at club meetings, fundraisers, or club events. Please have youth complete the entire enrollment form - forms cannot be processed with missing information.

Insurance fees are \$1.00 for 4-H members and leaders, and \$2.00 for 4-H members and leaders participating in the horse project. Please make one club check payable to: Sarasota County 4-H Foundation. Pick up forms at the 1st leader meeting, at the 4-H Office or on our website (sarasota.extension.ufl.edu).

Mark Your Calendar

Attention New Leaders:

"New leader orientation" is scheduled: August 27th, 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.

Foundation News...



Save the date: NOVEMBER 14th

The Sarasota County 4-H Foundation's Annual Walk-A-Thon is scheduled for November 14th 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!



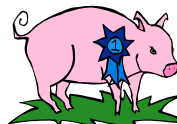
The Cowboy Hoe-Down Is Coming

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.



Your Health Matters...



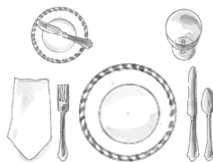
The table is Set!

Mealtime is a very good time to build family relationships. A nicely set table can add to a pleasant atmosphere. Do you know the correct way to set a table? Give it a try, then come back and read on... see how you did!

1. Cover the table with a clean cloth or a placemat for each person. A floral arrangement or centerpiece can add to the beauty of the table.
2. Place the plate in the center of the placemat. If using a cloth place the plate in the center of the space the person will be sitting. The plate should be 1" from the edge of the table.
3. Arrange forks, knives, and spoons in the order they will be used. (If using multiple forks or spoons the first used item should be on the outside.) In a simple setting you will only have one utensil each. The fork should be placed to the left of the plate with the tines up.
4. The knife is placed on the right side of the plate with the cutting edge toward the plate.
5. The spoon goes next to the knife with the bowl of the spoon up.
6. The beverage glass should be placed at the tip of the knife.
7. The napkin can be placed in several places, but for this simple setting, a folded napkin should be placed next to the fork with the fold next to the fork.

8. If a cup and saucer are used they are placed on the side of the spoon.

Well, how did you do? It's easy when you know how, next mealtime show off your new skill!



Start Your Engines

Do you eat breakfast? Do you fuel-up to get started? Not only is breakfast important, but what you eat for breakfast may affect your ability to learn in school. The best breakfast choices include colorful fruits and vegetables, whole grains, low-fat dairy, lean meats and other protein. Choose nutrient rich "power foods" to start your day.

Try: Banana Split Cereal

Who said banana splits were only for dessert? Yogurt, cereal, and fruit combine to make a powerhouse breakfast!

1 small banana

1/2 cup fresh blueberries or other fresh fruit

1/2 cup nonfat or low-fat vanilla yogurt

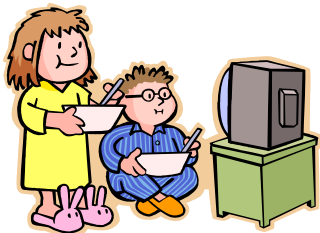
1/2 cup low-sugar cereal (such as Cheerios, Wheaties, or Bran Flakes)

DIRECTIONS:

1. Peel the banana and slice it lengthwise
2. Wash the blueberries, (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt.
4. Arrange the banana halves on either side of the yogurt.
5. Sprinkle the top with the blueberries or other fruit.

It looks fabulous - and it's fun to eat!

Tune into ads...



Do you ever find yourself humming or singing the tune from a catchy commercial you saw on TV? Have you ever thought about why commercials do that to you? The next time you watch TV, tune into the food ads (if you don't watch TV, you can

find food ads in the newspaper or magazines.) Saturday morning is the best time to catch commercials aimed at you.

Jingles - catchy, simple songs, Power words - "new", "improved", Giveaways - freebies in "specially mark" packages, and cartoon characters or celebrities all are ways companies try to sell their products to you. Be a Smart Shopper - get the facts - read "Nutrition" labels!

Food safety - Cooking Clean!

Cooking Clean is the best way to make sure bacteria are not getting into the food we prepare. Cooking Clean means the cook, the working space, the equipment, the utensils, and the food is clean.

Tips to keep the "cook" clean: 1.) Wash hands with soap and water 2.) Keep hands away from nose, hair, and mouth 3.) Tie back long hair 4.) Do not sneeze or cough into food and 5.) Wear clean cloths or a clean apron so dirt doesn't come in contact with food.



News You Can Use...



7th ANNUAL 4-H and FFA Dance



It's time for the 7th Annual County Wide Dance! Mark your calendars for a night of FUN, Saturday November 21st. 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 submitted by: Jared Padgett



Join us for the **Southern Region Teen Leadership Conference** as youth and adults work side by side to develop leadership skills to lead us into the future!

Where, When:

Clyde M. York 4-H Center, Crossville, Tennessee
October 8-11, 2009.

Open to 2009-2010 Program Year Senior 4-H'ers

Deadline to register with the 4-H Office is August 31, 2009. Call 861-9810

News From Out There...



ATTENTION INCOMING REPORTERS:

The office of reporting 4-H 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 your club leader or project leader. Let us know about any fundraiser's (car washes, garage sales...), or community service projects your club is doing 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 4-H year!

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 5th 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. Have a great summer!

Ridin' Rednecks 4-H Club

Club Reporter; Clay Linthicum

Summer fun has been great. It is hard to believe we will be getting ready for school in a few short weeks. Summer Camp with many of our members was great and Congress a great success. Jared P.; Jarrod C; Kayla Butler; Sydney L. experienced a great time. Time has gone fast and we hope to have our Annual Club Member summer outing for club on August 8 at the North Venice Jetty's. Members should come early for games and fishing and join us for hot dogs and treats. Time frame for our event is 8 AM to 1 PM. Mrs. Strickland will be emailing and getting plans underway.

Club "Round Up" will be Sunday August 23 from 3:30 PM to 5:30 PM. Your paper work for joining will be sent in the mail. Our members are asking prospective members to join us at Twin Lakes for the great time. We will be discussing our year upcoming and community service events. Our Beef Breeding group has been working with their animals and breeding them. We look forward to have little calves in 2010.

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) is a place where you can learn about ATVs, watch ATV safety videos, find out what size ATV is right for you, 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!

Let's Learn Safety Together

Safety should be top priority for every club and every 4-H member. Club Safety Officers 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 clubs 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 a great way to live up to our motto "To make the best better"?



Make Your Plans NOW!

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



September 2009

- 1 4-H Year begins
- 3 Project Workshop
- 7 Labor Day, 4-H Office Closed
- 11-13 1st Executive Board
- 12 Steer Weigh-in
- 18 Application 4-H Foundation Swine
- 19 4-H Foundation Cowboy Hoe Down!
- 21 County Council & Leader Meeting

Looking Ahead... Make Your Plans NOW!

National 4-H Week is October 4th—10th. We will be celebrating our Awards and Recognition Night on October 6th.

Happy Birthday to everyone celebrating an August Birthday!



Jarrad Albritton, John Albritton, Allison Barber, Delanie Bartell, Quinlan Barwick, Kaylee Behn, Jacob Bixler, Ray Bontrager, Tatum Britt, Arika Brown, Laura Calucci, Rose Cardinal, Samantha Celucci, Sheila Coulombe, Dylan Coursey, Erinn DeJonge, Trey Dietz, Nicolas Eason, Savannah Edmonds, Brooke Freeman, Travis Fultz, Sabrina Gallien, Danielle Gill, Summar Gladhill, Abigail Hosford, Elizabeth Hosford, Simon Hosford, Rebecca Kaufman, Alexandra Kirkley, Laura Knipper, Jennifer Maiden, Francesca Martel, Tia Matherly, Skylor McMichael, Rodney Messinger, Hunter Miller, Caitlin Morrison, Kristen Raynor, Rachel Rinehart, Chelsey Segura, Clayton Shaffer, Aaron Spisak, Shelby Stasik, Alex Timmons, Lindsey Turchon, Rachel VanRiper, Essence Wilcox, Dalton Williams, and Briana Wilson.

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