



**4-H CLUBS:**

4 Paws  
Aquatic All-stars  
Blazers  
Booker Clever Clovers  
Clogging Clovers  
Crusader 4-H / FFA Club  
Eastside Rabbits  
East County Steer & Swine  
Florida Crackers  
Foxmill Kids & Colts  
Fruitville Exceptional Equine  
The Green Team  
Home Grown Explorers  
Horse N Around  
Indian Creek 4-H Club  
Itty Bitty Horse Committee  
Jr. Cattlemen  
Kelly Community Clovers  
Laurel Nokomis 4-Hers  
Little Rascals  
Livestock Club  
Miakka Allstock  
Mini Hooves of Sarasota  
The Muddy Boots  
Myakka Ranchers  
New Gate  
Open Gaits  
Positive Teens  
Precision Riders  
Reef Rovers  
Ridin' Rednecks  
Sarasota AG  
Sarasota County Ranchers  
Sarasota Dog Obedience  
Sarasota Swine  
Sarasota Swine's Minutemen  
Science Lab  
Silver Spurs  
Southern Spurs  
Successful Oak Park Kids  
The Club

*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.*



# The Clover Times

## October 2005



### FROM THE AGENTS DESK- Keith Wilson

Our sincere thanks goes out to all of those individuals who helped make the first **steer weigh-in** run so smoothly. There were **77 animals** brought in for this activity at the Sarasota County Fairgrounds. We also appreciate those people who served on the livestock record book committees and have facilitated record book workshops for youths.

I have had the pleasure to work with many of our environmental science **4-H Clubs** in August and September. We have been **dissecting sharks**, examining squid, excavating turtle nests with the Turtle Patrol, **snorkeling** off our beaches, fossil hunting, decorating cookies with marine science themes, **cleaning our beaches** up, and setting up saltwater aquariums to name a few activities. The devotion of our volunteer 4-H leaders to the learning experience of our local children continues to amaze me.

The needs of the **victims of Hurricane Katrina** will be ongoing for a long time. Our county 4-H office has received information from our State 4-H Office as to **how we can help** those unfortunate 4-H and Extension people in these impacted regions. Please read more about how you may help these folks inside this month's newsletter. I know many clubs and individuals have already given to this worthy cause and your capacity to care for others in need is making a big difference.

In a typical 4-H year we put 10 new 4-H leaders through their orientation to begin their first year of volunteering. To date we have put **25 new 4-H leaders** through orientation for the 2005-2006 year! This is a very good sign for the 4-H program.

**Buckle up!** It could save your life.

Keith Wilson, 4-H Extension Agent

### The Challenge and the Goal: *Sustainability*

In order to live, we consume what nature offers. Every action impacts the planet's ecosystems. Are we using more resources than what the Earth can renew?

Sustainability is a simple idea. It is based on the recognition that when resources are consumed faster than they are produced or renewed, the resource is depleted and eventually used up. In a sustainable world, society's demand on nature is in balance with nature's capacity to meet that demand.

What is your Ecological Footprint? An Ecological Footprint measures how much land and water area a human population requires to produce the resources it consumes and to absorb its wastes, taking into account prevailing technology. Visit [www.myfootprint.org](http://www.myfootprint.org) take the quiz and find out what your Ecological Footprint is!

## Bulletin Board ...



### Livestock Judging October 4<sup>th</sup>

A Livestock Judging orientation is scheduled for **October 4<sup>th</sup>** at Twin Lakes Park 7:00 – 8:30 PM, both juniors and seniors are welcome. This team event enables youth to develop decision-making, evaluating, and communication skills. Please call Don Strickland at 924-6159 for more information.

### Marine/ Aquatic Photography Contest

Don't miss this... The contest is open to all 4-H youth and there are 4 Categories; 1) Marine Habitats 2) Marine Life 3) People and the Marine / Aquatic World 4) Aquatic World. Photos are due in the 4-H Office by October 15<sup>th</sup>, **contact the 4-H Office for contest rules and guidelines. (861-9810)**



### 4-H State Fair Seminar

October 15<sup>th</sup>, Florida State Fairgrounds, Ag Hall of Fame Building 8:00 am to 12:00: During the morning session you can learn everything you need to know about participating in the State Fair's Champion Youth Awards program. Parents will also have an instructional class to help them- help their kids in shows!

1:00 pm- 6:00 "4-H Teaching Show & Go" at the Florida State Fairgrounds, Charlie Lykes Arena - Instructor/ judges will be offering tips on how you can improve with your dog- in the divisions of Showmanship, Obedience, Rally & Agility. Participation prizes for 4-H members will be available at each ring.

**A swine record book** workshop is planned for October 27<sup>th</sup> at Twin Lakes Park from 7-8:30 PM.

The workshop will explain the recent changes made to the project record book and will help you better understand how to fill them out.

### Swine Clinic October 29<sup>th</sup>

Mark your calendar – a Swine Clinic is scheduled for **October 29<sup>th</sup>** 9AM – noon at Twin Lakes Park. This clinic will provide educational information and knowledge to complete your swine project. Learn showmanship techniques, animal care, and more.

### Animal Connection...

**Rabbit**, free to good home. Fawn white, 1 year old, mix breed, female. Call 371-2092.

**Free Embden Goose**, 1 1/2 years old to be given to a family that will care for it and give it the TLC it needs. It can be shown in competition. Call Debbie, at 941-587-3550.

### Project Workshops

**October 5<sup>th</sup>** Jewelry Making; **Twin Lakes Park**. Come and learn how to make fashion jewelry, we will have all the supplies, the cost for this work shop is \$2.00.

**November 2nd** Harvest Craft; **Twin Lakes Park**. We will focus on fall, harvest and nature. Join us as we make a special holiday wreath that can be recycled and reused for all your holidays. Call 861-9812 to register by October 26th.



## Just For Leaders...



### 4-H SHOOTING SPORTS INSTRUCTOR TRAINING

A weekend 4-H Shooting Sports Volunteer training has been scheduled at 4-H CAMP OCALA – November 18 -20, 2005 for all interested 4-H Volunteers, Leaders, and staff. The cost of the training is \$75, and covers meals, lodging, insurance, and supplies. Participants will have the choice of being certified during the weekend training in one of the following disciplines: Archery, Hunting, Rifle, or Shotgun. The Deadline to register is November 3rd. Contact the 4-H Office at 861-9810 for more information and registration.

### Attention ALL 4-H Leaders and Assistants

Sarasota County 4-H Office is updating our Volunteer Screening and Selection Procedure as instructed by the University of Florida IFAS Extension. The intent of the University of Florida IFAS Extension Child Protection Policy is to share a common philosophy and follow appropriate protocol to provide safe and secure environments for everyone involved in youth programs.

To begin this process we need a copy of your Florida Drivers License. So next time you are at Twin Lakes for record books, enrollments, meetings, or workshops, please stop by our office and we will make a copy!

**Can you help?** Our 4-H Secretary, Barbara Lechky, will be out of the office for a couple of weeks. If you can type, file, or assist staff with large projects—we need your help! Please call Marcia @ 861-9814 or Sheila @ 861-9810 Thanks!

**Attention Cloverbuds** The 4-H Office has the following project books available for Cloverbud members: All About Animals / Earth Connections / Food-Fun-Fitness / Horse Safety / Plant Connections / World of Animals The workbooks are available on the 4-H Project Book List.



# Up Coming Attractions...

## NOVEMBER 5th, You can make a difference!

Sarasota County 4-H Foundation is holding the annual **4-H Walk-A-Thon** on Saturday November 5<sup>th</sup> in 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 program grows so do our needs, with the donations received the foundation can provide scholarships for youth attending Summer Camp, Congress, Legislature, Horse Programs, Horticulture, Livestock Judging, Workshops, Project Support, Club Support, Leader Training and much, much more. Please review Walk-A-Thon Rules below:

### WALK-A-THON RULES \*\*REGISTRATION AT 8:00 AM - WALK AT 9:00 AM\*\*

- \*All participants must have collected a minimum of \$20 in donations to walk (adults & 4-H members). This covers a shirt and lunch.
  - \*All entry fees must be turned in the morning of the walk in order to participate.
  - \*Siblings under eight years old are exempt from \$20 entry fee when walking with a paid adult.
  - \*Siblings will get lunch and transportation (no shirt).
  - \*All participants will be given an armband in order to receive lunch and transportation inside park.
  - \*The top 10 walkers in each category (for money only) Junior and Senior will receive prizes.
  - \*The top 3 in the Adult category will receive prizes.
  - \*Prizes will be given out the day of the walk at 1:00 PM at the lunch pavilion.
  - \*Money that is donated for advertisement on shirts must be for shirts only.
  - \*Money that is for sponsorship of child goes for child only.
  - \*Money cannot be used for both shirt advertisement and child.
  - \*Participants must be picked up PROMPTLY BY 1:30 PM in the SUPERVISED PICK-UP area only.
- ALL YOUTH UNDER AGE 15 MUST BE ACCOMPANIED BY AN ADULT AT CHECK IN.



## District 9 Junior Congress is coming!

Sarasota County will host District 9 Junior Congress events this year. The date is scheduled for **October 22<sup>nd</sup>, 9AM - 4PM**, at Twin Lakes Park. What is Junior Congress? Junior Congress is a fun and educational opportunity for 4-Hers ages 8 to 12. Youth will participate in workshops and activities designed to develop leadership skills and learn about opportunities available in 4-H. The fee is \$5.00; this includes lunch and class supplies. Please complete the registration form below and return by October 7, 2005.

### Junior 4-H Congress

#### REGISTRATION FORM

(return to the 4-H Office by: October 7th, 2005)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_ Club: \_\_\_\_\_

(Please indicate your Track choice 1-4, Morning and Afternoon sessions, 1 being your first choice)

#### Morning Track

- \_\_\_\_\_ Rabbits, Rabbits, Rabbits
- \_\_\_\_\_ Line Dancing
- \_\_\_\_\_ Scrapbook and Card Making
- \_\_\_\_\_ Fish Dissection

#### Afternoon Track

- \_\_\_\_\_ Cake Decorating
- \_\_\_\_\_ Simple Sewing
- \_\_\_\_\_ Public Speaking
- \_\_\_\_\_ Dog Training

October 22nd, 2005, 9:00 AM—4:00 PM / Twin Lakes Park, 6700 Clark Road, Sarasota, FL

Registration Fee: \$5.00 (make checks payable to Sarasota County 4-H Foundation)

## You Need To Know ...



### CELEBRATE NATIONAL 4-H WEEK OCTOBER 2-8, 2005

#### 4-H To Receive Proclamation!

Tuesday, October 11<sup>th</sup> the Board of County Commissioners will recognize 4-H in honor of National 4-H Week. The meeting will be held at the Sarasota County Administration Building, 1660 Ringling Blvd., in the Board of County Commissioners Chambers on the first floor. The meeting should begin at 9:00 AM. The pledges and the proclamation are the first items on the agenda. Members of our County Council will attend this meeting to accept the proclamation. This is a great opportunity for youth to experience a segment of the Board of County Commissioners meeting and government in action.



#### AI Management School

The University of Florida Animal Science Department offers a three-day training school to teach students the latest and best methods of artificially inseminating cattle. Students will have the opportunity to learn AI techniques and herd management.

The dates: November 11-13, 2005 at the Dairy Research Unit, University of Florida. Instructor: James Umphrey, University of Florida

For registrations and information contact the 4-H Office at 861-9810. This program is limited to 15 students, and registration will be accepted on a first come, first serve basis.

#### 7th Annual Desoto County 4-H Prospect Show

December 10, 2005 at the Turner Agri-Civic Center Barns  
Steer Weigh-in 8-10AM Breeding Show 11AM Steer Show 12PM

Entry fees: \$15 per animal / Showmanship \$5

For more information contact Christa Carlson 863-993-4846

## Fair Days Ahead...



#### Plant Entry Forms

Plant show and sale entry ***forms only***, are due Friday, October 14<sup>th</sup>, 2005 by 5PM at the **FAIR OFFICE**. You can turn your forms in earlier if you have completed them - they will not accept late entries!

#### Plant Show and Sale Clinic

October 15<sup>th</sup> at Drymon's Citrus Nursery 9:00 AM. 3146 47<sup>th</sup> Street (Lockwood & 47<sup>th</sup>) Plants will be correctly identified and repotted; soil, fertilizer and pots will be supplied by BC Drymon. (Thanks BC!) Call the 4-H Office 861-9810 to pre-register.

#### Plant Screening

A Plant Screening will be conducted by members of the Florida Nursery Growers Association, on Saturday, November 12<sup>th</sup> from 9:00 AM - noon at the Fair (Potter Building Parking lot). Plants will be checked, and record books **MUST BE** up-to-date. Attendance is mandatory - all exhibitors must be present with their plants and record book.

Please review the "Plant Show and Sale Rules" page 37-39 in your 2006 Sarasota County Fair Rulebook for details.

#### Mooooove over...

The first steer weigh-in was held Saturday, September 10<sup>th</sup>. A total of 77 steer projects were weighed, vaccinated, tagged and entered in the 2006 Sarasota County Fair.

"**Thank you**" to all the volunteers that made this a big success!

#### Steer Exhibitors... Don't Miss This! Steer Booster Shots

The second steer vaccination will be administered on October 8<sup>th</sup> between 7:00 - 9:00 AM. The 2<sup>nd</sup> shot is mandatory and will be administered at the Sarasota County Fairgrounds, with no exceptions! This is a change in the rules from last year.

#### Looking Ahead...

The first entry date for Beef Breeding and Dairy Cattle is Saturday, December 10<sup>th</sup> between 8:00 AM and 10:00AM. All animals will be vaccinated with CattleMaster 4+ L5 and Clostrin 7, Ecoli at this time.

A **second mandatory** vaccine will be administered on Saturday, January 7<sup>th</sup> between 8:00AM and 10:00AM.





# Projects From The Heart

## Operation Military Kids

As most of you know by now, our State 4-H Community Service Project this year is: Operation Military Kids, 4-H Serving Military Families in Our Own Back Yards. County council voted to take on this project this year. Several 4-H members from county council attended training sessions at MacDill Air force Base in Tampa and Tyndall Air force Base in Panama City to learn how to help the families of deployed soldiers. In August, Flo Harvey, a 4-H agent and the regional director of the OMK program spoke at the county council meeting. Following that date she set up a meeting with a staff member at the Armory in Sarasota. Our project has continued to fall into place and we have been recently notified how we can help.

The Family Readiness group, which is composed of spouses of deployed soldiers, will be meeting on October 15 at the armory in Sarasota. **County council is looking for youth volunteers** ages ten and up and adults to help carry out planned activities for the children ages two and over. Their parents will be in an adjoining room at the Armory attending a meeting. At these meetings the parents learn about what their spouses are doing while they are overseas and the conditions that they are living in. We are looking for volunteers on October 15 from 12:30-4:30 to help entertain the children, while their parents have their meeting. If you can help, please call Danielle Padgett at 925-3175.

### Reaching Out ...

#### "Mississippi Operation 4-H Relief Activity Kits:

The Ridin' Rednecks 4-H Club is coordinating an effort in Sarasota County for Mississippi families and children in shelters or in isolated areas without power or service. Their club will be collecting small toys, games, jacks, puzzles, word searches, cards, markers, pens, crayons... to send to the families affected by Hurricane Katrina.

If you or your club would like to help with this project deliver your items to the 4-H Office or bring to the next County Council or Leader meeting on October 17th. Please secure all items in zip-lock bags. The kits bring out the "Heart" in 4-H!

### Hurricane Relief Efforts...

#### Letters for Families

Write a letter of caring, hope and encouragement to:

"Operation 4-H Adoption", Louisiana 4-H Office, P.O. Box 25100, Baton Rouge, Louisiana 70894-5100

"Mississippi Operation 4-H Relief" Letters of Caring and Hope

Box 9641, MS State, MS 39762

The letters will be distributed through 4-H Agents, volunteers, and 4-H Youth to young people affected by the hurricane.

### Relief Funds for 4H Families

If your club would like to have a fundraiser and send a cash donation to:

#### Louisiana 4-H Foundation

PO Box 25100

Baton Rouge, LA 70894-5100

#### MS 4-H Foundation

Box 9601

MS State, MS 39762

All funds will be distributed and no funds will be used for administrative purposes.

### Mark Your Horse Calendar

- October 2 1<sup>st</sup> Safety Clinic
- December 3<sup>rd</sup> 2<sup>nd</sup> Safety Clinic
- December 10<sup>th</sup> Horse Judging School
- January 8<sup>th</sup> Practice Show
- January 27<sup>th</sup> Speed Show
- January 29<sup>th</sup> County Pleasure Show
- February 2-5<sup>th</sup> American Youth Horse Council
- February 11<sup>th</sup> State Fair Horse Judging Contest
- April 8<sup>th</sup> State Horse Judging Contest
- April 29<sup>th</sup> - 30<sup>th</sup> Area E
- July 6<sup>th</sup> - 8<sup>th</sup> State 4-H Horse Show
- Southern Regional 4-H Championships will be held in North Carolina

## Stall Talk...

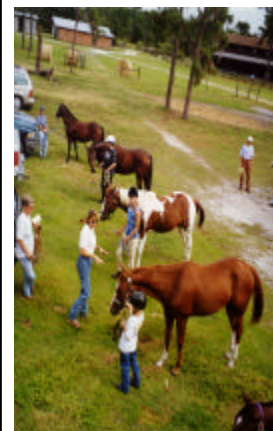


**Yard Sale: To benefit the Sarasota County 4-H Youth Horse Program. October 9<sup>th</sup> at the K-Mart in Venice. Starts at 8:00 AM**

### Horse Safety Clinic

Would you like to learn more about the horse project? **Join us Oct. 2nd, 11:AM - 2:PM** at Paragon Farms. Learn new ideas and review basic safety skills, get great tips on grooming and clipping. This is your opportunity to ask questions about record books, bits, rules, or upcoming events. Remember that one safety clinic is mandatory for any Sarasota County 4Her that wishes to participate in the Sarasota County 4-H Horse Show. Please bring your health form, coggins, helmet, record book, and your horse of course!

RSVP Nimie Gill 322-2006 or the 4-H Office 861-9810.



# Health Matters...



**3-A-Day of Dairy** can be a delicious way to help get a trimmer waistline!

Clinical studies indicate that enjoying 3-A-Day of Dairy — 3 servings of milk, cheese or yogurt every day — as part of a reduced-calorie diet can help adults achieve better results when it comes to trimming the waistline than cutting calories with little or no dairy.

Current scientific evidence suggests that a combination of calcium and other dairy components may participate in the body's natural regulatory system for burning fat to support weight management.

It's also important to remember that calories count! To lose weight, you need to cut the calories you take in and boost the calories you burn through physical activity.

But no matter how you're cutting calories, be sure to include the power of 3-A-Day of Dairy — the wide variety of delicious reduced-fat, low fat and fat free dairy foods such as milk, cheese or yogurt can help you keep calories in check.

### What's a serving of dairy?

Milk: 8 ounces (1 cup)

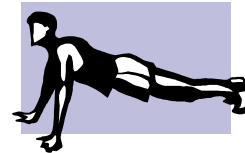
Natural Cheese: 1.5 ounces or about 3-4 cheese cubes

Yogurt: one 8-ounce container

### Exercise of the Month...

**Pushups:** Works your chest, shoulders, triceps and abs

Place your hands on the floor, shoulder width apart, fingers spread. If you are a beginner, balance on your knees. If you feel stronger, lift up on your toes. Keep your abdominals tucked at all times to support your lower back. Slowly inhale as you lower down to 2 inches above the floor, exhale as you press back up. If you fatigue early on your toes, then drop down to your knees to complete the set of repetitions.



### Antioxidants are the "superheroes" of nutrients.

Antioxidants battle the effects of free radicals. Free radicals are by-products of normal metabolism that form when you're exposed to air pollution, cigarette smoke, and strong sunlight. As free radicals accumulate, they can damage DNA, the genetic blueprint for cell reproduction, as well as other cell parts.

Brightly colored fruits and vegetables, including blueberries and other berries, broccoli, spinach, tomatoes, sweet potatoes, cantaloupe, cherries, and carrots are among the produce offering the most antioxidants.

## Health



### Great Snack Idea's - and They Taste Great too!

**Calcium: Snack idea.** Boost your calcium intake by blending low-fat chocolate milk, a banana, and ice into a delicious smoothie for a quick meal, dessert, or snack

**Fiber: Snack idea.** Spread crunchy peanut butter onto celery sticks, top with raisins for a favorite "ants on a log"

**Protein: Snack idea.** Trail mix is a great portable snack that is also easy to prepare. Throw together a mix of dried fruits such as raisins, bananas, apples, or dried cranberries, nuts (soy nuts or peanuts), and high-fiber cereal.

**Antioxidant: Snack idea.** Parfaits are beautiful to look at and fun to eat. Make one by layering low-fat yogurt, fresh or frozen blueberries, and toasted almonds into a tall glass.

**Iron: Snack idea.** Wrap an iron-fortified whole-wheat tortilla with sliced turkey, low-fat string cheese, and dried cranberries for a healthy snack.

### Focus on Fruits:

**At breakfast,** top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.

**At lunch,** pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

**At dinner,** add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad. Make a Waldorf salad, with apples, celery, walnuts, and dressing. Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney. Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.

**For dessert,** have baked apples, pears, or a fruit salad.

**As snacks:** Cut-up fruit makes a great snack like pineapples or melons. Or, try whole fresh berries or grapes.

Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried,  $\frac{1}{4}$  cup is equivalent to  $\frac{1}{2}$  cup of other fruits.



## Your News and Stories...

### My 1<sup>st</sup> Executive Board Adventure: by Sean Russell

Hi fellow 4-Hers, this is Sean Russell, your district reporter, giving you a little bit of information about an exciting 4-H event, that I just participated in. On September 9<sup>th</sup>, I traveled to Tyndall Air Force Base and took part in the 1<sup>st</sup> Florida 4-H Executive Board meeting for this 4-H year.

Executive Board is comprised of 69 senior 4-H members from across the state. The board consists of 8 State Council Officers, 39 District Delegates, 12 presidential appointments, and the state 4-H ambassadors who meet three times a year to plan upcoming state 4-H activities and work on issues including fundraising and the state 4-H project. I attended executive board as one of the 12 presidential appointments. At executive board everyone is divided up into various committees to work on different statewide projects and activities. Each executive board member is on two committees. I was assigned to the LAW planning committee and the Ways and Means committee.

For those of you who don't know, LAW is short for Leadership Adventure Weekend. This is a 4-H event that happens every January at Camp Ocala. At this event youth can sign up for various workshops mainly focused on building different life skills. At our committee meeting we decided on a theme for the weekend, a t-shirt design, and came up with the different workshops that will be taught there. If any senior 4-H member is interested in taking part in LAW contact the 4-H office or check the state 4-H website.

The second committee that I served on was the Ways and Means committee. Here we discussed different fundraisers for the state 4-H council. Among these were the Atocha Silver fundraiser and the Change War fundraiser. The Atocha Silver fundraiser is one that our state has been doing for the past few years. Mel Fisher, the treasure hunter who discovered the Atocha shipwreck, donated silver from the Atocha to 4-H. 4-H in turn has turned this silver into 4-H clover pendants and label pins which are now available to purchase. The other major fundraiser we discussed was the Change Wars. Change Wars is a state fundraiser that is district based. In other words you can bring in money to District events or State events and drop it in your district's bucket. At the end of the year, the District who brought in the most money will get 10% of the total money brought in all year. The rest of the money will go to the state council budget. If you are going to any kind of state or district event, from a council meeting to LAW, don't forget to bring in your extra change for your district.

In conclusion Executive Board was one of the best 4-H events I have ever attended and I would like to encourage every 4-H senior to become involved in State Events throughout the year.

### In The News...

Madison Chapman, in the Reef Rovers 4-H Club, has been chosen to be one of Time Magazine's "Kid Reporters" for the coming 2005 - 2006 school year. She will be assigned both Florida and national stories to cover for the next 12 months. Look for her articles on the Timeforkids.com website and in their weekly kid's magazine distributed throughout elementary and middle schools.

**Congratulations Madison Chapman!**

### Congratulations Danielle Padgett!

The Florida 4-H State Historian for 2005—2006 is Danielle Padgett. Danielle was appointed at this years 2005 Florida 4-H Congress, and she will be working with this years State officers to make Florida 4-H the best ever!

Danielle is also available to attend club meeting to talk about the many opportunities in 4-H, leadership, district, and state events. You can contact Danielle at 925-3175.

### Sean Russell has been appointed to the Florida 4-H State Executive Board—Congratulations Sean!!!!

### Community Pride Coastal Cleanup

The Green Team headed up this environmental science project. Over 30 4-H members, county council, leaders, parents, and volunteers attended. The event was held at Turtle Beach on Saturday the 17th. The group collected over 125 pounds of trash! Much of the trash was recycled. The Sarasota County Keep America Beautiful program sponsored the event, and each participant received a coastal cleanup t-shirt.

**Steer Record Book Workshop** We would like to thank **Don and Marlene Strickland** for providing an educational workshop on the new steer record books! Over 35 youth and adults attended this workshop, with 8 clubs represented.

**Dairy Workshop**, Thank you **Maurie Duggan** for hosting the Dairy workshop on Saturday, September 17th. Youth participated in many activities and learned the basics of nutrition as well as grooming, and clipping techniques and showmanship.

## News From Out There...



### **Green Team; By Laura Knipper**

Hello 4-Hers,

Our Green Team meeting was on September 13<sup>th</sup>. Our leader, Mrs. Russell, quizzed us on some shark facts. This was very helpful to all those participating in the marine biology contest in October. So far everyone has been doing a great job studying about the different plant and animal facts.

Next, was the shark dissection lead by Mr. Wilson. We were dissecting a dogfish shark. Even though the room was very stinky, everyone had a good time finding and learning about the different parts of a shark. Did you know that they have a very long kidney? We learned that fact along with many other interesting ones from the dissection.

That's all for now, so until next time, keep studying and making the best, better!

### **Myakka Ranchers;**

#### **by Brent Wilson**

Today, August 14, we discussed old business like introducing new officers, how our banquet went, and how our Sam's fundraiser went. We also talked about new business like, asking what fundraiser's we would like to have to raise money, what kind of banquet we want to have next year. We will also be alternating houses with members of our club for our monthly pot luck meetings. We would like to extend a warm welcome to our one and only Cloverbud, Bryan Wilson.

### **MINI HOOVES OF SARASOTA: BY TORRIE BACHMAN**

Hi and welcome back everybody the Mini Hooves had their first meeting September 3rd at the library. Welcome to all of our new members and clover buds it was great to see everybody and meet all of our new club members. There was about 20-25 new members that joined us this year.

Our 2nd meeting was on September 10th at Fallen Pines Farm. We had a guest speaker thank you Dr. Carol for coming to our meeting and talking to us about horse care for our minis it was very helpful! We also discussed that we will be electing our officers at the next meeting. We started our Sally Foster fund raiser; please turn your orders in by October the 8th. We discussed the dates for the Pumpkin Patch we will be there with our minis please stop by and meet them. Everyone worked their horses and had a great time.

Remember everyone the walkathon is on November the 5th and a reminder to our club members to save their can tabs we save them to help raise money for the shriners if anyone else out there would like to save them we could pick them up for you just give one of us a call thanks! This will probably be my last article for the newsletter this year, next month we should have a new reporter. I t's been fun!

### **Livestock Club; by Lauren Wyka**

We started our meeting at 7:04 pm. Each officer gave their report. We took a vote on whether or not to do a float in the Holiday Parade. Everyone agreed to do the float. Mr. Brown gave us information on entering our steer into the fair. Mrs. Day gave us information on a program available to us for community service. We find a project that needs fixing up and we do the work.

Next we had a demonstration by Keara Vargha, Kyle Vargha, Seth Day and Daniel Brown on "How to give a demonstration".

#### **Reminders:**

Awards and Recognition Night Sept. 29th 6:30 check-in, 7pm starts. Please bring a dessert.

Swine record book clinic is Oct. 27th 7 - 8:30 pm at Twin Lakes Park (4-H office).

Welcome Back Dance Sept. 30th 6:30 - 11pm. Tickets are \$6. 4-H & FFA Dance Nov. 19th.

Thank you to Mrs. Morgan for the refreshments.

We adjourned the meeting at 7:54 pm.

### **Kelly Community Clovers, by David Yoder**

Hello, we are very glad to have restarted our meetings for this year. We have lots of things that we have planned for this year, and some if not most of our community service will be helping burned survivors. We are still talking about when we are actually going to do these things though.

I, David Yoder Reporter, Sergeant-At-Arms, would like to thank the other clubs out among us for letting us participate in their community service projects. I would also like to give a thanks to Marcia Frederick for letting me find out about 4-H when she allowed me to join Booker Clever Clovers. I would also very quickly like to give thanks to John D'Amore for letting those of us that attend Booker Clever Clovers, continue our interest in 4-H by starting this club three years ago. Thanks! I also would like to inform you that I David Yoder, am moving to the east coast of Florida. I am going to be living with my mother and will be attending a 4-H club that they have over there. We planned also to be having another yard sale within the first 4 months of the year 2006. We are also trying to come up with something to do for those who are homeless and so on due to hurricane Katrina. We have had some members say something about having a can food drive so the people can have some food. Well this is my last newsletter for the Kelly Community Clovers. Bye...



## News From Out There...

### Reef Rovers, by Madison Chapman

As a follow-up to our August study of sea turtles, we decided to go on a field trip to help the Longboat Key Turtle Patrol excavate some loggerhead turtle nests. The volunteer team members helped the live turtles get out of their nests and make their way to the sea. It was an amazing experience to be so close to the turtles. Many thanks to the Turtle Patrol for letting us come, and to Keith Wilson for organizing this event.

At the September club meeting, the Reef Rovers participated in a squid dissection. Did you know squid are the most intelligent invertebrates in the world? Or that squid can change colors dependent upon their moods? Our 4H members had a wonderful time studying the anatomy of these interesting creatures. I imagine that one day you are snorkeling in the water and you turn around to stare into an eye the size of a hubcap. That is how big the eye of the recently discovered *Colossal Squid* is.

Our next adventure will be a snorkeling field trip at Point of Rocks. Until next time...

### Fox Mill Kids and Colts; by Dalton Rose

August 20<sup>th</sup> our club, Fox Mill Kids and Colts had our first meeting. We elected our officers, and discussed our goals for the year. Our President this year is Alicia Bazo and our vice president is Madeline Pruet, our secretary is Sonia Miller; our treasurer is Rachel Wilson, our historian this year is Rebecca March, our parliamentarian and Sergeant-at-arms is Maggie O'Donnelle our last officer, and certainly not least, is chaplain, Rose Cardinal. This 4-H year is getting off to a good start.

### Sarasota Swine by Rebecca Griffin

Hi Everyone! Our last meeting was on 8-20-05 and we had a Potluck dinner. Thanks to everyone who brought the yummy food.

This month is about our steers. Congratulations to Tanner Troglen who was chosen to raise the 4-H Foundation Steer this year! Good luck Tanner! We have 4 members with steers this year. Tanner Troglen's steer is named Tyson, Sammi Manley's steer is named Hot Shot, Jarrad Albritton's steer is named Showstopper and John Karl Albritton's steer is named Willis.

On July 8 & 9, Jarrad and John Karl Albritton went to a steer show in Georgia. John Karl got 1st in his class and went in for Grand Champion. Jarred got 2nd in his class and went in for Reserve Champion. John Karl will also be on a front page of a Texas Steer Showing magazine. On September 3 & 4, Jarrad and John Karl went to a steer show in Wauchula. John Karl got 4th in his class and got called back for showmanship. Jarrad got 3rd in his class and did good in showmanship.

There are new steer and swine record books this year. Look for workshops on how to do them.

That's all for now.

### Minute Men Report; by John Albritton

Hi, this is your Sarasota Swine Shooting sports delegate John Karl Albritton reporting to you some of the old news and upcoming events. On August 21<sup>st</sup> we met at the Manatee Gun Club at 2:30-4:00 PM to shoot shot guns and small bore 22. We had a total of 21 kids and adults show up. Our next meeting is September 24<sup>th</sup> at 6:30 PM at Miakka Methodist Church. Our next meet is scheduled for October 16<sup>th</sup> at the Manatee Gun Club from 2:00-4:30 PM; we will be shooting shot gun and small bore 22. Then there will be a meeting October 1<sup>st</sup> at the Bee Ridge Women's club at 6:30 PM. Then a meet at Manatee Gun Club on October 16<sup>th</sup> 2:00-4:30PM we will shot small bore 22 and shot gun. Then there will be another meeting on November 19<sup>th</sup> at 6:30 PM at Miakka Methodist Church, and on November 20<sup>th</sup> there will be a meet at Manatee Gun Club at 2:00-4:30PM for shot gun and small bore 22. If you have any questions or you would like to join please contact Julie Burnett at 232-1584.

**Open Gaits; by Calyn Beese** Welcome back to another 4-H year! I hope everyone had a wonderful summer. Our club had a very busy summer!

Samantha Altheide's summer was in full swing as she completed her final year in 4-H. She attended Congress and Legislature. Sam also attended the State Horse Show and qualified for Regionals. Sam received a \$500 County 4-H Scholarship! On behalf of Open Gaits, I would like to congratulate our graduating club president, Samantha Altheide, for all of her dedicated service and help in 4-H and wish her well in her future.

Calyn and Rosie were treated to a fun week at Camp Cloverleaf. Even though the week was cut short by an approaching hurricane, they can't wait to go back again next year.

Our end of the year trip to visit our sister club in North Carolina was a wonderful experience for all. We all had a terrific time visiting with two former members of our club. Thank you Miss Peggy and Courtney for your hospitality. The club members and their parents enjoyed trail rides, white water rafting, shopping and dining. Club members were even treated to mule rides on BAM!

Now its time to get back on track with all the activities planned for the upcoming year. Dog Club has already started and we are getting our hounds in gear for all of the upcoming events. All officers' positions are up for grabs and will be voted on at our next meeting.

Looking forward to seeing everyone at the 4-H Awards and Recognition Night!

## News From Out There...



### Homegrown Explorers; by Krista Schrock

The 4-H year has officially begun for Homegrown Explorers! Our first meeting was held on September 6th, and its main purpose was to vote in the officers and decide on club projects, activities, and community service.

The following officers have been elected this year:

President - Jonathan Hessler

Vice President - Heidi Schwartz

Secretary - Maria Stanek

Treasurer - Krista Schrock

Historian - Michael Stanek

Sergeant at Arms/Chaplain - Shaun Hessler

Congratulations to all elected officers!

We have had a change in leadership this year. Our former leader and founder, Kelli Smith, stepped down due to health-related issues. Homegrown Explorers is now under group leadership. On behalf of Homegrown Explorers, I would like to thank Mrs. Smith for all she has done for our club; we really appreciate her hard work! A big thank you should also be extended to those who became leaders this year. Without their work, Homegrown Explorers would not have been able to continue.

Many great things have been planned, and it looks like it will be a promising year for Homegrown Explorers!

Don't forget to check us out on the web at [HomegrownExplorers.com](http://HomegrownExplorers.com)!

### Ridin' Rednecks; by Robyn Rees

The meeting was called to order by Stephanie Lyons. Kayla Comer led the pledges and Kelley Haarer took roll. Shannon Haarer gave a treasurer update. We discussed 4-H Camp Cloverleaf. Danielle Padgett and Chris Nobles reported on Fl. 4-H Congress. The club picnic was cancelled due to hurricane Katrina, but thank you to the Comer family for your willingness to host it. Nico Ferry will be raising the club steer. We welcomed all the new members and learned a little about them. We also talked about upcoming events. Mr. Strickland did the Officer installation and Mrs. Gilliland, Mrs. Tabar, and Mrs. Lyons (notary) helped with all the paperwork and registration forms. Thank you so much!

Don't forget about the swine record book clinic on October 27 at Twin Lakes from 7-8:30 p.m. and the steer record book clinic September 14 at Twin Lakes from 7-8:30 p.m. At our next meeting, which is on September 15 at Lakeview at 7:15, we are having a guest speaker, Chris Mellow. He is a Nutrena Specialist. Hope to see you all there!

P.S. There are 5 steer entries in the club this year. Nico Ferry will be doing the club steer. Gabby Robinson, Christina Fruehwald, Jared Padgett, and Danielle Padgett are also doing a steer project.

### 4-H Blazers; by Sierra Chadwick

Hi, I am Sierra Chadwick. I am the 4-H Blazers new reporter. Our club has been very busy already, especially since the hurricane. We did a fundraiser to collect money for the victims. We thank everyone who helped us raise money. Special thanks to the Mullets.

Our meeting tonight was really good. We elected our officers. We also discussed the times and places for everyone to meet for officer training and animal meetings. We look forward to the next meeting and all the discussions.

**ATTENTION REPORTERS:** reporting the news is a privilege and opportunity to tell others about 4-H. To be news worthy your story should be 1. Recent 2. Important 3. Unusual 4. Interesting and 5. Accurate. (Minutes of the club meeting are not considered news.) Tell us: what your club and members are doing, share an interesting or funny 4-H story, interview your club leader or project leader, and let us know about your fundraiser's (car washes, concessions...), 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. And please, when ever possible email your news to; [sholland@scgov.net](mailto:sholland@scgov.net)

### County Council: by Lauren Altomare

Welcome to the 2005-2006 4-H year. The Sarasota County 4-H program has already gotten off to a great start. We had our first County Council meeting August 15<sup>th</sup>, 2005 at Twin Lakes Park. We introduced all of the new officers, and began with plans for this year. We were honored to have Flo Harvey, of Operation Military Kids, be our guest speaker. She spoke to us about children that have either one or both parents in the military and that have been called to active duty. These children spend up to 18 months at a time without their parents. Our community pride project is to assist these children. We concluded the meeting with a slide show of 4-H Camps.

Important dates to remember:

September 29, 2005	County Awards Ceremony
October 1, 2005	Officer Awareness Day
October 22, 2005	Jr. 4-H Congress
November 19, 2005	4-H Dance

We hope that all 4-H will join us at our next County Council Meeting September 19<sup>th</sup>, 2005.

# Make Your Plans NOW!



## October

- 1 4-H Opportunity Awareness  
Community Pride Proposals Due
- 2 Horse Safety Clinic
- 2-8 NATIONAL 4-H WEEK**
- 4 Livestock Judging Orientation
- 5 Jewelry Making Workshop
- 8 2nd Steer Vaccine—Mandatory
- 10 Foundation Meeting
- 11 **4-H Receives Proclamation!**
- 12 Horse Advisory Meeting
- 15 Plant Clinic
- 17 Leader and Council Meeting
- 22 Junior Congress
- 27 Swine Record Book Workshop
- 29 Swine Clinic
- 30 Daylight Savings Time Ends

## November

- 1 4-H Re-enrollment Deadline
- 2 Harvest Craft Project
- 5 Foundation WALK-A-THON
- 9 Horse Advisory Meeting
- 11 Veterans Day—4-H Office Closed
- 12 Plant Show and Sale Screening
- 14 Foundation Meeting
- 19 4-H Dance!
- 21 Leader & Council Meeting
- 24-25 Thanksgiving! - 4-H Office Closed

**4-H Tip of the Month**

**Attention Senior 4-Hers...**

Currently there are two National Awards trips awarded to 4-H youth who demonstrate excellence through the Awards and Recognition program. To participate in one of these programs, youth must complete the Florida 4-H Awards Portfolio. A portfolio consists of an application, a narrative, and a resume. There are several resources to help you complete this portfolio including Marketing You and What Are My Skills. Contact 4-H Agent Marcia Morris for more information 861-9814



### 4-H and FFA Dance

November 19, 2005  
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 August.  
Contact Danielle Padgett for more information at 925-3175

**Happy Birthday!** Gavin Albritton, Ray Allen, Tate Anderson, Kaitlyn Armstrong, Joseph Ball, Jessica Beaumont, Chelsea Boatwright, Ryan Britt, Max Burkhardt, William Calhoun, Jarrod Chapman, Trenton Chapman, Shayondria Childs, Christy Coker, Miranda Comer, Chelsea Cooley, Linda Cottrell, Robert Coulombe, Alissa Cunningham, Tessa Cunningham, Nakeisha Davis, Marie Durso, Molly Ferguson, Nico Ferry, Chris Futch, Jessica Gainey, Joseph Gaither, Taran Graber, Tayla Graber, Angie Gress, Nicole Haarer, Elizabeth Hall, Nicole Harkness, Lynn Heiser, Brit-tany Hernandez, Joseph Hurst, Natalie Johnson, Andrew Kardel, Jacob Kastor, Adrienne Kopacz, Dawn Lewis, Sarah Magill, Ashley Messenger, Michael Moyer, Jamie Murphy, Chelsee Payne, Jacky Phommathep, Derrick Powers, Matthew Raulerson, Nicole Riccardo, Cody Richetta, Mellissa Schook, Jeffery Smith, Jasmine Sorenson, Stevie Sorrentino, Ariel Stutzman, Aubrey Stutzman, Natacha Stutzman, Stephanie Tabar, Chelsea Taylor, Richard White, Clayton Wilson, Jesse Wilson, Vanessa Wittmer, and Jesse Yoder.

