

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. Cattlemen
 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
April 2009



FROM THE AGENTS DESK by MARCIA MORRIS

Fair 2009 has come and gone and it was a great year for Sarasota County 4-H members. Thanks to everyone for pitching in and making the Fair a huge success. We are truly lucky to live in a community that supports youth with such a wonderful fair experience. Please express your thanks to all the leaders, parents, fair board members, staff, and buyers who helped provide you with this opportunity.

We barely have time to shake off the dust from the fair and it's time for all of the spring activities that make up the busy 4-H calendar.

- ⇒ 4-H Day at the Capital is Tuesday April 14th and is chaired by Sarasota County's own Sean Russell, District 9 President and State 4-H Council Historian. So far registrations show this to be the biggest 4-H Day at the Capital program ever!!
- ⇒ 4-H County Council Elections will be the main order of business at the April 20 Council meeting. Hats off to President Jared Padgett and all of the officers for a wonderful year of programs and leadership.
- ⇒ Area E 4-H Horse show is April 24th - 26th at the Tampa Fairgrounds. Come out and support your Sarasota County riders. Sarasota county will be in charge of Western Day, Sunday April 26th, if you would like to assist call the 4-H office.
- ⇒ Last but not least !!!! It's time to plan on attending 4-H Camp Cloverleaf, our week at camp is June 22-26th read all about it. Fun times will be had by one and all.

Happy Easter and Happy Spring to one and all!!!

Marcia Morris

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.*

**Fair Awards
 Superior Exhibits**

April 21, 2009
 7:00—8:00 PM
 Potter Building,



Sarasota County Fair Grounds

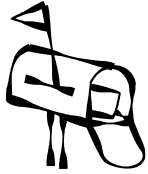
Don't forget to pick-up your record books at this event!



4-H Doesn't Slow Down!

Mark your calendar now for Fair Awards Night, Tuesday, April 21, 7:00 PM in the Potter Building, at the Sarasota County Fairgrounds. Superior Exhibitor Awards will be revealed, Best of Show Trophies will be handed out, and be sure to collect all your graded record books.

Don't forget to say "Thank-you"



The Fair Office will be sending you buyer and add-on information. So watch your mail boxes... A letter of thanks must be written to the buyer and any add-on contributors. Take the time to really thank your buyer and tell them how much you appreciate their support. Place your letter in an addressed, stamped envelope, seal it and turn it into the Fair Office.

Smile for the Picture:

Don't miss this opportunity... photos taken at the livestock shows during the fair will be available to view at Fair Awards on April 21.

May 7th: Mark Your Calendar!

Mother's Day is May 10th and we will be making mom something special for her special day. The cost is \$3.00. Call 861-9812 and sign-up today!

Attention 4-H Club Leaders and Officers

Now is the time to get together to make sure your officer record books are complete and up-to-date. They are due on **June 30th**. Club Treasurer & Secretary Books are mandatory and must be turned in to the 4-H Office.

Club Treasurers your clubs end-of-the-year bookkeeping is due by June 30th. Your club is required to turn in an "Annual 4-H Club Financial Report" and "Auditor's Report" (both forms are found in your treasurers record book pages 33 & 34) along with your treasurers record book and all supporting documents.

If you have any question or need help please contact the 4-H Office at 861-9810.

Free Rabbit and Cage

A beautiful dark brown, Norwegian Dwarf rabbit is free to a good 4-H home. She is 8 months old and is litter box trained. Call Theresa at 504-4833 for more information.

Free to good home... Female, Mini Rex, white with black, call Ann 932-3565

4-H Day at the Capital 2009!

It's A Centennial Celebration!

April 14th is 4-H Day at the Capital! This is an exciting event that gives 4-H youth, from across the state, an opportunity to come together and promote the Florida 4-H Program to their government officials.

4-Hers' will have the chance to meet and hear from their local senators and representatives, explore the history of Florida through exciting workshops and tours, and see first hand how their state government works.

4-H Day at the Capital is open to all Florida 4-H members. April 8 is the deadline to register. The cost is \$15, this includes lunch, a centennial t-shirt, and a guaranteed spot in a workshop / tour. A bus will pick-up and drop-off youth at Camp Cloverleaf (youth under 14 must have an adult), the cost for the bus is \$20. To register and reserve a spot on the bus contact the 4-H Office at 861-9810.

"Fuel Up and Play the Dairy Way"



During the month of May, Junior, Intermediate and Senior 4-H members are invited to participate in the Florida Dairy Poster contest. But you must follow the rules:

1. The poster must be 14" x 22"
 2. Incorporate the 4-H emblem and Dairy Farmers, Inc. logo in the poster design.
 3. Do not attach anything to the poster that is more than 1/2 inch thick.
 4. Complete the certification/score form and place it on the back of each poster. The certification/score form must have the participants name, complete mailing address, grade in school, age, and county.
 5. Also, on the back of each poster, please include the address of the 4-H office, name, telephone number and e-mail of the contact person for the poster contest. This will be the address used to return the posters to each county.
 6. All above criteria must be met to be considered for final judging.
- Please submit your entry to the 4-H Office by May 22nd. If you have any questions, please call Sheila 861-9810.

Attention Dairy Youth Members...

The Sarasota Ranchers Youth Foundation is offering financial assistance to 4-H youth attending; 4-H Dairy Retreat, Dairy Judging, Dairy Quiz Bowl, or any 4-H Dairy related event this summer.

Please email Warren Rogers at rogers08121@verizon.net for an application and information.

Come Celebrate Florida 4-H's 100th Anniversary

At District 9 4-H Congress 2009!

Mark your calendars! Pasco County will host District 9 Congress this year! The event is scheduled for **Saturday, May 16th 8:30 AM - 3:00 PM**. The Pasco County 4-H Office is located at: 36702 SR 52, Dade City, FL.

What is District Congress? District Congress is a fun, educational opportunity for Junior and Intermediate 4-Hers ages 8-13. 4-Hers participate in workshops and activities designed to develop leadership skills and learn about opportunities available in 4-H.

At District Congress 2009, will have a Florida 4-H 100th Birthday Party! This year's workshops will reflect on the 100th anniversary of Florida 4-H as we celebrate a, "Century of Youth Success!" Classes offered this year are: Leather Crafts, Orienteering, Team Games, Healthy Cooking, Community Service, Sewing, Hydroponics, and Decorated Wood Crafts. Participants will also take part in team building classes, activities to celebrate the Florida 4-H Centennial, and a Mock Legislative Session!

The fee is \$5.00. Please bring a bag lunch with you. Please complete the registration form below and mail it to the Sarasota County 4-H office with your \$5.00 fee by **May 1st, 2009**.



District 9 4-H Congress Saturday, May 16th, 2009



Registration Form

Name: _____ Age: _____ County: _____

Address: _____ Club: _____

Phone: _____ e-mail: _____

Workshop Signup:

Please number your 1st-4th workshop choices for each session. Workshop signup will be based on a first come, first served basis. Workshop descriptions are also provided.

Session 1 classes:

Leather Crafts _____
 Orienteering Treasure Hunt _____
 Healthy Cooking _____
 No Dirt Allowed _____
 Community Service _____

Session 2 classes:

Sewing _____
 Team Games _____
 Community Service _____
 No Dirt Allowed _____

Session 3 classes:

Leather Crafts _____
 Orienteering Treasure Hunt _____
 Healthy Cooking _____
 Community Service _____
 Decorated Wood Crafts _____

Session 4 classes:

Sewing _____
 Team Games _____
 Community Service _____
 Decorated Wood Crafts _____



Please mail your registration and \$5.00 fee to Marcia Morris at the Sarasota County 4-H office (6700 Clark Road, Twin Lakes Park, Sarasota, FL 34241) by **May 1st, 2009**. Make checks payable to the Sarasota County 4-H Foundation.



Our Plans For Summer Fun!

4-H Campers; Register NOW for Camp Cloverleaf!
Information and registration in this newsletter!

Attention Senior 4-H Members

Would you like to be a camp counselor at 4-H Camp Cloverleaf this summer. The dates for are: June 22–26, 2009. Ages for Camp Counselors are 14-18 as of September 1, 2008 and Counselor-in-training (CIT) age 13 as of September 1, 2008. If you would like to be considered for a Camp Counselor or CIT position, please don't miss these important deadlines!

Call NOW to receive your camp packet and set-up a time for an interview. Counselor interviews will be conducted May 18th–22nd. Counselor and CIT training will be on held June 9th.

We are looking forward to a GREAT week at 4-H Camp! If you have any questions call the 4-H Office at 861-9810.

Florida 4-H Legislature

Florida 4-H Legislature, held in Tallahassee, is a five day learning laboratory in state government designed to give participants educational experiences such as: learning about the functions of state level government, becoming informed about the state system of government, serving as mock legislators, reporters or lobbyists, meeting in the committee rooms of the House of Representatives as well as the House Chambers, and touring the State Capitol, Supreme Court, Archives and/or other State Buildings.

The dates this year are June 22-26, 2009. Legislature is open to Senior 4-H'ers ages 14 to 18 as of September 1, 2008, and the cost is \$225.00. Registration forms are due in the 4-H Office no later than April 15th. A Legislature manual can be found on the Florida 4-H web site so youth can be prepared for this awesome week in Tallahassee.

Welaka 4-H Horse Camp



Are you looking for a great horse adventure this summer? Why not attend 4-H Camp Welaka Horsemanship School? Enjoy activities on and off your horse in a beautiful location nestled among the pine and oak trees in the Welaka State Forest. Professional trainers, quality stables, bunk-house camping, and 4-Hers from around the state just like you who love horses!

The weeks available this year to choose from; June 7–12, June 14–19, and June 21–26. All weeks will include combined English and Western disciplines. Horsemanship school is open to 4-H youth 11-18 as of September 1, 2008. The cost is (tentatively) \$300.00 and includes (14) meals, snacks, t-shirt, lodging, stabling, and over 30 hours of instruction for the week.

For registration information and deadlines contact the 4-H Office at 861-9810.

Shooting Sports and Sportfishing Camp

When: July 20–24, 2009

Where: Camp Cloverleaf

This camp is designed to teach life skills through fun, noncompetitive activities in shooting sports, sport fishing, and natural resources. Campers participate in several different tracts such as archery, rifle, shotgun, angling skills, aquatic life, tackle crafting, and more. Campers will also learn about Florida's unique natural resources through a variety of games, and group experiences. Add in swimming, canoeing, recreational games, campfires, nature center activities, and trail hiking and you have an exciting week filled with outdoor learning!

The cost for 4-H Member is 210.00 and 220.00 for Non 4-H Members. Minimum age for campers must be 10. For more information or to register contact: William Hill, Polk County Extension (863) 519-8677.



State Marine Camp

When: July 27–31

Where: Camp Timpoochee

Are you interested in learning about marine life, going fishing, or exploring the underwater world with a mask and snorkel? Camp Timpoochee allows campers first hand experience with Florida's marine environment from above and below the waterline. Timpoochee's marine lab is equipped with large aquariums supporting life from both fresh and saltwater habitats. Sport fishing sessions will help youth learn about local fish and how to catch them.

The cost for 4-H Members is 210.00 and 220.00 for Non 4-H Members, campers must be between the ages 8 -13, by 9/1/08. The deadline for registration is July 1, 2009.

"Gator Adventures"

Camp Cloverleaf July 27–31, 2009

"Gator Adventures" is coming to Camp Cloverleaf this summer July 27-31 for campers ages 8-13 (must be 8 by 9/1/08). This week is full of learning and fun activities such as canoeing, swimming, recreational games, campfires, fishing, a dance and much more!

This Camp is open to both 4-H members and Non-4-H members.

The cost is 210.00 for 4-H members and 220.00 for non 4-H members, if paid by the registration deadline: July 1, 2009.

Summer is on its way!



Summer means camp -Camp Cloverleaf!

Camp Cloverleaf is located in Lake Placid and offers a week of fun and exciting summer activities. The dates for camp are June 22—26, 2009. To receive a camp packet fill out the registration form below and return it to the 4-H Office on or before **May 15th**. The cost for camp this year is **\$205.00**. Please, make checks payable to the Sarasota County 4-H Foundation. **Note:** T-shirts will be sold at camp for \$10.00. **Do not** include t-shirt fee with camp payment.

Make plans now for a fun filled week of swimming, fishing, canoeing, crafts, sports, camp-fire songs, and new friends! Space is limited, **you must** return this **registration form** and **\$100.00 deposit** to reserve your spot and receive a "2009 Camp Cloverleaf Packet". Camp is based upon "first come - first serve"!

Congratulations to Jenny

Federico! Jenny, a member of the Blazers 4-H Club, submitted the winning art work for the Camp Cloverleaf contest.

Partial camp scholarships are available to 4-H members upon request by using the "**Scholarship Request Form**" which will be included in your camp packet. You must complete a "scholarship request form" to be considered for a camp scholarship.



4-H CAMP CLOVERLEAF JUNE 22nd—26th, 2009 REGISTRATION FORM



Please circle packet request:

Camper Age 8-12
(as of 9/1/2008)

Counselor-In-Training Age 13
(as of 9/1/2008)

Counselor Age 14-18
(as of 9/1/2008)

Name: _____ Age: _____ (as of 9/1/2008)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ 4-H Club: _____

Request (1) cabin friend _____

This form is due **MAY 15TH**

Date received _____

Check# _____

Amount _____

This form must be filled out completely with your deposit attached to receive a camp packet.



News From Out There...

Florida Crackers Update

We have had awesome turnouts for our club meetings. We had some club members attend the Manatee County Fair Steer and Swine Sales and report back to us on how other counties manage their sales. We also have been going over our fair projects and making sure if anyone needed any help or questions we would lend a hand where needed. Everyone's project seems to be on track and doing well. Discussions were also held on whether or not to have a fund raiser. We had one member participate in the Clay Shoot competition and her team placed third. We have had some very interesting demonstrations this year. Logan and Madison gave a very informative demonstration on rabbits with the use of live exhibits. Hunter and Devin reminded us all of the many parts of a swine and their interesting history. Casey and Taylor instructed us on how to properly give different types of shots to horses and the dangers if done incorrectly. We finished off the meeting with a very impressive demonstration from our Clover Bud - Aubrey Duyn, who shared with us many interesting facts about pigs.

Livestock Club by: Megan Stoll

We had our last meeting on March 10, at the church. At this meeting we had 4 demonstrations done by Aaron and Dylan, Tyler and Trish, Meghan and Carah, and Justin.

There is a farm clean up at Mr. Vanns on March 28, starting at 8 a.m. everyone who had an animal at the farm must be there!!!

Our next meeting will be on April 13 at 7 p.m. **GOOD LUCK** to everyone at the fair!!

Badger's Den Productions by: Samantha Gillen

This month has been very eventful for the Badger's Den Productions team. We welcomed a new member, Keith Hart, and he has been an awesome addition to our group. Also this month, our club spent three nights at the Sarasota County fair working in the elephant ear booth, alongside the 4-H Foundation Staff. It was a wonderful experience and we hope to be involved again next year! The money we earned at the fair will be used towards new film equipment. We didn't take a break from filming, however, and will finish shooting our short horror film, "The Summoned," over spring break.

Miakka Allstocks by: Allison Engwall

Whew! March was a very busy month for all of us! Congratulation to all participants in the Sarasota County Fair! Our next meeting is our meeting we vote for next year's club board members. The meeting is April 14 at 7:30 P.M. We also have our banquet on April 18th. More details to come. Thank you to all 4H volunteers! See you at the meeting!

ANIMAL CRACKERS

Congratulations to all the members of our Club who participated in a speech and/or Demonstration at the County Level last month. Good luck at Districts!

We are so proud of all of our members who participated at the County Fair this year! Way to go everyone! We had members showing entries in the Mini Building, Rabbits, Chickens, Swine, Miniature Horses & Goats! Congratulations to Carley Timmons who won Best of Show Jr. Self Propagated Plants, Brooke Hamill who won Sr. Showmanship Pygmy Goats and Samantha Cellucci won Best of Show with our Club Scrapbook. Great Job girls!

Our Club also participated in the Elephant Ear Booth to benefit the 4-H Foundation. Thanks to Samantha, Sawyer, Caitlin and Alex for your help in the Elephant booth! A BIG thanks also to all the Mom's & Dad's who helped out with everything for the fair! Looking forward to next year!

Horse 'N Around by: Maxim Lowe

Our meeting in February was great! I was in France and away from 4-H for the past months, so it was fun to be back to a 4-H meeting.

After we went over the reports, Danielle did a demonstration on clipping rabbit nails. It was surprising to see how calm the rabbit, Cinnabon, was during the procedure. Elizabeth did a demonstration on quilting and showed us the cherry quilt she entered in the mini-building.

Once the demonstrations were finished, we did a science activity with 4-H agent Keith Wilson using two different types of microscopes. We used "regular" electric microscopes, with two eyeholes. The other kind was a Brock Microscope - a handy, very easy to use, non-electric, monocular microscope with only one moving part. For light it uses a fat fiber optic bent pipe, which captures ambient light. It worked very well, even though we were meeting in the evening and the room as not extremely well lit. We looked at pond water, insects, such as bees, a piranha, and plant and blood cells.

To finish up, Elizabeth shared some tasty home made cookies! Anyways, it was a great meeting!

Play and Learn... National 4-H Council has partnered with Nickelodeon's "Big Green Help" to create a game— "Flip N' Flow". The game is in support of 4-H's Science, Engineering and Technology communications campaign to spark youth interest in science and prepare one million new young people for America's technology workforce. Visit Florida4-h.org and click on 4-H Flip N' Flow at the bottom of the page.

Your Health Matters...



Shop Healthier, Faster

With so many product options and messages on packages it's hard to make healthy food choices with confidence.

Look for the American Heart Association red and white heart-check on selected foods. When you see this distinctive symbol on a product, you'll instantly know the food has been screened and proven to meet the American Heart Association's certification criteria to be low in saturated fat and cholesterol.

By issuing its heart-check mark, the American Heart Association gives consumers a tool to quickly and reliably select foods that meet nutritional criteria.



Does my body need fats?

Yes, it does - but not a lot. Fats are essential to give your body energy and support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too.

The bad fats, saturated and trans fats, tend to be more solid at room temperature (like a stick of butter), while monounsaturated and polyunsaturated fats tend to be more liquid (like liquid vegetable oil).

Eating foods with a small amount of fat is definitely part of a healthy diet. Just remember to balance the amount of calories you eat with the amount of calories you burn. Aim to eat more vegetables, fruits, whole-grain/high-fiber foods, fat-free and low-fat dairy products, lean meats, poultry, and fish (at least twice a week). Doing so means that your diet will be low in both saturated fats and trans fats.



Make Your Plans NOW!

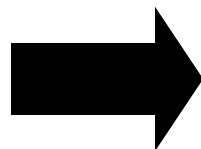
April 2009

- 1 Sarasota County 4-H Foundation Scholarships Due
- 2 Project Workshop—Living Baskets
- 6–10 Spring Break
- 8 Horse Advisory Meeting
- 13 Foundation Meeting
- 14 4-H Day at the Capitol
- 20 Leader and Council Meeting
- 21 FAIR AWARDS, Potter Building
- 25–26 Area E Horse Show

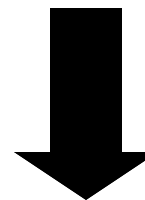


May 2009

- 2 District Events
- 7 Mother's Day Project Workshop
- 10 Happy Mother's Day!
- 11 Foundation Meeting
- 13 Horse Advisory Meeting
- 15 CIT & Counselor Applications Due
- 16 District Congress
- 22 STATE: Portfolios, Posters, & Photos Due
- 25 Memorial Day, 4-H Office Closed
- 29 Last Day of School



Don't Forget the last County Council and Leader meeting for the 2008-2009 4-H Year will be held April 20, 7:30 PM, at Twin Lakes Park. **This is a very important meeting—elections will be held for the 2009-2010 4-H Council Officers!**



Happy Birthday... Andrea Allen, Enriqueta Balandra, Bryce Balsinger, Devin Balsinger, Beau Beauty-Hartman, Sam Beaugrand, Quinn Bowden, Zoe Bowden, Jacey Byrd, Adam Capps, Kevin Casey, Courtney DeGenaro, Aly Engwall, Alexander Freeman, Erin Gilliland, Jillian Goldberg, Rebecca Griffin, Rayley Holton, Sarah Hosford, Jacob Johnson, John King, Devon Kirkley, Sydney Linthicum, James Magill, Joan Marchand, Scott Martin, Shana Martin, McVey Bailen, Hawken Monach, Kelsey Morrison, Luke Ourednik, Andrew Ruthren, Austin Saunders, Seth Schell-Hancock, Joline Smith, Clay Strauser, Taylor Swartz, Jaimie Tabar, Roy Thompson, Amber Todoroff, Hannah Watson, Olivia White, Clayton Woods and Brooke Zaccagnino!



DISTRICT EVENTS MAY 2, 2009

Sarasota Middle School

This year Sarasota County will host District Events. If you qualified to attend at County Events, please be sure to contact the 4-H Office and let us know you will be participating. Thanks!

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

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