

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

June 2009



From the Agents Desk, by Marcia Morris

Hello everyone in 4-H land. School is out and summer is here! Sarasota 4-H members will be boarding the bus June 22 -26 for our annual week at 4-H Camp Cloverleaf. We hope you are part of the group ready for Fun! Fun! Fun!

That same day Laura Knipper, Kayla Knipper, Jared Padgett, Sean Russell, Amber VanRiper, and Autumn VanRiper will be heading off to Tallahassee for 4-H Legislature, accompanied by chaperone Glenda Padgett.

Suitcases will be opening and closing on a regular basis during the summer as 4-H member's travel to State and Regional Horse Shows, 4-H Congress, Horsemanship School, and Citizenship Washington Focus. If you would like information on any of these activities please call the 4-H office.

Have you updated your 4-H record book to tell what happened in your project at the fair, or what added District Events Results? Record books and portfolios are due June 30th. This is how you get county medals at Awards Night in October. Officer books can also be turned in. Call the 4-H Office if you have questions.

Check the 4-H calendar for upcoming summer activities and call the 4-H Office to register. Be sure to wear your sunscreen whenever you are out in the fabulous Florida Sunshine, it only takes a minute to put on your sunscreen and grab a hat! Please remember to have a safe and healthy summer!

Hope to see you this Summer!!!!

Marcia Morris

Marcia Morris, 4-H Agent



*I pledge,
 My Head
 to clearer thinking,
 My Heart
 to greater loyalty,
 My Hands
 to larger service,
 And My Health
 to better living,
 For my club, my community,
 My country and my world.*



4-H Doesn't Slow Down!



Summer FUN...

4-H will host saltwater fishing tournaments on June 12th from 10-12noon at Hart's Landing in Sarasota and on July 16th from 10-12noon at Hart's Landing. These tournaments will be open to all youth ages 5-18 years of age. Prizes will be awarded for the most fish caught and the largest fish caught. Participants should bring their own bait and fishing gear.

Contact Keith Wilson at 861-9818 for further details.

Summer in the Surf- Marine Biology Class

A free 4-H marine biology class will take place on June 18th from 10am-12noon at South Lido Beach in Sarasota. All 4-H youth are invited to participate in a hands-on marine specimen collection, identification and classification field trip. Bring a bucket, drinking water and wading shoes. There is a chance we will see dolphins and manatees up close. Call Mr. Wilson at 861-9818 for more details.

World Ocean Day and 4-H



4-H will partner with MOTE to educate visiting families on the unique marine life which inhabit the oceans of the world.

Anyone interested in joining 4-H on this community outreach program celebrating World Ocean Day occurring at MOTE on Sunday, June 7 from 10:00am-2:00pm may contact Mr. Wilson by calling 861-9818 or via e-mail at kwilson@scgov.net

Florida 4-H: A Century of Youth Success

To commemorate the 100th Anniversary of Florida 4-H, we are proud to announce the publication of *Florida 4-H: A Century of Youth Success*. Since 1909, the Florida 4-H Program has impacted the lives of youth through lifelong learning, leadership skills, and self-confidence. What began as a program to teach new farming techniques became a community-based educational program that teaches young people how to learn by doing and become engaged citizens.

Florida 4-H: A Century of Youth Success is a stunning 8.5" x 11" hardcover volume, that celebrates the people and our history from the past 100 years. Relive those precious memories throughout 208 pages of interesting text complemented with many historic and modern photographs. Books are now available at the 4-H Office for \$55.00.

Camp Cloverleaf

Hurry, there are a few spots left for campers to join us at Camp Cloverleaf June 22 -26. Call today for your packet and information! 861-9812.

Camp Counselors and C.I.T.'S

Don't forget counselor and C.I.T. training for Camp Cloverleaf will be Tuesday, June 9, 9:00-12:00 at Twin Lake Park, See You There!

2009 4-H Dairy Quiz Bowl Camp

June 15 - 18, 2009

UF Animal Sciences Building, Gainesville

Dairy Quiz Bowl Camp gives youth the opportunity to learn about all aspects of the dairy industry. Both beginners and more experienced Dairy Quiz Bowl youth are encouraged to come! The cost is \$90, this includes all meals and lodging. Contact the 4-H Office for registration information.

2009 Southeast Dairy Youth Retreat

July 5-8, 2009

Virginia has the honor of hosting the 2009 Southeast Dairy Youth Retreat. This year's retreat will be from Sunday, July 5 through Wednesday, July 8, and is open to 4-H youth ages 9 to 21 who are interested in dairy cattle and the dairy industry.

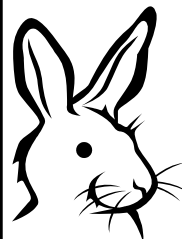
Approximately 100 youth and adults from Florida, Georgia, North Carolina, South Carolina, and Virginia are expected to attend the retreat that will offer a variety of activities including farm tours, hands-on workshops, and recreational events, to name a few.

Registration must be postmarked on or before June 19, 2009. The cost is \$200.00. Contact the 4-H Office for more information!

5th Annual Florida State 4-H Rabbit Show

June 20th, 2009

The 5th Annual Florida State 4-H Rabbit Show will be Saturday, June 20, 2009 at the Charlotte County Extension Service in Port Charlotte. This is a statewide rabbit show and open to all 4-H Club members in Florida. Along with the show they will also have a Rabbit Judging Contest, a Rabbit Quiz Bowl, and a Rabbit Skill-A-Thon.



Registration is free, entry fee is \$2.00 per rabbit or cavy. Lunch will be available (price not included). To participate, contact the 4-H Office for an entry form or visit the Charlotte County 4-H website. Mailed entries must be postmarked by June 9th.

Don't miss this...



Record Book Deadline—June 30th

Just a reminder— All officer, project and record books are due in the 4-H Office by 5:00 PM on June 30th.

If you turned in a record book during the County Fair, and would like to improve your score, you can make corrections, add photo's, add to your story, and resubmit it by June 30th. It is not necessary to resubmit your book if you did not make any improvements.

You must turn in a 4-H project book or record book to receive a 4H year pin.

Attention 4-H Club Leaders and Officers

Now is the time to get together and make sure officer record books are complete and up-to-date. Did you know... an award is presented for the "best officer book" (each office) at Awards Night in October?

Books are due by **June 30th**. Treasurer and secretary record books are mandatory.

IMPORTANT: If your club has had any income or disbursements, and / or if your club has a checking account, you **MUST** turn in a treasurer record book. Club Treasurers: your clubs end-of-the-year bookkeeping is due. 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.

Have you ever noticed the medals on some 4-H members jackets and wondered...

"What are they and How did they get them?" Well, they are called recognition medals, and you can apply to receive a recognition medal by completing a county "Project Report Form". Junior 8—10, Intermediate 11—13 and Senior 14—18.

Any 4-H youth wishing to be considered for a county medal must; complete the project report, include photos, write a short story about your experiences, and include your record book in a folder. Then turn in your "Project Report" by June 30th, and as always if you have any questions or need assistance contact the 4-H Office at 861-9810.



Foundation News...

Looking Ahead...

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 for the silent auction are needed. Look for more information on the Hoe-Down in upcoming 4-H Newsletters.

Learn by Doing, by Chris Schook

Would you be interested in raising the 4-H Foundation Steer or Swine for the 2010 Sarasota County Fair? This is a great way to learn about these projects, you can raise the animal at your home or a facility will be provided. You will also receive a portion of the profits.

Please contact the 4-H office if you are interested in one of these project opportunities and to receive an application form and more information. The dead-line for the Foundation Steer Application is Friday, June 19, 2009. The application for the Foundation Swine is due by Friday, September 18th, 2009.

A Fabulous Night Out!

The Sarasota County 4-H Foundation held their annual awards banquet on May 21st. Graduating seniors, Kayla Butler and Heidi Schwartz, received foundation scholarships. We are all very proud of your accomplishments and contributions to the 4-H Program, and we wish you both the brightest of futures!

Each year the Sarasota County 4-H Foundation awards scholarships, in varied amounts, to Sarasota County 4-H High School Seniors. Applicants must be a current 4-H member with a minimum of 3 years in 4-H, and have completed a record book for each of the 3 years. Applications are due in April.

The 2009—2010 Foundation Officers were installed:

President—George Liedl, Vice President—Barbara Briggs, Secretary—Annette Chapman, Treasurer—Tom Drew and Amanda Day, and Parliamentarian—Christina Schook. Congratulations to all the foundation members for their continued support and dedication of our Sarasota County 4-H Program!





You Need to Know...

What is your image saying about 4-H?

Are you presenting a good image, and are you easily recognized as a 4-H'er? One way to be easily recognized is to always wear 4-H attire when you are representing 4-H whether you are speaking before a group of county commissioners or representing your county in a livestock judging contest - it is important to be neat, clean, and well-groomed at all times. It is just as important to make sure that your clothes are neatly pressed, and shoes clean.

What is 4-H attire? It is typically a green jacket or blazer with black slacks or skirt with the 4-H emblem on the left side of the jacket below the shoulder. The blouse or shirt should be white. Boys should wear a tie. Some other options are:

- Black/khaki slacks or skirts with a white blouse or shirt
- Black/khaki slacks or skirts with a green polo - other colors are acceptable as long as the 4-H emblem is visible on the clothing
- White skirt/slacks with green polo
- White or green dress
- Green or white vests worn with black or khaki slacks/skirts
- Business suit or slacks/skirt and dark jacket are appropriate at certain times.



When representing 4-H in the show ring, vests and jackets with white shirts/blouses, and black slacks are the most accepted form of dress. There may be additional expectations depending on species of animals shown. Some 4-H t-shirts or polo's can be worn when representing your county at judging events, but they should be clean and neat. **Most importantly, the 4-H emblem is to be visible when wearing "4-H attire."**

Remember, when you meet others for the first time, they often form opinions about you and 4-H based on how you are dressed. Many things make up your image besides your clothing and accessories. Your smile, hair, overall cleanliness, and/or makeup help people form opinions about you. Being well-dressed results in you feeling good about yourself as well as having the confidence to "know" that you can do anything! Even the way you sit, talk, walk, and stand, affects what people think. In other words, **all of these things combined become the total you.**

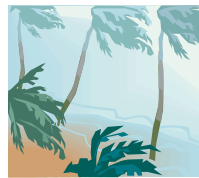
Before the Hurricane Season



Are YOU ready? Hurricane season is June 1st through November 30th, with peak activity in mid-August through mid-October. Do you have a plan? The first step in preparing your family, pets and home for a disaster is to plan now. With interactive tools found on www.floridadisaster.org you can create a plan for your family. This site provides recommendations for food and water supplies, planning for pets, what documents to protect and more. It also provides evacuation routes, emergency contacts and useful checklists. Remember, the best way to make your family and home safer is to be prepared before a disaster happens.

Things to do now—for your pets... Prepare a list of boarding facilities and veterinarians who could shelter your animals in an emergency - include 24 hour phone numbers. Ask friends or relatives (outside your area) if they could shelter your animals in an emergency. PetsWelcome.com is one site that maintains a list of hotels that accept pets. Organize a "Pet Disaster Supply Kit" now and store it in an accessible place. Keep items in sturdy, water proof containers that can be carried easily. Your pet disaster supply kit should include: *Medications and medical records *Leashes, harnesses, and carriers to transport pets. *Current photo's of your pets, *Dry food, enough for several days, *Water, depending on the size of the animal / animals, *Bowls, pet beds, and comfort items (if easily transportable).

Your Horses... **Preplan for two possibilities:** 1. What to do if you must evacuate 2. What to do if you remain at home. If you are planning to transport horses, LEAVE EARLY and make sure you listen closely to changing advisories, trailers are considered high profile vehicles. If winds reach 30 mph or more, please stay off the road. Assemble a disaster kit; pack halters, leads, duct tape, tarps and plastic, fly spray and animal medical supplies including bandages and medicines. Always use water proof containers when packing. For additional information contact The Sunshine State Horse Council on-line at www.sshc.org



And, Terms to know: Hurricane Watch: Hurricane conditions are possible in the specified area of the watch, usually within 36 hours. Hurricane Warning: Hurricane conditions are expected in the specified area of the warning, usually within 24 hours. Tropical Storm Watches and Warnings: Take these alerts seriously. Although Tropical Storms have lower wind speeds than hurricanes, they often bring life-threatening flooding and dangerous winds. Take precautions!

Your Health Matters...



Summertime is Here, Let's Play it Safe!

Exercise is important, but it is also important to take precautions while exercising during the summer months. The average person can take from one to two weeks to adapt to our warmer, more humid temperatures. Heat injuries range from mild forms to more serious types, including heat exhaustion and heatstroke. Heatstroke is when the body's sweating mechanism quits, the skin become hot and dry, and the body loses most fluids — it can be life-threatening.

Here are some helpful safety tips to follow while exercising this summer:

Hydrate. Drink water before, during and after exercising. While exercising in hot weather you can easily lose up to a quart of water an hour. Your body can only absorb 8 ounces of cold water every 20 minutes. Sports drinks may be popular among intense exercisers, but they are not necessary and may actually absorb more slowly than plain water. If you prefer the taste of sports drinks, try diluting them with water for easier rehydration.

Choose Your Time. Try exercising in the morning or evening to avoid the most intense heat of the day, or you may consider exercising indoors. Did you know... very hot and humid weather hampers perspiration's ability to cool your body.

Take a walk. Walking is considered the most popular exercise among Americans. Start with a good pair of walking shoes with a flexible sole, good heel and arch support. It's the only equipment you'll need. Gently stretch for five minutes before your walk, and when your finished cool down by gently walking and stretching for another five minutes to prevent injury.



Start something new. Try a new exercise or activity every two weeks, such as hiking, canoeing, rollerblading or biking. These activities will keep your exercise program interesting and allow you easy access to water or rest.

Cool off. Swimming is an excellent way to exercise during the summer months. Anyone can benefit from water exercise. Performing strokes such as the backstroke or doggie paddle at the shallow or deep end of the pool still counts as aerobic exercise.

Don't forget your sunscreen. Apply sunscreen at least 30 minutes before exercising outdoors. Protect your eyes with sunglasses that block the sun's UV rays.

What to Wear. Wear loose-fitting clothing to allow circulation of air. Light-colored clothing will reflect sunlight, while darker clothing will absorb the heat. Cotton and linen are natural fabrics that may absorb moisture (sweat). However, synthetic fabrics that have a mesh-like weave allow moisture to escape.

Stay Motivated: Set Goals and Have Fun

Starting an exercise program takes initiative. Sticking with it takes commitment. But when you think of the potential health benefits, it's well worth your effort.

Timing is Everything!

Maybe you want to start a new weight-loss program, Great! But before you start, ask yourself: **Am I Ready To Make A Change?**



Choosing the right time to try a new challenge increases your chances for success. Have you thought about what's going on in your life in the next few months? Is this a time you can focus on improving yourself? Do you have friends and family members who will support you? Are you motivated to commit to a lifestyle change? If you have tried before, what caused you not to reach your goal? Consider all these questions - if the time is right - set reasonable goals - and get started!

Reward Yourself: You've Earned IT!

When you've worked hard to meet a goal such as losing 5 pounds, or completing your first month of a new exercise program - it's good to celebrate your accomplishments. These rewards can help you maintain "long-term" motivation. Rewards should be whatever makes you feel good and motivates you. Keep your rewards positive and healthy, don't let your rewards undermine you motivation. For example; don't reward weight loss with a large meal or big dessert, instead a new pair of running shoes, new work out clothes, or new exercise equipment would be a better choice.

Snacking "Is" Good for You

Healthy snacks can be a great way to get all the vitamins and nutrients your body needs. You may have noticed that you feel hungry a lot, during adolescence a person's body demands more nutrients to grow. Small, healthy meals and snacks are a terrific way to satisfy that nagging hunger. Pay attention to what you eat; stuffing your face with a large order of fries after class may give you a temporary boost, but a snack this high in fat and calories will only slow you down.

To keep your energy levels going steer clear of foods with lots of **simple carbohydrates** (sugars) like candy bars or soda. Look for foods that contain **complex carbohydrates** (starches) like whole-grain breads and cereals or eat protein-rich snacks such as low-fat yogurt or cottage cheese.

Snacking will help keep you going until your next full meal. So if you're having a late lunch, but haven't eaten since breakfast at 6:00 AM, toss some fruit or trail mix into your backpack. That way you won't feel tempted to grab an unhealthy snack from the vending machine between classes.

Projects From The Heart



Salvation Army Community Service Project

Jared Padgett, County Council President

The Sarasota County 4-H Council finished up its Community Service Work for the 2008-2009 4-H year. Monday April 28th at the Salvation Army was our biggest and most successful project all year. We had 4-H members bring their animals for the kids at the shelter to see. We had goats, dogs, a cow, a mini horse, snake, rabbits, turtles, cavies and a marine touch tank. Thanks to all the 4-H members who brought animals and helped out. Our Service project this year was focused around the 100th Centennial Celebration of Florida 4-H. Our activities throughout the year were focused around what kids did 100 years ago when they did not have computers, TV's or video games. Also at our event the kids got to repot flowers into 4-H flower pots (a thing kids did 100 years ago). I would also like to thank ABC 7 (our local news station) for coming out, filming, and putting on an awesome video on the 11:00 news that night! They also showed it the next morning on their morning newscast.

This year has been so great. If you are interested in doing community service work like this or want to learn more about other county council projects please come to the next county council meeting on Monday August 17th at 7:30 at Twin Lakes Park, where you can learn more. I hope everyone has a great summer!



A thank you!

Thank you, to the 4-H families of the Homegrown Explorers and those independent 4-H members who generously donated items for the yard sale which benefited the Wounded Warrior Project. Together we collect \$200

Thanks, Keith



Make Your Plans NOW!

June 2009

- 7-13 CWF Citizenship Washington Focus
- 9 Counselor and CIT Training
- 10 Horse Advisory Meeting
- 12 Fishing Tournament
- 14 Flag Day
- 21 Happy Father's Day
- 22-26 **CAMP CLOVERLEAF!**
Legislature
- 25-27 Hog & Ham
- 30 Record books due.



July 2009

- 3 4-H Office Closed
- 4 Independence Day!
- 5-8 Southeast Dairy Retreat
- 8 Horse Advisory Meeting
- 9-11 State 4-H Horse Show
- 16 Fishing Tournament
- 27-31 4-H Congress
- 30 Southern Regional Horse Show
- 31 Hog & Ham Demonstrations

Reminder: No Council or Leader Meetings will be held in June or July—have a great summer!



Happy Birthday... Erin Aguiar, Robbi Armstrong, Jordon Boyd, Amber Breeden, Colin Burns, Caitlin Chrisman, Annah Cooper, Seth Day, David Dean, Kelsee Desmarais, Tyler Diaz, Sarah Fizer, Patrick Gallagher, Morgan Holdsworth, Bridgette Jennings, Samuel Koss, Tyler Krizen, Amber Kubala, Rusty Kubala, Jessica Lavargna, Jordon Leftwich, Jessy Lewellyn, Anna Losier, Maxim Lowe, Kyle McKeegan, Stacey Mejia, Matthew O'Brien, Jared Padgett, Jacob Petrin, Katelyn Reeves, Caitlin Schlabach, Sean Spencer, Rachael Tuffland, Alex Uccello, Sean Whitton, Lucas Wilson, Lauren Wyka and Kayla York!



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To Make The Best Better



Sarasota County 4-H