

4-H CLUBS:

4-Her's
4 Paws
Aquatic All-stars
Blazers
Canine Connections
Clogging Clovers
Eagles
East County Steer & Swine
Eastside Rabbiters
Florida Crackers
Foxmill Kids & Colts
Fruitville Exceptional Equine
Green Thumbs
The Green Team
Half Pint Pullers
Home Grown Explorers
Horse N Around
Indian Creek 4-H Club
Jr. Cattlemen
Kelly Community Clovers
Little Rascals
Livestock Club
Miakka Allstock
Mini Hooves of Sarasota
Muddy Boots
Myakka Ranchers
Open Gaits
Reef Rovers
Ridin' Rednecks
Sarasota County Ranchers
Sarasota Sharp Shooters
Sarasota Swine
Southern Spurs
The Group
Venice Bits & Spurs
YMCA Youth



The Clover Times
JULY 2008



From The Agents Desk; by Marcia Morris

Happy Fourth of July to everyone. Have a great time celebrating our Nation's Birthday. June was a busy month for traveling Sarasota County 4H members. Starting with Citizenship Washington Focus June 14-20th. Laura Knipper, Sean Russell, and Autumn Van Riper joined a bus load of Florida 4-H members to head to the nations capital and the National 4-H Center in Chevy Chase Maryland for a week of learning, site seeing, visiting with our state representatives and learning about our capital city. If you would like to attend this fantastic trip, check with one of these three members for more information. The same week as CWF, June 16-20th, 107 Sarasota County 4H members traveled to Camp Cloverleaf for a 4-H Pirate Adventure. They were joined by four fantastic volunteers including Nurse Jackie Bland, 4-H Leader Stephanie Coles, 4-H Alumni Amanda Day, and 4-H Leader Carrie Dean. Everyone enjoyed a week of canoeing, campfires, swimming, crafts, singing, fellowship and making new friends. While at camp we found out that the state 4H office will be offering new trainings for Counselor and CIT's next year and we will be encouraging interested youth to attend these trainings to improve our camping program and their personal leadership skills. Be sure to watch the newsletter for information on this program. A few 4-Hers had the week-end to unpack their suitcases and head of to 4-H Legislature. June 23-27th Laura Knipper, Kayla Knipper, Jared Padgett, Sean Russell and chaperone Glenda Padgett attended dynamic week held in our state capital. Upcoming events include the State 4-H Horse Show, 4-H Congress, and the South-east Diary Retreat. Have a Safe and Happy Summer!!!!

Marcia Morris, 4H 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.

Let's Learn Together... Manners / Etiquette

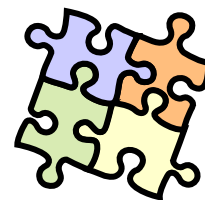
Manners are the customs and traditions that govern how we treat one another and behave in social settings. The purpose of manners is to make people feel comfortable. Etiquette changes as society changes and varies from culture to culture. Etiquette, like steering a car, requires constant adjustment. **First impressions count:** You can make a lifetime of good impressions by learning how to give and receive introductions. To introduce yourself... look the person in the eye, smile, extend your right hand and say "Hi, I'm ____." When you introduce someone, include some informal information about the person you are introducing. This is helpful in starting conversations. When you are introduced; if you are not already standing up, stand up (use good posture), make eye contact, shake hands (firm grip), say "hello" or "please to meet you", and converse. With good manners you will feel confident and comfortable anywhere!



4-H Doesn't Slow Down!

Get Connected at "SRTLC"

Clyde M. York 4-H Center, Crossville, Tennessee



What is SRTLC?

SRTLC stands for the Southern Region Teen Leadership Conference. This first-of-its-kind regional 4-H conference was created to develop leadership, citizenship, team-building, communication and other life skills in youth while embracing diversity, strengthening connections throughout the Southern region and motivating participants to become involved by creating and implementing action plans. The 2008 conference is expected to be even better with more participants, new workshops, and a strong emphasis on Youth Adult Partnerships!

Contact the 4-H Office at 861-9810 for more details. The cost is \$180.00, and all registration forms are due (in the 4-H Office) by **July 21**. SRTLC is open to 4-H youth ages 14-18.

2009 Florida 4-H Centennial Celebration

2009 will be here before we know it; and with that comes the Florida 4-H Centennial Celebration. Check out the calendar on the Florida 4-H web page to see what the planning committee is cooking up! Here's some 4-H history, Do you know... Q: How did 4-H originate?

A: 4-H clubs were first known as corn clubs for boys and canning clubs for girls, organized early in this century by public school educators who wanted to broaden the knowledge and experience of their students. 4-H in Florida began in 1909 in several counties in north Florida. 4-H became an official part of the Cooperative Extension Service, along with agriculture and home economics, at about the time Cooperative Extension was officially established by the US Congress in 1914. The term "4-H Club" first appeared in a federal document in 1918, and by the mid-1920s, 4-H was well on its way to becoming a significant national program for youth. 4-H is an American idea that has spread around the world. Throughout its long history, 4-H has constantly adapted to the ever-changing needs and interests of youth.

Two chickens to good home-

2 Brooding Hens, One is a buff colored Brama and the other is a buff Bantum Very sweet birds... Contact: Nicole Lavick, 941-650-6542



4-H Fishing Tournament

On June 12th Keith Wilson held a fishing tournament at Harts Landing. The weather was fabulous and the pier was a great location. The tournament was for both 4-H members and non-members with over 34 youth attending. Over 40 fish (and 1 crab) were caught! Erin Gilliland caught the first fish 10 minutes into the contest. Michael Dean caught the most fish (11 WOW!) and Noah Handy caught the largest fish (10" grouper). Thanks to all the parents and leaders for your support and congratulations to all!

The Dog Days of Summer are Here!

Protect your pup this summer. Wash food bowls regularly to prevent bacteria from growing. Take walks at the beginning and end of the day, when the sun is low. And try making something special for your dog; beef broth ice cubes make a great summer treat.

Make your dog a treat they will bark about!

2-cups Whole-wheat flour

1 Tbsp Baking powder

1-cup Peanut butter

1-cup Skim milk

Preheat oven to 375 degrees. In a bowl combine flour and baking powder. In another bowl mix peanut butter and skim milk. Add wet mixture to dry ingredients and mix well. Turn out dough on a lightly flour surface and knead. Roll out dough to $\frac{1}{2}$ thickness and use cookie cutter / or cut into bone shapes. Place on a greased baking sheet and bake for 20-minutes or until lightly brown. Cool on a rack, then store in an airtight container.

4-H Doesn't Slow Down!



Announcing the Faces of Florida 4-H!

We are happy to announce the Faces of Florida 4-H! (Two are from Sarasota County!!!)

On June 2, 2008, the selected "Faces" met in Gainesville to film one-on-one interviews. Keep a look out for the video!

The Faces are: our very own—Kaila Hess, Sarasota County, and Jared Padgett, Sarasota County! Also, Emily Sullivan of Lake County, Veronica Vidal, Volusia County, and Richard Cash, Volusia County.

Congratulations to all!

News From Camp Cloverleaf—A Pirate Adventure

4-H CAMP was awesome! Sarasota County had a fun filled week of swimming, fishing, canoeing, line dancing, archery, crafts, marine science, campfire (with magic dust), dances, camp-songs, Skit Night, and making new friends!

A BIG "Thank-you" to all our Counselors and CIT's that took their role at camp seriously! You are a very important part in the success of camp, and the reasons campers come back every year. The 4-H Staff recognized Britnie Fultz and Seth Day as "Top Counselors." Our "Top CIT's" were Elizabeth Hall and Mark Fuller. Congratulations to our "Top Campers" Delanie Bartel and Jeremy Whitton. We also said good-bye and good-luck to our graduating seniors Drew Dirmeyer, Britnie Fultz, Drayton Lutz, and Lorielle Neill.

Our fishing tournament winners were; First Fish - Cierra Kuriata, Largest Fish - Gage Albritton, and Most Fish - Cierra Kuriata. Congratulations to all who participated!

We want to say "Thank-you" to some *very special volunteers!* Our "Camp Nurse" Jackie Bland! Carrie Dean, Amanda Day and Stephanie Coles - *thank you for all you do!* You all truly make a difference!

Camp Lost & Found

Lost: 1 pair of boy's boots and a bag of girls clothing. (Contact the 4H Office 861-9810)

Found: We have t-shirts, shorts, flip-flop, pillows and towels. Please stop by the 4-H Office to claim your items, we will donate what's left at the end of the month.



Foundation News...

Our Sarasota County 4-H Foundation Officers for the upcoming 2008 - 2009 year are:

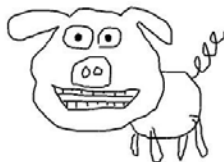
Co-Presidents - Elva Farrell & June Haley; Vice President - Tom Drew; Treasurer - Christina Schook; and Secretary - Annette Chapman. Congratulations to all and we look forward to a great 4-H year!

Also, we would like to thank all the foundation members for their service and dedication to the 4H Program, THANK - YOU!!!!

Learn by Doing, by Chris Schook

Would you be interested in raising the 4-H Foundation Swine for the 2009 Sarasota County Fair? This is a great way to learn about the swine project and you can raise the animal at your home or a facility will be provided. You will also receive a portion of the profits.

Please contact the 4-H office if you are interested in this project opportunity and to receive an application form and more information. The deadline for the Foundation Swine is due by Tuesday September 5th, 2008.



Looking Ahead...

The Cowboy Hoe-Down Is Coming

Mark your calendars for a night of fun. The Sarasota County 4H Foundation will be sponsoring the Cowboy Hoe-Down and Silent Auction again this year. The date is set for September 20th at Robarts Arena.

ATTENTION CLUBS: if any clubs would like to create a "theme basket" and donate it for the silent auction from your club that would be great!

Look for more information on the Hoe—Down in upcoming 4H Newsletters.



Just For Leaders...

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

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

Registration forms are due (in the 4-H Office) by August 10th, and the fee is \$240.00. Fees cover lodging, meals and a Florida delegation shirt. Sarasota County Foundation scholarships are available upon request. Call the 4H office for details and registration forms, 861-9810.

New Leaders

Attention New Leaders: mark your calendars! A new leader orientation is scheduled: August 28th, 7:00 PM, at Twin Lakes Park.

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

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

Watch Your Mail Box!

"Leader Renewal" and "2008-2009 Club Information" forms have been mailed out, we ask that these forms be completed and returned to the 4-H Office on or before JULY 15th. The Leader Renewal form is for *all* organizational, project, and activity leaders. On the back of the Club Information form we are asking for additional information, so leaders be sure to complete the back also. Please provide us with your e-mail address, by utilizing email we hope to get important information to all of you as quickly and timely as possible. Thanks for ALL you do!!!!!!

Get Ready... Get Set... Let's Go

Don't miss the first 2008 - 2009 4-H Leader meeting! August 18th, 7:30 PM at Twin Lakes Park.

4-H Staff will hand out leader packets (including Club Charters), enrollment forms, project lists, calendars, and 2009 Fair Rules Books to help start the year. Leader's meetings are held the 3rd Monday of every month. These meetings provide important training, share ideas, and stay informed.

Leaders, please remind your club President and County Council Delegate to attend the County Council Meetings!

Do YOU Have An Official 4-H Club?

Florida 4-H has established criteria for enrolling clubs as an "official 4-H Club". Official enrollment and receipt of a 4-H Club Charter gives the club the authority to use the 4-H name and emblem. Clubs must be chartered through a request to the 4-H Extension Office, meeting the minimum criteria and receiving written approval.

Criteria for 4-H clubs in Florida are as follows:

- The club has five members (from at least two families) with completed enrollments.
- The club is organized with youth officers.
- There are one or more appointed club volunteers, following application, screening and training.
- An initial meeting place is secured for at least several consecutive months.
- An official non-discriminatory club name is chosen.
- Club rules, which may be in the form of by-laws, are established.
- At least six or more regular meetings plus project meetings are scheduled.
- A written educational plan/calendar for the club program and activities is presented to the county 4-H office (a draft is okay).



Club Charter Application Forms should be completed by the Club Secretary and signed by the Club President, Club Leader and Extension Faculty. The request is then sent to the State 4-H Office. Individual clubs may have continuous use of their charter over many years, however, an Annual Request for Charter is required, **this form is due September 1 of the current 4-H year**. Forms to establish your club charter, or to renew your annual charter are available at the 4-H Office.

Health Headlines...



The 3 Elements of Exercise

1. Aerobic Exercise

Aerobic means "using oxygen." Aerobic exercise is any exercise that causes you to breathe harder and your heart to beat faster in order to supply your muscles with enough oxygen to cover the extra demand. Aerobics directly exercises your heart muscle, strengthening your cardiovascular system and improving your body's endurance. Aerobics lowers cholesterol and blood pressure, and burns calories for weight loss. Aerobics should include at least 20 minutes of exercise at least three times a week. Popular aerobic exercises include:

Brisk walking Running Swimming Aerobic dancing

2. Strength Training



Any exercise that forces your muscles to work against increasing amounts of resistance can be considered strength training. The most common methods of building muscle strength are lifting weights and using specially designed resistance machines. Push-ups are an example of a strength training exercise that requires no special equipment. Strength training increases the number of muscle fibers doing the work and improves the endurance of your muscles. It helps your muscles perform better at daily tasks. Increasing the size of your muscles also helps the body burn more calories when at rest, a benefit for those who want to manage their weight. Strength training also improves bone density and helps combat osteoporosis. Strength training should be done two or three times a week.

3. Stretching for Flexibility

Flexibility measures a muscle's ability to move over a wide range without stiffness or resistance. Flexible muscles are less likely to "tear" or strain. Stretches should be done slowly without bouncing and held for 10 to 20 seconds.

Don't Forget:

Warm Up/Cool Down

In addition to the three basic elements, every exercise session should include warm-up and cool-down periods. To prevent injury, warm up by starting out slowly for the first five minutes. Cool down for five to 10 minutes by gradually slowing down, walking around for a few minutes or doing

Now test your understanding.

Put the number of the fitness category next to each exercise. 1. Aerobic 2. Strength 3. Flexibility
Some may fit into more than one category.

- ___ 1. Cardiovascular conditioning
- ___ 2. Arm stretches
- ___ 3. Brisk walking
- ___ 4. Calf stretches
- ___ 5. Cross-country skiing
- ___ 6. Helps prevent injuries
- ___ 7. Helps prevent stiffness
- ___ 8. Important for back strength
- ___ 9. Improves joint mobility
- ___ 10. Increases bone density
- ___ 11. Increases your stamina
- ___ 12. Is good for your cholesterol count
- ___ 13. Makes your heart beat fast
- ___ 14. Makes your heart work more efficiently
- ___ 15. Push-ups
- ___ 16. Quadriceps stretch
- ___ 17. Rowing
- ___ 18. Running
- ___ 19. Shoulder roll
- ___ 20. Sit-ups
- ___ 21. Strengthens bones
- ___ 22. Strengthens muscles
- ___ 23. Swimming
- ___ 24. Weight lifting

Answers:
1. Aerobics: 1, 3, 5, 11, 12, 13, 14, 17, 18, 23
2. Strength: 6, 8, 10, 11, 15, 20, 21, 22, 24
3. Flexibility: 2, 4, 6, 7, 9, 16, 19

How well did you do?

Look Around... Are your friends, family, and co-workers taking good care of themselves? Research suggests that the positive health decisions of the people around you can influence your choices. The bad news, negative influences have an impact to!



4-H Making News...

**This article was published in the Pelican Press! Congratulations Sean Russell and the Green Team...
4-H kids: making a difference By Sean Russell**

This past year, members of Sarasota County's Green Team 4-H Club worked hard to embody the 4-H motto, "Making the Best, Better" through their environmental outreach community service initiative, the "Ambassadors for Stewardship" project. This project, which helped the environment in a number of ways, was partially funded by Chevron Texaco Corporation through the Florida 4-H Community Pride Grant Program.

The first part of the Green Team's project was the continued adoption of Turtle Beach through the Keep Sarasota County Beautiful Program. Using monies from the Community Pride Grant, club members purchased pick-up sticks to better clean the lagoon and mangrove areas of this waterfront park. As part of the adoption, club members participated in four beach cleanups at Turtle Beach during the 2007-2008 4-H year. Their efforts helped to keep the beach clean for people and all kinds of wildlife.

The second part of the project was a beautification project at Bee Ridge Park, where the Green Team holds its monthly 4-H meetings. This aspect of the project involved a planting and landscaping effort at key points at the park. Working with Sarasota County Parks and Recreation staff, Green Team 4-H members and their families painted park signs, mulched park grounds, picked up trash, and planted drought tolerant plants to help beautify the park. Club members also returned to the park to help water and care for the plants. Plants for this project were purchased with monies from the Community Pride Grant.

Although beach cleanups and beautification projects are extremely beneficial to the environment, members of the Green Team 4-H Club also feel that education is essential to helping people understand the importance of environmental stewardship. In order to reach out to the community with the message of helping the earth, club members put together illustrated environmental science talks and presented them to other 4-H groups and clubs, as well as classes at Sarasota County schools. These presentations, which have been delivered to over 250 people so far, became a key part of the "Ambassadors for Stewardship" project's educational outreach efforts.

The final part of the Green Team's project was also along the lines of education. Using money club members earned by working at the Sarasota County 4-H Foundation's Elephant Ear Booth during the Sarasota County Fair, the Green Team was able to sponsor two deserving families to attend a family program at Mote Marine Laboratory. This program was held on May 10, and was focused on manatees. The families sponsored to attend this program were able to participate in hands-on activities that taught them about manatee research and conservation.

The Green Team 4-H Club would like to thank Mote Marine Laboratory, who provided a discount rate for the sponsored families attending their program, as well as the Florida 4-H Community Pride Program, for helping make the "Ambassadors for Stewardship" project a success. Through this project, club members felt they not only actively helped out the environment, through their cleanups and beautification efforts, but also instilled in others the message of environmental stewardship and conservation.

New Country Critters 4-H Club Explores the

Shore On June 11th the County Critters 4-H Club explored the marine ecosystems at S. Lido Park and came face to face with a manatee in the wild. 4-H members were surprised to see a 300lb. manatee swim up to them and spend the next hour watching their group collect fish, crabs, sea urchins and shrimp. Wild dolphin were also seen in the distance chasing mullet for a snack. Club leaders are planning many more outdoor exploration events in the future. We welcome the County Critters in to our 4-H family!

Do you have a 4-H story to share?

We want to hear from you! Tell us about your adventures at Camp Cloverleaf, Horse Camp, Gator Camp, Dairy Camp, Dog shows, Horse shows, Legislature, Congress, Washington Focus or other activities you have attended.

Send your stories to:

sholland@scgov.net

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



News You Can Use

For two hundred years, the White House has stood as a symbol of the Presidency, the United States government, and the American people. Construction began when the first cornerstone was laid in October of 1792. Although President Washington oversaw the construction of the house, he never lived in it. It was not until 1800, when the White House was nearly completed, that its first residents, President John Adams and his wife, Abigail, moved in. Here are some interesting facts about our "White House";

*There are 132 rooms, 35 bathrooms, and 6 levels in the Residence. There are also 412 doors, 147 windows, 28 fireplaces, 8 staircases, and 3 elevators.

*At various times in history, the White House has been known as the "President's Palace," the "President's House," and the "Executive Mansion." President Theodore Roosevelt officially gave the White House its current name in 1901.

*Presidential Firsts while in office... President James Polk (1845-49) was the first President to have his photograph taken... President Theodore Roosevelt (1901-09) was not only the first President to ride in an automobile, but also the first President to travel outside the country when he visited Panama... President Franklin Roosevelt (1933-45) was the first President to ride in an airplane.

*With five full-time chefs, the White House kitchen is able to serve dinner to as many as 140 guests and hors d'oeuvres to more than 1,000.

*The White House requires 570 gallons of paint to cover its outside surface.

*For recreation, the White House has a variety of facilities available to its residents, including a tennis court, jogging track, swimming pool, movie theater, and bowling lane.

Make Your Plans NOW!



July 2008

- 4 Happy 4th of JULY!
- 9 Horse Committee Meeting
4H Fishing Tournament
- 10-12 4H State Horse Show
- 14-18 Southeast Dairy Retreat
- 21-25 State Congress
- 29-Aug 3 Regional 4-H Horse Show



Celebrate your independence!

August 2008

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

**Are you looking for us?
We have moved back to Twin Lakes Park!**

Happy Birthday to YOU...



Mary Apperson, Cheyenne Askins, Elizabeth Borst, Bethany Bridges, Erin Bumpus, Troy Burnett, Brett Butler, Paige Canevari, Amanda Capps, Amy Chamard, Haley Coles, Dalton Comer, Chris Denney, Taylor Eason, Meaghan Easton, Bailey Gilbert, Kelly Goff, Laura Gutsche, Victoria Hamrick, Hannah Herrig, Cody Jones, Audra King, Olivia Kurecki, Clay Linthicum, Madison Lutz, Jason Maness, Hannah McCumber, Elizabeth Montgomery, Jack Peters, Brittany Potts, Kelsey Powers, Faith Price, Hope Price, Alexandra Rodman, Katie Ross, Sean Russell, Leah Sailer, Payton Saladino, Trent Schlabach, Chelsey Schultz, Sabrina Sherrill, Katherine Stanek, Riley Wacha, Nanette White, and Caleb Winterbottom!

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To Make The Best Better



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