



HOT OFF THE PRESS

Charlotte County Extension Services - 25550 Harbor View Road, Suite 3 - Port Charlotte, Florida 33980-2503 - 941.764.4345

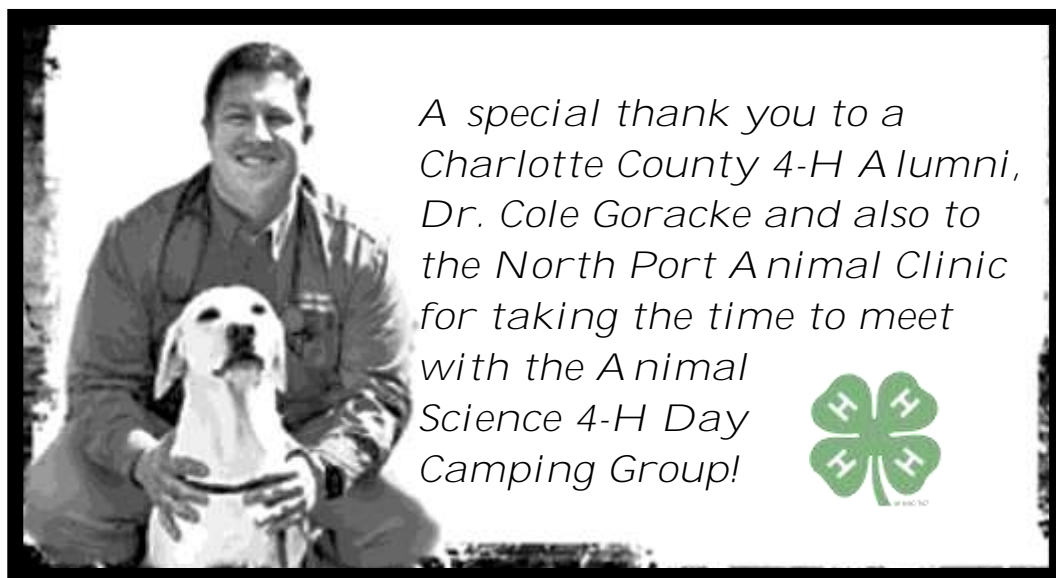
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*Charlotte County 4-H
Newsletter*



August 2015



A special thank you to a Charlotte County 4-H Alumni, Dr. Cole Goracke and also to the North Port Animal Clinic for taking the time to meet with the Animal Science 4-H Day Camping Group!



JOIN THE CLUB

Monthly Clubs:

Cloverbud Club

Ages 5-7, as of September 1, 2015

This club meets the 1st Monday of each month, 6pm at the Extension Office in Port Charlotte. Call (941) 764-4340 for more information.

Cows 'n Plows Swine 4-H Club

Ages 8-18, as of September 1, 2015

This club is for those showing a hog as their project. The club meets the 2nd Tuesday of each month, 6:30pm, at the Extension Office in Port Charlotte. For more information, call Nancy Lee at 941-637-0821 or Jackie Andrews at 941-628-6815.

Cows 'n Plows Beef 4-H Club

Ages 8-18, as of September 1, 2015

This club is for those showing a steer or heifer as their project. The club meets the 4th Tuesday of each month, 6:30pm, at the Extension Office in Port Charlotte. For more information, call Nancy Lee at 941-637-0821 or Jackie Andrews at 941-628-6815.

Four Paws & a Tail 4-H Dog Club

Ages 5-18, as of September 1, 2015 Project area includes dogs of all ages. For more information, contact Lucia Pink at 941-575-7535 or (863)-660-5969.

Fur 'n Feathers 4-H Club

Ages 5-18, as of September 1, 2015

This club meets the 1st Thursday of each month, 6:30pm, at the Extension Office in Port Charlotte. They raise small animals - rabbits, chickens, ducks, and cavies. For more information call (941) 764-4345

Just Kidding 4-H Goat Club

Ages 8-18, as of September 1, 2015

This club meets the 3rd Tuesday of each month, 6:30 pm, at the Extension Office. For information contact Shelley Jordan at shel.jordan67@gmail.com

Manes 'n Reins 4-H Horse Club

Ages 8-18, as of September 1, 2015

This club meets the 3rd Sunday of each month at 3:00pm. You will learn about horses, meet new friends, and have fun! For more information, email Allyn Shelatz at shelatz@comcast.net

Marine Ecology 4-H Club

Ages 8-18, as of September 1, 2015 Interested in learning about marine life and ecology? Then this club is for you! The club meets the 2nd Monday of each month, with field trips and competitions throughout the year. For more information, please call (941) 764-4345.

Teen Leadership 4-H Club

Ages 12-18, as of September 1, 2015

This club is for teens looking to be in a leadership position. Please contact Pam Phillippe at 941-764-4345

Special Interest Clubs

These meet intermittently throughout the year in the form of day camps, workshops, or clinics.

Contact Pamela Phillippe at (941) 764-4345.

Environmental Explorers

Ages 5-18, as of September 1, 2015

Sewing and Consumerism

Ages 11-18, as of September 1, 2015

Fun with Foods

Ages 5-18, as of September 1, 2015

Outdoor Adventure 4-H Club

Ages 8-18, as of September 1, 2015

Veterinarian Science

Ages 11-18, as of September 1, 2015

Charlotte Shutterbugs Photography Club

Ages 8-18, as of September 1, 2015

Rockin' Paper and Scissors Scrapbooking Club

Ages 5-18, as of September 1, 2015



4-H News:

Shirt Orders

\$10.00 per shirt. The shirt was designed by 4H-ers, CJ and Michelle Rambo!

BOB EVANS 4-H FUNDRAISER

August 26, 2015

These fundraisers help the 4-H Association with various financial assistance programs!

THE NEW 4-H YEAR DOES NOT BEGIN UNTIL AFTER SEPTEMBER 1, 2015!

Clubs do not start their monthly meetings of the 2015-2016 4-H year until after September 1, 2015!

Dear Future and Current 4-H members,

The Charlotte County 4-H Association has decided to increase member fees. The fee for county membership will now be \$16.00 (\$17.00 for horse). \$1.00 (\$2.00 for horse) will go towards the insurance fee and the rest will go towards one project book, one green binder, a 4-H t-shirt, a project pin and the Achievement dinner. Club dues will be in addition to the county membership fee. This change applies to all age groups and will remain this price for families with multiple children in 4-H. The Association believes that this change will greatly benefit ALL 4-H members!

Thank you for your kind cooperation.

Sincerely,

The Charlotte County 4-H Association

ATTENTION CLUB MEMBERS!

If you are planning on running for an officer position, please be prepared by October 1, 2015 by having your one minute presentation ready as to why you should be in that certain position. The presentations WILL take place at your October club meeting!

Cows N' Plows Members

This club will now be SPLIT into two different functioning clubs: **The Cows N' Plows SWINE Club** will be meeting on the second Tuesday of each month at **6:30pm**. **The Cows N' Plows BEEF club** will be meeting on the fourth Tuesday of each month at 6:30pm. This decision has been made in order to benefit those members who are raising both swine and beef for that year. Please contact the 4-H office with any questions.

October 4-10, 2015 National 4-H Week

All 4-H clubs should start coming up with ideas on promoting 4-H within our community.

RECORD BOOKS DUE

In order to be recognized during the Achievement Night Dinner, please have your 4-H Club Record Books turned in by August 7, 2015 by 5:00pm!

4-H Family Achievement Night

Please RSVP by August 14, 2015— see page 4.



*A dream doesn't become reality through magic.
It takes sweat, determination and hard work.*

-Colin Powell



4-H Family Achievement Night
“Who will you be....”

Come dressed up as your future profession!

August 27, 2015

6:30-8:00pm

25550 Harborview Road

Port Charlotte, FL 33980

*Come join us for a delicious taco dinner
while we present awards to our qualifying*

4-H'ers!

Please RSVP by August 14, 2015

If you plan on attending

(941)-764-4345 or

pam.phillippe@charlottecountyfl.gov

ana.cardwell@charlottecountyfl.gov





Noriko Iguchi will be making her way to Charlotte County, Florida from Japan as a LABO Tutor for Japanese exchange students. Noriko will be here from late July until late August, 2015. She will be attending 4-H University for a week during her stay. Noriko enjoys cooking and enjoys sampling different recipes. She also enjoys photography, shopping, studying, sports, singing, camping, and music. You may see her around the 4-H office or at 4-H University! Let's all make her feel welcome and make her trip to Charlotte County a memorable one!



Cinnamon Swirl Yogurt French Toast!



Ingredients:

- 16 ounces low-fat yogurt
- 4 tablespoons maple syrup
- 1 cup strawberries, chopped fresh
- 1 orange, peeled and chopped
- 2 whole medium eggs
- 4 egg whites
- 1 cup 1% low-fat milk
- 1/2 teaspoon cinnamon
- 8 slices cinnamon swirl bread

Nutrition Facts

Serving Size 1 slice (209g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 230mg	10%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 12g	
Vitamin A 4%	Vitamin C 40%
Calcium 15%	Iron 6%

Steps:

1. Mix low-fat yogurt, maple syrup, strawberries and orange into a small bowl. Refrigerate.
2. Preheat a non-stick pan over medium heat and lightly coat with non-stick cooking spray.
3. In a medium bowl, beat eggs, milk, and cinnamon together.
4. Dip each slice of bread into the egg mixture and coat thoroughly.
5. Place in non-stick pan and cook for about 2 minutes on each side, or until brown.
6. Top with yogurt, syrup, strawberries, and orange.

Idea: Use another fresh fruit in season such as grapes, blueberries, and peaches instead of strawberries and orange.

<http://fycs.ifas.ufl.edu/extension/hnfs/EFNEP/Recipes/Grains.html>

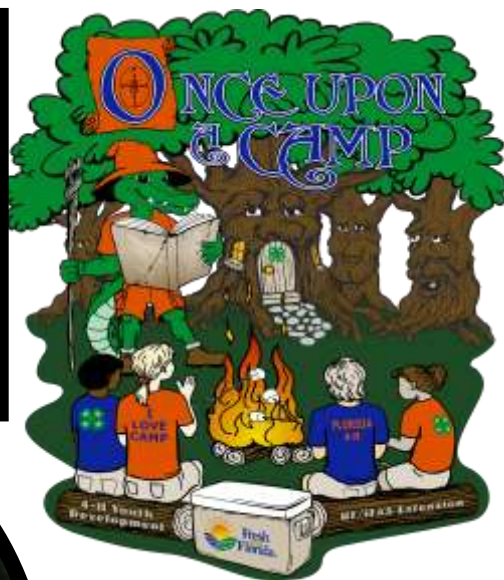


4-H Animal & Veterinary Science Camp



University of Florida senior animal science student, Katelyn Mulinix taught seven participants ages 9-15 about animal sciences in a week long day camp. The day camp was sponsored by the Charlotte County 4-H and was held at the Tringali Recreation center in Englewood, FL June 22-26th. Campers started out by building a strong foundation on Animal Science and learned about seven different species of production and companion animals. Topics covered included: general parts of the species, animal behavior, animal needs, nutrition, genetics, body systems and their importance to each animal and how they function with the rest of the body, as well as careers in animal sciences and agriculture. They took a trip to the UF/IFAS Range Cattle Research and Education Center located in Ona, FL for their annual youth field day. The campers had the opportunity to get their hands dirty and feel a ruminant digestive tract as well as, see what the roughage they consume looks like inside of the rumen, omasum, abomasum and reticulum. They finished out their week by visiting Toledo Blade Animal Clinic in North Port, where Charlotte County 4-H alumni Dr. Cole Goracke gave the group a tour of the animal clinic and answered any question's they had about his day-to-day agenda as a small animal veterinarian.





2015 Camp Cloverleaf was a blast! Hope to see everyone back next year!



**Bob Evans®
COMMUNITY
FUNDRAISER**

Dine to make a difference



**Charlotte
County 4H**

**August 26, 2015
6:00AM- 9:00PM**

Bob Evans will donate 15% of sales
when you present this flyer* to

Bob Evans®

**4080 Tamiami Trail in Port Charlotte
www.BobEvans.com/BEkind**

*Flyer must be presented at time of check out.

#200



August 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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2	3	4	5	6	7 <i>4-H Club Record Books Due</i>	8
9	10	11	12	13	14 <i>RSVP for Achievement Night</i>	15
16	17	18	19	20	21	22
23	24	25	26 <i>Bob Evans Fundraiser</i>	27 <i>4-H Achievement Night 6:30-8pm</i>	28	29
30	31					

CES = County Extension Service
SCRIP= South County Regional Park





4-H Youth Development

**UF/IFAS CHARLOTTE COUNTY
EXTENSION SERVICE**

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NEWSLETTER INFORMATION

If you have anything you'd like to include in future issues of Hot Off The Press (geared toward 4-H youth), please mail to the address listed above. You may also email us at ana.cardwell@charlottecountyfl.gov If your articles contain photos, please attach as a separate "jpeg" file in the email.

This is our main source of communication between the 4-H office, 4-H members, and 4-H leaders. Everyone is encouraged to utilize it to their advantage.



The Mission of UF/IFAS is to develop knowledge in agricultural, human and natural resources, and to make that knowledge accessible to sustain and enhance the quality of human life.

The enclosed material is provided as one of the many services relating to the educational programs offered by this agency. Our statewide network of faculty is prepared to provide current information on food, agriculture, marine and natural resource science, energy, nutrition, family and 4-H youth, and related fields. We will be happy to help you with additional information upon request.

All programs and related activities sponsored for, or assisted by, Charlotte County Extension Service are open to all persons regardless of race, color, age, sex, disability or national origin. Information from this publication is available in alternate formats. If you are a person with a disability and require auxiliary aids, services, or other accommodations for extension program offerings, please contact our office to discuss what accommodations are necessary.

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