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January 2015

The Rickard family participating in the Christmas parade on December 6, 2014!

Thank you to our wonderful 4-H families for putting together such an awesome 2014 Christmas parade float!

Charlotte County 4-H

The Institute of Food and Agricultural Sciences (IFAS) is an equal opportunity institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating.
Club Updates:

Manes N Reins Open Fun Show
January 4, 2015
Punta Gorda Horse Arena
6905 Florida Street Punta Gorda, FL 33950
Entry fees are $5.00 per class or $30.00 all you can show.
Questions: Please contact Allyn Shelatz at 941-456-1389 or shelatz@comcast.net

Charlotte County Fair 2014
January 30–February 8, 2015
Goat Show: 2/1–4:00pm
Hog Show: 1/31–6:00pm
Open Breed Show: 2/6–7:00pm
Steer Show: 1/30–7:00pm
Lamb Show: 1/30–6:00pm
Poultry Show: 1/31–12:30pm
Rabbit Show: 2/1–12:30pm
Small Animal Auction: 2/7–12:00pm
Large Animal Auction: 2/7–2:00pm

Shirt Orders
We will start taking shirt orders after the 1st of the year! $10.00 per shirt. The shirt was designed by 4H-ers, CJ and Michelle Rambo!

4-H/FFA Day
Saturday Feb. 7
Free Gate Admission
w/4-H/FFA Card, pin, shirt

Friendly ideas and reminders

Be courteous at all times! The only person who should be speaking during 4-H meetings is the club president OR the person recognized to speak by the club president (the person who has “the floor”). Although many meetings go well, other times there can be a “chatter” issue with members and parents during club meetings. When everyone cooperates, the president will not need to use the gavel as often and your meetings will run more efficiently, get done sooner and everyone will hear what is being discussed. Then you’ll have more time for the other two parts of your meeting education and recreation.

Club Game Idea: Mingle, Mingle, Mingle
Find someone with the following things in common with yourself and introduce yourself to each other and share one piece of information about the topic. The leaders would call out an item like—find someone who has the same color eyes. After they find a person and introduce themselves, go on to the next item. Same color socks, likes/doesn’t like pizza, squeezes toothpaste from middle or end, birthday same month, likes cars over trucks or trucks over cars, favorite subject in school, has siblings/no siblings, etc..

Always say thank you: This is geared more towards fair exhibitors; when you receive a ribbon or trophy always remember that nothing is free. We have amazing sponsors and supporters of 4-H that donate their time and money to our program. So the next time you see someone other than a 4-Her helping out around the barn or you see their name or company on that trophy you just won—send a thank you letter or simply say “thank you” because it is always appreciated.

Historian: It is your job to report and highlight the special events your club is either participating in or planning through meetings and monthly newsletters. Please keep everyone updated by sending information and pictures in to lana.cardwell@charlottefl.com or utilizing the clubs ‘facebook’ page.

*Have club updates and pictures that you would like to be published in the next issue? Please submit them to lana.cardwell@charlottefl.gov
The New Year is a great time to plan new goals, adventures, or to continue on with a routine that you have always done. This is a great time to sit down with family and/or friends and reflect on the year 2014. What could you have done better? What would you have liked to do in 2014? What do you want to continue to do in 2015 that you had done in 2014? Here are some ideas on where to start:

**Get Unplugged:** These days, we spend so much time with electronics for work and play. When was the last time you and your family spent a day “unplugged,” without watching any TV, checking any emails, or staying glued to your cell phones? Get a goal of spending at least one day a month (if not per week) without your gadgets, and instead, enjoy the outdoors or have a board game marathon! (FamilyEducation.com)

**Eat Well:** This is important for every day of the year. Yes, you can have a sweet treat every now and then—just pay attention to what you eat the most of. Is it healthy and fresh or processed and sugary?

**Exercise:** This is also a very important factor to maintain a healthy lifestyle. Make sure there is some sort of exercise that helps to get your heart rate up for an allotted amount of time. Take a walk around the neighborhood, go for a bike ride, walk to the mailbox and back a couple times, find stairs and challenge yourself with different workouts.

**Read:** How many books are sitting on a shelf that has never been opened? Start a book chart for the whole family and set a goal with a prize. Visit the local library and pick out a book weekly or bi-weekly. Also, another fun way to keep track of all of the books that have been read is to keep a review journal, so you can reflect back on which books you would recommend to friends!

**Do Chores:** Help out around the house as much as you can. Help your parents create a chore chart and a reward if everything is completed by the end of the month. By lending a helping hand, your family may have more time to spent together!

**Get More Sleep:** It is a fact that everyone needs at least eight hours of restful sleep at night in order to stay healthy and active. Make a routine that works for you and your family. Go to sleep at the same time every night and wake up at the same time every day.

**Live Green:** Living “green” is good for the planet, your family, and even your wallet; make sure you are recycling absolutely everything that you can. Try using reusable shopping bags and try organic foods in order to keep pesticides away from your plate!

[Link](http://life.familyeducation.com/slideshow/new-years/67775.html?page=10)
Frozen Yogurt Covered Blueberries!

Ingredients:
- 1 (6oz) Container of fresh Blueberries
- 1 (6oz) container nonfat blueberry Greek yogurt.

Directions:
1. Start by washing your blueberries and lining a small baking sheet with parchment or wax paper.
2. Using a toothpick, dip each blueberry into the Greek yogurt and swirl until the blueberry is nicely coated with yogurt. Place on baking sheet. Continue this until all blueberries are coated.
3. Place baking sheet into freezer, and let freeze for at least an hour.
4. After about an hour, your Frozen Yogurt Covered Blueberries can be placed in a plastic baggie and stored in the freezer. Take out what you need for snack time and enjoy!

Leader of the month: Ms. Shelly Jordan

Ms. Shelly has been a part of the 4-H family for many years; and now she is the Just Kidding Goat Club leader! You may also recognize Ms. Shelly from the fair– she is on the Fair Board Committee and does an amazing job at making your time at the fair memorable. Thank you Ms. Shelly!

Club Highlights

These 4-H-ers have been working very hard with their steers and heifers by traveling to different prospect shows. Keep it up guys!

Congratulations to Sierra Mulinix and Olivia Baker for winning the Reserve Grand Champion Commercial Heifer at the Heartland Classic!

Who needs snow to make a snowman? Cows N' Plows club members using team work at the Christmas party on December 9, 2014.
Cloverbud Club
Ages 5-7, as of September 1, 2014
This club meets the 1st Monday of each month, 6pm (September-May) at the Extension Office in Port Charlotte. Call (941) 764-4340 for more information.

Cows 'n Plows 4-H Club
Ages 8-18, as of September 1, 2014
Projects for this club include cattle, hogs, and sheep. 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.

Four Paws & a Tail 4-H Dog Club
Ages 5-18, as of September 1, 2014. 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, 2014
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 guinea pigs. For more information, call Michael Flowers at 941-575-7912

Just Kidding 4-H Goat Club
Ages 8-18, as of September 1, 2014
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, 2014
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 shelley4983@hotmail.com or shelatz@comcast.net

Marine Ecology 4-H Club
Ages 8-18, as of September 1, 2014
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. Contact Club Leader April Crane at 941-380-4073.

Rockin’ Paper and Scissors Scrapbooking Club
Ages 5-18, as of September 1, 2014
Contact Club Leader April Crane at 941-380-4073.

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

Environmental Explorers
Ages 5-18, as of September 1, 2014

Sewing and Consumerism
Ages 11-18, as of September 1, 2014

Fun with Foods
Ages 5-18, as of September 1, 2014

Teen Leadership 4-H Club
Ages 12-18, as of September 1, 2014

Outdoor Adventure 4-H Club
Ages 8-18, as of September 1, 2014

Veterinarian Science
Ages 11-18, as of September 1, 2014

Charlotte Shutterbugs Photography Club
Ages 8-18, as of September 1, 2014
Knock, Knock! Who’s there? Cows go Cows go who? No they don’t, cows—go moo!

If a rooster laid an egg on top of a barn which way would it roll?

How do chickens bake a cake?

Knock, Knock! Who’s there? Cows go Cows go who? No they don’t, cows—go moo!

What do you get from a pampered cow?

What kind of dog does Dracula have?

What kind of markets do dogs avoid?

What did the pony say when he had a sore throat?

When does the horse talk?

Why did the pig become an actor?

What kind of books did the rabbit like to read?

Because he was a ham. The ones with happy endings.

What did a Marx brother say to his wife?

The Marxes – I’m a little house; Why? Many wants loas.

A rooster don’t lay eggs; From Sarah, Spool that Milla; A Blood hound;

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Ways to Relax

Talk to a friend Use time wisely
Stretch Catch a butterfly (and release it) Jump rope
Make time for fun Smile at a stranger Dream Rent a canoe Give a hug Take action Volunteer Go with the flow Avoid complainers Blow a bubble Pet a dog/cat Plan ahead Send someone a card
Get enough sleep Daydream Sing Take a nap Walk a dog Ride a bike Go on a picnic Be positive Play air guitar Swim
Clean a junk drawer Write a poem Schedule a day off Hum a tune Eat well Take the scenic route Read a book Be a good listener Meditate Live in the moment
Laugh Watch a sunset Schedule fun Dance Cook a new recipe Accept change Go to the gym Take a vacation Smile at a stranger Get some fresh air Make a decision Practice forgiveness Yawn Rent a funny movie Color in a coloring book Keep a journal Play Walk in the rain Find a new hobby Go to the beach Make duplicate keys Take a bubble bath Garden Believe in yourself Visit a museum Learn to knit Make a to-do list Fly a kite Listen to the birds Tell a joke Have a positive attitude Plan a vacation Get organized Take a deep breath
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CES = County Extension Service
MPB = Mcguire Park Building
4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

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.

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