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4-H at school!
Charlotte County
4-H teamed up with Sallie Jones 3rd grade on April 7th and 8th! The 3rd graders learned the basics of sewing and created tissue bags for the local Nursing Homes!

May 2015

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Camp Cloverleaf 2015

Nestled on the banks of Lake Francis in Highlands County, its private facilities, open spaces and good fishing allow participants to play, learn, and work in a safe and enjoyable environment!

Counselors: Ages 16 and up by September 1, 2014
Jr Counselors: Ages 13 and up by September 1, 2014
Campers: Ages 8-11 by September 1, 2014

When: June 29- July 3, 2015
Costs: For Active 4-H members: $230
For Non-Active Campers: $250

Contact: Pam Phillippe at pam.phillippe@charlottecountyfl.gov

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"Resilience is all about being able to overcome the unexpected. The goal of resilience is to thrive." - James Block

Charlotte County 4-H Newsletter
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.

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

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

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

Camp Cloverleaf Teen Counselors – I haven’t been told yet how many cabins we will be allowed, so I’m not sure of how many teens I can take as Counselors and/or Counselors-in-Training (CIT). The requirements for Counselors are: 16 years old, pass a fingerprinting and background check, and attend all of the counselor trainings. We can take Counselors-In-Training (CIT) 14 – 15 years old. Only active 4-H members may apply for counselor or counselor-in-training positions. Please let me know as soon as possible if you are interested in applying. CITs pay half price for camp, and there is no charge for counselors.

Camp Cloverleaf – Mark your calendar! June 29th to July 3rd is Camp Cloverleaf! We will begin accepting applications March 2nd. We are going to have more counties camping with us this year, so the number we are allowed will be less than normal. Cost will remain at $250.00 for non-4-H members, and $230.00 for active 4-H members. Full payment will be due by June 1st.

Easy Black Bean and Cheese Quesadillas

Ingredients:
1 Tablespoon oil
½ small onion, diced
1 cup black beans, un-drained
¼ tsp seasoned salt
½ cup Monterey Jack Cheese, shredded
4 (8-inch) whole wheat tortillas.

Directions:
1. Heat heavy skillet over medium heat. Add oil and sauté' onion and seasoning salt until onion is tender.
2. Add beans and heat through, about 2-3 minutes.
3. Transfer mixture to clean bowl.
4. To make quesadilla, spray non-stick spray in a heavy skillet. Add one tortilla.
5. Spread with ½ cup bean mixture then ¼ cup cheese.
6. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to other side.
7. Brown for 1 to 2 minutes.
8. Remove to cutting board or plate. Cut into wedges and serve.

Makes four servings. Each serving contains 268 calories, 12 g fat, 30 g carbohydrate, 9 g fiber and 670 mg sodium.

http://food.unl.edu/easy-black-beans-and-cheese-quesadillas
Butterfly gardens are very important to have in the sunshine state! Unfortunately, butterflies have lost their habitat due to urbanization. This summer is a great opportunity to start your very own butterfly garden so that we may conserve these beautiful creatures!

To start, find a place that gets most of the sun throughout the day. Although full sun is desirable for the garden, butterflies will benefit from having a windbreak nearby for those days with gusty winds. The same windbreak can provide shade on those very hot days in Florida. If the windbreak includes shrubs, the butterflies may also use the plants as a roosting area at night which means they will not go far! In order to keep plants happy and alive, make sure you test your soil. Also, when choosing a spot for your garden – make sure you have water close by so that you may water your garden!

Make sure that your garden has both host plants and nectar plants. Host plants are those where the adult butterfly lays her eggs and the caterpillar will feed. Several good host plants include milkweed, passionvine, cassia, wild lime, and pawpaw. Nectar plants will provide the food for the adult butterflies. Several good nectar plants include zinnas, goldenrod, butterfly bush, plumbago, verbena, firebush, pentas and porterweed.

Also, add an artificial puddle; to keep your puddles from becoming a source of mosquitoes, bury a shallow potted plant saucer to its rim in an area receiving full sun in the butterfly garden. Fill the saucer with coarse pine bark or stones and fill to overflowing with water. The butterflies are able to drink from the cracks between the pine bark pieces or the stones while the mosquito larvae have a difficult time becoming established. Occasionally adding a small piece of over-ripe fruit, or a tablespoonful of composted cow manure or leaf compost to the puddle will provide the salts and amino acids that the butterflies need.

To keep the plants in your butterfly garden productive, scatter a slow release fertilizer two to three times during the summer. Do not over fertilize.

http://santarosa.ifas.ufl.edu/documents/fg_butterflygardening.pdf
Congratulations to those Manes N’ Reins 4-H club members that qualified for State Competition!!

Lara Shelatz
Maegen Baird
Christopher Jen

Thank you Teen Leaders and 4-H Leaders/ Volunteers for all of your help!
On April 2nd and 3rd, Charlotte County 4-H hosted an Introduction to Stop-Motion Animation.

This type of animation was used in movies like The Nightmare Before Christmas, Paranorman, Chicken Run, Frankenweenie and recently The Boxtrolls.
### May 2015

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<td><strong>Goat Club</strong> 6:30pm (CES)</td>
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CES = County Extension Service  
SCRP = South County Regional Park
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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