



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*



September 2015

Citizenship Washington Focus is a 4-H leadership program for high school youth. Delegations from across the country attend this 6 day program at the National 4-H Youth Conference Center, located just outside Washington, D.C. The program is aimed at enriching young people's lives by broadening their appreciation and respect for themselves and others in the world. Participants attend workshops, committees, field trips and social events, giving them hands-on opportunities to learn and grow. Participants learn and practice skills that will make them better citizens and more successful individuals.



Who: Those entering either Sophomore or Junior year in High School.

When: July 9-16, 2015

If interested, contact the 4-H office by **September 8th!** at 941-764-4349 or lane.cardwell@charlottecountyfl.gov to set up an interview.

Requirements upon Interview with the 4-H Association:

1. First page of your portfolio filled out.
2. A narrative as to why you should be chosen to attend this trip.
3. Must be a member of the Teen Leadership club 2015-2016 year!

THERE ARE ONLY TWO SPOTS AVAILABLE!

If chosen you will be required to:

1. Attend 4-H Legislature in Tallahassee June 20-24, 2015
2. Present three follow up presentations.
3. Complete Portfolio
4. Submit a \$300 Deposit.

For more information:
<http://florida4h.org/events/files/cwf/CWF-One-Page-Flyer.pdf>





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 cavyes. For more information call (941) 764-4345

Just Kidding 4-H Goat and Lamb Club

Ages 8-18, as of September 1, 2015

This club meets the 3rd Wednesday 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! Must have access to a horse to join. 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:

Club Leadership - Looking for Leaders!

We are looking for leadership assistance in several of our clubs. We need to find other parents, grandparents, community leaders that will assist in leading the clubs. The following clubs are in need of additional leadership help: Cloverbud, Marine, Fur & Feathers, and Manes & Reins. Please contact the Extension Office if you, or someone you know is willing to help!

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.

Charlotte County 4-H Field Day

September 27, 2015 1-4:00pm

This will take place at McGuire Park: 21125 McGuire Avenue, Port Charlotte, FL. We encourage all club members and leaders to participate. We also encourage leaders to have a booth representation of what that particular club offers. WE NEED YOUR HELP.

Manes N' Reins Horse Show

September 13, 2015 starting at 10:00am

Location: Punta Gorda Horse Arena



Chris Jen and Lara Shelatz at the 4-H Florida State Horse Show June 2015.





Hurricanes have the power to cause widespread devastation, and can affect both coastal and inland areas. *How to Prepare for a Hurricane* explains how to protect yourself and your property, and details the steps to take now so that you can act quickly at a time when every second counts.



Emergency Response Kit

1. Water, one gallon of water per person per day for at least seven days, for drinking and sanitation
2. Food, at least a seven-day supply of non-perishable food
3. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
4. Flashlight and extra batteries
5. First aid kit
6. Whistle to signal for help
7. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
8. Moist towelettes, garbage bags and plastic ties for personal sanitation
9. Wrench or pliers to turn off utilities
10. Manual can opener for food
11. Local maps
12. Cell phone with chargers, inverter or solar charger
13. Pet Supplies (if needed)

http://www.fema.gov/media-library-data/1409003345844-0e142725ea3984938c8c6748dd1598cbHow_To_Prepate_Guide_Hurricane.pdf



Chelsey
Rodgers

How long and what years were you involved in 4-H?

I joined 4-H when I was six years old – this was before the 8 year old rule. My first project was a heifer named April and I cried the entire time in the show arena. The next year I showed another heifer and thankfully showed some improvement in the show arena. When I was nine, I joined Cows and Plows and raised my first hog. The next nine years I was an active member of the Cows and Plows club. Throughout my 12 years in 4-H I showed roughly 10 heifers, 9 hogs and a steer my senior year.

Other than clubs, what other Charlotte County 4-H activities were you involved in?

In 2004, I attended 4-H University, at the University of Florida. There I learned a lot of the different aspects to agriculture, possible career opportunities I could have and meet a lot of wonderful people throughout the State. In 2005, I had the privilege to travel to Montana with 4-H Exchange Program. It was one of the greatest experiences of my life. I moved cows up the side of a mountain, learned about ranching in the snow and still to this day cannot believe how big the sky is in "Big Sky Country". I would have never been able to experience that in my life without 4-H.

What are you doing now?

In 2012, I graduated from Florida Gulf Coast University with a bachelor's degree in Accounting. Today I live in Port Charlotte with my Husband and our little boy, Braxton. I work for the City of Punta Gorda as a Purchasing Agent. When I am not at work, I am checking on cows my Husband and I own. Our herd consists of some of the heifers I showed in my 12 years with 4-H.



What did you have to accomplish in order to get where you are today?

Through 4-H I learned responsibility, time management, budgeting, risk and commitment. With these characteristics I have been able to attend college, graduate with a bachelor's degree, get married, land a great job, travel and become the person I am today.

If you could sum up your 4-H experience in one word, what would it be?

frabjous – adjective - wonderful, superb

Did 4-H play a role in the person you are today? If so, how?

4-H helped shape me into the person I am today. Through 4-H I gained life time friends. Through 4-H I became passionate about the world of agriculture. Through 4-H I acquired the skills to become a leader and the desire to help others. Through 4-H I was able to expand my knowledge of the world. Through 4-H I learned life lessons, things that cannot be taught but only learned through experience.



Apple Baked Oatmeal

Ingredients:

- 1 1/2 cups low-fat milk
- 1/2 cup brown sugar
- 1 egg white
- 1 tablespoon margarine, melted
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 cups old fashioned rolled oats
- 1 tablespoon whole wheat flour
- 1 teaspoon baking powder
- 2 large apples, chopped



Nutrition Facts

Amount Per Serving	
Serving Size 1 square (139g)	
Servings Per Container 9	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 6%

Steps:

1. Preheat oven to 350°F.
2. In a small mixing bowl, combine milk, brown sugar, egg white, margarine, cinnamon, and nutmeg.
3. In a larger mixing bowl, combine oats, flour, and baking powder.
4. Pour the wet mixture from the small bowl into the large bowl, add apples and mix well.
5. Spoon the oatmeal mixture into an 8" X 8" pan, coated with non-stick cooking spray.
6. Bake for 30 to 40 minutes, until top is firm and a toothpick inserted near the center comes out clean.
7. Let it cool, and then cut into 9 squares before serving.

Idea: Use soy milk instead of 1% low-fat milk and use 1/2 cup egg instead of 1 egg white.

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



Charlotte County

4-H Field Day

Sunday, September 27, 2015

"Come join us for some 4-H fun! You will have the chance to learn about ALL 4-H clubs that Charlotte County offers"

McGuire Park

21125 McGuire Avenue,

Port Charlotte, FL

1:00-4:00pm

There will also be a
hot dog fundraiser!



September 2015



Sun Mon Tue Wed Thu Fri Sat

		1	2	3 Fur N' Feathers 6:30pm CES	4	5
6	7 Labor Day	8 Swine 6:30pm CES	9	10	11	12
13 HORSE SHOW 10:00am	14 Cloverbud 6:00pm CES Marine Ecology 6:30pm CES	15	16 Goat/ Lamb 6:30pm CES	17 Teen Leadership 6:30pm CES	18	19
20	21	22 Beef 6:30pm CES	23	24	25	26
27 4-H Field Day 1-4:00pm MPB	28 Outdoor Adventure 6:30pm CES	29	30			

CES = County Extension Service
MPB= McGuire Park Building





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 lana.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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