



HOT OFF THE PRESS

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*Charlotte County 4-H
Newsletter*



June 2015

*Cloverbud 4-H
Club members
showing off
their projects
and friendships!*



Congratulations to Kayla and Lauren Bell for receiving Blue Awards at District Events on May 2, 2015 for their demonstrations! Good luck on competing at the state level!



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 15th.

4-H Fundraiser at Culvers

June 11, 2015 4:00pm-8:00pm
Come out and support 4-H on this day and enjoy a Culvers meal at the same time!

Ona Field Day

June 25, 2015 9:00am-3:00pm
Please register by June 4th- \$8.00 per person
<http://www.eventbrite.com/e/8th-annual-youth-field-day-registration-16236817759>

Animal Science 4-H Camp
Intermediate and Senior 4-H ages
June 22-26, 2015

Banana Split Drink

Ingredients:

2 bananas, sliced
1 can (8 oz.) crushed pineapple, drained
2 cups fat free milk
1 cup strawberries
2 tablespoons honey
2 cups ice
4 maraschinos cherries for garnish



Directions:

Combine all ingredients in blender and blend until smooth. Serve immediately.

Nutrition Facts: Four Servings. Amount per serving size of 1/4 of recipe: Calories: 190; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 75 mg; Total Carbohydrate: 43 g; Dietary Fiber: 3 g; Sugars: 36 g; Protein: 6 g; Vitamin A: 6% DV; Vitamin C: 60% DV; Calcium: 15% DV; Iron: 4% DV (DV = Daily Value, based on a 2,000 calorie diet)

Leader of the Month: Mrs. Mickie Dunn

Ms. Mickie has been a tremendous help to the Cows N' Plows 4-H Club for many years. Ms. Mickie is also at the fair every year supporting and helping all exhibitors! Thank you Ms. Mickie for all of your hard work and dedication!



QUESTIONS:

1. Milk is America's number one food source for which three key nutrients?
2. On average, how many servings of dairy are Americans consuming per day?
3. What percentage of dairy farms in the United States are family-owned?
4. How many states in the U.S. are home to dairy farms?
5. How many major breeds of dairy cattle are there?
6. How many nutrients are in milk?
7. How far away does a cow's sense of smell reach?
8. How many hours a day do most cows spend chewing their cud?
9. How many spots are identical on the average dairy cow?
10. Which nutrient in milk cleanses your taste buds?



<http://food.unl.edu/fnh/june#dairy>

ANSWERS

1. Milk is America's number one food source for calcium, potassium and vitamin D.
2. On average, Americans are currently consuming about two dairy servings per day. Adding just one more serving of dairy can help fill some of the average American's nutrient gaps.
3. 99 percent of U.S. dairy farms are family-owned.
4. All 50 states in the U.S. have dairy farms. In those 50 states, there are more than 53,000 dairy farms!
5. Black and white Holsteins are the most popular breed of dairy cattle. Some Holsteins are called Red and White. Other recognized dairy breeds in the U.S. include Jersey, Brown Swiss, Guernsey, Ayrshire, Milking Shorthorn and Holstein.
6. There are nine key nutrients in milk, including calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin.
7. Cows have an acute sense of smell, and can smell something up to six miles away.
8. Most cows chew at least 50 times per minute, and spend 10 hours a day chewing their cud in order to aid in digestion.
9. Every cow spot is like a snowflake; no two are the same.
10. Milk is good for cooling your mouth because a protein in milk called casein cleanses the taste buds.



A day in the Life...

Of a Dairy Farmer

5am. I wake up to the radio alarm blaring. I get up carefully so as to not wake up the snoring body next to me. I pull on yesterday's clothes and go to the kitchen and make a cup of coffee. I watch early morning repeats on the TV as I rug up for a cold winter's morning in water-proofs and gumboots.

5:15am. I let the dogs off their leads and start the motorbikes. The dogs bark excitedly as they look forward to a hard day's work. I tell them to be quiet so they don't wake the rest of the sleeping household. I drive the four-wheeler to the paddock where the cows have spent the night. "The Girls" are already standing waiting to go into the milking shed. I follow them on the bike as they trickle out of the paddock and into the shed. Along the way I set up a few gates.

5:30am. Our farmhand has already got things started. As we have a herringbone dairy, the first side have their cups on and are being milked. While the cows are being milked we make sure everything is running smoothly. Our peaked hats block the view of what's happening above us, and so occasionally as we attach the cups to the udder a cow will poo on us. This is known as being "christened". The feeling of warmth on a cold winter's morning can be comforting until you remember what has just 'hit' you. Fortunately this doesn't excite a seasoned farmer. Luckily there's not much hair left on my head and I can just flick the manure off – everyone else has to wash it out. It's probably all the exposure to recycled grass that keeps dairy farmers looking so young.

7:30am. The last few cows come through and the clean-up begins. We use a large and very powerful hose to clean out all the mess the cows have made. If it is calving time we collect the colostrum and feed it to the baby calves. We pour the colostrum into buckets with hoses and teats on them so it is just like drinking from the mother's teats. The calves think everyone's teats taste better than their own so they continually head butt each other out of the way.

9am. Time to head home and get changed. It's my breakfast time. What better way to enjoy my cereal than with the fresh taste of Betta Milk?

10am. After I've finished breakfast it's time to feed the cows. If there's not much grass about we give the cows silage – their favorite. Giving cows silage is like you eating your favorite food. After feeding I fix fences and machinery. I move the not-yet-milking cattle to another paddock.

1:30pm. Time for lunch.

2:30pm. My wife laughs at me from across the kitchen. She says I've been asleep. I insist that I wasn't asleep, but just closing my eyes for a moment. When you get up as early as I do, there's nothing wrong with a little nap.

2:45pm. I go back to whatever I didn't finish before lunch. There are plenty of things to do on the farm. No two days are the same – always a new problem to solve.

3:30pm. I go to pick the kids up from the school bus.

4pm. It's time to milk the cows again. I head down to the paddock on the bike and the cows are waiting for me. After herding them in we start milking again. Luckily this time no fresh manure lands on my head. After we've milked, we clean out the dairy ready for the morning milking.

7pm. I head home for a shower after a long day. It's time for dinner and a bit of television to relax.

9:30 – 10pm. If it's calving season I check on the cows to make sure that everything is OK.

10:30pm. Time for bed. (I have to get up early in the morning!)

1:30 – 2am. During calving season I get up again to check that the cows and their new babies are OK.





Culver's 4-H Fundraiser

June 11, 2015

4:00-8:00pm

10% of sales will be donated to Charlotte County 4-H

385 Kings Hwy, Port Charlotte, FL 33983

941-627-2600

Come and support your local 4-H Club for
Dairy Month and meet current 4-H'ers!



June 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Cloverbuds 6:30pm (CES)	2	3 National Egg Day! 	4 National Cheese Day 	5	6
7 National Chocolate Ice Cream Day! 	8	9	10 National Herbs and Spices Day! 	11 Culvers 4-H Fundraiser 4-8pm	12	13
14	15	16	17 4-H Association 6:30pm (CES)	18 Goat Club 6:30pm (CES)	19	20
21  HAPPY FATHER'S DAY	Animal Science 4-H Camp					27
28	29	30				
	Camp Cloverleaf Week 					

CES = County Extension Service
SCRP= South County Regional Park





4-H Youth Development

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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.

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