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November 2015

Charlotte County 4-H Newsletter

Four Paws and a Tail 4-H Club members at the 4-H Fun Dog Show in Polk County.

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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 Jackie Andrews at 941-628-6815.

**Just Kiddin' 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 Shelly 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 email Buddy Harrison at cdrbee@gmail.com.

**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 12-18, 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, Fur & Feathers, and Manes & Reins. Please contact the Extension Office if you, or someone you know is willing to help!

Culvers Fundraiser:
November 16, 2015 from 4:00-8:00pm, 4-H and Culvers are teaming up for a fundraiser for Charlotte County 4-H! We will need members to come and help serve food! Please call the office if you can help: 941-764-4349.

Spaghetti Lunch Fundraiser
Saturday, November 21, 9:00-2:00pm
The 50 Star 4-H Club is hosting a Spaghetti lunch and bake sale for $5.00 at the Charlotte County Extension Office.

Mandatory Officer Training
Thursday, November 12, 6:00-8:00 pm at the Extension Office. PLEASE call the office at (941) 764-4345 or (942) 764-4349 by November 10th to confirm your attendance!

Manes N’ Reins 4-H Club Horse Show
November 29th 9:00am, located at the Punta Gorda Horse Arena- Carmalita Athletic Park 6905 Florida Street Punta Gorda, FL 33982

Club Leader Meeting
November 17th from 6:30-8:00pm
Charlotte County Extension Office

Tasty Tots
What you need:
1½ pounds sweet potatoes
½ cup chickpeas (also called garbanzo beans), undrained
2 tablespoons vegetable oil
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon onion powder
½ teaspoon cinnamon
Cooking spray

Equipment and supplies:
Measuring cups/ spoons
Knife
Food processor
Large bowl
Sheet pans
Oven/ stove

What to do:
Preheat oven to 400°F.
Steam or boil sweet potatoes until barely tender, approximately 15 minutes. Let cool.
Peel cooled potatoes. Shred them using a grater or food processor.
Puree chickpeas, including liquid, until smooth.
Combine shredded sweet potatoes and chickpeas in a large bowl.
Add oil, salt, pepper, onion powder, and cinnamon. Mix well.
Spray sheet pans with cooking spray.
Scoop heaping tablespoons of the mixture and place 1 inch apart on prepared sheet pans.
Bake in oven for approximately 10-12 minutes, until starting to brown.

http://kidshealth.org/kid/recipes/vegetarian/tots.html#cat20241
**Culver’s 4-H Fundraiser**

November 16, 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

We will need 4-H Members to volunteer for this event! Please call 941-764-4349 to reserve your spot to volunteer!
How long and what years were you involved in 4-H?
I became involved in 4-H at the age of 9 and continued to be an active member until I graduated High school at 18. 1999-2009

What clubs were you involved in?
I was involved in Cows-N-Plows. I participated in activities such as the annual the Christmas parade, thanksgiving community meal, A g in the classroom and traveled around south Florida showing cattle at prospects shows, regional fairs and the Charlotte County Fair.

What are you doing now?
I am currently a senior at the University of Florida completing my bachelors degree in animal sciences with an emphasis on beef cattle. I am involved in numerous animal science clubs including: UF Block & Bridle, Gator Collegiate Cattlewomen’s, and UF Dairy Science club. I currently hold the Vice President position for the Dairy science club and am co-coaching a show team for Block&Bridle’s little international show that allows new members to become familiar with a new species. Along with leadership roles, I participate in community events such as Dairy Daze where elementary school children visit the university farm to learn where their milk comes from and what it's like to be a dairy cow in the herd. I also work with a group of animal science student’s to answer any question or talk about where your beef comes from and promote healthy lifestyles without cutting beef out of your diet by choosing lean cuts in an annual event called. "What's your Beef?"

What did you have to accomplish in order to get where you are today?
Hard work and determination can be thanked for where I am today. Not only did these two attributes play off while I was in high school and community college. They have been a main driver through my undergraduate career at the University of Florida. Although I went through the normal change in college major, I was still determined to work hard towards my degree. With the change in major came a change in career path. I have known that I wanted to make an impact in young individuals lives, but was not sure how I would go about that. That was until completing a summer internship at the Charlotte County Extension office with the 4-H youth development agent Pamela Phillippe. Completing an 8 week internship opened my eyes to the joys of working with a kids throughout the county and helping them develop life skills that will follow them throughout life as well as educating them about agriculture.

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

Did 4-H play a role in the person you are today? If so, how
4-H has played a large role in the person I am today. It helped shape me into the responsible person by holding officer positions and taking on numerous breed and market animal projects throughout the years. Not only has 4-H helped build a solid foundation, but through the internship it has opened my eyes to an exciting future.
4-H Camps—Why are they important?

According to Dr. Peter Scales- A noted educator, author, and psychologist, "Camp is one of the few institutions where young people can experience and satisfy their need for physical activity, creative expression and true participation in a community environment. Most schools don't satisfy all these needs." (acacamps.org). What Dr. Scales is trying to say in other words is camp is AWESOME!

Camps give youth an opportunity to relate to professional adult leaders and counselors through a structured environment, children interact with these positive role models who listen, talk, relax, and reflect on the youths interests and concerns. Youth that attend such camps learn the importance of creativity, teamwork, having confidence, as well as, making positive choices (acacamps.org). By being in such a diverse atmosphere, youth will learn the importance of social adjustments to new and different people as well as their new surroundings; by being in such a positive atmosphere, they are not being influenced by negative peers or by a neighborhood that is not healthy to develop in (acacamps.org).

According to an expert who works with camp planning, Bruce Muchnick, "Each summer at camp a unique setting is created, a community is constructed that allows participants to get in touch with a sense of life that is larger than one's self. The camp community seeks to satisfy children's basic need for connectedness, affiliation, belonging, acceptance, safety, and feelings of acceptance and appreciation." (acacamps.org).

Camping is such a unique experience that every child must experience within their adolescent years. According to another expert, Michael Brandwein, "The traditions and customs of each different camp are like a secret code that allows those who know it to feel embraced by something unique and special." (acacamps.org). I highly encourage parents to start researching camps for the upcoming summer. Of course, we are going to encourage you to attend 4-H camp for many different wonderful reasons; one being, we are one big family!

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<td>Outdoor Adventure 4-H Club Day 9-3pm</td>
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CES = County Extension Service  
MPB= McGuire Park Building  
SCP= South County Park  
PGHA=Punta Gorda Horse Arena
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.

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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