



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*



November 2015



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





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 covies. For more information call Jackie Andrews at 941-628-6815.

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 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
- ¾ 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.



Nutrition Facts	
Serving Size 1/6 Recipe	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 4g	
Vitamin A 500%	Vitamin C 45%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

<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!**



Present this voucher when ordering inside or drive-thru on **November 16 from 4 - 8 pm** and 10 % of your total will be donated to:

CHARLOTTE COUNTY 4-H

LET'S DO SOME GOOD

Culver's Cares

ORDER TOTAL:
\$.
(CASHIER TO COMPLETE)




Culver's of Port Charlotte
385 Kings Hwy
Port Charlotte, FL 33983
Phone: 941-627-2600

Culver's BUTTERHUNGERS FROZEN CUSTARD *Culver's* *Culver's* BUTTERHUNGERS FROZEN CUSTARD *Culver's* *Culver's* BUTTERHUNGERS FROZEN CUSTARD *Culver's* *Culver's* BUTTERHUNGERS FROZEN CUSTARD *Culver's*





Katelyn Mulinix

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, Ag 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.





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

4-H Camps— Why are they important?



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!

"Benefits of Camp: Psychological Aspects." American Camp Association. American Camping Association, 2014. Web. 19 Oct. 2014.



November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Cloverbud Meeting</i> 6:00pm CES	3	4	5 <i>Fur N' Feathers</i> 6:30pm CES	6	7
8	9 <i>Marine Ecology</i> 6:30pm CES	10 <i>Swine</i> 6:30pm CES	11	12	13	14
15	16 <i>Culvers Fundraiser</i> 4-8pm	17 <i>Club Leader Meeting</i> 6:30pm CES	18 <i>Dog Club</i> 6:30pm CES <i>Lambs and Goats</i> 6:30pm CES	19 <i>Teen Leadership</i> 6:30pm CES	20	21 <i>50 Stars Club Spaghetti Fundraiser</i> 9-2pm
22	23 <i>Outdoor Adventure</i> 4-H Club Day 9-3pm	24 <i>Beef</i> 6:30pm Baker Barn	25	26 	27	28
29 <i>4-H Horse Show</i> 9:00am PGHA	30					

CES = County Extension Service
MPB= McGuire Park Building
SCP= South County Park
PGHA=Punta Gorda Horse Arena





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.



Punta Gorda,
FL

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POSTAGE PAID PERMIT NO.

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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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