Meet the New 4-H Agent

As people venture out into the world, they are oftentimes heard saying that they will never come back home. As of June 1st, I have done just that – returned home. Charlotte County 4-H was my home growing up as a child and I am very excited to be back involved with Charlotte County 4-H in a new role. My name is Kristie Popa, and I am excited to be the new Charlotte County 4-H Agent. I grew up in Punta Gorda and was very involved in 4-H clubs and activities throughout my childhood. I graduated from Charlotte High School in 2006 and I received my Bachelor’s degree in Elementary Education from Florida Gulf Coast University in 2010. I proceeded to teach 4th grade at Nocatee Elementary school and after 1 year, I was offered the job as the 4-H Extension Agent in DeSoto County. I have spent the past 7 years working with the adults and youth in DeSoto County, providing them with hands on learning programs related to science, engineering, technology and math as well as agriculture and much more. During my time in DeSoto County, I received my Master’s Degree in Agricultural Education and Communication at the University of Florida. I am excited to now be able to share my knowledge with the youth and adults in Charlotte County as we work to bring new opportunities to the youth in the program as well as to promote our clubs and activities to youth who may not know about 4-H. As I look forward to this new adventure with all of you, I am reminded that determined people working together can do anything. I am truly eager to work together with each of you in Charlotte County to make a difference and continue to grow the Charlotte County 4-H program.

4-H Camp Cloverleaf

Hurry before it’s too late! Charlotte County 4-H will be participating in residential camp at Camp Cloverleaf in Lake Placid June 18th – 22nd. The cost for this week of camp has been lowered to $275.00 and will include all food, snacks, lodging and a t-shirt. We are looking forward to a week full of kayaking, archery, swimming, arts & crafts, cooking, fishing and much more! Do you want a chance to make new friends and new memories this summer? Contact the 4-H Office today for additional information.
National Dairy Month

What is your favorite flavor of ice cream? Chocolate, vanilla, strawberry, rocky road? I’m sure that everyone has their favorite flavor, but do you know where that ice cream comes from? June is National Dairy Month – the month we celebrate those who have played a part in creating that delicious ice cream and other dairy products. Not only do dairy products help us grow strong and healthy, but they allow us to enjoy some delicious treats. Dairy farmers and dairy cows are integral in the production of dairy products as they work day and night to produce enough milk for the world’s daily consumption. In addition, the men and women who work to process and manufacture the dairy products as well as retailers and foodservice operators work hard to bring fresh products to us the consumers. Not only does it taste good, milk contains 9 essential nutrients important to your health. So, during National Dairy Month, do your best to celebrate by drinking a nice cold glass of milk!

Tips for Starting Your Livestock Project

Can you believe that we are already into the month of June? For those of you who plan to raise show a steer at the fair this year, you may already have your calf or plan to get it in the near future. As you begin your project, keep some of these helpful hints in mind in order to have a better likelihood of completing your project successfully.

* Currently, a market steer that is 14-18 months old and weighs between 1,250 and 1,350 pounds is considered the ideal market steer.

* When determining how much your calf should eat in order to gain the appropriate amount of weight, take into consideration that beef cattle convert approximately 6 pounds of feed into 1 pound of gain. The protein in your steer’s feed should be between 10.5 and 12 percent to promote optimal growth.

* Be consistent in your schedule. Inconsistent feeding/watering or sudden feed changes cause stomach distress and cause reduced weight gain. Choose a specific time in the morning and a specific time at night when you will feed each day and stick to the plan.

* Weather matters. Exposure to the elements will cause feed intake and weight gain to decline. When it is hot outside, make sure to provide your calf with shade, fans and/or sprinklers to help keep them cool.

<table>
<thead>
<tr>
<th>Steer Weight</th>
<th>% of body weight eaten per day</th>
<th>Approximate feed amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>500</td>
<td>3%</td>
<td>12 lbs. grain 3 lbs. hay</td>
</tr>
<tr>
<td>800</td>
<td>3%</td>
<td>20 lbs. grain 4 lbs. hay</td>
</tr>
<tr>
<td>1100</td>
<td>2.5%</td>
<td>24 lbs. grain 4 lbs. hay</td>
</tr>
</tbody>
</table>

(Continued on page 3)
* Deworm your steer on a regular basis. Stomach worms cause irritation and inflammation in the stomach and intestinal linings which reduces the steer’s ability to absorb nutrients. The use of a dewormer will help to alleviate this problem, but be sure to pay close attention to the withdrawal times on the dewormer you choose.

* Water is the most important nutrient. Think about the water you like to drink. Is it clean or dirty? Cool or hot? Cattle should have free access to good quality water. Limited availability of water reduces animal performance and can reduce feed consumption and weight gain.

Information derived from Utah State University Tips for Beginning a Livestock Project: Market Steers

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Everyday Summer Activities = Exciting Opportunities

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Take some time to put a little STEM (Science, Technology, Engineering & Math) into your day. Use these simple activities to make your everyday tasks into something exciting.

* Help an adult with dinner. Can you measure the ingredients in the recipe? Think about how you would have doubled the recipe or halved the recipe. Can you figure out the math?
* Go outside and take a picture of as many different birds, insects and mammals as possible. How many types can you find? Did you find something that you cannot identify? Research them or bring the insect in to the County Extension Office to find out more information.
* Search newspapers or the internet for an interesting story about science. Tell your family about it at dinner.
* Be a scientist for the day. Scientists want to understand the world around them. Choose an object or something in nature and ask 5 WHY or WHAT questions about this item.
* Help an adult with grocery shopping. Determine the budget and select items without going over. Don’t forget about tax!
* Use items you would throw away or recycle and make something useful. Name your product, set a price, and create a slogan.

Once you have completed one or more of these tasks, think about what 4-H project you could work on that would relate to what you just experienced. 4-H science programs provide 4-H youth the opportunity to learn about Science, Technology, Engineering and Math (STEM) through fun, hands-on activities and projects. The program areas include: environmental science & alternative energy, engineering and technology, as well as plant and animal science. These program areas may include projects including but not limited to robotics, rocketry, environmental science, biotechnology, and veterinary science.

Learn a New Language

You probably already know the 4-H Pledge in English, but how about Spanish? Take some of your free time this summer to learn the 4-H Pledge in Spanish.

Promesa 4H

Prometo usar mi mente para pensar con más claridad, mi corazón para ser más leal, mis manos para ser más servicial, mi salud para cuidarme más, por mi club, mi comunidad, mi país y mi mundo.
Charlotte County 4-H
25550 Harbor View Rd.
Suite 3
Port Charlotte, FL, 33980

Phone: 941-764-4340
Fax: 941-764-4343
Email: kpopa@ufl.edu

To Make the Best Better

T-Shirt Design Contest

Charlotte County 4-H is looking for a new t-shirt design for the coming 4-H year. Put your creativity to work & create a design that represents Charlotte County 4-H as a whole. Designs should be submitted to the 4-H Office by July 13, 2018. Please email them to kpopa@ufl.edu or drop them off! All designs will be voted on and a winner will be chosen based on number of votes.

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