

# HOT OFF THE PRESS

Official Newsletter of Charlotte County 4-H



## Managing Your Stress

BY KRISTIE POPA - 4-H AGENT

Currently, people around the world are experiencing an increase of stress as we face difficult times. Stress itself can cause anxiety and depression as well as physical health problems such as heart disease, insomnia and digestive problems among others.

It is our duty to ourselves and those around us to learn how to best manage our stress. The month of April has been deemed as Stress Awareness Month. Use the tips below to help manage your stress.

- \*Prioritize your health - focus on healthy lifestyle habits including eating healthy and exercising.
- \*Get a good night's sleep - at least 7 to 9 hours for a healthy adult is needed to function well the next day.
- \*Practice deep breathing.
- \*Stay hydrated by drinking at least (8) 8 ounce cups of water each day.
- \*Adopt a positive mindset - look at the glass as half full rather than half empty.
- \*Master your time - create a list, schedule or some way to make the most of your time during the day.
- \*Don't let technology rule your life. Choose certain times of the day to check Facebook, Instagram or email.
- \*Learn how to say NO and overloading yourself.

## Humor That Will Make You Smile

What did the hat say to the hat rack?  
You stay here, i'll go on ahead!

Knock, knock,  
Who's there?  
Donut  
Donut who?

Donut ask me anymore silly questions!

Why did the students eat their  
homework?  
Because the teacher said it was a piece  
of cake!

How many months have 28 days?  
All of them!

Share your jokes with us this month  
(Humor Month) by emailing them to  
[kpopa@ufl.edu](mailto:kpopa@ufl.edu) we would love to share  
them on our Facebook page!



## 4-H Camp Cloverleaf

With the uncertainty of the timeline of COVID-19 virus we wanted to reach out to you with latest news of our residential Summer Camps. At this time, we are continuing with summer camps, programming and registration as normal. We are hopeful that by June we will be able to safely run camp. With this being said, we want to let everyone know that if we do have to cancel any camp programming because of the COVID-19 virus, families will get a full refund. We encourage everyone to still sign up for your child(ren)'s summer camp experience with the knowledge that if we do need to make adjustments to ensure the safety and health of the campers and staff, we will work with everyone to receive 100% of their funds back. Please know that we want to do everything in our power to make the registration process and camping experience the best it can be. We will be in contact as soon as we know more or if any changes are put into place. Feel free to reach out if you have any questions.

## Career Spotlight: Librarian

A librarian helps people find information and conduct research for personal and professional use. Their job duties may change based on the type of library they work in, such as public, academic, and medical libraries. A Librarian in a public library should possess a Master's degree in Library Science. School Librarians are most often required to obtain a teachers certificate. Many states require a librarian to complete the Praxis II Library Media Specialist standardized test. On average, a Librarian's annual salary is approximately \$57,680.00.

The first week of April is Library Week. Although our local libraries are closed, check out the library's online resources or choose your books online and pick them up through the curbside book pickup.

Information derived from raise.me



## Camp Cloverleaf

**SIGN UP NOW**

**June 1 - 5, 2020**

**Campers:**

**Ages 8-13 (as of September 1st)**

**Cost: \$250.00**

**Counselors:**

**Ages 14-18 (as of September 1st)**

**RSVP AS SOON AS POSSIBLE SPACES  
ARE LIMITED!**

**To sign-up:**

**\*Login to your family account at  
4honline.com**

**\*Choose "my member list" from the top  
right on the page**

**\*Scroll to the bottom where it says  
register a member in an event.**

**\*Choose the child who will be attending  
and choose June 1-5 Camp Cluster.**

**\*Complete additional sign-up after you  
choose register.**



## WHAT DOES YOUR GARDEN GROW?



The weather is quickly changing and becoming hotter meaning that the variety of plants that can be grown is becoming smaller. During the spring and summer months in southern Florida, it is important to choose plants that are heat tolerant. You should consider planting the following:

- \*Vegetables: Beans, southern peas, sweet potatoes
- \*Annuals: coleus, vinca, portulaca
- \*Herbs: basil, coriander, cumin & mint

No matter what you are growing, it is important to monitor the irrigation as plants need adequate water to thrive.

Information derived from UF IFAS EDIS South Florida Gardening Calendar

## TOP CHOICE LIVESTOCK JUDGING & SWINE SHOW TEAM

Canceled meetings haven't slowed down the Top Choice Livestock Judging Club and the Swine Show Team of Charlotte County! Top Choice members were able to participate in 2 online contests, thanks to First Place Florida and Judge 2 Win. Members received high scores and had a great time participating. Swine Show Team members took their breed projects virtual, and did their presentations online. They will also be artificially inseminating a club pig while social distancing, through an interactive online platform.

## HORSE CLUB

The Horse Club participated in a fundraiser on February 29th and successfully raised money for educational field trips in the future! The Leaders want to give a big thank you for everyone's help! Congratulations on a successful fundraiser!

## 4-H ACHIEVEMENT AWARD

4-H youth ages 8 and up are eligible for the 4-H Achievement Award. Those receiving the award will receive recognition as well as other benefits including an awards trip, partial camp scholarship etc. at the 2019-2020 Awards Banquet.

- Requirements include:
- Enrollment in 4Honline
  - Community Service
  - Project Area Activities
  - Participation in County Events
  - Completion of Record Books
  - Fundraisers
  - Leadership
  - and more.





## COUNTY EVENTS

County Events will be held via Zoom this year. We will have judges on Zoom and will continue as if we were doing this in person. If you already signed up, be on the lookout for more information!

If you would still like to participate, please let me know by Friday, April 3rd. Please send me an email - [kpopa@ufl.edu](mailto:kpopa@ufl.edu) to sign up.

We will hold a practice run with time for questions prior to the event! Please keep in mind that you can share your screen during a Zoom Presentation just in case you need to use a PowerPoint!

## VIRTUAL COOKING CLUB

Would you be interested in a virtual Cooking Club? I would provide you with a list of supplies the week prior to the club meeting. We would meet via Zoom and cook something together all while learning the science and math behind cooking!

Sign up by emailing me at [kpopa@ufl.edu](mailto:kpopa@ufl.edu) or send me a message on REMIND.



## CITRUS CLUB

Charlotte County 4-H is excited to announce the start of a new 4-H Citrus Club.

This club will be a year-long club opportunity where youth ages 5-18 (as of April 1, 2020) will attend educational, hands-on meetings approximately every other month. They will learn about various aspects of the citrus industry all while learning about and raising their own citrus tree. Youth will be responsible for the care of their tree and the completion of a record book. In addition, youth will create an educational backboard on an aspect of the citrus industry and will write buyer's letters as the market their project to be sold at the County Fair.

There is a cost associated with this project including \$10.00 club dues, \$20.00 4-H membership and a \$10.00 fair registration fee.

If you are interested in participating, please email Kristie Popa at [kpopa@ufl.edu](mailto:kpopa@ufl.edu) for more information or to sign-up.





## HOW TO JOIN 4-H

A child's eligibility for participation in 4-H is determined by their age as of September 1, 2019. The minimum age for a 4-H'er is 5 years old as of September 1st.

If you are ready to participate in Charlotte County 4-H, complete a Florida 4-H Enrollment online at [4honline.com](http://4honline.com)

Be sure to choose a club prior to enrolling online as you need to select the club(s) you plan to attend.

The Florida 4-H Youth Development Program requires an annual \$20.00 membership fee for Community Club Members ages 8-18. You will need to follow the link to pay after enrolling to be considered an active 4-H member.



## Current Community Club Listing

**Cows n Plows Beef & Breed Club:** This 4-H club is open to youth ages 8-18. This club focuses on beef cattle and how to prepare them for the fair.

**Beaks & Bills Poultry Club:** This 4-H club is open to youth ages 5-18. This club focuses on poultry (chickens, turkeys, ducks).

**Cloverbud Club:** This 4-H club is open to youth ages 5, 6 & 7 years old. This club will introduce youth to 4-H while they complete fun/educational activities.

**4 Paws & a Tail Dog Club:** This club is open to youth ages 8-18. This club has monthly meetings for youth who would like to learn more about dogs and complete service projects. They also have weekly meetings for youth interested in teaching their dogs various skills & showing at local shows.

**Horse Club:** This 4-H club is open to youth ages 8-18. This club will determine the needs of the members before determining instructional topics. Members are not required to have their own horse to attend.

**Are Ewe Kidding Goat & Lamb Club:** This club is open to youth ages 8-18. This club focuses on educating youth about goats and lambs and preparing them to show at local fairs and shows.

**Top Choice Livestock Judging Club:** This club is open to youth ages 8-18. This club focuses on teaching youth how to judge cattle, sheep and swine and participates in multiple competitions throughout the year.

**Fast & Furriest Rabbit & Cavy Club:** This club is open to youth ages 5-18. This club focuses on educating youth about rabbits and cavy and preparing them to show at the county fair.

**Cows n Plows Swine Club:** This club is open to youth ages 8-18. This club focuses on swine and how to prepare them for the fair.

**Show Swine Club:** This club is open to youth ages 8-18. This club focuses on educating youth in swine care and showmanship. Youth in this club must commit to attending at least 2 Swine Prospect Shows this year.

**Teen Leader Club:** This club is open to youth ages 13-18. This club focuses on citizenship, leadership and community service. Youth must complete the application process to be considered for the group.

**Wildlife Club:** This club is open to youth ages 5-18. This club teaches youth about local wildlife.



## Looking Ahead

April 1, 2020 - Dog Club via Zoom

April 7, 2020 - Horse Club via Zoom

April 8, 2020 @ 3:00 pm - Record Book Help via Zoom

April 13, 2020 - Cloverbud Club via Zoom

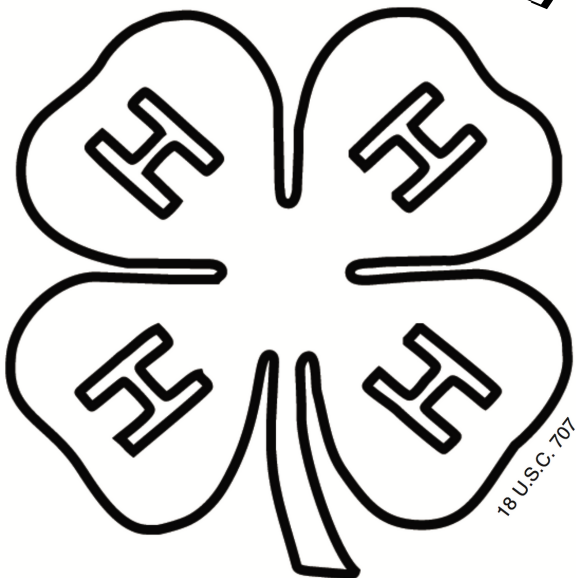
May 1, 2020 - Tentative Record Book Due Date

May 27, 2020 - 4-H Awards Banquet

June 1st - 5th - Camp Cloverleaf

**Try coloring the picture below:**

# Charlotte County 4-H



# Head - Hands - Heart - Health



# SAVE THE DATE FOR THE 4-H CLAY SHOOT FUNDRAISER

## NOVEMBER 7TH 2020

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