

VOL. 1 ISSUE 6 · MARCH 2020

# HOT OFF THE PRESS

Official Newsletter of Charlotte County 4-H



## Celebrate National Agriculture Day

BY KRISTIE POPA - 4-H AGENT

Where did the food you are eating come from? How about the clothes you are wearing? Agriculture, the practice of farming, including the cultivation of the soil for growing crops and raising of animals to provide food, wool and other products.

On March 24, 2020, we will have the opportunity to celebrate National Agriculture Day. This day serves as an opportunity to increase awareness of agriculture's important role in our everyday lives!

Think about this:

- \*How does your food or fiber (clothing, blankets etc.) get from the farm to your home?
- \*What role does agriculture play in our economy?
- \*What role does agriculture play in providing safe, abundant and affordable products?
- \*What career opportunities are available in the agriculture?

Agriculture provides almost everything we eat, use and wear on a daily basis.

Can you believe that each American farmer feeds more than 165 people?

As the world population soars, there is an even greater demand for the food and fiber produced in the United States.

Make sure that you celebrate Agriculture this month and spread the word about what Florida Agriculture does for you!

## Camp Cloverleaf

**SIGN UP NOW**

**June 1 - 5, 2020**

**Campers:**

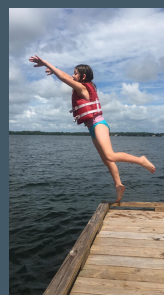
**Ages 8-13 (as of September 1st)**

**Cost: \$250.00**

**Counselors:**

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

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





## Career Spotlight: Dental Hygienist

A dental hygienist provides preventative oral care under a dentist's supervision. This may include cleaning a patient's teeth, taking dental x-rays, examining their mouth for gingivitis and other diseases and teaching patients how to maintain good oral health. Thinking about Dental Hygiene as a career? To work as a dental hygienist, you must graduate from an accredited dental hygiene school and you must receive a license from the dental board in the state which you want to practice. You should have compassion for your patient, fine motor skills needed to grasp instruments, ability to deal with different types of people and attention to detail. A dental hygienist has an average salary of \$74,070.00 per year which is based on level of experience and where you work.

Information derived from [thebalancecareers.com](http://thebalancecareers.com)

## HOW TO READ A FOOD LABEL

**The Nutrition Facts Label**  
Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on food and beverage packages

Use it to compare and choose foods!

Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

**Size up Servings**

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSx2**

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan)

**Consider the Calories**

**TIP:** 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

**Nutrition Facts**  
4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving	% Daily Value*
<b>Calories</b> 240	
<b>Total Fat</b> 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	10%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	34%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition guide.

**Use %DV**

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

**TIP:** 5% DV or less per serving is **low** and 20% DV or more per serving is **high**

**Choose Nutrients Wisely**

**Nutrients To Get More Of**  
Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

**Nutrients To Get Less Of**  
Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

**Eat a variety of foods to get the nutrients your body needs, including:**

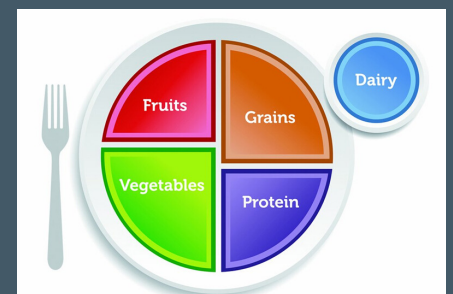
- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds



## Eat Right Bite by Bite

Are you making informed food choices? Do you really know what you are eating and how it affects your body? It is your responsibility to eat foods that are healthy for your body and to be physically active throughout the day. The month of March is National Nutrition Month - a month where you can focus on doing the following:

- Include healthy foods from all food groups
- Hydrate (drink plenty of water)
- Learn how to read nutrition labels
- Control your portions
- Take your time & enjoy your food







## Four Paws & a Tail Dog Club



During the month of February, Annabeth and Isa showed 2 project dogs, Bryton showed 1 and all earned placements in their respective classes at the Florida State Fair.

The dog club was able to celebrate valentine's day with residents at Village Place and had a nice article written about the club in the Sun Herald.

## Peace River Elementary 4-H Club



The 4-H Club at Peace River Elementary School has been busy working in the garden! Check out their vegetables! Thank you to Ms. Sara Weber for coming and teaching us about our garden and the different butterflies that visit!

## 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.







## 4-H County Events

Kristie Popa , 4-H Youth Development Agent –UF/IFAS Extension Service

Tuesday, March 31, 2020

5:30 – 7:00 PM

(sign-up for a time slot with 4-H office)

**County Events is an opportunity for 4-H'ers to demonstrate their knowledge and ability in a particular project area through the presentation of a Demonstration, Illustrated Talk or Speech.**

**This event is open to all 4-H members (Cloverbud members will participate for exhibition purposes only).**

**A registration form must be filled out by the deadline to participate.**

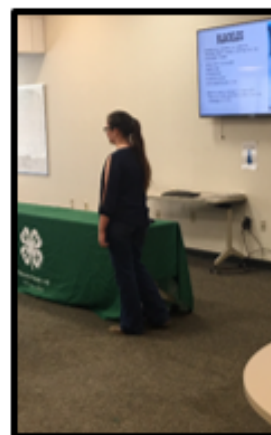
### Demonstration & Illustrated Talk

These are “show and tell” types of presentations that use posters, PowerPoint presentations and visual aids to share information or ideas with others.



**Demonstrations: How To**  
sample topics include:  
How To Repot a Plant  
Steer Feed Measurement and Its Importance  
How To Set Up a Show Box  
Shooting Sports Safety Measures

**Illustrated Talk: Informative**  
sample topics include:  
Tools and Techniques For Grooming  
Writing a Resume  
Sewing a Dress



### CATEGORIES:

- Animal Science: Animal Industry, Small Animal/Pets, Horse
- Citizenship & Leadership: Citizenship, Community Service, Global Education, Leadership Development, Career & Workforce Preparation
- Communication & Expressive Arts: Leisure & Performing Arts, Communication & Media Arts
- Family and Consumer Sciences: Childcare & Child Development, Clothing & Sewing, Money Management
- Healthy Living: Food Preparation, Food Nutrition, Food Safety and Food Science, Personal Well-being, Safety
- Nature and the Outdoors: Environment, Marine & Aquatic Sciences, Outdoor Adventures, Shooting Sports, Soil, Water and Land Use, Natural Resources, Earth Sciences
  - Plants and Gardening
- Science & Technology: Aerospace, Computer, Bicycles, Electricity, Energy, Geo spatial, Robotics, Small Engines, Weather & Climate, Woodworking





## **DEMONSTRATION & ILLUSTRATED TALKS**

### **REGULATIONS:**

- No living vertebrates.
- Junior and Intermediate 4-H'ers must give a presentation at least 3 minutes in length but no longer than 12 minutes.
- Senior 4-H'ers must give a presentation at least 5 minutes in length but no longer than 12 minutes.
- A team demonstration is one in which team members participate in both the speaking and presentation.
- Teams are limited to 2 members in the same age category.
- Participants must provide all necessary equipment and supplies for their presentation.
- Competitors are responsible for all aspects of their preparations and set-up of their competitions.

### **Public Speaking**

Public speeches are used to give 4-H'ers experience in the preparation and delivery of a 4-H related speech. This contest requires 4-H'ers to recognize, organize, and present information on a given topic. The timed speech must be orderly and thorough. 4-H'ers must acquire the ability to speak convincingly in public, expressing ideas effectively with poise and confidence.

### **PUBLIC SPEAKING REGULATIONS:**

- Speech must be original and specifically related to 4-H. The entire speech does not necessarily have to feature 4-H but every contestant must at some point in their speech, mention 4-H and its relationship to the material being presented.
- Senior 4-H'ers speeches should be no less than 5 and no more than 7 minutes long.
- Junior and Intermediate 4-H'ers speeches should be no less than 3 and no more than 7 minutes long.



**KRISTIE POPA**  
 4-H/Youth Development Agent  
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**CHARLOTTE COUNTY UF/IFAS EXTENSION SERVICE**  
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 Punta Gorda, FL 33950  
 941.833-3836

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**Charlotte County  
4-H County Events**

Tuesday, March 31, 2020

Centennial Park

1120 O'Donnell Blvd.

Port Charlotte, FL 33953

Competition: 5:30 – 7:00      Awards: 7:30 (Tentative)

**THIS FORM IS DUE BY MARCH 20, 2020**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

4-H Club \_\_\_\_\_ Birth Date \_\_\_\_\_ Age as of 9/1/19 \_\_\_\_\_

Entering as: \_\_\_\_\_ Cloverbud (5-7) \_\_\_\_\_ Junior (8-10) \_\_\_\_\_ Intermediate (11-13) \_\_\_\_\_ Senior (14-18)

What time works best for you to present? Rank them from best (1) to worst (6)

\_\_\_\_\_ 5:30      \_\_\_\_\_ 5:45      \_\_\_\_\_ 6:00      \_\_\_\_\_ 6:15      \_\_\_\_\_ 6:30      \_\_\_\_\_ 6:45

**PLEASE CHECK THE EVENT YOU WISH TO PARTICIPATE IN:**

\_\_\_\_\_ **DEMONSTRATION/ILLUSTRATED TALK:** (Circle) Individual or Team

Please find the guidelines as well as the acceptable categories at

[http://florida4h.org/programsandevents/\\_demotalk/](http://florida4h.org/programsandevents/_demotalk/)

Title: \_\_\_\_\_

Category: \_\_\_\_\_

Partner: \_\_\_\_\_

\_\_\_\_\_ **PUBLIC SPEAKING \***

Title \_\_\_\_\_

\* Three typewritten, double-spaced copies of speech with topic, name, age, club, date and county on the front must be submitted a week before County Events.

**THIS FORM IS DUE NO LATER THAN**

**FRIDAY, MARCH 20, 2020**

**TO THE CHARLOTTE COUNTY 4-H**

**514 E GRACE STREET**

**PUNTA GORDA, FL 33950**

[kpopa@ufl.edu](mailto:kpopa@ufl.edu)

**IT MAY BE DROPPED OFF, MAILED, EMAILED OR SENT THROUGH REMIND**





## 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.



## March 2020 Calendar of Events

March 2 - Wildlife Club Meeting

March 3 - Horse Club Meeting

March 4 - Dog Club Meeting  
Livestock Judging Meeting

March 20 - County Events Forms Due

March 24 - County Events Workshop (4:00 - 6:00)  
Beef Club Meeting

March 25 - Poultry Club Meeting

March 26 - Rabbit & Cavy Club Meeting

March 31 - County Events

## Looking Ahead

April 17 - 19 - South Area Horse Show

May 1 - Record Books Due

May 27 - 4-H Awards Banquet

June 30 - Camp Counselor Training

June 1 - 5 - 4-H Camp Cloverleaf (Lake Placid)



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

## NOVEMBER 7TH 2020

Contact us:

Charlotte County 4-H  
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Punta Gorda, FL 33950

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