

# Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University



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August 16, 2011

TO: Prince Edward 4-H Members, Parents, and Supporters  
Prince Edward County Families

FR:   
Jennifer Bowen, Extension Agent, 4-H Youth Development



RE: Local 4-H Programs

I am often asked, “How can I get my child involved in the 4-H program?” Some who ask this question were members of 4-H themselves and want their children to have the same experiences. Others don’t know much about the program but have seen pictures in the paper or know other parents whose kids have participated. When talking to people about our program, I explain that there are so many ways to get started. You can participate in school-based enrichment programs, come to a workshop, sign up for an after-school program, or join a special interest club. What makes 4-H unique? We are the youth development program offered through Virginia Cooperative Extension. We bring research-based information from our land grant universities – Virginia Tech and Virginia State University – to the youth in our community. The mission of 4-H is to develop leadership, citizenship, and life skills. We offer programs for youth ages 5 – 19 that are designed to meet the identified needs of Prince Edward County youth. Extension Agents are educators who provide hands-on learning experiences. Last year, our program grew to include **832 members** and **51 adult and teen volunteer leaders**. Our members completed **1,052 projects**. We took **130 campers, teens, and volunteers** to Junior 4-H Camp at Holiday Lake 4-H Educational Center. We want to continue that growth as we move into a new school year and new 4-H year. **Read on to find out how 4-H is for YOU!**

## Spring and Summer 2011

Prince Edward 4-H members participated in a wide range of programs during the spring and summer. In May, Andrew Clark, Wade Jenkins, and Megan Goin participated in the annual **Piedmont Area Junior Livestock Show and Sale** at the livestock market in Blackstone. This event allows 4-H members to show their beef, swine, and sheep projects. Another annual competition is our **Central District Presentations, Public Speaking, and Science Fair Contests**. This event takes place each spring in Appomattox. Those who qualified competed and won in the local 4<sup>th</sup> grade 4-H presentation contest or the science fair for 6<sup>th</sup> and 7<sup>th</sup> graders. 4-H’ers who made presentations or speeches at the

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club level also qualified. Our local 4-H clubs had a productive season, as well. The **Shooting Education Club**, led by Dr. Dan Kingsley, received 6 new .22 rifles through a grant from the NRA. The club participated in a fun-shoot with Cumberland shooting club members in May. The Riding Star 4-H Horse and Pony Club successfully hosted the **Central District Qualifying Show** in June. Horse club members who wish to participate in the state 4-H horse show must qualify at a district event. Youth from both local horse clubs are currently preparing to participate in the state show.



Summer began with a new initiative – **youth canning classes**. Twenty youth from Prince Edward and Buckingham participated, each making strawberry-kiwi jam. For most, this was their first canning experience. A salsa making workshop followed in July. Based on the success of these programs, agents have received a grant from the Virginia Association of Extension 4-H Agents to offer future canning workshops for youth.

The camping season began in June with **Cloverbud Camp**, a weekend camping experience for youth ages 5 – 8 held at Holiday Lake 4-H Educational Center. Prince Edward had the largest delegation of youth participants and adult volunteers in the district-wide program. **Junior 4-H Camp** followed in late June. At the close of camp, agents recognized several senior teen leaders. These teens have participated in the local camping program for years, beginning as campers, and moving on to become counselors-in-training and teen leaders. Graduating seniors included Kyerra Hurt, Xavier Harrison, Tiyana Blanton, Brandon Toney, and Rachael Winston. We thank them for their dedication to 4-H and wish them well in their college careers. Former Prince Edward 4-H'ers Jaquan Scott and Michael Johnson excelled as members of the Center's summer staff. They worked closely with Heather Christian, another outstanding Prince Edward 4-H alumna who serves as the full-time Program Assistant at the Center.



Several day camps were also offered during the summer. **Between the Pages** is a program offered for our youngest members. The goal of the program is to help youth develop a love of reading. Snacks, games, crafts, and other activities centered around a different story each day. **Cloverbud Summer Experience** introduced youth to several aspects of the 4-H curriculum. Youth learned about soil through presentations from SWCD professionals and a gold panning trip at Holiday Lake. They were also introduced to archaeology and art history at the Virginia Museum of Fine Arts. On the last day, they visited a peach orchard to see first-hand where our food comes from. Volunteer Josie Fletcher, a member of the Heart of Virginia Master Gardeners, coordinated a **Junior Master Gardener Day Camp**. Josie, Chris Bianca, and other Master Gardeners taught youth about plants, soil, and caring for our environment. Those who completed the program were certified as Junior Master Gardeners.

## Upcoming Opportunities to Participate in 4-H

### In-School 4-H Programs

- Each year, Prince Edward 4-H works with fourth grade students at **PECES** through monthly in-school 4-H Club meetings. Students elect officers and run their meetings using parliamentary procedure. The program portion of each meeting is dedicated to science enrichment. Each activity supports the science

SOL that is being studied that month. Each spring, students have the opportunity to participate in the 4-H Presentations Contest. Each child is required to give a demonstration to his or her class. Volunteers judge the presentations and each participant receives a ribbon. Purple ribbon winners are invited to participate in the Central District 4-H Presentations and Public Speaking Contest in Appomattox each April.

- Six and seventh graders at **PECMS** will again participate in the 4-H Science Fair program. Each student receives a science fair project booklet with information on the scientific method and instructions on how to conduct an experiment. Students submit proposals to their science teachers and work with the Extension Agent each month as projects progress. Judging takes place in March, with winners invited to participate in the district contest in April.
- Students enrolled in **Fuqua School's Math-In-Action** class participate in a series of money management classes designed to teach the basics of budgeting, banking, and investing. Students learn to write a check, balance a checkbook, and calculate interest.

### After School 4-H Programs

- **Fun with Foods** is our popular after-school cooking class for youth ages 9 – 13 (as of Sept. 30, 2012). Participants learn to read and follow a recipe while making a dish to take home. Cost for the series is \$28 to cover food and supplies. *Maximum number of participants is 15.* Classes will be held in the Prince Edward Extension Office Conference Room from 3:30 – 5:00 p.m. on the following dates:

- November 18
- December 9
- January 20
- February 24

**You may use the registration form at the end of the newsletter to register for after-school programs or funshops.**

- **Cooking with Cloverbuds** is an after-school program for youth ages 5 – 8 (as of Sept. 30, 2012). Similar to Fun with Foods, participants learn through hands-on experience in the kitchen. Cost is \$28 for the series to cover food and supplies. *Maximum number of participants is 12.* Classes will be held in the Prince Edward Extension Office Conference Room from 3:30 – 5:00 p.m. on the following dates:

- November 3
- December 1
- January 5
- February 2

- **Junior Master Gardener: Wildlife Gardener** is a program for youth in grades 2 – 6. Led by Master Gardener Josie Fletcher, the class will meet on Tuesdays from 3:30 – 5:00 at the Extension Office. Meetings will begin in October and go through the spring. The Wildlife Gardener program focuses on habitats, birds, mammals, reptiles and amphibians, insects, and caring for the environment. The curriculum was developed with input for the National Wildlife Foundation. Youth who complete the program will be certified as Junior Wildlife Gardeners. Space is limited. Cost is \$35 which includes all materials.

- **CSI: Farmville**

Interested in forensic science? Participants in this new program will assume the role of crime scene investigators as they use their observational skills and deductive reasoning to solve a realistic crime scenario. They will attempt to identify a prime suspect from a pool of 6 alleged perpetrators using forensic techniques. We have asked some local law enforcement officers to partner with us on this program designed for youth in grades 6 and older. Teens are welcomed! Space is limited. The



cost to participate is \$20 for the series to cover snacks and supplies. The program will be held on the following Thursdays from 3:30 – 5:00 p.m. at the Extension Office:

- October 13 – Intro to the crime scene and examination of entomological evidence
- November 10 – analysis and typing of blood evidence (using synthetic blood)
- December 8 – fingerprint analysis
- January 12 – hair analysis
- February 9 – tire track impression analysis
- March 1 – police log and evidence review, prime suspect identified

## 4-H Funshops

- **Applesauce Making Workshop at the Prince Edward Community Cannery**

Prince Edward 4-H is partnering with the Prince Edward Community Cannery for a special after school program on Wednesday, October 5<sup>th</sup>. Youth will meet from 4:00 – 6:00 p.m. at the cannery for an applesauce making workshop. All materials are provided. Lena Huddleston, Cannery Manager, will walk participants through the hands-on process of making applesauce from a bushel of fresh apples. Each participant will have a quart of applesauce to take home at the end of the program. Prince Edward 4-H is offering this program free of charge, but space is limited. Parents are invited to participate. Call the Extension Office at 392-4246 for details.

- **Cranberry-Cider Jelly Workshop**

We will continue our youth canning series with this workshop for those ages 9 and older. We will be processing the jelly in a hot water bath canner. A jar would make a great Holiday gift. This program will be held on **Saturday, November 12<sup>th</sup>** from 9:00 a.m. – 12:00 p.m. at the Prince Edward Extension Office. The cost is \$10 to cover supplies. Space is limited.

- **Family Gingerbread Workshop**

We are excited to offer an **Edible Ornaments** workshop again this year for youth ages 5 and older. The workshop will take place on **Saturday, December 3<sup>rd</sup>** from 9:00 – 11:00 a.m. at the Prince Edward Extension Office. Cost is \$10 per participant for supplies and space is limited. Cloverbuds (ages 5 – 8) are asked to bring a parent to the workshop. Parents of older youth are invited, but not required, to stay.



- **Vermiculture 101: Build Your Own Worm Bin, hosted by the Junior Master Gardeners**



Our first group of certified Junior Master Gardeners constructed a worm bin as part of their program last spring. They talked about the benefits of worm composting at the Y's Healthy Kids Day and the Master Gardeners' spring plant sale. Member Katie Angle also taught participants in the JMG day camp how to build a bin. By popular demand, they will offer a workshop for families on **Saturday, April 27<sup>th</sup>** from 9:00 a.m – 11:00 a.m. at the Prince Edward Extension Office. Cost to participate is \$20 per bin and all supplies are provided. Come support of Junior Master Gardeners and maybe make your own soil a little richer, too.

## Join a Local 4-H Club

- Prince Edward 4-H has two horse clubs that are led by dedicated adult volunteers. For more information on joining a horse club, please contact the Extension Office at 392-4246.

Congratulations and best of luck to the following horse club members who will be participating in the State 4-H Horse Show in Lexington in September:



From the **Riding Star 4-H Horse and Pony Club** led by Cathy Duker:

Courtney Bailey  
Bailey Carkenord  
Caroline Cumbea  
Megan Goin  
Synsora Jackson  
Dawn Polsinello

Caroline Rice  
Katharine Schneider  
Rachael Watts  
Anna Welch  
Hayley West

From the **Heartland Snaffles and Spurs** led by Larr Williams and Amy Stewart:

Autumn Barton  
Denise Kennon

- The **Prince Edward 4-H Shooting Education Club** is led by Dr. Dan Kingsley. Focusing on safety and basic marksmanship skills, this club is open to youth ages 9 and older with some riflery experience. Members use both air rifles and .22 rifles. Monthly meetings are usually held on Saturday mornings with members carpooling to the 4-H Center for practice. **This club is actively recruiting new members.** For more information, please contact the Extension Office at 392-4246.
- The **Buckingham, Charlotte, Prince Edward 4-H Teen Club** focuses on the development of leadership skills through community service. Meetings are usually held on Friday evenings, with members giving direction to the club's work for the year. For more information on this club, please contact the Extension Office at 392-4246. In addition to club activities, the following programs are planned for teens:



- **Teen Retreat Weekend at Holiday Lake 4-H Center** is planned for September 24– 25. This is an overnight program for teens ages 14 -19 who have been to camp as a teen leader or CIT. Thanks to a grant from the Walter Payne Foundation, teen leaders from Prince Edward County may attend this program **FREE OF CHARGE**. Call the Extension Office for more information.
- **Buckingham, Charlotte, and Prince Edward 4-H Teen Retreat** is tentatively scheduled for January 13-16. A location has not yet been chosen, but several are under consideration. We would love your input! This retreat will focus on leadership development. We will also begin planning for Junior 4-H Camp. More information will be available later in the fall.

### 4-H Program BBQ Fundraiser

Prince Edward 4-H will hold its annual **BBQ Fundraiser** on **Friday, October 28<sup>th</sup>**. Retired Extension Agent Jim Myers will prepare minced pork bbq, whole and half pork loins, and Boston butts. His special recipe sauce will also be available for purchase. Orders will be ready for pick-up between 3:30 and 6:00 p.m. An order form is attached. This is our biggest fundraiser of the year -- all proceeds benefit local 4-H programs.

## Save the Dates

- 4-H'ers shouldn't miss the opportunity to enter exhibits in the **Five County Fair, October 18 – 22**. Youth can enter their livestock projects, baked goods, canned foods, or handicrafts. There is also a poster contest for youth. Please stop by the Extension Office to pick up your fair books and entry tickets.
- Visit the annual **Farm and Family Day on Saturday, September 10<sup>th</sup>** at the Southern Piedmont AREC in Blackstone. Have fun in a family atmosphere while learning about Virginia's largest and oldest industry, AGRICULTURE. Test your navigating skills in the corn maze. Express your artistic abilities with grain art and pine cone bird feeders. See sheep, goats, cows\*, chickens, and alpacas. Milk a cow. Hold a live fish. Learn how bees make honey and about spinning yarn. See what we make from peanuts, soybeans, corn, wheat, and cotton. Lunch will be available. *\*The beef station will be manned by Prince Edward 4-H member Andrew Clark and his mom Cindy.*

## Upcoming Youth AND Adult Programs at Holiday Lake 4-H Educational Center

- The 4-H Center is offers a number of programs for both youth and adults throughout the year. **For more information on any of these programs, please visit the Center's website: [www.holidaylake4h.com](http://www.holidaylake4h.com) and click on the "Programs" tab.** You can also subscribe to the Center's quarterly newsletter through their website.

- Upcoming youth programs include:
  - Teen Retreat, September 24 - 25
  - "Going Green" Christmas Camp, December 3-4
  - Winter Cloverbud Camp, Feb. 24 - 26
- Upcoming adult programs include:
  - Decoy carving workshop, September 18 – 22
  - Primitive Bow workshop, September 18 – 21
  - Virginia Waterfowler's Weekend, September 30 – October 2
  - Traditional Flintlock Rifle workshop, March 4-9, 2012
  - Wilderness Survival and Outdoor Skills Weekend, October 21 - 23



**Attn: Teachers**

- The 4-H Center also offers an extensive menu of programs in natural resources education that can be offered for teachers and school groups both on-site and in the classroom. In addition, corporate teambuilding programs are offered to businesses, community groups, and organizations. For more information, call the Center at (434)248-5444.

### **WANTED: 4-H Volunteers**

Prince Edward 4-H relies on volunteers to help our program grow. Volunteers are needed to assist with all after school programs. There are also opportunities to volunteer with in-school programs: judges are needed for the science fair and for 4<sup>th</sup> grade presentations contests. **Volunteers are needed to lead new after school programs and clubs.** Training is provided. Do you have an interest or a skill that you would like to share with our youth? Do you have a little time to spare? Call the Extension Office at 392-4246 to discuss the possibilities.

## Prince Edward 4-H Program Registration Form

<b>Parent/Guardian Name</b>	
<b>Complete Mailing Address</b>	
<b>Daytime Phone</b>	
<b>e-mail address</b>	

**I would like to register my child for the following After-School Program(s):**

Program	For Ages	Cost	Name of Child	Age
Fun with Foods	9 – 13 (as of 9/30/12)	\$28		
Cooking with Cloverbuds	5 – 8 (as of 9/30/12)	\$28		
JMG: Wildlife Gardener	Grades 2 – 6	\$35		
CSI: Farmville	Grades 6 and up	\$20		

**I would like to register for the following Funshop(s):**

Program and Date	For Ages	Cost	Name of Child	Age
Applesauce Workshop at the Cannery, Oct. 5	9 and older	\$0		
Jelly Workshop, November 12	9 and older	\$10		
Family Gingerbread Workshop, Dec. 3	5 and older (5 – 8 with parent)	\$10		
Build Your Own Worm Bin, April 27	5 and older (5-8 with parent)	\$20/bin		

Space is limited. All programs are filled on a first-come, first-served basis.

For more information on joining a 4-H Club or participating in any other programs listed in this newsletter, please contact the Extension Office at 392-4246.

A packet of information will be mailed to each participant as the date of the program approaches. This packet will include a 4-H Member Enrollment Form, Code of Conduct, and Health History Form.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Jennifer Bowen, Prince Edward Extension Office at (434)392-4246/TDD\* during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.

**Please return this form to VCE – Prince Edward, P.O. Box 322, Farmville, VA 23901, e-mail to [Jebowen1@vt.edu](mailto:Jebowen1@vt.edu), or fax to 392-4734. Program fees are due on or before the first day of participation. \*\*\*\*\*Checks should be made payable to VCE – Prince Edward.**



**This little piggy went to market.**



**This little piggy stayed home.**



**This little piggy went wee wee wee all the way to the Prince Edward 4-H BBQ sale on FRIDAY, October 28!**



## **Support Prince Edward County 4-H**



Enjoy delicious fresh-made pork barbecue. Order now using the form below and pick up your barbecue on **Friday, October 28th** at the Prince Edward Extension Office. Bring home a delicious dinner and support 4-H youth development at the same time! *Proceeds support 4-H programming & volunteer development, and provide scholarships for youth in financial need.*

**Food will be available for pick-up from 3:30 – 6:00 pm on Friday, October 28.**

**4-H BBQ ORDER FORM: Please return by October 14.**

**Orders must be prepaid by October 14.**

**Please return this form with check payable to Prince Edward 4-H Fund.**

**Return to the Prince Edward Extension Office, PO Box 322, Farmville, VA 23901.**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like \_\_\_\_\_ pints of Myers-recipe BBQ sauce (medium) at \$5.00 each.

I would like \_\_\_\_\_ pounds of chopped pork BBQ at \$8.00 per pound.

I would like \_\_\_\_\_ Boston Butts at \$30 each.

I would like \_\_\_\_\_ Pork Loin—Whole at \$40.

I would like \_\_\_\_\_ Pork Loin—Half at \$25.

Total due to Prince Edward 4-H Fund: \_\_\_\_\_

**We appreciate your support!**



# Family & Farm Day

September 10, 2011

Virginia Tech Southern Piedmont Center near Blackstone  
*Cost - Free*



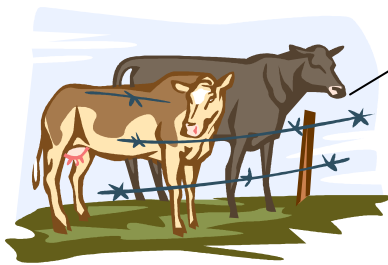
Chat about  
produce of  
long ago

*Come and join  
us in a day of fun and  
educational activities about  
Virginia agriculture from  
9AM til 2PM (Rain or Shine)*

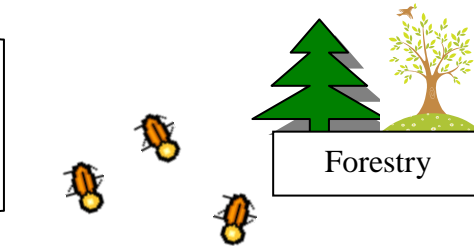
**Location:** 2.5 miles from  
Blackstone on 40 East one  
half mile past Ft. Pickett's  
main gate, **on the left**

Let the artist in you out and  
make *Grain Art,*  
*Water Cycle Bracelets,*  
*Bird Feeders and*  
*Other activities*

Come learn  
about the  
**Animals**



**Bring chairs and blankets  
for a day of fun**



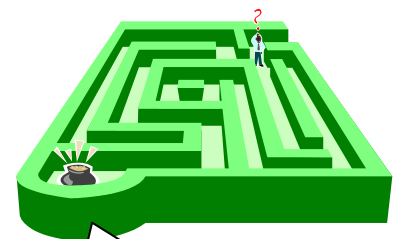
*Bees and  
Honey*



Food and  
beverages will  
be available



For more information visit  
<http://www.arec.vaes.vt.edu/southern-piedmont>



Try your luck  
walking the **Corn  
Maze**

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Dr. Carol A. Wilkinson or P. J. Shepherd at 434-292-5331 during business hours (M-F: 7:30 a.m. to 4:30 p.m.) to discuss accommodations.

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