

August 01, 2018

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

FR:   
Jake Morgan Extension Agent, 4-H Youth Development

RE: **Local 4-H Programs**



It is hard to believe that another busy summer break has come and gone! We have been working hard planning 4-H programs for the new school year to meet the needs of Prince Edward County. This newsletter will give you an overview of what Prince Edward 4-H has to offer and explain how your family can become involved in the nation's largest youth development organization.

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 residents. Extension Agents are educators who provide hands-on learning experiences.

For highlights of some of our recent activities, look for us on **Facebook and Instagram** by following **#princeedward4H**. We want to continue growing our program as we move into a new school year and new 4-H year. **Read on to find out how 4-H is for YOU!**

\*These materials and the activities described herein, are not sponsored or endorsed  
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# Opportunities to Participate in 4-H during the 2018-2019 School Year

## 4-H After-School Programs

### Junior Master Gardener: Elementary Grades 3-5

- This is a program for youth in grades 3 – 5 that focuses on Level One of the Junior Master Gardener Curriculum. Led by Josie Fletcher, the class will meet on the Tuesdays listed below from 3:45 – 5:30 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. Participants will also have the opportunity to go to Hokie Bugfest at Virginia Tech on Saturday, October 20. Youth who complete the program will be certified as Junior Wildlife Gardeners. Space is limited. Cost is \$20 which includes snacks and all materials.

- October 9
- Hokie Bugfest at VT Saturday, October 20
- October 30
- November 13
- December 11
- January 8
- January 29
- February 12
- March 12
- April 9
- April 30
- May 14



### Junior Master Gardener: Middle School Grades 6-8

- This is a program for youth in grades 6 - 8 that focuses on Level Two of the Junior Master Gardener Curriculum. Completion of Level One is NOT required to participate. Led by Josie Fletcher, the class will meet on the Tuesdays listed below from 3:45 – 5:30 at the Extension Office. Meetings will begin in October and go through the spring. The curriculum was developed with input for the National Wildlife Foundation. Participants will also have the opportunity to go to Hokie Bugfest at Virginia Tech on Saturday, October 20. Youth who complete the program will be certified as Junior Wildlife Gardeners. Space is limited. Cost is \$20 which includes all materials.

- September 25
- Hokie Bugfest at VT Saturday, October 20
- October 23
- October 30

- November 27
- January 22
- January 29
- February 26
- March 26
- April 23
- April 30

## Cooking with Cloverbuds

Cooking with Cloverbuds is an after-school program for youth ages 5 – 8. Participants learn through hands-on experience in the kitchen. Cost is \$35 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 3:45 – 5:30 p.m. on the following Wednesdays:

- September 5
- October 10
- November 7
- December 5
- February 6
- March 6
- April 17
- May 1



## Fun with Foods!

Fun with Foods! is our after-school cooking class for youth ages 9 – 13. Participants learn to read and follow a recipe while learning safety and cooking skills. Cost for the series is \$35 to cover food and supplies. Maximum number of participants is 12. Classes will be held in the Prince Edward Extension Office Conference Room from 3:45 – 5:30 p.m. on the following dates:

- October 3
- November 14
- December 12
- January 9
- February 13
- March 13
- April 10
- May 8

## Food Challenge!

Are you a fan of *Chopped* or similar TV shows featuring food competitions? If so, you may want to check out our 4-H Food Challenge program. Based on a model developed by Texas 4-H, this program challenges teams of 4-H members to create a dish using only a predetermined set of ingredients and supplies. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. In Virginia, there is a district level competition for junior teams (ages 9 -13) and senior teams (ages 14 – 18). Winning senior level teams may opt to compete at the state level at 4-H Congress. We will be offering a series of Food Challenge sessions locally. Those who wish to participate and compete at the district event are invited to do so. Cost for the series is \$35 to cover food and supplies. *Maximum number of participants is 20.* Under the leadership of professionally trained chef Josie Fletcher, sessions will be held in the Prince Edward Extension Office Conference Room from 3:45 – 5:30 p.m. on the following dates:



- September 19
- October 17
- November 28
- January 23
- January 30
- February 20
- March 20
- March 27

## Sewing Club

This group is open to participants with beginning and intermediate skill levels. Led by Patricia Vick, the club will meet monthly to learn and practice basic sewing skills. At the first meeting, the group will decide on which project or projects to take on for the year. The cost for the program is \$15 to cover materials and snacks. In addition, each member will need to choose and provide his/her own fabric. The Sewing Club will meet in the Conference Room at the Prince Edward Extension Office from 3:45 – 6:00 p.m. on the following dates:



- September 27
- October 4
- November 1
- December 6
- January 3
- February 14
- March 14
- April 11
- May 2

## Beginner Knitting Club

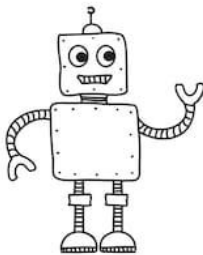
This group is open to beginners and more experienced knitters who would be willing to lend a hand. Led by Patricia Vick, the club will meet monthly to learn and practice basic knitting skills. The cost for the program is \$10 to cover materials and snacks. The Knitting Club will meet in the Conference Room at the Prince Edward Extension Office from 3:45 – 6:00 p.m. on the following dates:



- September 20
- October 18
- November 15
- December 13
- January 17
- February 21
- March 21
- April 18
- May 16

## 4-H STEM Club

This is a program for youth ages 9 and above (for ages 5-8, see STEM Club for Cloverbuds below). We will explore all things STEM and have a great time. We will learn about the responsible use of drones and how to safely use them. We will also focus on robotics, utilizing several LEGO robotic kits along with coding. It is an exciting new program that will surely fill up soon. Space is limited to 12 participants. The cost is \$10 for snacks and supplies. The group will meet from 3:45 – 5:30 in the Conference Room at the Prince Edward Extension Office on the following dates:



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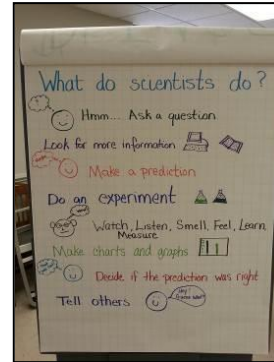
- September 4
- October 2
- November 6
- December 4
- January 15
- February 5
- March 5
- April 16
- May 7



## 4-H STEM Club for Cloverbuds (ages 5-8)

This is a program for youth ages 5 – 8. We will explore science and the scientific method with fun, hands-on activities. Cost is \$10 to cover materials and a snack. Space is limited to 12 cloverbuds. The group will meet from 3:45 – 5:00 in the Conference Room at the Prince Edward Extension Office on the following Wednesdays:

- September 17
- October 15
- November 19
- January 14
- February 11
- March 18
- April 15
- May 6



### A couple of important notes regarding after-school programs:

**Transportation:** Prince Edward County Public Schools and Fuqua School have been very supportive of 4-H programs in the past. However, with new bus routes with the Prince Edward County Public Schools, we need to be patient to see if transportation to the extension office can be provided by means of the school bus. Until confirmation is given to the Extension Office that they can ride the bus over to the extension office, we can use our van to pick up students from the Elementary School. Middle School participants would need to ride the shuttle bus to the Elementary School in this case. I can only provide transportation to ten participants per program. This will be provided on first come, first serve basis. Any participants over this number will need to be dropped off at the extension office. Please keep in mind, our office CAN NOT make bus transportation arrangements. If you need for your child to ride the bus to a program, please make those arrangements directly with the school. If your child does ride the bus, please let us know so that we can be outside waiting to greet them.

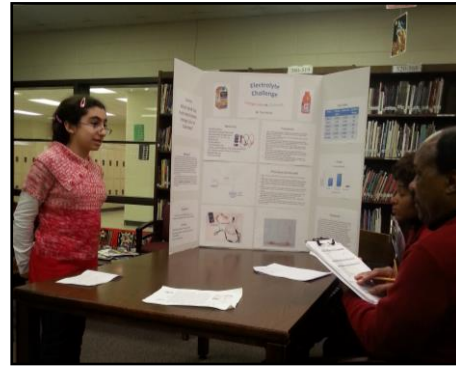
**Prince Edward 4-H after-school programs inclement weather policy:** In the event of questionable weather, Prince Edward 4-H follows the Prince Edward County Public Schools schedule. If Prince Edward schools are closed or close early, we will NOT have after-school programs. We will make every effort to reschedule cancelled programs.

## In-School 4-H Programs

This year, our 4-H in-School programs will focus on science enrichment. At PECES we will offer hands-on science activities with 4<sup>th</sup> graders, supporting the scientific investigation SOL and problem based learning. At PECMS, we will work with 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grade classes on the 4-H



Science Fair project. Each student will work through the scientific method and complete an experiment of their choosing. Students will have the opportunity to present their projects to a team of volunteer judges. Students with outstanding projects will be invited to participate in the Central District 4-H Contests in the spring. We will also offer our **embryology program** to interested teachers, continue our **Ecology Club** at the Middle School, provide support to the **Edible Schoolyard Project** at PECMS, and start a new **Envirothon Club** at the High School.



## 4-H Workshops

### Pumpkin Day!

Do you love all things pumpkin??? If so, this program is for you! We will be visiting a local pumpkin patch, carving a pumpkin, and preparing several recipes with pumpkin as the main ingredient. This will be a lot of fun but space is limited to 10. It is for ages 9+ and will be held on **Saturday, October 27<sup>th</sup> from 9:30am to 4:30pm**. Please pack a lunch. The cost of this workshop is \$15 for supplies and will include one pumpkin from the pumpkin patch.

### Kids Canning Series: Holiday Jelly Workshop

Interested in learning to how to make jelly and possibly getting a head start on holiday gifts? Prince Edward 4-H will host a workshop on **Friday, November 2<sup>nd</sup>** from 1:00 – 5:30 p.m open to ages 9+. We will be teaching the basics of food preservation using materials provided by the National Center for Home Food Processing and Preservation. Each participant will work as part of a group to make a batch of jelly using the water bath canner. Everyone will have jars to take home! The cost of this workshop is \$10 for supplies. Space is limited. **(Note: This is scheduled as an early dismissal day for Prince Edward).**

## Kids Canning Series: Pickling Workshop

Interested in learning to how to make pickles and pickling in general? Prince Edward 4-H will host a workshop on **Thursday, March 7th** from 1:00 – 5:30 p.m. This will be open to ages 9+ and we'll be teaching the basics of pickling. Everyone will have jars to take home! The cost of this workshop is \$10 for supplies. Space is limited. **(Note: This is scheduled as an early dismissal day for Prince Edward)**

## Volunteer Led 4-H Clubs

### Riding Star 4-H Horse and Pony Club

This club, based out of GLC Horse Haven Farm, is Prince Edward County's longest standing 4-H Club. It is run by volunteer Cathy Duker. For more information on joining the horse club, please contact the Extension Office at 392-4246.



### Full Circle 4-H Club

The Full Circle 4-H Club is a community club that was established in 2016. It is run by Angela Whittaker and Judy Chambliss and held at the Full Circle Nature School in Rice, Virginia. It is geared toward the home-school community but anyone is welcome. They had a very productive year last year and are looking forward to 2018/2019. For more information on the Full Circle 4-H Club, please contact the Extension Office at 392-4246.

## Summer Programs

Prince Edward 4-H offers a variety of programs throughout the summer. Those planned for summer 2019 include:

- **Cloverbud Camp** – an overnight camping experience at Holiday Lake 4-H Center for youth ages 5 – 8 (usually a weekend in mid-June)
- **Junior 4-H Camp** – an overnight camping program for youth ages 9 – 13 held at Holiday Lake 4-H Educational Center; dates will be announced in the fall
- **State 4-H Congress** – state level competitions and workshops for senior 4-H members (ages 14 – 18) held on campus at Virginia Tech
- **Camp Loud and Clear** – a weekend camp for deaf and hard-of-hearing youth ages 8 and older held at Holiday Lake 4-H Center in July
- **Farm to Fork Camp 2019** – a day camp for those 9 years old and above. They will learn about everything food – where food comes from, food safety, and basic cooking skills. Mornings are spent visiting local farms with the afternoons spent cooking with ingredients collected at these farms.
- Other volunteer-led day camps may be scheduled. **Look for more information of summer offerings in Spring 2019**



## Programs Offered at Holiday Lake 4-H Educational Center

Holiday Lake 4-H Educational Center offers a diverse menu of natural resources education programs for school groups from kindergarten through high school. They also offer teambuilding and high/low ropes programs for all ages. If you are interested in scheduling a program at the 4-H Center, please contact Tamara Lewis at (434)248-5444.

The 4-H Center offers weekend specialty camps for youth throughout the year, in addition to a broad variety of adult educational programs. Adult programs include everything from outdoor survival weekends to decoy carving and banjo making workshops. To see what Holiday Lake 4-H Center has to offer, please visit [www.holidaylake4h.com](http://www.holidaylake4h.com).



## Volunteer Opportunities



**Without volunteers our 4-H program can't grow.** If you have a talent or an interest that you would like to share with local youth ages 5 – 13, please consider giving your time to 4-H. Volunteers can participate in many different ways with all levels of time commitment. Some volunteers lead short-term special interest after-school programs. Some will volunteer to lead a half-day workshop. Others lead clubs that meet once a month. We also need volunteers to help judge 6<sup>th</sup> and 7<sup>th</sup> grade science fair projects. We can always use extra eyes and hands for programs like cooking and sewing.

There is a significant movement statewide to bring back traditional **4-H community clubs** like our Full Circle 4-H Club.

These are clubs composed of families that live in the same part of the county. They elect officers and hold monthly meetings, often at a church or community center. Members of community clubs will generally choose their own projects and work on them with the support of parents and club leaders. Members will make a presentation to the club as they complete their work and qualify for district level contests. Community clubs often take on service projects and plan and work on them together. A successful community club requires a couple of people who are willing to commit to take the lead as well as a group of supportive parents. The value in a community club is that members often have long-term involvement, allowing them to advance to higher levels in their project areas and take on leadership roles in the club.

**If you are interested in becoming a 4-H volunteer, please contact me at [jake78@vt.edu](mailto:jake78@vt.edu) or 392-4246.**

## 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 4-H Program(s):**

Check Here	Program	For Ages	Cost	Name of Child	Age
	Junior Master Gardener: Elementary Gr. 3-5	Grades 3-5	\$20		
	Junior Master Gardener: Middle School Gr. 6-8	Grades 6-8	\$20		
	Cooking with Cloverbuds	Ages 5 - 8	\$35		
	Fun with Foods!	9 and older	\$35		
	Food Challenge!	9 and older	\$35		
	Sewing Club	9 and older	\$15 +fabric		
	Beginner Knitting	9 and older	\$10		
	4-H STEM Club	9 and older	\$10		
	4-H STEM for Cloverbuds	Ages 5-8	\$10		
	Pumpkin Day!	9 and older	\$15		
	Kids Canning Series: Holiday Jams & Jellies	9 and older	\$10		
	Kids Canning Series: Pickling Workshop	9 and older	\$10		
For information on the Riding Star 4-H Horse Club and Full Circle 4-H Club, please call the Extension Office at 392-4246 or email <a href="mailto:jake78@vt.edu">jake78@vt.edu</a> .					

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 Jake Morgan, Prince Edward Extension Office at (434)392-4246/TDD\* during business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event.

\*TDD number is (800) 828-1120.

**Please return this form with payment to VCE – Prince Edward, P.O. Box 322, Farmville, VA 23901. Checks should be made payable to Treasurer, VT. If you have questions, please call the Extension Office at 392-4246 or email [jake78@vt.edu](mailto:jake78@vt.edu) or [sheldae@vt.edu](mailto:sheldae@vt.edu).**