

September 2016

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

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



RE: **Local 4-H Programs**

Once again, a busy summer has come and gone and a new 4-H year is upon us! For those of you who have participated in local 4-H programs previously, this year will be a little different. After 30 years with Virginia Cooperative Extension, Leonard Elam is enjoying a well-deserved retirement! We sincerely thank him for the impact he has made on countless lives throughout the years and hope that he will be back as volunteer. I began work in Mecklenburg on September 1st after nearly 16 years as the 4-H Extension Agent in Prince Edward County. While my family and I are new to the area, I have been fortunate enough to meet many of you at our Central District 4-H events. I am very excited about working with the 4-H families here and helping our program continue to grow!

For those of you who are new to 4-H, you may wonder 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 Mecklenburg County residents. Extension Agents are educators who provide hands-on learning experiences. Last year, the Virginia 4-H program reached over 185,000 youth. 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!**

Opportunities to Participate in 4-H during the 2016-2017 School Year

4-H In-School Programs

On the national level, 4-H has three Mission Mandates: STEM, Healthy Living, and Citizenship. This year, our 4-H in-School programs will address all three areas. Many 4th and 5th grade

Invent the Future

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

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students will participate in in-school 4-H clubs. Each class will become a club through the election of a president, vice president, and secretary. They will use parliamentary procedure to run their meetings each month. The program portion of each meeting will focus on science enrichment. Students will participate in a hands-on activity designed to reinforce the concept currently being addressed in science. Healthy living is addressed through Virginia Cooperative Extension's Family Nutrition Program. This program teaches basic nutrition, food safety, germ awareness, and the importance of physical activity.

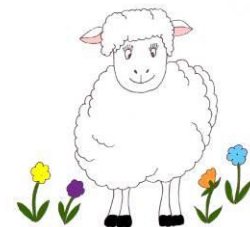
4-H After-School Programs

Mecklenburg 4-H will offer a number of after-school programs through the 21st Century Community Learning Centers grant. Planned programs include Between the Pages for early readers, Reading Makes Cents for 3rd – 5th graders, and 4-H Public Speaking with a focus on career awareness for students in 4th and 5th grades. Keep an eye out for registration information from each school. Please feel free to contact me at the Extension Office for more information on any of these offerings.

Volunteer Led 4-H Clubs

Mecklenburg is fortunate to have dedicated adult volunteers who run several special-interest clubs. Each of these clubs will be gearing up for a new 4-H year in October. If you are interested in any of these clubs and would like more information, please contact the Extension Office.

- **Mecklenburg 4-H Livestock Club** – members work on beef, swine, sheep, and goat projects to show at the Piedmont Area Junior Livestock Show held each spring in Blackstone
- **Archery Club** – for youth ages 9 and older who want to learn to safely use a bow and arrow for fun and competition
- **Sewing Club** – members meet at the Extension Office to learn the basics of machine and hand-stitching



- **Cooking Club** – members meet at the Extension Office to make some delicious dishes; learn new recipes, skills, and cooking terms
- **Fur and Feathers 4-H Club** – members meet monthly to learn about the care and keeping of small animals

Workshops and Special Programs

Holiday Jelly Workshop

Interested in learning to how to make jelly and possibly getting a head start on holiday gifts? Mecklenburg 4-H will host a workshop on **Tuesday, November 8th** from 9:00 a.m. – 12:00 p.m. 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! This program is designed for youth ages 9 and older. The cost of this workshop is \$10 for supplies. Space is limited. For more information, please contact the Extension Office at 738-6191 ext. 4371. *(Note: This is scheduled as a professional development day for Mecklenburg County Public Schools).*



4-H Food Challenge



Are you a fan of *Chopped* or similar TV shows featuring food competitions? If so, you may want to check out our **NEW 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 want to put together some Mecklenburg 4-H Food Challenge teams! Cost for the series is \$35 to cover food and supplies. *Maximum number of participants is 20. Depending on the number of teams we have, we may have a local competition to determine which teams will go on to compete at the district level.* **Practices will be held from 6:00 – 8:00 p.m. on Tuesdays October 18, November 15, December 20, January 17, and February 21 at the Mecklenburg Extension Office in Boydton.** For more information, please contact the Mecklenburg Extension Office.

Summer Programs

Mecklenburg 4-H offers a variety of programs throughout the summer. Those planned for summer 2017 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 finalized in late September

- **State 4-H Congress** – state level competitions and workshops for senior 4-H members (ages 14 – 18) held on campus at Virginia Tech, June 2017
- **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
- Other day camps may be scheduled. **Look for more information of summer offerings in March 2017**

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 the NRE Coordinator 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. For more information on any program that Holiday Lake 4-H Center offers, please visit www.holidaylake4h.com.

Upcoming Programs for Adults at Holiday Lake 4-H Center:

Banjo & Mandolin Building Workshop
 Decoy Carving Workshop
 Next Level Bowhunting Workshop
 Oil Painting Workshop
 Traditional Flintlock Rifle & Pistol Workshop
 Virginia 4-H Natural Resource Weekend
 Virginia Hunter Skills Weekend
 Virginia Water Fowling Workshop
 Weaving Workshop
 Women's Outdoor Weekend (WOW)



Upcoming Programs for Youth:

CSI Camp – October 29-30
 Going Green Christmas Camp – December 3-4



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 programs. Some will volunteer to lead a half-day workshop. Others lead clubs that meet once a month. 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**. 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 the Mecklenburg County Extension Office at (434) 738-6191 ext. 4371**

We are working hard to spread the word about Mecklenburg County 4-H Programs. To be included on our email distribution list and receive updates and notices about new programs, please email jebowen1@vt.edu or call 738-6191 ext. 4371

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, Mecklenburg Extension Office at (434)738-6191 ext 4371/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.

Mecklenburg County 4-H programs are not sponsored or endorsed by Mecklenburg County Public Schools.