

## 4-H Film Club: An Opportunity for Middle School Students

Middle School Students have the opportunity to learn the art of film making using state-of-the-art equipment. Club days will be every Monday for now, after school during the CAVS program. Please contact the middle school for information on getting your child involved in CAVS and in this new club.

## The Hillsville Student Teaching Garden Needs Soil

If you have compost, fill dirt, and soil to spare, the teaching garden at Hillsville Elementary needs a few loads to fill their raised bed garden plots. Contact Jonette Mungo, 4-H Agent, to learn more about how you can help "dish out the dirt" for this project.



## Contact Us

Give us a call for more information about our clubs or if you would like to start a short-term 4-H Project.

### Carroll County 4-H

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Visit us on the web at :

<https://sites.google.com/vt.edu/carroll-county-4h>

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# 4-H CLOVER NEWS



Carroll County, VA

November 2016



## 4-H Programming is GROWING

Carroll County 4-H is actively supporting the national 4-H Campaign to "Grow" Youth through 4-H



It's hard to believe, but it is the start of a new 4-H year. Carroll County has completed a whole year with me as their 4-H Agent. There have been some changes, additions, and expansions to the program that promote growth and purpose

This summer several students in Carroll County Public Schools and in local homeschool programs attended Day Camps held at our Extension Office. Students engaged in scientific study of soil, bugs, drone technology, DNA mapping, health and nutrition, and cooking. Each week provided students lunch, snacks, field trips, guest speakers from the community, and hands-on experiential learning activities.

4-H is now actively providing academic, enrichment programming in every school in Carroll County. The focus is to grow students as they age and mature into state and local leaders within the 4-H Organization. Students at Carroll County Middle School are embarking upon improving public speaking and speech writing skills that will help them gain an audience with state and local government officials. The goal is to train them to become the youth voice for our community and the Southwest Region of Virginia.

4-H partnered with Kellie Worrell to support her worm farm and indoor garden program she is leading at Laurel Elementary. Her program is slated to run for 20 weeks and students will be learning to compost, grow mushrooms, grow green beans, and conclude with a fiesta celebration with parents.

4-H has installed a raised bed garden in the courtyard at Hillsville Elementary. Each grade level will claim a raised bed, plot, plan, seed, and harvest a crop of plants and vegetables. They will be using the Junior Master Gardeners curriculum to support their SOL's, and teach cross curricular learning through all subjects. The principal, Mrs. Samantha Reed, is planning many activities that will bring the community and parents into their Courtyard Teaching Garden to showcase the student's achievement.



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Halloween fun with cooking and carving



## Cooking Club– Carving up a Tasty Future

The “Cooking Cavaliers” Cooking Club meets every 2nd and 4th Tuesday of the month at 5:30pm in the conference room in the Carroll County Extension Office. In October they carved up a pumpkin after choosing quite an impressive design. The activity taught them how not to waste food when creating art. After the pumpkin was carved, club members turned those pieces of pumpkin chunks into a savory pumpkin soup. They were able to learn and practice knife cutting skills as they chopped and prepped the ingredients needed to make the soup.

These activities each month are helping to prepare the members for the Food Challenge in the spring in which they must form a team and compete against other county’s cooking clubs for top chef awards in a “Chopped” style cooking competition. This is fun and at times intense, but the reward of cooking and eating has it’s benefits. Join this club for a culinary good time.

## Blue Ribbons at the County Fair

Many of our club members participated in the recipe contest at the Carroll County Fair. The Blue Ribbon winner in the youth category went to Mason Baber for his creation of the Chocolate Éclair Cake. Members of our Livestock Club also participated in the recipe contest with corn recipes. There were many ribbons won and lots of excitement among the participants.

## Serving up Excellence for a Healthy Community

In addition to our monthly meetings, club members will be learning from local chefs how to make specialized dishes and pastries. There is also future plans to work alongside one of our community churches to help with community dinners offered during the week. We are always accepting new members. All are welcome and there is no cost to join.

## We Need Adult Volunteers

4-H is offering many opportunities and activities for the youth in Carroll County. There are many more special interest short-term and long-term projects that can be offered. In order for these programs to be successful and fun for our children, WE NEED ADULT VOLUNTEERS.

Youth need caring adult volunteers to work with them and be positive role models. We have great children here. 4-H wants to reach more and do more and then means we need more adults to work with our young people and lead them on to even greater things. Please consider joining us. You can call or come by our office to discuss how you may help grow our youth 4-H program.



Mason Baber holds his trophy and Blue Ribbon for his Chocolate Éclair Cake

## Are You Interested in Improving Your Community?

Perhaps you like painting houses, or planting flower beds, or cutting grass, or putting a smile on someone’s face.

We have the club for you. Our Teen Club! Come out and join this amazing group of teens who have committed to being actively involved in the community. There is a song called “Are You Out There” where people are challenged to be the change they want to see in the world. Through this club, you can be. You will work with teens and adult leaders to conquer community focused projects, take on leadership roles, and participate in fun local events. You will also coordinate and hold monthly activities for 4-H Clover buds.

Through your experiences and projects, you will develop strong leadership skills, pride in your accomplishments, and develop trustworthiness that we look for in the teens we choose to be the camp counselors at our summer camp in Abingdon, VA.

This club meets at 5:30pm every 1st and 3rd Thursday in the month. Come to a meeting or call our office and find out more about how you can join us. It’s Free.



Past and Present Livestock Club Members

## Livestock Club

How do you know if that’s a healthy calf before you purchase? Do you know what kinds of feed to give each animal? When going to the market, can you spot the better cuts of meat? Perhaps you’d like to learn more about showing your livestock and how to better care for them. You can learn all of that in our Livestock Club. You don’t have to have a farm or even have animals of your own to be a member of this very established club.

We will teach you! You will participate in several livestock competitions, shows, and events throughout the year. There are plenty of opportunities for you to “learn the ropes”. We’d love to have you and your parents be a part of us. The club meets every 1st and 3rd Wednesday of the month at 4pm. Come on out to a meeting and call our office for more information. We are accepting new members and there is no cost to join. All you need is a desire to learn and commitment to the club. We’d love to have you on our team.

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills.**

I pledge...

My **Head** to Clearer Thinking,

My **Heart** to Greater Loyalty,

My **Hands** to Larger Service,  
and

My **Health** to Better Living,

For My Club, My Community,

If you are a person with a disability and desire assistance or accommodation, please notify Jonette Mungo, 4-H Agent, at the Carroll County Extension Office at (276) 730-3110/TDD\*) during business hours of 8 a.m. and 5 p.m.