



FLUVANNA 4-H NEWS

What have our 4-H Members been up to this month?

From national events to district competitions, Fluvanna 4-H members have represented their unit well. Read on to learn more about what our youth have been up to, and don't forget to scroll to the end for upcoming opportunities. If you are not currently a Fluvanna 4-H member, and would like more information on how to join, please contact Kim Mayo kmayo@vt.edu or call the Virginia Cooperative Extension-Fluvanna Unit office: 434-591-1950.

NATIONAL 4-H CONGRESS PARTICIPANT

WRITTEN BY LIDIJA WESTFALL

Right after Thanksgiving I had the opportunity to represent Virginia at the National 4-H Congress in Atlanta Georgia. Some of the highlights include an international dinner, workshops, a visit to the Atlanta History Center, the world of Coca-Cola, community service and a gas to wrap up. Youth from 42 states and territories were present and I got to interact with someone from almost every state! It was very interesting to see what other states' 4-H programs are like. For example take the 4-H pledge. When you get to "For my Community" some states put their hands behind their backs while other states yell, "And for

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Photos courtesy of Lidija Westfall



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KIDS MARKETPLACE HELD AT CARYSBROOK

On December 14, the 3rd grade class at Carysbrook Elementary was able to participate in the Kids Marketplace, a Virginia Cooperative Extension program that teaches youth about making financial decisions. Youth were assigned a job and a salary and were tasked with paying their monthly bills at the “stores” of life such as housing, groceries, transportation and more. Over 40 volunteers participated in the event including parents, county department staff, community members, 4-H teens and ambassadors, and high school BETA club members. Some student comments captured during the simulation included:

Why are these houses so expensive?

Jewelry is a want not a need.

I bought a PlayStation and do not have enough for groceries. I need to make an exchange.

In-school 4-H programs are an important part of the Fluvanna 4-H program. Thanks to the staff at Carysbrook Elementary and all of the volunteers for making the program possible.



All photos courtesy of Carysbrook Elementary School

NATIONAL CONGRESS *continued*

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My World!"

While engaging with fellow 4-Hers we got to engage in multicultural activities like the international dinner which had samplings of traditional foods from various countries (my favorite was the Mexican) and a visit to the Atlanta History Center where we learned about the history of Atlanta and it's role in the Civil War. We also had the opportunity to watch a bluegrass band perform which has been performing at National 4-H Congress for more than 2 decades and are particularly good at singing songs where they imitate Donald Duck. We also got to learn about traditional African dance from a non profit based in Atlanta.

My personal favorite was community service, my group was assigned to an elementary school and I had an absolute blast helping out with their Spanish class and watching the pandorettes perform. I highly encourage my fellow Fluvanna 4-Hers to apply to attend because it is definitely a worthwhile experience!



Photos courtesy of Lidija Westfall

COLTS AND FILLIES CLUB MEMBERS PUT HORSE JUDGING SKILLS TO THE TEST



Judging practice at Four Oaks



L-R Lucy Maxwell, Lily Hamel, and Samantha Wills

Photos courtesy of Chris Russ

In early December, Colts and Fillies 4-H Horse club members attended a horse judging practice at Four Oaks Farm in order to fine tune their judging skills before the Northwest District judging contest. Members evaluated two classes of horses and discussed what judges look for in halter classes.

Practice paid off for members Lily Hamel, Lucy Maxwell and Samantha Wills who attended the district competition in Free Union on December 9. Members were tasked with evaluating four halter classes and four performance classes including miniature horses, ranch rail and more. Members were scored on how closely their placings matched that of the panel of official judges.

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HORSE JUDGING *continued*

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Lily Hamel was the high-point junior contestant
Photo courtesy of Stacy Hamel

After lunch, contestants gave a reasons presentation to the judges on one or two of selected classes without using notes.

Lily Hamel was the overall winner in the junior category in her first judging competition. Senior members Lucy Maxwell and Samantha Wills were on the winning senior team, earning individual accolades as well. Congratulations to our 4-H members winning blue ribbons in district competition.



Contestants judging a miniature horse class.
Photo courtesy of Chris Russ

Channel your inner chef: Fluvanna 4-H Food Challenge for youth ages 9-18 (as of 9/30/24)

Learn basic kitchen safety skills while working as a team to prepare healthy meals and snacks.

Registration Fee: \$10

Covers curriculum and food for all sessions. Need based scholarships available.



<http://tinyurl.com/24FlucoFoodChallenge>

Program Dates: 5:00-7:00 pm

Feb. 1	Feb. 8	Feb. 15
Feb. 22	Feb. 29	March 7

District Competition: March 9

Competition not required to participate in the program

Program held at the Fluvanna Community Center

**Registration and 4-H Online Enrollment Required:
Contact Kim Mayo 434-591-1950 or kmayo@vt.edu**

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Kim Mayo, VCE-Fluvanna at (434)591-1950/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.

Cooking opportunities for youth

4-H Food Frenzy

Holiday Lake
4-H Extension Center

*Give the gift of an educational,
cooking experience!*

Activities:
 Food Preparation and Safety Classes
 Specialized Cooking Workshops
 Team-based Food Expo

**January 20-21
For Ages 9-18
Registration Ends January 7th**

Register at
www.holidaylake4h.com >
 Programs >
 Our Programs >
 4-H Food Frenzy

4-H CAMP: TEEN LEADERS NEEDED



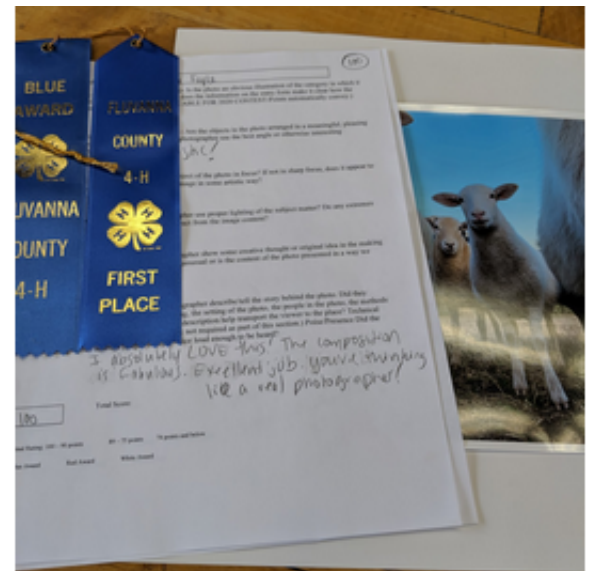
There is still space for a few teen leaders to apply. Teens are needed to serve as counselors at 4-H Camp June 10-14, 2024 at Holiday Lake 4-H Educational Center. Teens must be 14 by January 1, 2024 in order to attend. Applications, interview, and training are required. If selected a \$150 fee is required. Apply now:

<https://tinyurl.com/2024teencampapplication>

Camper registration (ages 9-13) begins January 1.

4-H COUNTY CONTESTS TO BE HELD JANUARY 20, 2024

Try something new! Join your fellow 4-H members as they participate in competitions from photography and science fair to public speaking and radio spot. There are many options to choose from, and county-level participants are eligible to compete in district level contests in Louisa on March 23. Senior level participants are able to move to state contests at 4-H Congress in Blacksburg, June 18-21. There is no registration fee to participate in up to 4 contests.



Photography contest ribbons and scoresheets from a previous County 4-H Contest.

Register here by January 12:

<https://tinyurl.com/2024Fluco4H>
Contests



4-H DISPLAYS AT THE FLUVANNA HOLIDAY LIGHT SHOW



For the fourth consecutive year, Fluvanna Parks and Recreation hosted a drive-through light show at Pleasant Grove Park. This year's event was held December 14-17, and Fluvanna 4-H had 3 of the 19 displays that were setup along the gravel drive through the park. Over 400 vehicles drove through the display this year even though the last night brought heavy rains.



Top and bottom photo courtesy of Kirsten Cropp
Middle photo by Kim Mayo

LIVESTOCK 4-HERS LEARN SHOWMANSHIP

On December 18-19, Livestock club members participated in two clinics to improve their showmanship skills. As members look ahead to spring livestock shows, learning how to best present their project animals to the judges is a necessary skill. Lidija Westfall led a poultry workshop in Fork Union, and participants learned to safely carry, present, cage, and talk about birds. A large animal clinic was held the following day in Buckingham where members learned how to select, feed, and present cattle, sheep, pigs, and goats in the show ring.



Darci Johnson participated in the poultry clinic December 18
photo by Kim Mayo

4-H CAMP REGISTRATION OPENS JANUARY 1

Make new friends! Join youth from Fluvanna, Albemarle/Charlottesville and Greene this summer for a week of unplugged fun at Holiday Lake 4-H Educational Center. Campers choose from a variety of fun classes, have plenty of time for free recreation including a chance to swim each day, and end each evening with a campfire.

The fee to attend a week of camp is \$300 and includes transportation from Fluvanna to Holiday Lake, all class supplies, and a camp t-shirt. Camper registration opens January 1, and camp usually fills very quickly.

Ready to Register? Click here: <https://fluvannacounty4h.home.blog/4-h-camp/>

Still have questions? Check out the link above for more details about camp as well as the links below on the Holiday Lake 4-H Center website:

- Holiday Lake info: <https://www.holidaylake4h.com/4h-summer-camps>
- Camp FAQs: <https://www.holidaylake4h.com/holiday-lake-4-h-faqs>



Save the Date:
Fluvanna
4-H Camp
June 10-14, 2024

*Holiday Lake 4-H Educational Center
Appomattox, VA*

*Camper registration opens January 1 (ages 9-13)
Teen counselors ages 14-19 needed. Application required.*

For more information:
<https://fluvannacounty4h.home.blog>
Kim Mayo kmayo@vt.edu 434-591-1950

Scan for more information!

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4-H CAMP OPPORTUNITIES

Below are 4-H camping opportunities for youth held at 4-H Centers across the state.

THE CENTERS' SCOOP




UPCOMING PROGRAMS FROM THE VA 4-H CENTERS

**JAN
20-21**

FOOD FRENZY

AT THE HOLIDAY LAKE 4-H EDUCATIONAL CENTER

Youth ages 9-18 have the opportunity to learn and practice food safety and cooking skills!

**JAN
26-28**

AEROSPACE CAMP

AT THE AIRFIELD 4-H CONFERENCE CENTER

Youth ages 9-13 and teen counselors will participate in advanced STEM science experiments and recreational activities all related to the aerospace industry.

**FEB
23-28**

ZOOTASTIC CLOVERBUD CAMP

W.E. SKELTON 4-H EDUCATIONAL CONFERENCE CENTER AT SMITH MOUNTAIN LAKE

For campers ages 5-8 and their parents!

**MAR
8-10**

COMIC BOOK CAMP

AT THE AIRFIELD 4-H CONFERENCE CENTER

Youth ages 9-13 and teen counselors will participate in a comic book and anime themed camp with activities all things heroes and villains!

↘

MORE INFO:

<https://ext.vt.edu/4h-youth/camping/centers.html>

4-H WINTER STEM CHALLENGE

During winter break, several middle school youth participated in a 4-H STEM Challenge, a program that uses simple machines as tools to teach youth about the engineering design process. On day one of the challenge, youth designed and built wind powered vehicles and catapults, learning about wheels, axles, and levers. On day two, they built their own pulleys and designed a device to transfer energy using wedges and inclined planes. On the final day, youth worked in teams to create a Rube Goldberg type machine that would complete a simple task.

In the final challenge, teams had to utilize at least two of the simple machines they built during the week to complete a circuit and light up the *2024-Happy New Year* sign. Teams gave a short presentation explaining their designs to each of the other teams, as well as parents, before starting their machines and successfully completing their tasks. Several 4-H teen leaders assisted with the program along with retired mechanical engineer, Jim Wolfe. A very special thank you to all volunteers who helped make this program possible.



Above Left: Teen Leader Aryann Baskfield (center) assists Grace Spann and Ben Powell with energy transfer. Right: Ben Powell launches his catapult.



Above Left: Wyatt Haney (left), and Aidan Caylor work together on their pulley system. Center: Jim Wolfe assists Aidan Caylor with sail adjustment. Right: Grace Spann and Landon Ramirez test their energy transfer system.
All photos courtesy of Kirsten Cropp

UPCOMING 4-H OPPORTUNITIES

2024- Happy New Year!

For More information on the events below, please email Kim Mayo kmayo@vt.edu or call 434-591-1950

January 1	4-H Camp Registration Opens	https://fluvannacounty4h.home.blog/4-h-camp/
January 12-13	Teen Leader Lock-in and Training,	Ruckersville, VA
January 20	County Contest Day	Fork Union, VA
January 20-21	4-H Food Frenzy	Holiday Lake 4-H Center, Appomattox, VA
January 24	4-H Day at the Capitol (ages 14-19)	Richmond, VA
February 1	4-H Food Challenge Begins	Fork Union, VA http://tinyurl.com/24FlucoFoodChallenge
March 9	4-H Food Challenge District Contest	Fishersville, VA
March 23	Northwest 4-H Contests	Trevilians, VA
June 10-14	4-H Camp ages 9-13 and teen counselors ages 14-19	Holiday Lake 4-H Center, Appomattox, VA https://fluvannacounty4h.home.blog/4-h-camp/
June 14-16	4-H Cloverbud Camp	Holiday Lake 4-H Center, Appomattox, VA
June 17-21	Camp Woods and Wildlife (ages 13-16)	Holiday Lake 4-H Center, Appomattox, VA
June 18-21	Virginia 4-H Congress (ages 14-19)	Virginia Tech, Blacksburg, VA https://ext.vt.edu/4h-youth/state-congress.html

4-H AMBASSADOR IN ACTION



Fluvanna Farm Bureau Vice President Channing Snoddy with Lidija Westfall.

Fluvanna 4-H Member and Northwest District Ambassador Lidija Westfall joined 4-H and FFA delegates from across the state at the Farm Bureau Annual Convention in Virginia Beach in late November.



Virginia 4-H Ambassadors and FFA State Officers at the 2023 Farm Bureau Convention. Photos courtesy of Lidija Westfall