

FLUVANNA 4-H NEWS

This month's edition is full of upcoming 4-H opportunities! Don't forget to scroll all of the way to the end for a full calendar of events.

TRUNK OR TREAT

On October 28, members of 5 different 4-H clubs assisted with the Fluvanna 4-H booth at the Fluvanna County Trunk or Treat. Members setup a 4-H camp themed display complete with a campfire, and took turns handing out candy and 4-H camp notices for 2024. We even met two former 4-H summer camp staff members at the event.



TEEN RETREAT

On November 5-6, teens from Albemarle/Charlottesville, Fluvanna, and Greene visited Holiday Lake for a teen leadership retreat. Participants tie-dyed shirts, participated in team building exercises, hiked to the historic dam on Holiday Lake, and enjoyed smores around the campfire at the end of the day.



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TERRIFIC TUESDAYS HELD AT CARYSBROOK

In October, youth in grades 3-4 participated in the return of Terrific Tuesdays at Carysbrook Elementary School. Volunteers and staff from the Fluvanna Library, Parks and Recreation, and 4-H helped students learn through science, technology, engineering, arts, and math projects over the course of three weeks. Students harvested over 30 pounds of sweet potatoes from the school garden, created wearable art, learned about compounds, created mazes for Hexbugs to navigate, and launched rockets. We hope to offer additional sessions of Terrific Tuesdays this spring.



Over 85 pounds of sweet potatoes were harvested through the Terrific Tuesdays program above at Carysbrook Elementary, and through the 4-H plots at the Fluvanna Community Garden. Youth enrolled in the summer gardening program planted the sweet potato slips in June, along with green beans, herbs, and flowers. In total, 90 pounds of sweet potatoes were donated to the food bank at MACAA for use by our residents.

Brayden Cropp, left, helped plant sweet potatoes in the early summer, and then harvest them this fall in the Fluvanna Community Garden.

JOIN US FOR A WINTER WORKSHOP AND MEMBER RECOGNITION

Our annual achievement program will have a different look this year. Join us for a winter workshop where we will recognize members, decorate cookies to share with our community, and make a wreath to take home.

Were you a 4-H member last year? Consider applying for or nominating others for Fluvanna 4-H Awards.

RSVP to the event here: <https://tinyurl.com/23Winterworkshop>

Apply for Awards here: <https://tinyurl.com/23Fluco4HAwards>

RSVP and nominations due by November 27!

MEMBER RECOGNITION

AND Winter Workshop

COOKIE DECORATING
Wreath Making



December 1



4:30 PM - 6:30 PM



Fluvanna County Community Center

Member Recognition at 6:00 PM



RSVP by :
November 27



STEM DAY CAMP SERIES



STEM DAYS

Let's celebrate the world of science, technology, engineering, and mathematics that shapes our future



DECEMBER 27-29

GRADES 5-7

TIME: 9:00-12:00

LOCATION: FLUVANNA COUNTY LIBRARY

REGISTRATION REQUIRED: NO COST



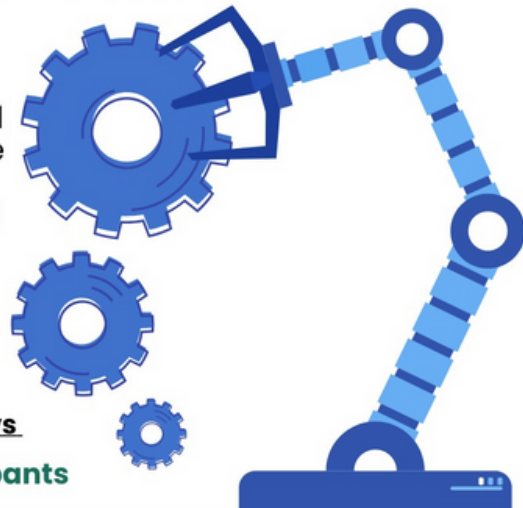
We will spend the first two days learning about and engineering simple machines using teamwork. On the third day, the goal is to act as an engineer and create a Rube Goldberg type machine to perform a specific task using the knowledge learned and teamwork.



Complete the Google form by **December 18** by scanning the QR code or going to:

<https://tinyurl.com/4HStemDays>

Space is limited to 20 participants



Contact information: Kcrop@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 BRITNEY REDMAN, 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.

VOLUNTEERS NEEDED: CONTACT KIM MAYO
KMAYO@VT.EDU 434-591-1950

4-H CAMP: TEEN LEADERS NEEDED

Save the Date
SUMMER CAMP
 JUNE 10-14, 2024
 HOLIDAY LAKE 4-H EDUCATIONAL CENTER



ALBEMARLE/CHARLOTTESVILLE - FLUVANNA - GREENE

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Holiday Lake
 4-H Educational Center



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.

HOLIDAY LAKE 4-H CENTER

The most wonderful camp of the year!

**Winter
 in the
 Woods**

**SATURDAY & SUNDAY,
 DECEMBER 2-3**

*Come & Enjoy Winter Fun
 Activities & Games
 in the GREAT OUTDOORS!*

FOR AGES 7-13
 HOMEMADE COOKIES - HOLIDAY NATURE
 CRAFTS - WINTER WONDERLAND HIKE
 & MUCH MORE

**REGISTRATION DEADLINE:
 NOVEMBER 22ND**

\$90 - INCLUDES ALL LODGING, MEALS, ACTIVITIES

FOR MORE INFORMATION WWW.HOLIDAYLAKE4H.COM

*Space still available for camp Winter in the Woods at
 Holiday Lake 4-H Center!*

Register Here: <https://www.holidaylake4h.com/christmas-camp>

4-H FOOD FRENZY CAMP

JANUARY 20-21, 2024

Activities

- Food Safety & Preparation sessions
- Fun food-filled workshops:
 - Grilling & Meat Prep
 - Baking
 - Quick and Easy Eats
 - Taste & Flavor
- Team up and create delicious bites with the help of a professional chef!

Prices & Policies

- Participants (ages 9-18): **\$115**
- Volunteers within 1:5 ratio: **Free**
- Volunteers outside of ratio: **\$100**
- Registration Deadline: **1/7/2024**
- \$35 non-refundable registration fee
 - Full fee non-refundable after registration deadline

What is the 4-H Food Frenzy?

Spend a weekend at camp learning how to cook!

WHERE?

4-H Food Frenzy will be held at Holiday Lake 4-H Educational Center. Transportation is not provided.

WHEN?

The date of the event is January 20-21, 2024

Check-in: 1/20, 9:30am-10:30am

WHO CAN REGISTER?

Youth ages 9-18 are eligible to register as a participant.

Adults may apply to volunteer at this event on our website.

LEARNING OBJECTIVES

- Kitchen & Food Safety
- Cleanliness
- Knife safety and skills
- Food preparation
- Cooking methods
- Independence
- Responsibility
- Team work
- Public speaking
- Creativity

Register Today!

HOW TO REGISTER

GO TO

WWW.HOLIDAYLAKE4H.COM

IN THE MENU BAR, CLICK

PROGRAMS

IN THE DROP-DOWN MENU, CLICK

OUR PROGRAMS

SCROLL & CLICK

4-H FOOD FRENZY

FOLLOW THE GREEN LINKS TO THE PARTICIPANT REGISTRATION AND VOLUNTEER APPLICATION

QUESTIONS?

Contact Olivia Johnson
oliviapj@vt.edu
 434-998-1254

Holiday Lake 4-H Educational Center
 1267 4-H Camp Road
 Appomattox, VA 24522
 434-248-5444

WWW.HOLIDAYLAKE4H.COM

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HOLIDAY LAKE 4-H EDUCATIONAL & VIRGINIA COOPERATIVE EXTENSION PROGRAMS AND EMPLOYMENT ARE OPEN TO ALL, REGARDLESS OF AGE, COLOR, DISABILITY, GENDER, GENDER IDENTITY, GENDER EXPRESSION, NATIONAL ORIGIN, POLITICAL AFFILIATION, RACE, RELIGION, SEXUAL ORIENTATION, GENETIC INFORMATION, VETERAN STATUS, OR ANY OTHER BASIS PROTECTED BY LAW, AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. IF YOU ARE A PERSON WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES OR OTHER ACCOMMODATIONS TO PARTICIPATE, PLEASE CONTACT THE 4-H CENTER AT 434-248-5444 FROM 8:00 AM TO 4:30 PM. TO DISCUSS ACCOMMODATIONS 5 DAYS PRIOR TO THE EVENT. *TDD NUMBER IS (800)828-1120



UPCOMING 4-H OPPORTUNITIES

- November 27** Deadline to RSVP for Winter Workshop and apply for awards
- December 1** Member recognition and Winter Workshop
- December 2-3** Camp Winter in the Woods, ages 7-13, Holiday Lake 4-H Center
- December 15-18** Celebration of Lights, Pleasant Grove
- December 27-29** STEM Day Camp- Grades 5-7 (Teen helpers needed)

2024

- January 1** 4-H Camp Registration opens (this is a change!)
- January 1** First Day Hike (details TBD)
- January 12-13** Teen Leader Lock-in and Training, Ruckersville, VA
- January 20** County Contest Day, Fork Union
- January 20-21** 4-H Food Frenzy (ages 9-18), Holiday Lake 4-H Center
- January 24** 4-H Day at the Capitol, Richmond, VA
- June 10-14** 4-H Camp (ages 9-13) Holiday Lake 4-H Center
- June 14-16** Cloverbud camp (ages 5-8) Holiday Lake 4-H
- June 17-21** Camp Woods and Wildlife (ages 13-16)
- June 18-21** Virginia 4-H Congress, (ages 14-19) Blacksburg

BE GRATEFUL:

Lidija Westfall, a Fluvanna 4-H member, Healthy Living Ambassador, and Northwest District Ambassador recently recorded a PSA with the Charlottesville Radio Group encouraging listeners to practice gratitude. While it is currently airing during the month of November, we think you can look for something to be grateful for year-round. We are grateful for our wonderful volunteers who give their time and talents to support our 4-H youth. Let us know if you hear Lidija's PSA on any of the Charlottesville Radio Group stations below.

