



4-H CLOVER CLIPS



Virginia Beach, VA

April 2023

VA Beach 4-H Focuses on Civic Engagement and History

Mark your Calendars

- ♦ **Camp Counselor Applications are still open**
<https://tinyurl.com/5h3spbjy>
- ♦ **Camp Registration Is Open!** On Site Camp Registration April 15th and 16th at the VB Rodeo 10am-4pm, 3rd St. 4-H Tent
- ♦ **May 20th- TALT training** 10am-5pm
- ♦ **June 2nd- 4-H Livestock Show and Sale**
- ♦ **July 24-28- 4-H Camp!**

VA Beach Elected Officials Roll Out the Red Carpet for 4-H Youth in Richmond



Every year Virginia 4-H convenes at our state capitol to meet with officials, sit in on a session in chambers, and get an immersive experience in the legislative process. One of the pillars of 4-H programming is Civic Engagement, and 4-H Day at the Capitol is only one way that we do it.

Senators William DeSteph, Jr. (District 8) and John Cosgrove Jr. (District 14), and Delegate Karen Greenhalgh met with 4-H youth from our VA Beach Livestock and Bee Club, and our NAS Oceana and Little Creek military base youth programs. Each one gave our youth generous time to answer questions, discuss topics of interest, and even shared their experience of being stationed at each one of the bases. Our Senators also shared all the ways in which they support our local 4-H youth through participating in our community events.



Students witnessed the Mace being removed to begin the session in the House of Delegates.

There are many offerings for youth, families, schools, and the community to participate in 4-H. Each has their own page and sign-up. These Educational Program offerings can be found on the below website:

<https://sites.google.com/vt.edu/virginia-beach-4-h-inschools/home>



Embryology Updates

1,140 lives in the hands of VA Beach classrooms

Record-breaking numbers for the 4-H Embryology Project this year. There are 1,140 eggs incubating this year with educators. New to the program is weekly live video lessons with the 4-H Agent, Ms. Jonette Mungo. Students and teachers get to ask questions and participate in demonstrations that support students learning during this project. Eggs go to local farms that supply eggs to local restaurants and food pantries.



Rabbits in the Classroom

Creme Brulee visits Princess Anne Elementary and teaches students how to build trust while providing lessons on habitats, ecosystems, and food webs

Do you know how to create a safe and inviting environment for a rabbit? 4th-grade students at Princess Anne Elementary have learned how after a week of hosting 4-H rabbits, Creme Brulee.

Students completed a series of lessons focused on Virginia native ecosystems and habitats. They learned about the special animals and organisms that live here and how important they are to maintain balance in the food chain.

Continued on the next page...



Teachers reported that their students gained better self-awareness as they coached each other on maintaining a quiet and gentle environment for the rabbits so they would not be afraid. Students took turns reading and completing assignments on the carpet with the rabbits. As long as they were calm and spoke quietly, the rabbits would come up to them and allow them to be petted. After trust was established, Creme Brulee would approach to get a closer look at what students were working on.



4-H STEM Challenge

The Oceanfront Library will be working with 4-H in May to bring STEM fun to youth and families

On May 18th we will be doing an "Egg Walk" where youth and families can test the strength of an egg. Surprisingly it is possible to stand on an egg without breaking it. We will also build straw baskets to protect the eggs from cracking when we drop them from various heights at the library.

On May 10, 22, & 23 we will be working through Explorers of the Deep 4-H STEM Challenge where youth will explore submarines and ocean life. On the 23rd Seatack Rec Center is bringing youth in to test their submarine glider in the pool. All are invited to participate.

HEY, VIRGINIA BEACH!
CAMP REGISTRATION OPENS ON MARCH 15, 2023
WE WILL BE CAMPING AT FULL CAPACITY!!

4-H SUMMER CAMP 2023 !

Experience the fun, create memories
and make new friends.

Registration information will be available on our Google Site:

<https://sites.google.com/vt.edu/vb-4h-education/4-h-junior-summer-camp/summer-camp-camper-registration>



July 24-28, 2023

Southeast VA 4-H Center

Wakefield, VA



18 USC 707



Up for something new this summer? Be part of our 4-H Junior Residential Summer Camp designed especially for Virginia Beach youth. You'll spend five days on Airfield Lake taking part in a variety of fun activities. Call 757-385-4769 or email jonetm4@vt.edu for more info.



Virginia Cooperative Extension

Virginia Tech • Virginia State University



www.ext.vt.edu

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its 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, military status, or any other basis protected by law.

Register NOW!



VB 4-H SUMMER CAMP 2023



Call or stop by the Virginia Beach Extension Office
Monday - Friday between 9am and 5pm

MARCH 15-JULY 1, 2023

Please call Jonette Mungo @ 757-385-8153

2449 Princess Anne, Building #14
2nd Floor, Virginia Beach

Registration can also be completed online.

<https://sites.google.com/vt.edu/vb-4h-education/4-h-junior-summer-camp/summer-camp-camper-registration>

4-H Camper Registration is now scheduled to open at NOON on March 15, 2023.

\$100 Deposit or **\$400** paid in full will hold your child's place at camp.

Enjoy the Outdoors Again!!

Check out the 4-H center here. https://www.airfieldconference.com/page/4_h-summer-camp/



Agriculture

Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu



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. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

**GRANT SPONSORED
PROGRAM!!**



FAMILY CAMP

- *CampFire
- *Nature Walk
- *Fishing
- *Family Activities
- *Mental Health
- Panel Sessions

To register, please contact
kanishaa@vt.edu/757.294.5215
taneka83@vt.edu/804.834.1309



www.ext.vt.edu



This quarter the Sea Horse Riders did many fun things. In December we had a Christmas party that included: caroling with ponies (Bright and Duncan), ornament exchange and shared a meal together. Our January meeting included grooming lessons and mane braiding. In our February meeting we reviewed horse body parts and did a valentine's exchange. Also, in February two of our club members participated in Equismartz.



On our Christmas Party night, the girls gave pony rides in the neighborhood while caroling to include giving a ride to a woman on her birthday week that had never ridden a horse and had always wanted to. It was extra special. And, Santa did not come with his reindeer this time but with a little encouragement from our kiddos, went for his own pony ride too.



The Seahorse Riders will continue learning about horsemanship, participating in various activities related to horses, and volunteering at local barns.

Sea Horse Riders is open to youth ages 5-18 who are interested in learning about horses and other 4-H projects. Sea Horse Riders meet the second Tuesday of each month at various locations. For more information, please, contact Club Leader Kerri khudsonland@gmail.com

4-H Craft Club

For our January craft, members made bottle lamps. Ms. Ferman provided all the supplies and led the craft. We painted an empty bottle with our own designs, then placed mini string lights inside. Ms. Ferman then sprayed each bottle with a sealant to protect our artwork. They came out beautiful! Club members also made pinecone bird feeders with peanut butter and bird seed.



In February, we made a Valentine heart with red and pink streamers. We glued squares of cut streamers to a cut-out heart attached to a dowel rod and finished it off with a pretty ribbon.



For our upcoming March craft, we plan to make a woven paper basket out of a paper cup.

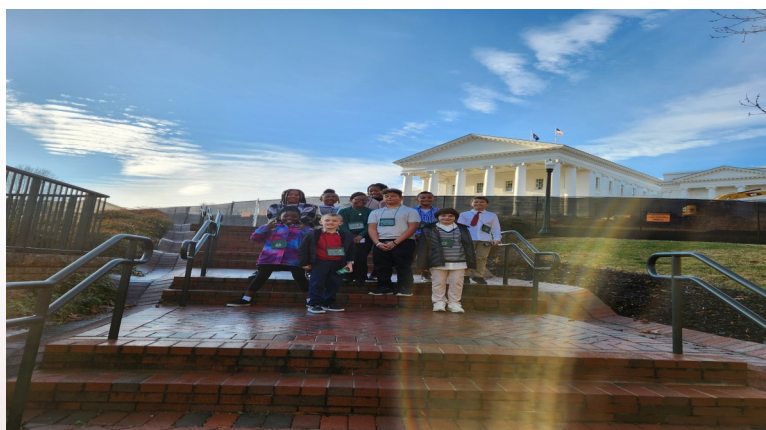
The Virginia Beach 4-H Craft Club meets at 6:30 p.m. on the 2nd Monday of October through May at the Creeds Ruritan Community Complex. Our club leaders request that we RSVP our attendance before each meeting to ensure they have enough craft supplies for everyone.

JEB Little Creek Urban Knights



So much has happened for the Little Creek Urban Knights in the past 3 months. In December, the Urban Knights made homemade holiday ornaments, using paint and Epsom salt.

During January, these older 4-H members learned all about government and laws as they prepared for Virginia 4-H Day at the State Capitol. 4-H members wrote about “what 4-H means to me” and worked together to play Lawcraft, which required them to create a law and get full congressional approval to pass their law. They also learned about the branches of government. During our trip to Richmond, youth gave a copy of their “what 4-H means to me” to Senator Bill DeSteph. Youth also met with other senators, legislators, and legislative aides, asking questions and learning about various laws, before sitting in on a session of the State Senate. These 4-H members then toured the Valentine Museum and Wickham House, learning all about the history of Richmond and the Valentine and Wickham families.



February saw the Urban Knights completing STEM & Robotics activities. Youth learned about coding and robotics by using Edison robots to create a Battlebots competition. They followed up that activity with a lesson on electricity and circuits using Squishy Circuits sets, which allow youth to create working circuits through conductive playdough. Finally, the month finished with an Egg Drop Challenge, where youth had to use a variety of random objects to try to protect their egg from breaking when dropped off the top of a ladder.



Learn more about 4-H Youth Programming and Military Partnerships by going to this website: <https://4-hmilitarypartnerships.org/>

JEB Little Creek Urban Knights



During the month of March, the Urban Knights will be participating in the 4-H Embryology project, as well as some youth choice activities, including Gau Gau and baking cookies. April will be a community service month for both clubs, and will include collecting trash from around the community and making cards for senior citizens. The Little Creek Urban Knights meet every Wednesday from 4-5pm at the Little Creek Youth Center.



The Underwater Cloverbuds have also had an eventful few months.

In December, the Underwater Cloverbuds also made homemade holiday ornaments. These younger youth also participated in a holiday coloring contest, with Allie W. winning for the 5-6 year old's and Steven S. winning for the 7-8 year old's. The Cloverbuds finished out the month with an activity to practice listening by following directions to draw a snowman.

January was a youth choice month for the Cloverbuds. During this month, younger 4-H members experimented with density by doing an experiment where they made "water fireworks". Youth also made their own invisible ink, tried to read other member's messages, and competed in a few dodgeball games. The month concluded with a cupcake decorating competition, with Jade J. being crowned the winner and Amari H. placing in 2nd.

February was also STEM & Robotics month for the Underwater Cloverbuds. In addition to using the Edison robots to learn about coding and using the Squishy Circuits to learn about electricity and circuits, these younger youth completed a Number Scavenger Hunt, which allowed youth to practice their numbers and basic math skills. The Cloverbuds finished the month by making salt crystals and making their own plastic out of milk.

During March, the Cloverbuds will be participating in the 4-H Embryology project, as well as a few youth choice activities, including Capture the Flag, Gau Gau, and a Lego building contest. April will be a community service month for both clubs, and will include collecting trash from around the community and making cards for senior citizens.

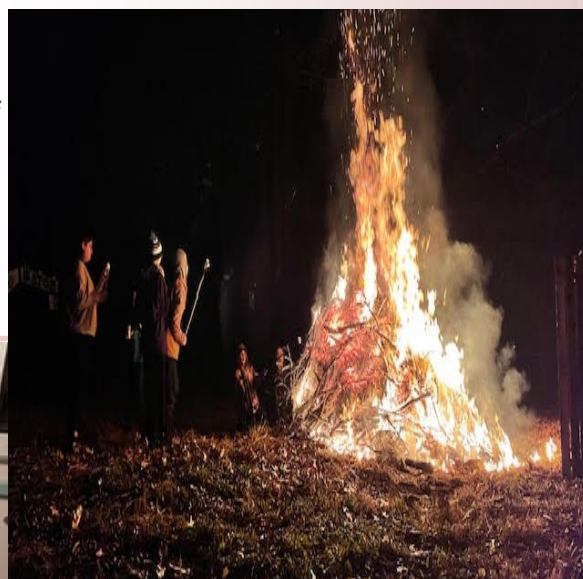
The Little Creek Underwater Cloverbuds meet each Thursday from 4-5pm at Little Creek Youth Center.



Learn more about 4-H Youth Programming and Military Partnerships by going to this website: <https://4-hmilitarypartnerships.org/>



The 4-H Foragers Beekeeping Club members have been busy bees over the past few months. Three of our members competed in a honey judging contest through the Tidewater Beekeepers Association (TBA), a local group of amateur and semi-professional adult bee keepers. TBA tasted honey submitted in unmarked jars and included having the jars travel throughout the state for the competition. The Foragers Beekeeping Club historian placed second in the competition. Congratulations to William! Some of his honey was purchased by tasters as his was picked as their favorite. During our December meeting, we celebrated the holidays with a white elephant gift exchange. In January, we held a Foragers Fun Day with a bonfire and pot luck at a club leaders home.



We continued with member presentations. One of our members presented on "What Bees See", a comparison between bee and human sight. We meet the third Tuesday of each month. Our next meeting is scheduled for February 21st, where we as a club will work on a bee project book together. Project books along with a few other requirements, such as volunteering, participating in educating the public and community service, are all parts of the process of being awarded a hive in the hive incentive program. The hive incentive program is one of the many benefits to joining the 4-H Foragers Beekeeping Club. We are looking forward to the Spring and catching more bee swarms, getting into the club hives and learning more about honey bees.

Meetings are every third Tuesday of the month at 6:30 pm at the Extension Office as well as occasional field days for hands-on learning. For more information, contact Aimee Byman at info@4hforagers.com ~



Our club is growing! The Top Shooters started off their new 4-H season in October. They welcome back returning members and greeted new families and kids by having a series of marksmanship clinics. These clinics brought new youth up to par quickly and taught them essential skills on firearm safety and fundamentals of rifle marksmanship using air rifle and BB gun.

Once the new youth complete the 3 training clinics they can begin practicing for the upcoming 4-H matches, which begin in February, and is comprised of an in-house league and travel to district and state level matches throughout the year.

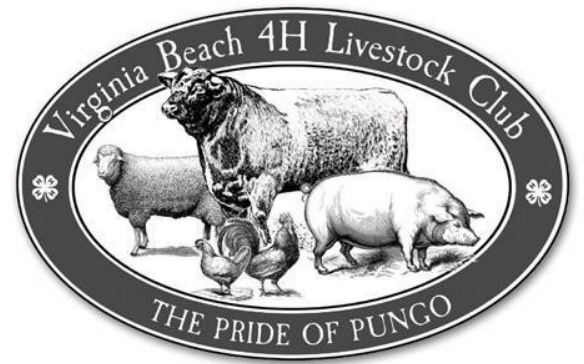


A special thanks to our adult club leaders, who are 4-H certified, and help youth master firearm safety, marksmanship, and teamwork while training in sport and competition shooting. These dedicated club leaders teach youth many developmental skills including discipline and responsibility, while cultivating skills that could lead to college scholarships and/or Olympic team competition.

The club does have some limited spots still open and can accept a few more members for the year. If interested in attending one of their beginner level clinics, please contact them using the email below.

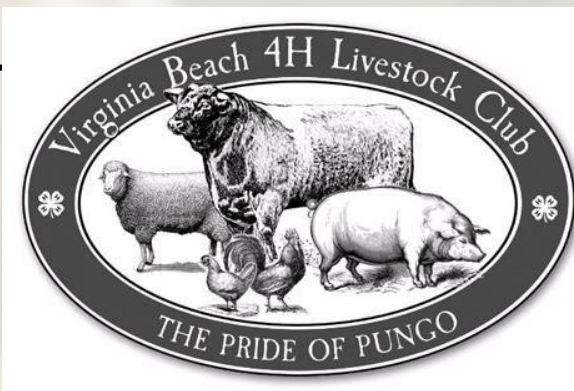
4-H Top Shooters Club meets at the Creed Ruritan Community Center. For more information, email: vb4htopshooters@gmail.com or visit: <http://vb4htopshooters.com/>

4-H Livestock Club



As the 4-H year continues on, the Virginia Beach 4-H Livestock Club continues to make change in the community. Many members that are a part of the ham project continue to care for their hams. The club contributed donations to the Ruritan Club for the food baskets for the needy families during the holidays. Workshops are being held to help new and old 4-Her's with their lamb, hog, goat, and steer projects.

The Ruritan Club held their annual BBQ, and the 4-H Livestock Club had a bake sale, to collect more donations, for the club. Can tabs are still being donated to the Shriners Hospital for hospital patient transportation and can foods are collected for the food pantry every meeting.



Whether you own livestock or live in an agriculture zone in Virginia Beach or not, you can join the 4-H Livestock Club and learn about this industry while developing great friendships and securing a great career path for yourself. We'll make sure you get to a farm or barnyard to interact with some animals.

Club meetings take place on the 4th Monday of each month at 7pm at the Creeds Ruritan Club Complex. Non-ownership and Skill-a-thon team meetings are scheduled with those leaders. If you'd like more information on the club or how you can participate, please, contact the Livestock Club leaders Kirby Malbone and Donna Vaughan vb4hlivestock@gmail.com or contact VB 4-H Agent Jonette Mungo, jonetm4@vt.edu (757) 385-8153.

4-H Livestock Club



Ham Project

In case you missed it...**66 YOUTH** are participating in the 2023 4-H Ham Project. 20 of these students are from Parkway and Three Oaks Elementary.

They are competing for the **FIRST TIME EVER** in this project.

The project began on January 21st and will conclude at the June 2nd Livestock Show and Sale at the Creed's Ruritan Center. All youth and school hams will be on display and 5 will be up for auction to support the club's scholarship program.

School hams will have their Best in Show hams hang on display at the Butcher Shop located in the VB Farmer's Market for one week before going back to their respective school. Each participating school will decide what to do with their school hams. Their participation is to support student learning of a time honored VA tradition that began with the Jamestown Colony.

Students, teachers, and families participated together to salt, wash, and hang their hams to prepare for the smoking process. We just can't thank our participants and adult volunteers enough for their participation of this youth and family activity.





YOUTH IN ACTION

4-H is a national youth organization built on empowering youth to be the leaders and change makers in their community. Our clubs are led by trained, caring adult volunteers.

Our club leaders instruct our youth following the 4-H "Learn by Doing" model. We provide opportunities for these youth to shine as leaders and youth ambassadors.

The photo above spotlights our Little Creek CYP program. 4-H has a strong Military Partnership in which youth who have parents that serve, can stay connected to positive youth programs and a large network of 4-H families through the country and abroad. The above photo shows Little Creek 4-H youth posing for a photo in front of Virginia's Capitol Building during our January 4-H Day at the Capitol.



VIRGINIA COOPERATIVE EXTENSION VIRGINIA BEACH

2449 Princess Anne Road
Building #14, 2nd Floor
VA Beach, VA 23456

Office/Direct/Email:

Main Office: 757-385-4769
4-H Office: 757-385-8153
Email: jonetm4@vt.edu

Social Media:

Facebook: <https://www.facebook.com/vabeach4h>
Twitter: <https://twitter.com/VaBeach4H>
Instagram: <https://www.instagram.com/virginiabeach4h/?hl=en>
Website: <https://virginia-beach.ext.vt.edu/programs/4-H.html>



Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its 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, military status, or any other basis protected by law.