



4-H CLOVER CLIPS



Virginia Beach, VA

January 2024

Welcome 2024!

Mark your Calendars

- ♦ January 3 & 4, 2024 Embryology Project Training and sign-up
- ♦ January 16, 2024 Camp Counselor Applications due <https://tinyurl.com/5h3spbjy>
- ♦ January 20, 2024 Ham project begins at the VB Farmer's Market
- ♦ January 24, 2024 4-H Day at the Capitol
- ♦ February 17, 2024 VA Beach Hippology Contest
- ♦ February 29, 2024 Embryology egg pick-up
- ♦ March 15, 2023 4-H Camp Registration Opens
- ♦ April 13-14, 2024 4-H and Friends at the Ro-deo

Let's get the new year started with a few of our favorite 4-H things

There are many programs 4-H can offer communities. VA Beach is known for quite a few excellent programs and many get started in January of each new year.

Our 4-H Embryology Project reached over 4200 youth in 2023. The goal this year is to hone in on the scientific process and inquiry with students to improve their critical thinking and data recording skills. The Embryology Project is a great way for students to engage in meaningful hands-on experiments where they have an opportunity to employ knowledge of independent, dependent, and controlled variables. Through 4-H Agriscience projects such as this, youth realize the science involved in agriculture production and how biosecurity practices protect our food supply. Youth and teachers learn a lot from hatching cute little chicks.



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Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Interim



4-H Ham Project

Registration has closed for this project, however, a few extra hams were ordered. If you missed out on the registration and would like to participate with us in 2024, please be on location at the VA Beach Farmer's Market on Saturday, January 20 at 1:00pm. You must agree to the project rules and be present to work your ham.



4-H Day at the Capital (Civic Engagement)



Event takes place on Wednesday, January 24, 2024. Participants will travel to Richmond, VA and meet with their elected officials, tour the Capitol Building, and view an active session in the Virginia House of Delegates or the Senate. A special entrepreneurs luncheon with a local business owner has been arranged for this year. The day will conclude with a special visit to the Virginia Museum of History and Culture for a special interactive visit in their archives which includes a special archeologist presentation. No history book can compete with this immersive experience.

Now you can sign-up to participate in our programs with your entire family participating together. These offerings can be found on our Educational Program Website: <https://sites.google.com/vt.edu/virginia-beach-4-h-inschools/home>



Access application at
<https://tinyurl.com/5h3spbjv>

Join the Elite SQUAD of 4-H Teen Counselors

Applications are now OPEN!

VA Beach 4-H Camp Week is July 15-19, 2024

The First Round of Applications are due by January 16, 2024.

Looking to fill 30 female and 30 male counselors for camp this year.

We will continue to accept applications until all Counselor Positions are filled.

Application located at this web address: <https://tinyurl.com/5h3spbjv>



For our 4-H Horse Lovers!! Virginia Beach 4-H will be hosting a Hippology Contest on February 17, 2024 for youth enrolled in a 4-H Horse Club.

Hippology is a knowledge-based contest where youth demonstrate their knowledge of horse breeds, conformity, structure, parts, and origins. According to the Virginia Agricultural Commodity Board, the equine industry is a \$2 Billion industry in Virginia and generates more than 38,874 jobs.

Youth participating in this contest could be the next equine industry greats. And it all starts with their involvement in a 4-H Horse Club. Virginia Beach has three horse clubs: The Wave Riders, Seahorse Riders, and Surf and Saddles. Youth must be enrolled in a 4-H Horse Club to compete. The contest is open to all Virginia 4-H enrolled youth.

Contest Rules and Registration can be found on our projects and programs website. <http://tinyurl.com/rn6tj4xb>



The 4-H Foragers Beekeeping Club has had a busy end to 2023. In October the club celebrated the induction of their new officers for the 2023-2024 year. Monthly meetings continue on the third Tuesday of every month. Students interested in learning about beekeeping and managing honey bees with the opportunity to earn their one bee hive should check out our monthly meetings. Management of the club apiary continued with hive inspections, management of pests, and seasonal planning. In the Fall, the club treated for varroa mites, as well as checked for honey supplies. Winterization of the hive included insulation first with foam board, then black plastic wrap, and finally with clear plastic wrap. The bees are fed sugar cake during the cold months and the club plans on removing the winterization wrap by March. Decembers meeting was full of crafts, snacks, a canned food drive collection, and a white elephant gift exchange. Lots of fun was had by all! The Foragers Beekeeping Club has a lot planned for 2024 including participation in festivals, community education, Tractor Supply days, 4-H Capital Day, and fundraisers.



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 ~



4-H Craft Club

The Virginia Beach 4-H Craft Club is busy with community service projects and making fun crafts, including a STEM project at our October meeting. In October, we made funny Fall magnets out of popsicle sticks and a dancing popcorn STEM experiment. In November, we decorated Christmas Cards for *Hero Kids Foundation* which will send our cards to military personnel around the world. We also made Thanksgiving turkeys out of pinecones. Plans for our December meeting include another community service project of collecting non-perishable food items to be given to a local food pantry, and a fun holiday craft. We meet the 2nd Monday of each month at the Creeds Ruritan Community Complex.

October Meeting



Dancing popcorn experiment

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. If you're interested in joining the Craft Club, contact the Club Leaders – Jean Powers, jeankpowers@aol.com or Rose Talbott, Sandcrab151@cox.net for more information.

4-H Craft Club



November meeting



Decorating Christmas Cards for the troops



Pinecone turkeys



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JEB Little Creek Urban Knights & Underwater Cloverbuds



On September 7, we had a brief introduction to 4-H. On September 13, we did "Who Are You," to get to know each other. September 20 was Officer Elections for president, etc. September 27 was team building to increase teamwork.

On October 4, we played dodgeball and prisoner of war. On October 11, we played soccer and basketball. On October 18, we had an obstacle course. All of these were done so we could have fun. We also had Officer Training. October 25 was a parfait bar, so we could eat and enjoy food.

On November 1, we had a 4-H business meeting to discuss ideas. On November 8, we had a video game competition to have fun and play video games. On November 15, we began planning a lock-in for our next lock-in.



Submitted by: Keanu G., Reporter



The Urban Knights will finish out the month of November by going holiday shopping for their parents and other family members, during which they will practicing budgeting and calculating simple math problems. During the month of December, these youth will be participating in a variety of art projects, including a gingerbread house competition.

The Urban Knights meet weekly at Little Creek Youth Center. Meetings are usually conducted on Wednesdays from 4-5pm.

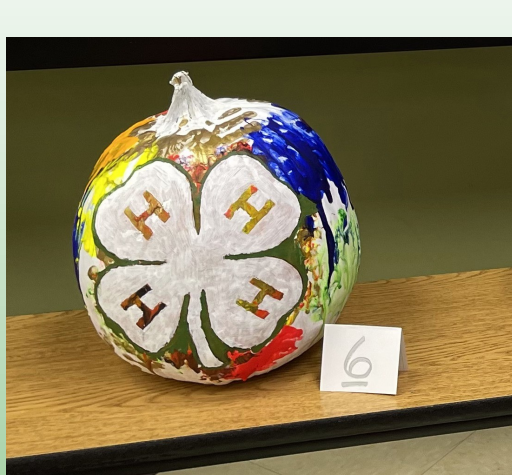
JEB Little Creek Urban Knights & Underwater Cloverbuds



A lot has happened at Little Creek Youth Center since school began. 21 new youth have joined Cloverbuds so far this year, 13 Cloverbuds from last year have rejoined, and 7 youth graduated to Urban Knights. In September, youth learned about 4-H, themselves, and each other through a variety of games and activities, including Human Scavenger Hunt and Cross the River. Youth also participated in 4-H elections, where they listened to each candidate's speech and made informed decisions while voting. For Cloverbuds, Emmanuel S. was elected to the position of Pledge Leader. Eman will spend the year leading the American and 4-H pledges before every Cloverbuds meeting.

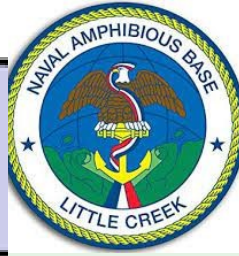
In October, the Cloverbuds participated in a variety of health and fitness activities, including dodgeball, soccer, and an obstacle course. Additionally, they learned about healthy snacks and made a trail mix to demonstrate their knowledge. These smallest 4-H members also painted a 4-H pumpkin, to compete with other pumpkins being painted and put on display at the center. Their pumpkin was made by taping a 4-H Clover on the pumpkin, then having all of the Cloverbuds in attendance put a different colored handprint on the pumpkin. The Clover was then removed and painted white, resulting in a pretty awesome pumpkin.

Also during October, the Cloverbuds joined with the Urban Knights, and many other 4-H clubs, to participate in National 4-H Week. This year's activity at Little Creek was a 4-H Spirit Week. On Monday, youth just had to acknowledge the week by wishing someone a "Happy National 4-H Week!" On Tuesday, youth demonstrated the first H, Head, by participating in Hat Day. Wednesday was Wear Green Wednesday, during which youth demonstrated Heart, and their love for 4-H. On Thursday, youth participated in Career Day, displaying the third H, Hands, and what they want to do with their hands when they grow up. The week finished with Fitness Friday, where youth demonstrated Health by wearing their favorite fitness and workout apparel. Parents were encouraged to dress up and participate as well, and youth received points throughout the week for their participation. For the Cloverbuds, there was a 3-way tie for 1st place, with Kellen B., Kamila C., and Emmanuel S. all receiving the maximum amount of points possible.



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

JEB Little Creek Urban Knights & Underwater Cloverbuds



So far in November, the Cloverbuds have had a sports day, during which they played football and soccer; a technology day, where they enjoyed playing games and watching videos on the tablets; and a day of gymnastics and ballet.

The Cloverbuds will finish November by making their own butter. In December, youth will participate in a variety of art projects, including puffy painting and marble paintings.

The Underwater Cloverbuds meet weekly at Little Creek Youth Center. Meetings are typically held on Thursdays from 4-5pm.



This quarter the Sea Horse Riders did many exciting things. In September, most of our Seahorse Riders attended the State 4-H Show. A few of our members took their horses to the show and others competed in non-rider events winning multiple ribbons and trophies. One member, Hazel Nash, won a trophy for the highpoint overall dressage score while the whole team won an award for the "Best Stall Decoration." This quarter, one of our members, Ryley P., gave a demonstration on how to lunge a horse. All of our members were able to participate and practice lunging horses. Additionally, many of our members attended local horse shows winning multiple ribbons. At our meetings this quarter, members were recognized for completing their project and record books for last year. Finally, our new officers attended a successful officer's training and are looking forward to having a successful year.

Seahorse Riders Pictured: Hailey, Elliot, Hazel, Bailey and Keira



Pictured: Bailey, Hailey and Hazel



Pictured: Ryley



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

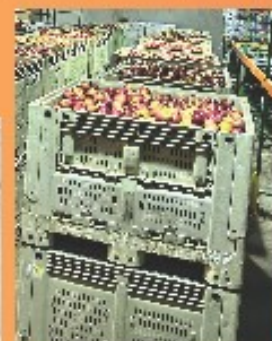


November 2023

NASO Navy Child and Youth Programs conducted a canned food drive between their four sites; Dam Neck CDC, Oceana CDC, Oceana Youth, and Midway Manor Youth. The canned goods were delivered to the Foodbank of Southeastern Virginia and the Eastern Shore by the Midway Manor Youth Leadership Team, where they received a tour from CEO Christopher Tan. Together the NASO Sites collected 711lbs of food!



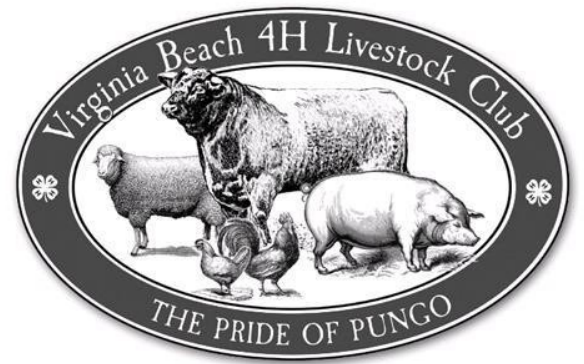
711 lbs
of food



592.5
Meals



4-H Livestock Club



Happy New Year to everyone in the 4-H community and beyond. I'm excited to share that the 4-H Livestock year is in full swing. All this year's steers have been delivered to their new homes and those 4-Hers are already in the daily grind of feeding, cleaning, brushing, and walking their show animals. With the goats, lambs, and hogs soon to follow.

So far this Christmas season we have had some fun, starting with the Pungo tree-lighting ceremony and our bake sale, which was successful this year. Thanks to all those who came out to support us. We also had a Christmas party where we had a fun time hanging out, making real glass ornaments, taking hayrides, and making delicious smores. Thank you to the Vaughan Family for opening your home to us. We also had a holiday wreath fundraiser earlier this year with fresh-cut pines, if you missed out or forgot to get one this year, please look out for any news about the event and order next year. They are high-quality showstoppers.

Our livestock club takes part in several community outreach programs. One is collecting canned goods for Charity Church, down in Pungo, for their food bank which helps families in need. Another is the collection of soda can tabs, which we send to the local Shriner's to help pay for their gas as they help with transporting those in need to medical appointments. You can also take part in the outreach by dropping off both canned goods and soda tabs at the VA Beach Extension Office.

Lastly, our Show and Sale this year will be on May 31st so, please mark your calendars and be ready for that exciting time and come support our Livestock Club.

-Joshua M., club reporter





SAVE THE DATE

Virginia Beach 4-H Camp will be here before you know it. Hold our camping date!!

July 15-19, 2024

Registration opens on March 15, 2024.



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