

FREDERICK COUNTY

4-H



Newsletter

February 2023



Picture Of The Month

Greetings from the Frederick 4-H Office

Dear 4-H Members and Friends,

Happy New Year! Here at the 4-H Frederick Office, we are busy preparing programs and events for this year. We are back and ready for in-person contests, events, and programs. We are starting off strong with the 4-H County Contests. This includes the Presentation Contest, Public Speaking Contest, Table Setting Contest, Science Fair Presentation, and Photography Contest. We are looking forward to creating fun, educational workshops for our 4-H members and 4-H volunteers.

In October 2022, we participated in the Tractor Supply 4-H Paper Clover Campaign, Virginia 4-H raised more than \$35,000. We are continuing to see consistent growth as promotional efforts are back in the local stores, which is exciting to see. In Frederick County, we raised \$690.00! Congratulations!

Sincerely,

Spring Vasey
Associate Extension Agent, 4-H Youth Development

Mark Your Calendar

February

- 10-11 - Block and Bridle Hippology Contest and Judging Contest
- 10- DUE entries for 4-H County Contests
- 17- 4-H County Contest - James Wood Middle School 6:30 PM
- 17- DUE Food Art Contest Pictures email to jfost@vt.edu
- 25-26- Teen and Adult Leader Training (TALT)
- 24-25- Block and Bridle Stockmens Contest and Livestock Judging
- 28- Newsletter Content DUE to Spring Vasey smvasey@vt.edu
- 28 - 4-H Project & Record Book Workshop Zoom

March

- 1- Agnes V. Shirley Scholarship Application Due to Extension Office
- 4- State 4-H and FFA Meats Evaluation Contest, Blacksburg
- 6- 4-H Leader & Volunteer Training 6:30 pm - Horizon Farm Credit
- 7- All Star / Honor Club Meeting 6:30 pm - Frederick Extension Office
- 10- DUE registration for 4-H Talent Showcase (Share the Fun)
- 11- Northwest District 4-H Food Challenge Contest, Expoland (277 Expo Rd, Fishersville, VA 22939).
- 15- DUE EquiSmartz Entry deadline
- 16 - 4-H Talent Showcase (Share the Fun) Rehearsal 6:30 PM, James Wood Middle
- 17- 4-H Talent Showcase Contest (Share the Fun) 6:30 PM, James Wood Middle
- 18 - MC Stockmans Livestock Judging Contest, Harrisonburg, VA
- 28- State Skillathon, Livestock - Rockingham Co. Fairgrounds
- 29 - State 4-H/FFA Livestock Skillathon, Harrisonburg, VA
- 31- Newsletter Content DUE to Spring Vasey smvasey@vt.edu
- 31-4/2 -EquiSmartz, Lexington VA

April

- 2- EquiSmartz Contest, Lexington VA
- 8-Glenwood Park Livestock Show, Loudoun Co. Fairgrounds
- 12-16 Virginia Beef Expo and Virginia Jr. Beef Roundup
- 18 - Leader Association and County Council Meeting 6:30 PM
- 14-19 - National 4-H Conference, Crystal City, Virginia
- 20- Frederick-Page Camp One-Day Camper Registration, 5:30 PM to 7:30 PM, Ext. Office
- 28 - Newsletter Content DUE to Spring Vasey smvasey@vt.edu
- 29-30 - VA 4-H Healthy Living Summit

May

- 1- 4-H Horse Declarations Online
- 13- Bike-A-Thon, James Wood Middle School
- 13- NW Dist. Qualifying District Horse Show, Frederick Co. Fairgrounds
- 13- Livestock Weigh-in and Registration (Swine, Sheep, Goats, Rabbits) TBD YQCA Training
- 20- Clarke, Frederick, Warren Beef Show, Frederick Co. Fairgrounds
- 26- Summer Newsletter Content DUE to Spring Vasey smvasey@vt.edu

June

- 22 - Frederick County Fair Work Detail - 4-H Sponsor, 9 AM - 11 AM
- 25-29 - Frederick-Page 4-H Summer Camp
- 27-30 State 4-H Congress, Virginia Tech

July

August

31- Record and Projects Books DUE to the Frederick Extension Office

4-H Leader and Volunteer Training

The 4-H Leaders and Volunteers Training has been scheduled for March 6 at Horizon Farm Credit 6:30 PM. ALL 4-H volunteers, leaders, and coaches are strongly encouraged to attend this training. Please mark this date on your calendar. Dinner will be provided. Please RSVP by March 2nd to this link if you're planning to attend <https://forms.gle/W5xQLZYGRqNAMmks8>



4-H February Food Art - Due Feb. 17

The Food Art Contest is rolling into its February Theme 'Valentine'. Entries are due the 3rd Friday of each month, February 17, 2023. As a reminder, your art doesn't have to be edible but constructed with food items. When you're finished with your art creation, take a picture and email it to jfost@vt.edu and smvasey@vt.edu.

Each time a member submits an entry (1 entry per member, per month), the 4-H'er will be entered into a drawing to win a 4-H prize! The drawing will follow the last contest challenge.



4-H Project & Record Book Workshop Zoom

The 4-H Project & Record Book Training will be held via Zoom on February 28 at 6:30 PM. It will cover which books to use for which project area, how to complete it, what's expected, and how books will be scored. There will be a Q &A after the presentation.

The zoom link for the workshop is below:

<https://virginiatech.zoom.us/j/81748785848>

4-H Youth Animal Science Newsletter

Virginia Youth Animal Science



Newsletter



VOLUME 1, ISSUE 1

FEBRUARY 2023

Virginia 4-H Ambassador Demonstrates Citizenship by Leading the Charge to Get the Chincoteague Pony Designated as the Official Pony of Virginia

Virginia 4-H Horse Ambassador, Sophia Gallivan, from Accomack County, is working with Delegate Robert Bloxom to introduce a bill to the Virginia Legislature that would designate the Chincoteague Pony as the Official Pony of Virginia. In addition to advocating for this piece of legislation, Sophia helped draft the bill and contacted the First Lady, Suzanne Youngkin, to explain the positive impact this bill would afford the Commonwealth of Virginia and the Eastern Shore.

The Chincoteague Pony Swim has a longstanding and famous history, taking place since the 1920's and drawing 40,000 to 50,000 people to Virginia's Eastern Shore each year for the Annual Pony Penning. It is believed that the ponies have been on this barrier island since before colonial times and have been the subject of books, movies, and a spectator favorite for over 100 years.

As a member of the Chincoteague Drill Team and the Hoof Beats by the

Beach 4-H Club, Sophia has a strong personal interest in the Chincoteague Pony and the communities of the Eastern Shore. She has assisted in the training and care of the young Chincoteague Ponies purchased at the annual Fireman's auction, and has used these experiences and her passion for the program to get these ponies the official recognition they deserve.

Anyone can help support HB1951 by leaving supportive comments at the link below, or contacting your local Senator or House of Delegates Representative. Thank you, Sophia, for your efforts to have the Chincoteague pony recognized as the Official Pony of Virginia.



Sophia Gallivan meets with Delegate Robert Bloxom



UPCOMING EVENTS:

FEBRUARY

2/10 B&B Hippology Contest

2/11 B&B Horse Judging Contest

2/11 YQCA Training/Skyline Stockman's Contest, Virginia Livestock—Front Royal

2/18 Hokie Dairy Day

2/24 B&B Stockman's Contest

2/25 B&B Livestock Judging Contest

2/25 Hippology and Horse Judging Clinic

MARCH

3/4 State 4-H/FFA Meats Evaluation Contest

3/6 YQCA Training—The B.A.R.N. Buckingham

3/11 Dog Project Educational Clinic

3/17 Youth Beef Field Day

3/18 MC Stockman's Challenge Livestock Judging Contest

3/25 State 4-H Dairy Quiz Bowl

3/29 State 4-H/FFA Livestock Skillathon

3/30 Southern Piedmont Regional Youth Cattle Working Contest

3/31-4/2 EquiSmartz

*For EquiSmartz qualifying events and the full Youth Animal Science calendar click the link below:

[Calendar](#)

Hokie Dairy Day

Hokie Dairy Day is an educational event for youth ages 9 to 19 hosted by the Dairy Club at Virginia Tech. This year's program will be held on Saturday, February 18, from 9AM to 5PM. Participants will meet at the Egen Large Animal Learning Center located at 473 Plantation Road in Blacksburg. Time will be split between the Virginia Tech Dairy Center

and the classroom. There will be junior and senior tracks with lots of hands-on activities. Juniors will focus on herd management, farm safety, dairy judging, and herd health. Seniors will learn about current research, herd health, careers, and food safety from farm to table.

The event is a great opportunity to see the Virginia Tech campus

and learn about the School of Animal Sciences and the dairy science major. The registration fee is \$10 per person which will include lunch.

The [registration](#) deadline is February 14. For more information, contact Madison Sifford at madison16@vt.edu or Dave Winston at dwinston@vt.edu.



2023 State 4-H/FFA Livestock Skillathon

The 2023 State 4-H and FFA Livestock Skillathon Contest will be held on Wednesday, March 29th at the Rockingham County Fairgrounds in Harrisonburg. This event serves as the official State Contest for 4-H youth with top contestants receiving the opportunity to represent Virginia at the National 4-H Livestock Skillathon in Louisville, Kentucky in November.

Participants test their knowledge of the livestock industry via a general sub-

ject matter quiz, quality assurance individual and team activities, as well as retail meat, feed, equipment, and breed identification stations. Livestock, Hay, and Meat evaluation classes, along with team problems for both juniors and seniors complete the contest.

Junior and Senior age divisions are offered, however there are not separate contests for 4-H and FFA youth. Within the two age divisions participants compete for individual and team awards

based on their scores in the stations, quizzes, and evaluation components.

Youth Skillathon activities allow youth to learn more about various agriculture industries, demonstrate their knowledge and decision-making skills, and network with other youth from across the State who have similar interests. Details will be distributed and the entry system will open on February 15th. Watch the [Virginia Youth Livestock Webpage](#) for updates and entry details.

Dog Project Educational Clinic

Excitement for Dog Programs in Virginia is growing!

Any youth interested in learning more about the 4-H Dog Project is invited to register for an Educational Clinic Saturday March 11th at Virginia Tech. Participants will take part in four workshops with topics including Service and Therapy Dogs, Agility, Scent Work, Showmanship, and many more.

Nine youth from two counties participated in the 2022 State Dog Show with their dogs. The events included Showmanship, Obedience, Rally, Costume and Educational contests. Since then, three new Dog Clubs have been formed and many counties have expressed interest in the Dog Project or Dog Clubs. Our Team is excited to work with Agents, Volunteers and Youth to grow this part of our program.

Click image for more information:



Register using this link: [Dog Clinic Registration](#)

EquiSmartz, March 31-April 2, Lexington, VA, is the state equine knowledge competition which hosts several contests for youth, ages 9-18. Hippology and Horse Judging is open to both 4-H and FFA youth members and Horse Bowl and the Communications Contests are open only to enrolled Virginia 4-H members. Top winning 4-H Seniors (age 14-18) are eligible to compete at the Southern Regional 4-H Horse Championships in Perry, GA and Eastern National 4-H

Horse Roundup in Louisville, KY. EquiSmartz serves as Day 1 for the State FFA portion with top teams being invited to State Convention to complete their competition and learn who will represent VA at their respective National events. Hippology for 4-Hers is a 2-day contest, Friday and Saturday. Hippology for FFA is Friday only. Horse Judging will be held at the Virginia Horse Center, Saturday morning, and reasons will be given at the nearby high school in the afternoon.

Horse Bowl and the Communications Contests will be held Sunday. Youth are currently qualifying for EquiSmartz at various [contests and clinics](#) across the state. Entries are due by March 15. EquiSmartz offers the chance for youth to grow in their knowledge and real world experience with the horse, learning life skills in teamwork, public speaking, problem solving, and decision making in a fun and friendly competitive environment. We hope you will join us!



State Teams Compete at National Events



State Dairy Quiz Bowl Team-
Front Row L to R: **Dave Winston, Becky Daubert;**
Back Row L to R: **Sarah Craun, Jackson Kelly, Clay Shantz**



Eastern National Horse Roundup Teams: Reserve Champion Hippology Team, 3rd Overall Horse Judging Team, 4th Overall Communications Team, Horse Bowl Team-
Front row L to R: **Alexis Musselman, Josie Galvin, Carrie Miller, Mattie DeBord, Willow Billings, Kate Townsend;**
Back row L to R: **Emily Sears, Kaylee Hill, Lauren Adams, Lacy Barlow, Dakota Dunlap, Trinity Green, Helen Rix,**



State Meats Judging Team-
L to R: **Emily Klein, Wyatt Marshall, Elyse Dyson, Blake Caricofe, John Benner**



State Poultry Judging Team-
L to R: **Elizabeth Martinez, Charity Osborne, Anita Bear, Allison Brown, Bryton Atkins**



State 4-H Livestock Judging Team-
L to R: **Isaac Miller (Alternate), Lindsey Rigby, Emily Taylor, Emma Jackson, Elyse Dyson, Sarah Craun (Alternate), Emma Jo Donnelly (Alternate)**



Reserve National Champion Livestock Skillathon Team-
Front Row L to R: **Ellie Vincent, Marie-Claire des Rosiers, Kennah Kerns, Rebecca Stout;**
Back Row L to R: **Ruth Boden, Clara Nelson, Keller Cooley**



Katherine Carter
 Extension Youth
 Animal Science
 Specialist
carterke@vt.edu
 540-231-2257

As the Extension Youth Animal Science Specialist, Katherine serves as our Team Leader, coordinating all youth animal science programs and events. She plans and provides oversight for all youth livestock and poultry events and works closely with Agents and FFA Advisors to provide resources for their work in the field.



Dave Winston
 Extension Youth
 Dairy Specialist
dwinston@vt.edu
 540-231-5693

As the Extension Dairy Youth Specialist, Dave coordinates the state dairy youth program. The program includes the Dairy Quiz Bowl, June Dairy Month 4-H Poster Contest, Dairy Judging, Dairy Fitting and Showmanship, and Dairy Foods.

Meet The Youth Animal Science Team



Sandy Arnold
 Extension Youth
 Animal Science
 Program Associate
horse4h@vt.edu
 703-201-4322

As a member of the Youth Animal Science Team, Sandy supports all youth animal science programs and events, and serves as the lead on many of our youth horse activities and events, including leading our VA Horse Ambassador Team.



Jennifer Redifer
 Extension Youth
 Animal Science
 Program Associate
jredifer@vt.edu
 540-231-6345

Jennifer's primary focus is the Companion Animal Program and Youth Animal Science Program finances. Jennifer can be found at most of our Youth Animal Science events providing administrative and program support.



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4-H Frederick County Contests

The 2023 4-H Frederick County Contest is on February 17. This will take place at James Wood Middle School at 6:30 PM. The contest will include the Presentation Contest, Public Speaking Contest, Table Setting Contest, Science Fair Presentation, and Photography Contest.

All entries are due to the Frederick County Extension Office by February 10, 2023

Entry forms can be downloaded [HERE](#)

Updated 4-H Project/Record Books

4-H Record Books give members an opportunity to reflect on their yearly work. They document their skill development and their learning experiences in a written report. 4-H members measure their achievements and growth in their total years in 4-H.

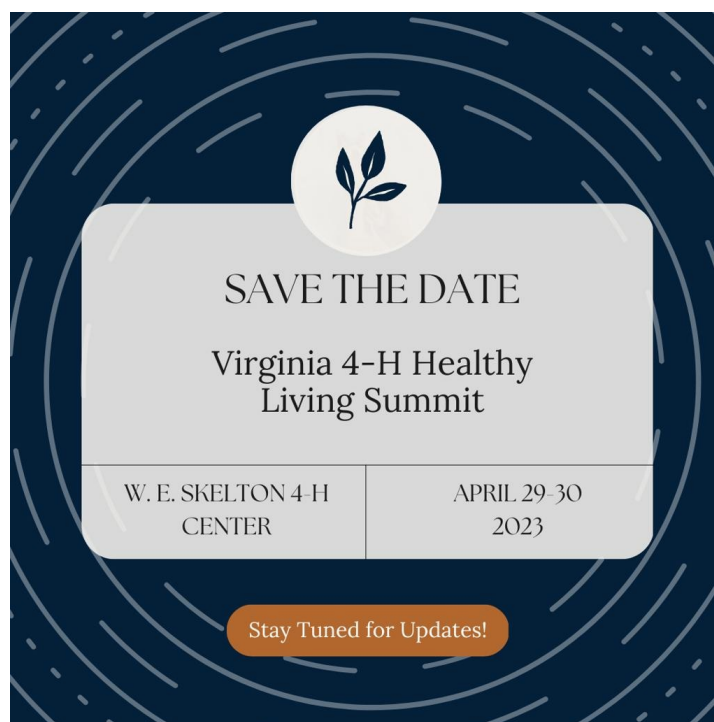
Here are the most updated record books. All record/project books will have rubrics included in them. Please review the rubrics to earn the most points as possible. Please use these new publications as you continue your 4-H year.

4-H Secretary's Record Book - Download [PDF](#)

4-H Treasurer Record Book - Download [PDF](#)

2nd Annual 4-H VA Healthy Living Summit

We are excited to share with you the dates for our 2nd Annual Virginia 4-H Healthy Living Summit, April 29-30, 2023 at the W.E. Skelton 4-H Educational Center. Although planning is still underway, we can promise that this Summit will feature hands-on and engaging workshops, amazing speakers, and opportunities to engage in conversations that will empower teens to be healthy - body and mind and gain skills that will better equip them to make healthy decisions. For 4-H teen members, ages 13-19.



All-Star / Honor Club Meeting

The first 4-H All-Star/Honor Club Meeting of the year is **Tuesday, March 7, at 6:30 PM**. Please plan to attend if you are a 4-H All-Star Member. The meeting will be held at the Frederick County Government Building in the first-floor conference room. This meeting will encompass the group's goals for 2023 and upcoming planning.

If you have any items for the agenda or topics you'd like to cover, please email them to me smvasey@vt.edu in advance. I am looking forward to meeting everyone!

Looking for more Teen Camp Counselors!

Every year, Frederick and Page County 4-H recruits bright, mature, and dedicated teenagers LIKE YOU to lead by example at Frederick-Page 4-H Camp, June 25-29, 2023. Counselors will work with a team of peers and adult volunteers to supervise children ages 9-13. Teen counselors often make a difference in the lives of younger campers with their energy, enthusiasm, and leadership skills, showcasing responsibility, and by being a friend to the campers. For these reasons, 4-H Camp teen counselors are valued for the important contributions that they can make to the 4-H camping program.

If you are interested in joining us at 4-H Camp as a Camp Counselor or CIT (Counselor in Training), please contact me. **Youth must be 14-19 years old to be consider as a CIT or teen Camp Counselor.**

The forms can be typed, or handwritten, and then emailed, or mailed to the office.

[Cover Letter for CIT and Teen Leader Applications](#)

[Camp Counselor-In-Training Job Description](#)

[Camp Teen Counselor Job Description](#)

[PDF Fillable Counselor-In-Training Application](#)

[PDF Fillable Teen Counselor Application](#)

[PDF Fillable Reference Forms](#)

Preston R. Willson Virginia 4-H Camp Scholarships

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the second annual Preston R. Willson Virginia 4-H Camp Scholarships for the summer of 2023. Applications for youth ages 9 - 14 can be submitted to VFEF to attend one of six (6) Virginia 4-H Center's 4-H Summer Camps which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 48 (forty-eight) youth will be randomly selected for these full scholarships. Each of the six 4-H Centers will host eight (8) scholarship recipients.

Attached is a copy of the one-page application. Applications open on February 1, 2023 and must be mailed or emailed to the Virginia Forestry Educational Foundation by April 3, 2023 (addresses for both are on the application form). Scholarship announcements will be made in mid-April.

[Preston R. Willson Virginia 4-H Camp Scholarship Application](#)

Buzz, Body, and Bites



Buzzy BODY & BITES for Teens

Buzzy



Self-Care During the Month of Love

Written by: Alice Milton, 2022-2023 Youth Healthy Living Ambassador

5 Easy Ways to Practice Self-Care During the Month of Love:

1. Nourish yourself by eating nutritious foods.
2. Drink more water.
3. Be sure to get enough sleep.
4. Schedule "me" time.
5. Exercise.

February is a month known for love. During this time, we often celebrate Valentine's Day by showing the ones around us that we care, but don't forget to give yourself some love too! Self-care is so important these days, and your efforts don't have to be big life-changing things that require a lot of time and/or money. Instead, find simple things that bring you joy or help you to feel physically, mentally, or spiritually refreshed. Taking time to care for yourself can help you to refocus and prioritize what's important; can act as a reset button for both your mind and body; improve your self-esteem and confidence; and make everyday life less stressful.



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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's SNAP annual nutrition assistance program. SNAP and it was supported by Expanded Food Nutrition Education Program (EFNE/EFNEA).

BITES

Build Your Own Sweet Dips



- Step 1: Pick a base like Greek Yogurt
- Step 2: Add flavor with Peanut Butter or Jam
- Step 3: Jazz it up with Cinnamon, Honey, or Vanilla Extract
- Step 4: Pick your Produce like Carrots, Celery, Strawberry or Apples
- Mix your ingredients together and enjoy!

#BelferPantry **EatSmart MoveMore**



BODY



For a nod to Valentine's Day, use strawberries as your chosen produce, dip them in your created **Sweet Dip**, and place them on parchment paper in the freezer for about an hour. These sweet treats make a great alternative to chocolate-covered strawberries.

Try this heart-opening yoga pose called the **Melting Heart**.

1. Come to all fours. Align your shoulders over your wrists and your hips over your knees.
2. Keep your hips aligned directly over your knees and walk your hands forward in space.
4. Melt your chest toward the floor (or a block or bolster) and draw your shoulder blades toward each other.
5. Rest your forehead or chin onto a prop or the floor.

Find more recipes at eatsmartmovemoreva.org

Exercise Your Mind



Write a love letter to someone you love, like a family member or friend, or even to yourself. Show care to others around you and express how much they mean to you. If you write one to yourself, highlight your positive attributes and show yourself some kindness!

Resources

Virginia 4-H | Facebook
www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program
eatsmartmovemoreva.org
www.facebook.com/VaFNP

Editors: Tonya Price, PhD; Rebecca Wilder, MEd; Helen Leslie; Albert Zhu

Peer Reviewers: Trinity Pamplin; Seriyah Nickens; Alice Milton; Becca Lantz; Meghan McGee; Lidija Westfall; Ellie James; Eleni Kasianides; Gloria Jamerson

ALL Livestock Exhibitor Requirements for 2023

- **All 4-H youth must be enrolled** in 4-H Online by December 31, 2022 to be eligible to participate in 4-H activities, contests, and shows for 2023
- **YQCA Requirement** - ALL FAIR EXHIBITORS must have this training in order to show or sell at the 2023 Frederick County Fair - Date of training TBD
- **Attendance Policy** - Livestock projects are learning projects. 4-H'ers or FFA members should learn basic life skills and increase their knowledge during these projects. 4-H'ers will be required to meet one of the following to ensure an increase in knowledge and basic life skills.
 - A) Attend six 4-H Club meetings.
 - B) Attend five 4-H Club meetings and participate in ONE County, District, or State Event.
 - C) Attend four 4-H Club meetings and participate in TWO County, District, or State Events. 4-H Club leaders will let the Extension Office know if and when a 4-H'er has met these requirements between October 1 and July 20.

- **Fair Work Details** - 4-H and FFA members showing and selling Market Animals will be REQUIRED to contribute 2 HOURS to a Fair Work Detail at the fairgrounds. Exhibitors can attend ANY of the Fair Work Details which are held at the Frederick County Fairgrounds and are conducted by 4-H, FFA, and the Fair Association. Dates TBD
- **2 Potential Buyer Letters** - Exhibitors will need to write two new buyer letters to potential buys that need to be turned into the *Frederick County Extension Office* by *June 6, 2023*. The letter MUST BE STAMPED, ADDRESSED (blue or black ink) AND READY TO GO IN THE MAIL. (Please do not seal the envelopes as we will be putting in a brochure to go along with your letter). We will add the potential new buyers to our master list in order to send passes and any other information. ****PLEASE CONTINUE TO SEND LETTERS TO PREVIOUS BUYERS ALSO!**
- **Project Requirements** - The Frederick County Fair passed the following rule as of 2002: 4-H and FFA members showing and selling Market Animals at the Frederick County Fair will be REQUIRED to have their project books checked twice.
 - A) At least one week prior to the fair, either an Adult Club Leader, Agriculture Education Instructor, or Extension Agent will review project records and verify the projects as being up-to-date. If the project is NOT UP-TO-DATE when reviewed, the exhibitor may resubmit prior to the Monday of fair week. THIS IS A REQUIREMENT TO SHOW AND SELL IN THE CURRENT YEAR'S FAIR.
 - B) Once fair is over project books need to be completed and turned into the Frederick County Extension Office by August 31, 2023 in order to show at next year's fair.
- **Livestock Exhibitor Code of Ethics signed**
- **Parent/Guardian Code of Conduct signed**

4-H Leaders Association Fundraiser

The Frederick County 4-H Leaders Association is hosting a CLOVER fundraiser to benefit 4-H member scholarships, contest awards, and programs. The Leaders Association promotes the 4-H program, helps plan 4-H county events, and encourages community support. These leaders help organize and develop our 4-H Leaders. They are truly amazing.

The fundraiser will run from now until **March 15, 2023**. We ask that you collect all CLOVER copies (with the member name on each copy sold) along with the collected donations, as I will arrange a later date/time to pick up your club fundraiser. This is NOT a mandatory fundraiser for 4-H Volunteers/4-H Members. If members wish to participate there is no total donation amount required. The attachment was designed as a tool to present to friends and family, allowing the 4-H members to color in the clover to keep track of their progress.

There will be a 1st, 2nd and 3rd place prize for the top 3 members that collected the highest dollar amount raised.

If you have any questions, please feel free to reach out to 4-H Leaders Association President, Becky Maynard, at springerchic@yahoo.com or 540-247-4511

Help us Color our Clover!

Coloring our clover will help support our local Frederick County Leaders Association in which gives back to local 4-H members.

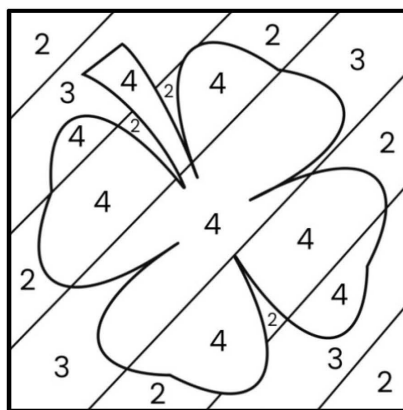
It's as easy as 1-2-3!

1. Each number coordinates to an amount of money
2. Pick a number or multiple numbers
3. Donate the money!
4. Each card will amount to a total of \$165.00

4 = \$20.00

3 = \$10.00

2 = \$5.00



Agnes V. Shirley Scholarship

The Agnes V. Scholarship is for graduating high school seniors. The scholarship can be applied for up to one year after high school graduation. The scholarship money will be sent directly to the school of higher education. Email the completed application form to Spring Vasey smvasey@vt.edu by **March 1 2023 by 5:00 PM**

The scholarship application link is listed below:

[Agnes V. Shirley Scholarship Application](#)

NSVMGA Scholarship

The Northern Shenandoah Valley Master Gardener Association annually awards up to six \$1,500 Memorial Scholarships to eligible graduating high school and home school seniors in the counties of Clarke, Frederick, Page, Shenandoah, and Warren and the City of Winchester.

Download the 2023 NSVMGA [Memorial Scholarship Application](#) for more information, including all eligibility criteria.

Deadline for application is March 31, 2023.

The scholarships are a memorial to those active NSVMGA Extension Master Gardeners who died during their volunteer service to the VA Extension Master Gardener program.

The NSVMGA Scholarship Review Committee will base awards on scholastic merit and stated requirements in the application form. Additional eligibility criteria include student volunteerism and membership in an agricultural, horticultural, or related science-based community service organization, such as FFA, 4-H, Humane Society, etc. and plans to attend an accredited college or university (two or four-year program) to pursue a degree that will lead to a career in an agriculture- or horticulture-related field.

Along with the application, letters of recommendation are required from a faculty member and volunteer-organization leader. In addition, students must provide a letter to the Scholarship Committee Chairperson that addresses why the student is deserving of the scholarship and goals the student has set for the future.

Recipients of the awards will be notified in May 2023.

Virginia 4-H and Friends Alumni Newsletter

On behalf of Jeremy Johnson and CALS Advancement, we are excited to launch our new 4-H Alumni and Friends Engagement Newsletter. The goal of this quarterly newsletter is to connect and engage our valued constituents with the accomplishments, stories and programming within Virginia 4-H, including our alumni.

We ask that you share this with 4-H volunteers, donors, and alumni to help us build our network of supporters.

Open the newsletter HERE: [4-H Alumni and Friends Newsletter](#)

Club News

Golden Horseshoe Submitted by Ethan Ferris, Club Reporter

The members of the Golden Horseshoe 4-H Club had a Horse Judging Sleepover on December 29-30th. Members gave reasons, placed classes, and received expert advice from the team's coach, Hannah McDonald. Rose McDonald, club leader, made wonderful meals and kept things running smoothly along with past club member, Kimberly Laue. We appreciate Hannah and Rose for hosting this; we may not have slept much, but we all had fun and learned a lot.

Our members participated in a fundraiser for Operation remember during the month of December. Operation remember helps provide Christmas presents for residents of nursing homes during the holiday season. Members collected items such as puzzle books, snacks, blankets, socks, and other small items to help out the organization. Thanks to everyone who helped collect.

To welcome in the holiday season, many of our members participated in the Old Town Winchester Christmas Parade. Members decorated a float and walked the route holding 4-H promotional signs and giving out 4-H pencils. 4-H dad, Corey Carter and 4-H mom, Becky Maynard coordinated the club details and made sure all of us knew where we

needed to be.

Christmas Always Shopping was December 2nd. The families of Marleigh DeHaven, Lillian Carter, Molly and Maggie Maynard, and Emily Boswell met at Walmart to shop for Christmas gifts for families who needed a little help during the holidays. Ethan and mom, Kimberly, helped complete all of the wrappings for the 6 families. Our club Christmas Party was on December 8th. After our business meeting, we raffled off prizes, did a Secret Santa gift exchange, and ate pizza and snacks. Parents assembled cookie platters for our local first responders, which were delivered by club members in the following days. Ethan, Marleigh, and Maggie learned that they received 1st, 2nd, and 3rd respectively in the intermediate category of the November Food Art Contest, while Molly received 1st in the senior category. In December's Cookie Decorating contest, Molly, (senior) and Lillian, (junior) placed 3rd while Ethan placed 1st, (intermediate).

Golden Horseshoes held their regular monthly meeting on January 12. Gore Spirits leader, Aneta Swisher was our guest speaker. She spoke to our club about Share the Fun and encourage all of us to participate.

Our club had a great time visiting the Glow party at Skyzone on January 27. Members enjoyed a zipline, multiple obstacle courses, lots of dodgeball, and more under the fun of a blacklight. Thank you to 4-H moms, Becky Maynard, Tasha Capland, and Ashley Fahnestock for chaperoning.

Golden Horseshoes is hosting a Tack Swap and Vendor Sale on February 18th at the Frederick County Fairgrounds. There will be a variety of tack, handmade items, jewelry, and local small businesses at the sale for the public to enjoy. Hours will be from 8:00 AM - 2:00 PM and we will have homemade concessions available.

Shooting Education

Submitted by Colton Anderson

Our last monthly meeting was held on November 14th at 6:30 pm at the Gainesboro firehall. The club had archery practice on Monday, November 21st, and December 5th at the Mills home at 6:30 pm. Air rifle, air pistol, and BB practice on Thursday, November 17th, and December 1st the Frederick County Conservation Club at 6:30 pm. On Monday, November 28th, the club participated in the Winchester Christmas Parade. It was a great time. Club members also participated in Christmas Always shopping and wrapping. This service project helps families in the community have a great Christmas. Our haybale "Mason Jar" full of lighting bugs won 4th place in the contest.

The club held its Annual Christmas Party at Gainesboro fire hall on December 12th. We had lots of fun, food, and prizes. A good time was had by all. The club's next monthly meeting is Monday, January 9th at 6:30 pm at the Gainesboro fire hall.

Future events for our club include:

Air rifle, air pistol, and BB practice on the first and third Thursday of the month at the Frederick County Conservation Club at 6:30. Archery practice on the first and third Monday of the month at the Mill's home. Our monthly meetings are held on the second Monday of the month at the Gainesboro fire hall at 6:30 pm.

Soaring Arrows

Submitted by Ethan Ferris, Club Reporter

Soaring Arrows held our regular monthly meeting on December 21. After the

business portion of our meeting, we played a holiday themed escape room and practiced our Share-the-Fun skit. Our January meeting was held on January 18th and after the business meeting we tried on props for Share the Fun made by Lisa Byrd and had a show and tell of various board games so members could select one to play on our next game day. Sam Brumbaugh, Alistair O'Neal, Emma Lloyd, Lorelei O'Neal, Jude O'Neal, and Kate Dickerson enjoyed roller skating on January 13th at the Winchester Skating Rink.

On January 18th we attended a presentation and tour of the Winchester Police Department with Corporal Morris and Corporal Nixon. The officers shared information about their responsibility to the community and passed around equipment they use, such as a riot shield, battering ram, and their tactical vests so we could see how heavy everything is. They spent a lot of time answering our many questions, showed us the police station and their emergency vehicles. In return, we collected new hats and gloves on behalf of the WPD to support the collaboration they have with Froggy's Closet; thank you to our 4H mom - Lisa Byrd for delivering the collected items.

Club members Kate Dickerson, Lorelei O'Neal, and Emma Lloyd attended the Winter Teen Summit at the Skelton 4-H Center at Smith Mountain Lake. They enjoyed meeting other teen 4-Hers and talking about social justice, inclusion issues, and many other important topics.

Kate, Emma, Ms. Amy, and Ms. Roxanne attended Operation Remember's wrapping party where they helped wrap 7 large bags of gifts to give residents in nursing homes and assisted living facilities.

The results for the November Food Art Contest were announced; Lorelai's bread basket cornucopia and Ethan's turkey pumpkin pie both earned 1st place in their categories. Lorelei and Ethan also participated in the December Cookie Decorating Contest with Lorelei's cookie winter scene earning 2nd and Ethan's melting snowman cookie earning 1st. In January's Winter Wonderland themed food art contest, Ethan's penguin village earned 2nd place.

Livestock Club

Submitted by Yardley Lockridge, Club Reporter

Our President, Emma Wisecarver called the to order around 6:45 p.m. We discussed old and new business. Members of our club had submitted entries into the cookie decorating contest, and a couple from our club won, and got up and spoke about it. Then we adjourned the meeting. Emma split us into groups and we did activities with guest speaker, Dr. Clara Nelson. We learned how to give shots, read a medicine label, and we played Question Bingo. It was a lot of fun and I can't wait until next meeting.

Gore Spirits Club

In December, the Gore Spirits 4-H Club participated in the Capon Bridge Christmas Parade and participated in Christmas Caroling.



Attention Clubs:

If you would like to share information with Frederick County 4-H families, please send in club reports, club news, events, spotlights, awards or recognition, county events, etc.

Please email information to smvasey@vt.edu by the end of the month for the information to be added to the following month's newsletter.

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