



# Virginia Cooperative Extension

Virginia Tech • Virginia State University



## THE 4-H FOCUS Winter 2022



4-H Families and Friends,

As we start heading towards the warmer months, we're gearing up for some fun-filled spring events! Be on the lookout for information on our County Contest Day, the 4-H Day of Service, Loudoun-Fauquier 4-H Junior Camp registration, and more.



If you are planning to participate in the Loudoun County Fair this summer, make sure you're keeping good records of your club meeting attendance, community service activities, fundraisers, and Fair Qualifiers. And if you haven't already, mark your calendars for the pre-Fair Clean-up dates: July 9<sup>th</sup> @ 9:00am and July 19<sup>th</sup> @ 5:00pm.

We've had an extremely successful start to 2023, so we can only imagine what else the year has in store for our talented Loudoun County 4-Hers. Best of luck to all of our members participating in various district and state educational contests and competitions in the coming months!

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**Loudoun-Fauquier 4-H Junior Camp**  
Sunday, June 11<sup>th</sup> - Thursday, June 15<sup>th</sup>



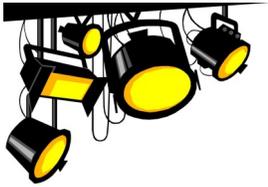
**Attention all 4-H Junior Campers!**

Registration for Loudoun-Fauquier 4-H Junior Camp will open to all enrolled Loudoun County 4-H club members on **Wednesday, March 1<sup>st</sup>**. An email with all of the necessary registration information will be sent out to our regular listserv that morning. Registration will open to the general public one week later on March 8<sup>th</sup>. Registration links and forms will then be posted on our website for easy access.

If you have any camp questions prior to the 1<sup>st</sup>, please reach out to [kmonroe@vt.edu](mailto:kmonroe@vt.edu) or call 703-737-8880. Registration applications will be accepted on a first-come, first-served basis until all spots are filled.

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### *Senior Spotlight on...*

### *Miss Alisa Hart*



**Graduating Class:** Homeschool and NOVA Community College 2023

**College:** Currently working on A.S of Science at NOVA with a plan to transfer to Bridgewater College

**Major:** Environmental Sciences

**4-H Club Membership:** Dairy Club (2 years), Chefs and Stitches Club (2 years), Rabbit Club (3 years), Rabbit Hopping Club (5 years), and Canterlopes Horse Club (2 years)

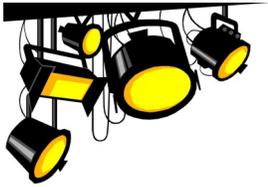
**4-H Leadership Positions:** President, Vice President, Secretary, Treasurer, and State 4-H Horse Ambassador

**4-H Activities:** 4-H Presentation Day, YQCA, and Achievement Night

**Outside Activities:** I do competitive eventing and dressage at Chapel View Farm. I am also bringing along a young mustang that I got as a wild filly. I breed Polish and New Zealand rabbits for showing and commercial purposes.

*"I want to say a huge thank you to everyone involved in my 4-H career! To my mom for supporting all of my 4-H endeavors, Mrs. Claire Burns and Mrs. Jen Kasianides, my amazing club leaders, and our fantastic Extension Agent, Mrs. Carly Wright, for providing this county with so many great opportunities!"*

*- Alisa H.*



# Senior Spotlight on...

## Mr. Clay Grisius

**Graduating Class:** Loudoun Valley High School Class of 2023

**College:** Undecided, but plan to attend graduate/medical school after undergraduate studies

**Major:** Chemistry

**4-H Club Membership:** Poultry Club (7 years) and Sheep & Goat Club

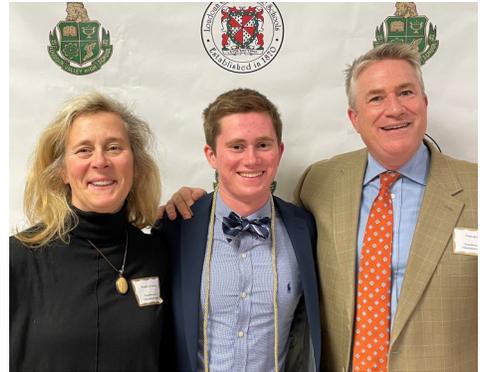
**4-H Leadership Positions:** President, Vice President, Secretary, Treasurer, Historian, 4-H All Star, and Youth Fair Committee Superintendent

**4-H Activities:** Youth Fair Committee and YQCA

**Outside Activities:** Volunteer Coordinator for Keep Loudoun Beautiful and Various School Activities

*"To my 4-H Family: Even though I'm aging out, don't worry...I'm definitely not going anywhere! You can expect to see me on the fairgrounds post-graduation. Thank you to Cindy Huddleston, Dorothy Butler-Landes, Arlee Harris, and all of the other 4-H friends and mentors who've been there for me along the way."*

- Clay G.





## County News

### Virginia 4-H Day at the State Capitol

On Wednesday, January 18<sup>th</sup>, fifteen Loudoun 4-H members traveled to Richmond, VA for 4-H Day at the Capitol, where they participated in a Town Hall, took part in the State 4-H Rally, and learned about civic engagement. These events emphasized the importance of citizen involvement in the governmental process and gave 4-H members the opportunity to hear from and engage with state leaders, including First Lady of Virginia Suzanne Youngkin, Secretary of Agriculture Matt Lohr, Director of Virginia Cooperative Extension Mike Gutter, and State 4-H Leader Jeremy Johnson.

VCE Loudoun 4-H Delegation: Christina Andreyko, Bhargav Emmadi, Valerie Greenleaf, Grace Kasianides, Abby Landes, Aditi Pesarakayala, Charles Pettit, Eden Reck, and Lincoln Reck

State 4-H Cabinet Members: Stella Pettit, Mary Grace Menuey, Oishee Sinha, and Eleni Kasianides

State 4-H Horse Ambassadors: Alisa Hart and Alexis Musselman

To kick off the Town Hall, VCE Loudoun 4-H members engaged with stakeholders and shared their 4-H stories. As state level 4-H ambassadors, six of our Loudoun youth had additional opportunities to engage with state leaders and participated in a 'Meet and Greet' with state legislators. 4-H State Horse Ambassadors even had the opportunity to observe a legislative session at the Capitol.

To learn more about opportunities for service and advocacy at the state level, State 4-H Cabinet members later visited the Virginia Farm Bureau, and State 4-H Horse Ambassadors visited the Virginia Department of Agriculture and Consumer Services. Throughout the day, VCE Loudoun 4-H Members had the opportunity to explore Richmond, which included the Dominion Energy Center, the Carpenter Theater, a tour of the Capitol, and scenic downtown.





## County News



### Holiday Hours & Winter Weather Policy



### VCE Loudoun Office Holiday Schedule 2023

Closed on Monday, February 20<sup>th</sup>

#### **Inclement Weather Policy:**

The VCE Loudoun Office follows the Loudoun County government openings and closings. If the government is closed, delayed or releasing early, our office will do the same.

4-H programs will follow along with Loudoun County Public Schools. If schools are closed or let out early, 4-H programs for that day/evening will be cancelled. If club leaders feel that the roads are clear enough in time for their program, they will contact the VCE Loudoun Office for guidance. In the event that the clubs continue with a program when schools have been cancelled, 4-H members can not be penalized for missing that program.





## Club News

### **Eastern Loudoun Community Club**

**Submitted By: Colin Brunner**

During our November meeting, we had an icebreaker activity where we all stood in a circle and told everyone our names and our favorite animal. We had a presentation about the Loudoun Children's Business Fair. During our December Meeting, we learned about a fundraiser called Got Sneakers. We updated our members about projects. An adult leader updated about the rules in 4-H. We told our members about Caroling for Canned Goods. We had an icebreaker, which was to make the tallest structure out of uncooked spaghetti and marshmallows. After the meeting, we had a cookie exchange. For our December service project, Caroling for Canned Goods, we went to a neighborhood to sing carols and obtained canned goods to donate to Loudoun Hunger Relief. During our January meeting, we discussed other fundraisers. Members updated us about dates and past projects. A member of our club told us about a new project concerning the Nintendo Switch. Our service project was to make New Year's cards for seniors at Ashby Ponds.

### **Dairy Club**

**Submitted By: Ashley Williams**

The Dairy Club's first meeting of the winter quarter was November 8, 2022. The first thing we did was discuss our club's requirements for showing at the Loudoun County Fair. We adjusted requirements to make sure we would all take on the responsibilities of Fair equally, but with less stress. The next thing the club discussed was our annual plan. Although the plan is never quite set in stone, we did come up with ideas that would be fun to do as a club. We all agreed that we wanted to have a white elephant gift exchange at our December meeting, to continue the Hoard's Dairyman contest in January, and that the Dairy Club would participate in Share the Fun on March 18, 2023. The last main point of the Dairy Club's November meeting was that we wanted to go on more field trips. The club has done field trips in the past that were not only fun, but very enriching.

Dairy Club's December meeting was held on the 13<sup>th</sup> and was more or less the same as November. We went more into depth about Share the Fun and started to talk about what the kids of the club would perform on stage. We do have a winning streak to regain after all! Once the meeting concluded, we went straight into our holiday festivities. We did a fun round of white elephant where everyone went home with a great gift! After white elephant, we did some arts and crafts with the help of the club leaders bringing in supplies to paint wooden dairy cows. We also had some festive foods and drinks! Although December was more of a party than a meeting we still had valuable discussions.

The Dairy Club's final meeting of the winter quarter was held on January 10, 2023. We of course started off with pledges and reports, but promptly got to talking. We finalized the club members that would participate in Share the Fun, found some places/dairy farms we would like to visit, and talked about the club's need for community service. Once the meeting portion ended, we started our activity. This month's activity was a presentation on how to judge dairy cows by a previous Loudoun County Dairy Club member Jill Harrison, and her father Greg Harrison. This presentation was very informative, especially for the Dairy Club's variety of new members, but also for older members and even parents that were there! We hope to continue doing these instructional types of activities in the upcoming meetings.



## Club News

### Poultry Club

Submitted By: Jennah Mashaal

I think everyone in Poultry Club had a lot of fun at our November meeting! After we finished up with the business portion of the meeting, Stella Pettit gave a fun slideshow about poultry enrichment. (making sure your birds aren't bored and have things to do). Then, she led an awesome craft where we made mirrors (trust me, poultry love mirrors) and poultry swings. We used PVC pipes, sizeable sticks, rope, and beads to make the swings, and we used cardboard and foil to make the mirrors. We also got to use a drill to make holes in the PVC pipes/sticks. I think everyone in the club is excited to give their birds the fun new toys.



Our next monthly meeting was on Thursday, December 15, 2022 at Sykes Hall. After the business portion of the meeting, everyone played a game to figure out the names of the poultry breeds shown in photos. Then we held a winter potluck/white elephant party. It was really fun! Everyone drew a number and when their number was called, they got to open a mystery gift! Some of the gifts included were: a metal screw, a foot spa, hot cocoa, huge candy canes, a tree made of feathers, a Christmas goose tin, and more. The food was delicious, and we had lots of choices!

Our last meeting was held on January 19<sup>th</sup> at Sykes Hall. Stella gave a helpful presentation on how to ferment poultry feed, which is a good way to save money on chicken feed and also healthier for your birds. Not to mention we ended with a bang by celebrating MS. DOROTHY'S birthday!





## Club News

### Canterlopes Horse Club

Submitted By: Chloe Ferringer

On November 18, 2022 our Canterlopes Club met at Lynden Farm. People who went, talked about the Washington International Horse Show (WIHS). They said it was really fun and exciting, along with being a nice way to connect with other club members. There was a reminder to sign up (if you haven't already), as well as one to join the email listserv that notifies you of important 4-H information. Chloe gave a presentation on rare horse breeds, otherwise known as Topic of the Month. We welcomed new members, and then introduced ourselves. The club voted on a budget for the Christmas Party Gift Exchange, discussed the Christmas parades on Dec. 10<sup>th</sup>, plus voted on the county fair rules for the club. After that, we talked about upcoming events. On Nov. 19<sup>th</sup> at 5:30pm was Achievement Night at Smart's Mill MS. July 25<sup>th</sup> through 29<sup>th</sup> is the Loudoun County Fair. Dec. 10<sup>th</sup> was the Christmas Parade. Then on July 9<sup>th</sup> at 9:00am, and July 19<sup>th</sup> at 5:00pm is the mandatory County Fair Clean-up. Sep. 7<sup>th</sup> through 10<sup>th</sup> is the VA State 4-H Championship Horse Show. Ultimately after discussing that, we ended the meeting and did our education, where Mr. Alcock showed us a little bit about equine dentistry.

The December meeting for our club was held at Sykes Hall on the Loudoun County Fairgrounds. The reports were on the Christmas Parades, Achievement Night, and Intro to EquiSmartz. It was really great to see how many of us really succeeded in the club at Achievement Night, and everyone that was there received a red ribbon on their project books or higher. Some people won large sums of money along with other prizes for being a star in their club. Other people talked about how the Christmas parades were very enjoyable and the Intro to EquiSmartz was a really nice way to connect with other club members. Like always, we welcomed new members. All of us elaborated on Hippology interest, State Horse Show updates, along with project book scholarships. Conclusively our upcoming club events are the same as the last meeting.

The Loudoun 4-H Canterlopes Club had their January meeting on 10/23. We met on the Loudoun County Fairgrounds in Sykes Hall. The unfinished business was the reports, which was how to stay up to date. You can enroll at <https://v2.4honline.com/#/user/sign-in>. Our club also has a private Facebook Group - needs a request, and an Instagram account: @lococanterlopes. Then, Anna told us about what poisonous plants could be and do to horses in her Topic of the Month presentation. After that, to have a fun way to engage everyone, we did our icebreaker. In this meeting it was a game called Telephone, where someone starts with a phrase of some sort and then that person whispers it into someone's ear. That person then passes it along to the next one through a whisper, then at the end the last person tells everyone what they thought the phrase was. Our club leaders explained the new business, which was welcoming our new members. Following that, we introduced ourselves by going around saying our years in 4-H, school, grade, name, and lastly favorite horse color. Some of the upcoming 4-H events are fair qualifiers. On Jan. 18<sup>th</sup> there was the Day at the Capitol. On Jan 28<sup>th</sup> there was the Intro to EquiSmartz (NE District). On Feb. 10<sup>th</sup> to 11<sup>th</sup> there is the NE District Equine Communications Contest in Caroline County. Then in conclusion there are two mandatory Fair Clean-ups on July 9<sup>th</sup> at 9:00am, and one on July 19<sup>th</sup> at 5:00pm. On July 25<sup>th</sup> through 29<sup>th</sup> is the Loudon County Fair. We also have our upcoming club events which are EquiSmartz on March 31<sup>st</sup> to April 2<sup>nd</sup> as well as the State 4-H Championship Horse Show. Finally, we ended the meeting. Furthermore, Mrs. Meghan taught us about mounted games, and an engaging activity was set up to extend our knowledge. In addition to that, everyone grabbed snacks provided by Canterlopes Club member parents, then headed home. Our next meeting will be held at the Loudoun County Fairgrounds in Sykes Hall on Feb. 14<sup>th</sup>.



## Club News

### Swine Club

**Submitted By: Hailey Hendershot**

The November Loudoun County 4-H Swine Club meeting was held on the 8<sup>th</sup>. We met at the Loudoun County Backpack Buddies Coalition where we volunteered to pack bags of food to distribute to 30 schools in Loudoun County. Altogether the Swine Club made over 2,000 bags. Good job! The meeting was held right after. We voted that we wanted to adopt 4 families for Thanksgiving and Christmas. We voted on having a joint meeting in December with the Beef and Goat & Sheep clubs for the White Elephant gift exchange. Many Swine Club members were honored at Achievement Night.

The December Swine Club meeting was held on the 14<sup>th</sup>. The Swine Club met with the Beef and Goat & Sheep clubs to do our White Elephant gift exchange. We had lots of laughs and stealing of gifts.

The January Swine Club meeting was held on the 11<sup>th</sup>. We discussed the hog raffle and turning in tickets. The raffle was drawn on the 29<sup>th</sup>. We discussed our Valentine's Day dance on the 18<sup>th</sup> of February. We talked about Glenwood and how the Swine Club will be serving breakfast and lunch that day as a fundraiser. After that we came up with some fun activities we could do together as a club. We decided on a movie night/campfire in May. We also decided to plan a butchering activity so members could learn about the parts of a pig. The education of the month came from Carson Casciano and he gave us a presentation on how to select a good show pig.



### Temple Hall Non-Ownership Sheep Club

**Submitted By: Christina Andreyko**

In November we helped put together food bags and put the bags in boxes for our Backpack Buddies community service project. The following month, we had a holiday party with a white elephant gift exchange.

In addition to completing our project goals pages in January, the Loudoun Valley Sheep Producers Assoc. (one of our long-time club sponsors!) graciously put together a Lambing 101 Workshop for us. Dr. Margi Dunlap was the guest speaker and LVSPA members ended the night with learning stations in order to share information on a variety of topics including: Crutching, Tube Feeding and Enemas, Lambing Supplies, and Lamb Coats - Patterns and When to Use. It was an outstanding event!

Dates for the rest of the season (always the first Wed. of the month at 7:00pm): March 1<sup>st</sup>, April 5<sup>th</sup>, May 7<sup>th</sup>, and June 7<sup>th</sup>. See information from Ryan on Mini Lamb Camp.



## Club News

### Beef Club

**Submitted By: Jo Myzk**

Over these past few months, the Beef Club has held and participated in numerous activities. Achievement Night was on November 19<sup>th</sup> at Smart's Mill Middle School. While there, members received a variety of awards from continued excellence project book certificates, to club member of the year acknowledgments. Following that, the Beef Club attended the annual white elephant gift exchange during the joint meeting on December 14<sup>th</sup>, 2022. Due to the limited amount of time, there was no business or future plans discussed.

Most recently, we held our January meeting on January 18<sup>th</sup>, 2023. Kicking off the meeting with unfinished business, we discussed some possible ideas for Fair prizes. We then brainstormed community service and fundraisers that we would like to engage in. Addyson Lynch, our President, suggested the idea of a beef raffle. Due to the Swine Club's past success in a similar fundraiser, interest was sparked and everyone started to include their input. With minimal remaining time in the meeting, we decided to save community service propositions for our February meeting.

To conclude, Ava Hernandez shared a presentation about Angus cattle. Following that, Jo Myzk shared education regarding the Hereford breed of cattle. The Beef Club plans to host our February meeting on February 15<sup>th</sup> at 7:00 PM at our normal location of Sykes Hall.

### Chefs & Stitches Club

**Submitted By: Amara Horton**

For our November meeting, we learned how to make a baked potato. It did not take a long time to prepare, but once in the oven, the potatoes had to cook for one hour. While we waited, Katie, our club President, taught us how to make Mason jar pin cushions! We plan to use our pincushions at club meetings and at home when working on our sewing projects. We also discussed our club activities for the remaining sewing project meetings, including making 9 patch quilt blocks that we will use to make a large quilt to donate, designing stuffed animals, and stitching scrunchies. After all of this planning, our potatoes were finally done. They tasted so good! This recipe was simple, yet tasty and customizable, and definitely something we can make for our family dinners!

For our December meeting, we learned how to sew a 9 patch quilt square using fabric that was graciously donated to our club. We learned how to cut fabric squares and how to create a patchwork design using a sewing machine. Every member made 3 quilt blocks, which we will then sew together with a 4-H logo in the center to donate to an elderly person in-need as a community service project. We also discussed sewing more blocks to create a quilt that can potentially be auctioned at the county fair.





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4-H is a **community** of **young people**  
 **across America** who are learning  
**leadership, citizenship** and  
**life skills.**