

**POINTS OF INTEREST:**

- ◆ SOUTHWEST VIRGINIA MOBILE DAIRY
- ◆ EDUCATORS' RESOURCE CORNER
- ◆ GROWING 4-H SCIENCE BUILDS COLLABORATIVE PROGRAMMING WITH "GIRLS FOR A CHANGE"
- ◆ PARENTS' REFLECTION FROM THE LONG TERM G4HS PARTICIPANT PERSPECTIVE
- ◆ COMMUNITY OPPORTUNITIES



**VIRGINIA COOPERATIVE EXTENSION**

*Mobile dairy visits the Growing 4-H Science Integrative STEM Institute*



The Southwest Dairy Museum, Inc., through Southland Dairy Farmers (a local promotional and educational organization funded entirely by local dairy farmer producers in Kentucky, North Carolina, and Virginia through the national check off program) is proud to sponsor the Mobile Dairy Classroom. The Mobile Dairy Classroom is a part of our dynamic agricultural and nutritional education program. The 32 foot traveling classroom features a fully operational milking parlor and carries a LIVE milk cow to

schools, fairs, and festivals throughout Kentucky, North Carolina, and Virginia. The Mobile Dairy Classroom is enjoyed by all ages, but targeted toward 2nd grade through high school students.

The Southwest Dairy Museum, headquartered in Sulphur Springs, Texas, operates 11 mobile dairy classrooms in 9 states, including Kentucky, North Carolina, and Virginia. The Mobile Dairy Classroom is often a featured exhibitor in state, district and county fairs. Our trained instructors teach audiences the importance of wholesome dairy foods in a healthy diet as they demonstrate the modern milking process with an emphasis on environmental practices, food safety, and animal care. This program includes a 30 to 45 minute oral presentation by a trained instructor, printed material for teachers, an actual milking



demonstration, and a question and answer period. Recognizing the importance of a proper diet and a desire to inform individuals of the vital role agriculture plays in their lives. This exhibit is of NO charge to the school.

Additional information can also be obtained at our website at [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com). You can also complete and submit your request form through this website.



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# EDUCATORS' RESOURCE CORNER



The American Association for the Advancement of Science (AAAS) has revamped its educational website, Science NetLinks. You can find K-12 lesson plans, check out the science history calendar to learn about important historical dates, and stay abreast of the latest science news. Looking for ideas for the after-school science club you advise? Go to <http://sciencenetlinks.com/afterschool-resources>.

The website can also help you with planning new activities for Earth Day (April 22); National Chemistry Week (October 21-27, 2012); National Engineers Week (February 19-25, 2012); and even Earth Hour (March 31, 2012), the annual international event designed to raise awareness about global climate change.

Discovery Education's digital science and technology teaching resources offer a rich, engaging, educational experience. The content is aligned to state standards, and the lesson plans include objectives, materials, procedures, readings and resources, vocabulary terms, discussion questions, and rubrics. You can also access a wide range of high-quality multimedia content to accompany the lessons. Also, don't miss the Puzzlemaker application.



## HEAR US ROAR!

*By: Angela Patton, Girls for a Change (GFAC) CEO*



On September 24th, Girls For A Change and Growing 4-H Science will begin a historic collaboration in support of the launch of 2016-2017 Girl Action Teams (GAT) in the Richmond area. A Black Girl Rally will be held at Virginia Union University in Wall Auditorium where middle and high school girls will be introduced to Girl Action Teams and will be invited to register for GAT sites throughout the metro area.

Girl Action Teams are after school programs where girls engage in social change training and projects including STEM and digital media focused teams. Girl Action Team participation has been found to advance girl voices and build skills for family and community leadership. Teams provide safe spaces after school and meet two-four days each week. Girls will be offered teams in locations convenient for them and transportation support is available at some sites.

Rallies have music, hands on, and team building experiences. Girls are celebrated, and the best social change projects of past participants are exhibited through technology. Girls are invited into a community of learning, action and safety!

Teams will kick off on November 1 and close on May 5, 2017.

GFAC is recruiting female coaches to volunteer and coach a team from Nov - May, two - four days a week. Coach training will be held on Saturday Oct 29th from 9-5 pm for volunteers. Interested? Contact Ashlee Miller at 804-549-7701 ~ [ashleem@girlsforachange.org](mailto:ashleem@girlsforachange.org) for information and to register for training.



See you there....

Come HEAR US ROAR!





# PARENTS' PERSPECTIVE OF G4HS IMPACT

By: Joy Crump



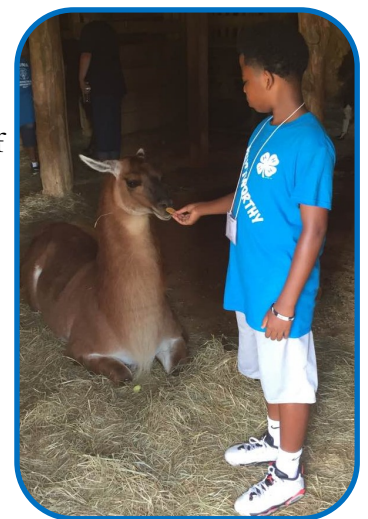
Not long ago my sons began their agricultural journey by participating in the 4 H STEM Program hosted by Ms. Sarah Morton and her staff. The first class in which they participated introduced them to the field of hydroponics and aquaculture. They learned about renewable resources and got to build an aquarium. The next session was animal science and it included an anatomy & physiology component. In this course my sons dissected fetal pigs and learned about body functions and processes. The kids also got to perform candling on chicken eggs in order to see growth & development and to learn which eggs would hatch. This year, they again enjoyed the animal

science course and were accepted to go on the Agricultural Commodities Tour. This guided tour enabled them to visit farms, factories, 1862/1890 Land Grant Institutions, slaughter houses, fairs, produce auctions, fish hatcheries, and so much more! What makes this program fun and special is the fact that basically everything is hands on, thus keeping students interested and engaged in education. With animals sharing the learning space with kids, it is definitely not your traditional classroom.

My love of animals led me to work in the field of agriculture and I can honestly say that during my primary and secondary school years, I was not introduced to anything dealing with animals or farming. No mobile dairy trailers ever visited my school! I didn't get any of the agricultural exposure that my sons are receiving until my college years. I was raised in the City of Richmond and nothing like this program existed at the time. I truly wish that I was in an environment such as this at an earlier age. If given the opportunity, I would have explored other disciplines of agriculture, like animal husbandry, high tunnel farming, soil science, and maybe even joined in the urban chicken movement! Today, I assist local growers and farmers with exporting their plants and plant products to foreign countries. While facilitating trade, I help them to meet the foreign countries phytosanitary regulations that are required for importation. Virginia's domestic industry ships various commodities like logs and lumber, tobacco, cotton, apples, peanuts, soybean and corn meal, nursery stock, and etc. all over the world. Governor Terry McAuliffe announced recently that, "Agricultural exports, which also include forestry products, from Virginia reached a new all-time high of more than \$3.35 billion in 2014." That is a great achievement for the State of Virginia's



exporters. It is clear that agriculture is an essential part of our economy and lives; without it we could not exist. Everyone should gain this type of agricultural experience early in life. Sarah's commitment to excellence, and dedication to this program make it possible for youths to partake in this fun learning adventure. Without a doubt and with absolutely no reservations, I highly recommend this life enriching program for our children. This experience with STEM will truly stimulate their interests and inspire many to choose careers in the field of agriculture.



Reference: <https://governor.virginia.gov/newsroom/newsarticle?articleId=7954>

# Community Engagement

- James River Park System presents:  
2nd Annual Films on the Floodwall  
Sept. 14, 2016  
6:00 PM - 10:00 PM  
Diversity Park
- State Fair of Virginia  
Sept. 23 - Oct. 2, 2016  
The Meadow Event Park  
Doswell, VA
- RVA MAKERFEST 2016  
Sept. 24, 2016  
10:00 AM - 5:00 PM  
Science Museum of Virginia
- Math Science Innovation Center Open House  
Celebrating 50 Years  
Oct. 1, 2016  
12:30 PM - 3:30 PM
- Pickle Ball (50 Years Old +)  
Sept. 14 - Dec. 14, 2016  
Wednesdays, 10:00 AM - 12:00 PM  
Randolph Community Center  
FREE
- James River Park System Presents:  
Salamander Salutations  
Oct. 18, 2016  
5:45 PM - 7:00 PM



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of these activities, please contact Sarah Morton, Growing 4-H Science Program Director at 804-864-1543/ TDD\*) during business hours of 8 a.m. and 6 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120



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## Richmond Growing 4-H Science Team

Sarah Morton, Director, sarahm72@vt.edu - 804-646-1147  
Dr. Kathleen Jamison, Grant PI  
Stephanie McNamara, Graphics Coordinator  
2920 West Broad St.  
Richmond, VA 23230

## VCE Staff:

Twandra Lomax-Brown, Family Consumer Science Educator  
Brittany Council, 4-H/Agriculture Natural Resource Educator  
Joe Logan, Food Nutrition Program Assistant  
Norma Harris, Food Nutrition Program Assistant  
Elvia Deering, Food Nutrition Program Assistant, Adult  
701 N. 25th Street  
Richmond, VA 23223

## Engage, Educate and Empower!



## Healthy Blueberry Breakfast Smoothie

### INGREDIENTS

1 cup fresh blueberries  
1/2 cup Greek yogurt  
1/4 cup orange juice  
1 tablespoon white sugar  
1/4 teaspoon vanilla extract  
1 pinch ground cinnamon  
3 ice cubes



### DIRECTIONS

Blend blueberries, yogurt, orange juice, sugar, vanilla extract, and cinnamon together in a blender on low speed for 30 seconds; increase speed to high and blend until smooth, about 2 minutes. Add ice and blend on high until smooth, about 1 minute more.