

POINTS OF INTEREST:

- ◆ YOUTH SHARING STORIES AND IMPACT OF 4-H IN CELEBRATION OF NATIONAL 4-H WEEK
- ◆ EDUCATORS' RESOURCE CORNER:
  - \* 2017 HOKIE BUGFEST
  - \* STATES' 4-H INTERNATIONAL EXCHANGE PROGRAM
  - \* JAMESTOWN 4-H EDUCATIONAL CENTER ENGAGES COMMUNITY TO CELEBRATE NATIONAL 4-H MONTH
- ◆ 2017 4-H VA AGRICULTURAL TOUR - PARENT IMPACT
- ◆ GROWING 4-H SCIENCE PROGRAM UPDATES
  - \* 4-H MEGA STEM CLUB
  - \* HEALTHY LIVING LOCK-IN
  - \* 4-H AGRICULTURAL LEADERSHIP CLUB
- ◆ COMMUNITY ENGAGEMENT



VIRGINIA COOPERATIVE EXTENSION

CELEBRATE NATIONAL 4-H WEEK! YOUTH SHARING STORIES AND IMPACT OF 4-H!

By: Riya Chawla, Age 12



The 4-H Virginia Agricultural Commodities Tour was a lot of fun. I learned many things. I want to take a few minutes to tell you about the awesome experience I had about touring around Virginia. First of all, I learned many things. It was fun to go to the farms and see all the different animals. I really enjoyed the llama farm. It was fun



making the soap out of the llama's wool. I also enjoyed the Route 11 Potato Chip Factory. I always buy Route11's chips at the grocery store, but it was so cool to actually go and see how they made and packaged the potato chips. Going to Eagle's Sugar Camp was amazing too. The guy there made pure maple syrup and honey which was delicious.



When we went on Carrie's farm, I saw a vegetable that I never heard of. It was called summer patty squash. At the farm we had lunch and I tried fresh different vegetables, which were super good.

One of my most favorite things we did was going to the Midnight Farm. I met people that made everything homemade, like their clothing and food. We also had lunch there and it was delicious.



These are the things we did which I enjoyed a lot. I am really happy that I got to go on this trip because it is an experience that you will never forget on your whole entire life with Ms. Morton.



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# EDUCATORS' RESOURCE CORNER

## Hokie BugFest 2017

It's that time of year again, Hokie BugFest is right around the corner (Oct. 14) and I wanted to share the information on the 4-H Insect Collection Contest held during the event. Attached are the guidelines and entry form for the contest. Deadline for entry is September 29. A great resource is our "Adventures with Insects" Project Book (Pub 444-408) Over 7,000 folks attend BugFest and collections are judged during the event, there are great prizes, and you do not have to attend to enter. [Here is the link to the event](#)

If you have questions please feel free to contact me or Stephanie Blevins, [slblevin@vt.edu](mailto:slblevin@vt.edu)



## States' 4-H International Exchange Programs [Information and Registration](#)

### JOIN JAMESTOWN 4-H EDUCATIONAL CENTER IN ENGAGING THE COMMUNITY!

#### Archery Camp

October 13-15, 2017

Learn the parts of the bow and arrow & learn how to shoot. Learn how to increase your accuracy. Learn how to become more involved in your Archery club in your locality. This camp is for all participants: experienced and non-experienced. There will also be an Archery Competition shoot on Sunday morning! You will use what you have learned to have friendly competition with other archers. Come and join us at our Archery Camp... Register Now!



#### Next Level Bow hunting Workshop

October 27-29, 2017

Want to be a more successful bow hunter & looking for expert instruction?

WHERE: Jamestown 4-H Educational Center, Williamsburg, VA

WHO CAN ATTEND: Licensed, Adult Bow Hunters 18 years of age or older who have completed a hunter education course.

WORKSHOP TOPICS INCLUDE: Bow hunting Methods and Techniques, Tree stand use, Placement and Safety, Camouflage, Scent Control, Lures, Calls, Shot Placement, Recovery of Game and An Evening Bow Hunt on a Wildlife Management Area!



#### Fall Cloverbud Camp

October 28-29, 2017

Plants are more than just things that grow in the ground. They supply us with food and oxygen. This weekend will teach us about plants and how to grow them! This weekend, you will be getting your green thumb! Cloverbuds will be learning about where plants come from and how they grow, learning what foods come from plants, planting a garden and more!



#### Family Fall Festival

Sunday October 29, 2017 1:00-4:00

Bring your family and spend the afternoon along the shores of the James River! We provide an afternoon of fun for the whole family! Free Family programs such as Pumpkin Painting, Fall Crafts, Nature Programs, Fishing, Marshmallow Roasting, Archery and more!

Visit [www.jamestown4hcenter.org](http://www.jamestown4hcenter.org) for more information.

## 2017 VA 4-H Agricultural Commodities Tour - Parent Impact

By: Melanie Walker



My son is Darius, and this is his first time being part of the MEGA STEM program. When it came to my attention that he could possibly go on a tour I jumped at the chance because I wanted him to experience all that the program had to offer and make some new friends. Well, when the email came that he was chose, I was excited and could not wait to tell him. He was excited up until I told him he could not call me at all, then he instantly had a change of heart for you see this would be our first ever time away from one another. Neither of us knew how the experience would be. We were packed a week ahead of schedule for we didn't want to forget anything. The day arrives and it's time to send him off. I knew he would be in in great hands with Miss Sarah. She has been terrific throughout everything and plus I met some parents of former schoolmates of his who would

keep an eye out for him. I wanted to shed a tear but I knew he was a big boy and would have a great time.

I could track their travel through the map to see where they would be staying and on Facebook which I was thankful about that. I loved the new things that he would be discovering and couldn't wait for him to get home and tell me all about it.

Friday, August 18th came and it was time to pick him up. I was so excited to see him and to hear all about his trip. He could not stop talking about all the things they had done and how well he behaved. He brought home lots of potatoes and asked if I could cook them for him. He was excited about visiting Smithfield and was quite surprised to know that they made bacon (his favorite). He brought back home a little seed to grow. I will admit I do not have a green thumb but we have seen a couple of sprouts coming up and are soon ready to plant in the ground.

Darius returned to school August 21st and his language arts teacher asked the kids to write about what they did the week before school and he was able to write about his trip, and his teacher was glad he not only got to experience it but got to share with the class. I am grateful that we joined the STEM/4H club for he's learned so much and his mind is opening to new things. I can't wait for the next trip for he will be the first one to sign up. Thank you, Miss Sarah for ALL that you do, words can never express my gratitude!!



Potato and Basil plants - Youth were able to bring potato plants home to nurture and grown themselves



The **MEGA STEM Club** will be commencing Saturday, October 7th at 9:00am, at Virginia Union University.

There is still time to register for the **G4HS Healthy Living & STEM Lock-In!** The last day to register is Monday, October 9th. Activities include a "Chopped" food competition, Zumba dancing, scavenger hunts, and more! Please wear proper and comfortable attire (light jacket, tennis shoes/hiking boots with ankle socks, pants or leggings). Please provide us with Enrollment and Health History forms prior to October 20th--you should have received an email with the forms when you registered.



There has been a change to the **4-H Agricultural Leadership Club**, it will meet every 3rd Tuesday of each month.

# Community Engagement

- 2017 State Fair of Virginia  
Sept. 29 - Oct. 8, 2017  
Meadow Event Park
- G4-HS Mega STEM Club  
Serves youth ages 9-13  
Oct. 2017 - Jun. 2018  
1st Sat. of each month, 9:00 - 11:30 AM  
Virginia Union University
- 4-H Agricultural Leadership Club  
Serves youth ages 13 & up  
Oct. 2017 - Jun. 2018  
3rd Tues. of each month, 5:30 - 7:00 PM  
Pine Camp Fine Arts Center  
Contact Pamela Saenz-Zulueta  
saenzzulueta@myemail.vcu.edu
- National 4-H Week  
Oct. 1-7, 2017  
Visit [4H.org](http://4H.org) for your promotional toolkit
- Hokie BugFest  
Oct. 14, 2017  
Inn at Virginia Tech  
[Click here for event site](#)
- G4-HS STEM Lock-In  
Oct. 20, 2017, 8 PM - 8 AM  
VCU RICE CENTER  
Contact Pamela Saenz-Zulueta
- Food Chemistry  
Nov. 2 – Nov. 30, 2017  
Thurs, 5:30 PM -6:30 PM  
Pine Camp ~ Youth ages 9-13
- Jewelry Making  
Nov. 2 – Nov. 30, 2017  
Weds, 5:30 PM -6:30 PM  
Pine Camp ~ Youth ages 9-13
- 2017 Ginger & Turmeric Field Day  
Nov. 16, 2017, 8 AM - 12 PM  
VSU RANDOLPH FARM  
[REGISTER ONLINE](#)



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 804-646-1107/ (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

## Virginia Cooperative Extension

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



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### Richmond Growing 4-H Science Team

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## Engage, Educate and Empower!

### Apple Yogurt Cake with a Cinnamon-Sugar Streak



### Directions

- Heat the oven to 350°F. Lightly grease a 9x13-inch baking pan with baking spray or olive oil.
- Whisk together the yogurt, olive oil, lemon juice, sugar, eggs, and vanilla in a large bowl. Peel and core the apples, and chop into chunks about 1/2-inch across. You should end up with 3 1/2 to 4 cups of apples. Stir the chopped apple into the liquid ingredients.
- Add the flour, baking powder, baking soda, salt, nutmeg, and 1/2 teaspoon cinnamon right into the liquids and stir just until no lumps remain. In a small separate bowl, mix the remaining 2 teaspoons cinnamon with the brown sugar and butter.
- Pour half of the batter into the cake pan. Sprinkle the batter with half of the cinnamon-brown sugar mixture, dropping it on the batter in small lumps. Spread the rest of the batter over top, and sprinkle with the remaining cinnamon-brown sugar.
- Bake for 45 to 55 minutes, covering with foil at the end if the top is browning too much. Transfer the cake to a cooling rack and let it cool for at least 15 minutes in the pan before cutting.

### Ingredients:

- 1 1/2 cups whole-milk yogurt, well-stirred
- 2/3 cup olive oil
- 1/4 cup lemon juice
- 1 cup sugar
- 3 large eggs
- 1 1/2 teaspoons vanilla
- 1 1/2 pounds apples, ideally tart apples such as Granny Smith
- 2 1/2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- Pinch freshly ground nutmeg
- 2 1/2 teaspoons cinnamon, divided
- 1/2 cup brown sugar
- 2 tablespoons unsalted butter, softened