

VIRGINIA 4-H ALUMNI & FRIENDS NEWSLETTER

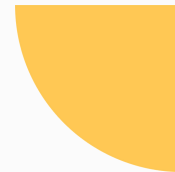
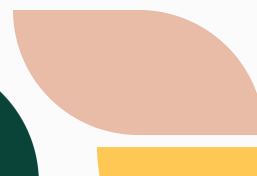
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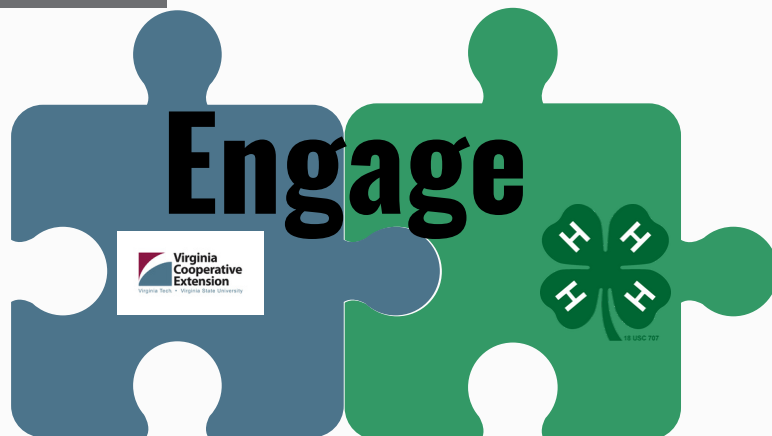


A MESSAGE FROM VIRGINIA 4-H STATE PROGRAM LEADER

JEREMY JOHNSON

Engage with Virginia Cooperative Extension and Virginia 4-H. Join us for virtual programs, volunteer opportunities, events, and much more!

www.cals.vt.edu/vce-engage



STATE 4-H COMPETITION AND PROGRAM UPDATES



STATE YOUTH LIVESTOCK SHOW - SFVA

The State Fair of Virginia hosted the Youth Livestock Shows September 29 - October 2, 2022 at the historic Meadow Event Park in Doswell, VA. Over 364 youth from 52 counties and independent cities were represented. These youth brought 1,253 head of beef cattle, sheep, market goats and swine.

In addition to the paramount goal of fostering positive youth development in our livestock participants, we also give fairgoers and spectators the opportunity to witness youth animal agriculture in action and to learn more about Virginia Agriculture

“

The State Fair of Virginia Youth Livestock Shows have been making positive impacts on the youth participants, and the public for decades. Providing our youth and their families with the opportunity to showcase their work, work together as a family, network with other families from across the state, and further grow valuable life skills is one that our team is very proud of. It truly is one of my favorite events of the year and the months of hard work is well worth it when you see the success and enjoyment that our youth recognize as participants.

— KATHERINE CARTER

YOUTH ANIMAL SCIENCE EXTENSION SPECIALIST



VIRGINIA 4-H STATE SHOOT

With the mission of the VA 4-H State Shoot serving as the capstone event for competition in a variety of Shooting Education disciplines, youth competitors practice throughout the year to prepare. On September 9, 2022, over 300 youth and 450 adults from 31 4-H units arrived at Holiday Lake 4-H Educational Center to see how well their practice paid off. The VA 4-H State Shoot was held September 9 - 11, 2022 and allowed youth to not only demonstrate their skills, it allowed for the opportunity for competitors and adults to have a lot of fun and get to meet new friends from across the Commonwealth.

“

The shooting program is important because it teaches gun safety in a controlled environment, as well as self-discipline and self-control. It allows youth to learn responsibility and accountability.

— EMILY HAPPS
CAMPBELL COUNTY

“

This event is the culmination of our Positive Youth Development efforts which is evident by the sportsmanship, team comradery, and positive attitude everyone displays.

— LYNN WHEELLESS

VA 4-H STATE SHOOTING
EDUCATION COORDINATOR



STATE 4-H HORSE AND PONY CHAMPIONSHIP

The 61st Annual Virginia State 4-H Horse and Pony Championships were held September 8 - 11, 2022 at the Virginia Horse Center in Lexington, VA. This event hosted over 500 youth from across the state.

“

The horse show has directly benefited me in ways of leadership, responsibility, and ambition. It showed me that hard work is always worth it, and it's something that should be valued! The more work you put in the greater your success! This will help me reach every goal I have set forth for the future. By being a leader, setting goals, and taking accountability for my actions, I have all the skills to succeed in my future.

— CHLOEY SMITH
MONTGOMERY COUNTY

A LIVING LEGEND: SARAH GREGORY HONORED WITH INDUCTION INTO NATIONAL 4-H HALL OF FAME



“
I will keep on teaching these life skills – that’s what I believe in. We make the best better, I love 4-H.

– SARAH GREGORY

For her volunteer work spanning 64 years and counting, Sarah Gregory was recently inducted into the National 4-H Hall of Fame during celebrations in Washington, D.C.

“We owe an incredible debt to Sarah,” said Jeremy Johnson, the Virginia State 4-H leader. “She has given selflessly throughout her entire life to help Virginia’s youth, and this honor is most deserved.”

[Read More....](#)

INSPIRE THE NEXT GENERATION: BECOME A 4-H VOLUNTEER

You are more than just a volunteer in 4-H – you are instrumental in inspiring the next generation.

4-H programs look to volunteers to help our young people learn the skills they need to prepare for their futures while also having fun!

More than 14,000 volunteers worked with Virginia youth last year – helping them learn by doing. In 4-H, you can help youth have opportunities to master life challenges, cultivate independence with guidance from caring adults, gain a sense of belonging within a positive group, and share a spirit of generosity with others.

Volunteers are essential to help youth make the most of these learning opportunities. According to recent research, youth who are provided with positive adult interactions grow to become strong, confident young adults (Tufts University, 2006).

[Learn more about how to volunteer>>>](#)

As a 4-H Volunteer, You Can...

- Lead youth within school-based, after-school, and camp settings and in community clubs
- Serve as a chaperone, board member, judge, or camp counselor
- Develop and support community service opportunities for youth to make a difference in their communities
- Teach youth using research-based university curricula
- Work with other adults to create fun, new programs for youth

Upcoming 4-H Events for Alumni and Friends

January 19, 2023 ~
An Evening with Virginia 4-H

March 31, 2023 ~
Experience CALS

January 25, 2023 ~
Meet the New Extension Director - Virtual Program

Join our 4-H Alumni and Friends Network
We are in the process of forming the Virginia 4-H Alumni and Friends network. Stay connected about upcoming 4-H Alumni and Friends events, statewide 4-H programming efforts, volunteer opportunities and much more. [Sign up to receive information from Virginia 4-H!](#)

Each year, Virginia recognizes 4 deserving youth from across the state in the four 4-H pillar areas.

These 4 pillar areas are grounded in the belief that kids learn best by doing. Kids and teens complete hands-on projects in areas like science, health, agriculture and civic engagement, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids can concentrate on one focus area or they can try a variety of programs throughout their 4-H experience.

Regardless of the project area, all 4-H programs include mentoring and career readiness as core elements.

COMING IN OUR JANUARY NEWSLETTER: THE 2023 YOUTH IN ACTION PILLAR AWARD WINNERS!

Read about their 4-H journeys and how they were inspired to apply.

AGRICULTURE

4-H Agriculture Programs engage and excite young people in activities that range from farming & raising animals to growing crops & other resources. Topic areas include: Animal Science, Veterinary Science, Food Security, Biotechnology and Sustainability, Plant Science, and Forestry.

HEALTHY LIVING

Empowers youth to be healthy - body & mind - with the skills to make healthy decisions & lead healthy lifestyles. Having the confidence & skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life's challenges today and become leaders in their lives, careers and communities as they grow into responsible adulthood.

CIVIC ENGAGEMENT

4-H civic engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and the world. Youth learn about civic affairs, build decision-making skills, and develop a sense of understanding and confidence in relating and connecting to other people.

STEM

4-H programs use hands-on activities in robotics, computer science and electrical engineering to teach problem solving, creative and critical thinking, and inspire kids to explore engineering and technology. Topics areas include: Environmental Science, Alternative Energy, Engineering, and Technology.

4-H AROUND THE STATE



On June 23, 2023, Virginia 4-H held its inaugural Alumni and Friends Reception in conjunction with the 100th Annual State 4-H Congress on the beautiful Virginia Tech campus. Over fifty alumni and friends joined Virginia 4-H in celebrating their accomplishments over the years and enjoyed reconnecting with other 4-Hers from around the state.

During Virginia Wine Month last month, our 4-H cabinet members attended an event highlighting a limited-edition wine that was created by First Lady Suzanne S. Youngkin, and Barbourville Vineyards. This wine is celebrating Virginia agriculture and supports Virginia 4-H and FFA.



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