



Virginia 4-H All Star Chapter
4220 North Fork Road
Elliston, VA 24087

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Smoke Signals from the Big Chief

Hello from your newest BIG CHIEF!

I am excited to serve the Virginia Chapter of 4-H All Stars in this capacity, but I have to admit, I feel the challenge before me. I am a retired Senior 4-H Extension Agent (Surry County for 16 years) and am now a part-time preschool teacher in Moneta (Bedford County). I was tapped into 4-H All Stars in 2005 and have had a strong passion for the success of All Stars and love to boast their role of *SERVICE*.

As an agent, I always appreciated the extra efforts the 4-H All Star members gave locally, on a district (now called chapter) level and marveled at the dedication of those on the state level. This passion for 4-H and 4-H All Stars has made us the strong and valued organization we are today.

However, just as people need to get health check-ups periodically, so do all strong organizations....by a check-up, I mean look internally and externally to ensure the purpose of the organization is being carried out and is it being managed efficiently and aligned with current opportunities for success. In recognizing this need for a “check-up” the 4-H All Stars began a strategic planning process in fall 2017. During the October 2018 Executive Committee meeting, we rolled out a plan to look with vision outside of our organization to where we can be as well as internally related to our operational structures. Over the next year, Chapters will be gathering and creating our **Work Plan** with timelines and people/deadlines to address issues. Each Chapter has a different focus and the leaders of the Chapter Strategic planning issue will be soliciting support from **YOU THE MEMBER-SHIP** to help create an opportunity to move forward as an organization. Below are the six focus areas and the Chapter that is heading the discussion, realizing many of these will overlap. We also want to encourage each of the All Star members to engage in any issue you have expertise or an interest. Basically, WE WANT ENGAGEMENT BY MEMBERS OF ALL AGES, AREAS ACROSS THE STATE, and DIVERSE EXPERIENCES. Only through listening to each other, recognizing what is working well and implementing the needed updates and changes can we move to the next level of meeting our *mission of service*.

Watch for more information on how you can engage in this process, promote 4-H All Stars, and continue to move our mission of service further for our organization. Check out the section in this newsletter about the 4-H All Star Chapters Strategic Planning and contact the Chapter to be involved.

Best Regards,

Billie Jean Elmer, Big Chief



December 2018 Edition

All Star Chapter Chiefs and 4-H Agent Advisors

Holiday lake	NOVA-East & West	Airfield
Chief	Chiefs	Chief
<u>Kayla Blincoe</u> 485 Carnation Road Ruckersville, VA 22968 kweppard@gmail.com 434.466.7775	<u>William Thomas (East)</u> 1012 Hendrick Street Culpeper, VA 22701 wetsbt@gmail.com 540.825.1873(h) <u>Geraldine Cabbage (West)</u> 670 Phoebe Lane Luray, VA 22835 ghcabbage@embarqmail.com 540.778.3227	<u>Jean Powers</u> 3368 Hungarian Rd. Virginia Beach, VA 23457 jeanpowers@aol.com 757.421.3715(h) 757.567.3465(c)
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Skelton	Jamestown	Southwest
Chief	Chief	Chief
<u>Pam Levinson</u> 100 Townsend Court Lynchburg, VA 24502 shlevinson@aol.com 434-221-2055	<u>Sarah Gregory</u> 9111 Omaha St. Richmond, VA 23237 sngregory@vu.edu sgallen1@live.com 804.275.5806	<u>Judy Ingle</u> inglefarm@aol.com 276.346.3129(h) 276.698.5864(c)
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Other All Star Contacts

<p>All Star Advisor</p> <p><u>Robert Tillotson</u> 8868 Red House Road Appomattox, VA 24522 ricochetrobert56@gmail.com 434.841.6055</p>	<p>All Star Advisor</p> <p><u>Julie Martin</u> 100 Combs Loop Yorktown, VA 23693 Julie-martin@cox.net (M) 757.814.9591 (H) 757.867.6154</p>	<p>All Star Advisor</p> <p><u>Cathy Howland</u> 3910 Old Buckingham Road Suite B Powhatan, VA 23139 chowland@vt.edu 804-598-5640</p>
Virginia 4-H Foundation	Extension Staff Liaison	2018.19 4-H Cabinet Liaison
<p><u>Glenda Snyder</u> 250 Drillfield Drive 107 Hutcheson Hall (0419) Blacksburg, VA 24061 gsnyder@vt.edu 540.521.9647</p>	<p><u>Michelle Dickerson</u> 755 Roanoke St. Suite 1G Christiansburg, VA 24073 adickerson@vt.edu 540.382.5690</p>	

“Experiencing the World through 4-H”
Virginia 4-H All Star Midwinter Conference Registration
 Charlottesville, Virginia February 2 & 3, 2019

Name _____ Unit _____ Year Tapped _____
 Name _____ Unit _____ Year Tapped _____
 Address _____
 NUMBER AND STREET CITY STATE ZIP
 Phone # _____ E-mail _____
 Guest(s) _____

		Cost	# People	Subtotal
Full Conference (Saturday banquet, registration)		\$40		
Saturday Bagged Lunch (Optional) Circle choice(s): <u>Ham/Swiss</u> 2. <u>Turkey/Prov.</u> 3. <u>Chicken Salad</u> 4. <u>Tuna Salad</u> <i>Includes: sandwich, chips, fruit, pickle, cookies or brownies</i>		\$16		
Saturday Morning Workshop: Food Challenge Competition		\$5 per team member		
Historic Monticello Tour *\$22 for locals or free local w/ paying guest (refund at the door)		\$26* Kids 5-11 \$10		
Jump Cville (Indoor Trampoline Park)		\$12 for 1 hour		
Kluge-Ruhe Aboriginal Art Collection/ UVA campus on your own		Free		
Saturday Banquet Only (Southern Comfort Meal)		\$30		
First Time All Star Attendee Discount		-\$10.00		
Late Postmarked Fee (sent after January 18 th)		+ \$5.00		
Virginia 4-H All Star Dues (If needed):		Annual... \$10		
		Life... \$75		
Optional Contributions:	New Membership Fund			
	Keffer Scholarship Fund			
TOTAL:				

Special Needs – Dietary, Handicap, or Other: _____

Conferences guests, other than spouses, parents and / or children, must be approved by the Big Chief. Guest(s) WILL NOT receive discounted rates.

Code of Conduct All Conference registrants need to read and sign the following Code of Conduct: *As a Virginia 4-H All Star event participant, I will conduct myself during the course of this conference in a manner which reflects the qualities of an All Star.*

All Star Signature(s): _____ Date: _____

Parent/Guardian Signature: _____ Date: _____ (If All Star is under age 18)

Make checks payable to: Virginia Chapter of 4-H All Stars (\$10 returned check fee)

Send registration and check to: Randy & Irene Leech, 4220 North Fork Rd.; Elliston, VA 24087

Registration questions: Phone 540-268-5373 – Home; 540 268-1018 – Fax; Email: ileeche@vt.edu (Irene Leech)

Conference questions: Phone 434-466-7775; Email: kweppard@gmail.com (Kayla Blincoe)

2019 4-H All Star Midwinter Conference: Saturday Afternoon Activities

Historic Monticello Tour

If you have not been to Monticello for a while, there are some new things to see, especially related to slavery. To get the best rate, we will register with everyone in advance. Those who live in the counties shown in the map can get a discount refund that day. <https://www.monticello.org>

- First-floor Tour of the House
- Guided Slavery at Monticello Tours (offered daily)
- Self-guided Exhibitions
- State of the Art Visitor Center
- 15-minute film Thomas Jefferson's World
- Griffin Discovery Room
- Monticello Museum Shops

JUMP Cville

Jump is a 20,000 sq. ft. indoor trampoline park in Charlottesville, VA. It has over 8,000 sq. ft. of connected trampolines as well as angled trampoline walls, a dodgeball court and foam pit. If you are looking for a way to expend some energy and to involve your entire family, Jump is where you want to be! Their #1 objective is to provide a safe and fun environment for you and your family and friends! Jumping on a trampoline provides participants with an excellent opportunity for active, family fun. To provide jumpers with the best possible experience, it is important that they follow JUMP Cville's set rules, safety guidelines, and to jump within their level of ability. If you want to jump less or more than an hour, you can do that. Our group will jump from 2:00-3:00. p.m.

Kluge-Ruhe Aboriginal Art Museum

"We are small, but the experience is rich." Admission is free and the average visit lasts between 30 and 90 minutes. They offer an interactive, participatory activity where visitors of all ages, including kids and families, can reflect on and share their experience of the current exhibitions. Special exhibitions are accompanied by a free catalog. Their library is open to the public and available for research.

"We have a fair-trade, one-of-a-kind gift shop." The museum has a small gift shop with books, jewelry, and housewares highlighting Indigenous Australian art and designs. They only buy wholesale from Aboriginal-owned art centers and vendors that pay royalties directly to the artists and their communities.

Other Suggestions- On Your Own:

Shopping Downtown: (15 minutes away) <https://www.visitcharlottesville.org/listing/charlottesville-historic-downtown-mall/337/>

Shops at Stonefield: (15 minutes away) <https://www.shopsatstonefield.com>

5th Street Shopping: (10 minutes away) Wegmans, Alamo Theatre, Nestle Tollhouse Cookie Store etc. <http://5thststation.com/>

Yogaville: (30 minutes away) <https://www.yogaville.org>

Michie Tavern: <https://www.michietavern.com>

James Monroe's Highland (formerly Ash Lawn-Highland): <https://highland.org>

The Glass Palette- Interactive Glass Studio: <http://theglasspalette.net/>



Join us for the Virginia 4-H All Star Midwinter Conference 2019

“Experiencing the World through 4-H” in Charlottesville, VA!

Hilton Garden Inn Charlottesville
1793 Richmond Road
Charlottesville, VA 22911
Phone: 434-979-4442

Room Rates: \$99 night/plus tax. Please make your reservation directly with the hotel using the group code 4HA.

4-H All Star Food Challenge Information and Registration

Using a mystery bag of ingredients, teams prepare a dish in 40-45 minutes and present it to a judging panel. Teams will briefly (in less than two minutes) explain their dish's preparation. Please contact the Greene County Extension Office at 434-985-5236 or email Kathy Alstat at kalstat@vt.edu to obtain the rules and learn what items are allowed in the supply kit. You may provide your own kit, or request that one be provided. Teams are challenged to be creative and will develop their own recipe with the ingredients provided.

Official Registration: *At least two and up to six teams will compete. Team registration will be on a first come, first serve basis. To officially register, send the team registration by the Midwinter conference registration deadline. If the team does not show or is disqualified the fee is nonreimbursable. Teams may have 3-5 members and may have adult, senior citizen, and youth members. All participants must be at least 9 years of age by 9/30/19 and at least one team member must be over the age of 19. Teams with one or more youth members under the age of 12 will be given an additional five minutes preparation time. Youth members (at least 9 by 9/30/19, but no older than 19 by 12/31/18) are not required to be members of 4-H previously, but for insurance purposes will be required to enroll in 4-H by January 18. No professional chefs or cooks allowed. This is an amateur competition.*

Team Captain refers to the adult participant who will be responsible for the team and will receive further information on the contest upon registration. Team check-in is at 9:30 a.m. The contest begins at 10 a.m. on February 2, 2019.

Make Check Payable to: Virginia Chapter of 4-H All Stars (\$5 per team member). **Please include the \$5 entry fee with your conference registration total and include this registration form with the conference registration page.**

Questions? - Contact Kayla Blincoe (kweppard@gmail.com). **Look for the Registration Form in the newsletter.**

Requests for membership from members of similar 4-H Honorary Service Organizations in Other States

Do you know someone who was involved in a 4-H Honorary Service Organization in another state that is similar to the Virginia Chapter of 4-H All Stars who has moved to Virginia? Would they like to be a member of the Virginia Chapter of 4-H All Stars? If so, those individuals must write a letter to the Big Chief requesting membership and include documentation of membership in another state (copy of membership card, membership certificate, letter acknowledging membership, etc.). The letter and documentation will be presented to the Virginia 4-H All Star Executive Board at their next scheduled meeting.



“Experiencing the World through 4-H”
2019 Virginia 4-H All Star Midwinter Conference Schedule

Friday, February 1, 2019

7:30 -10:00 PM Executive Committee Meeting, Jefferson Conference Room

Saturday, February 2, 2019

6:00 - 9:30 AM Optional Breakfast, The Garden Grille and Bar Restaurant (onsite; fee)
8:30 - 9:30 AM Executive Committee Meeting (If needed), Jefferson Conference Room
9:15 AM Conference Registration Opens
9:30 AM Food Challenge Competition Check-in, Service Projects begin
10:00 - 12:00 PM Food Challenge Competition, Jefferson Conference Room
(Participate or watch!)

12:00 - 1:00 PM Lunch
1:00 - 1:15 PM Gather to depart for tours
1:15 - 4:00 PM Tours (JUMP Cville: Jump from 2:00-3:00 PM)
4:30 - 6:00 PM Business Meeting, Jefferson Conference Room
7:00 - 9:00 PM Banquet, Jefferson Conference Room

~IFYE Guest Speakers~
~Tasty Treats from Around the World Auction: Bring along tasty treats from around the world to benefit the All Stars and IFYE!~
~Business Casual Dress: If you have an international outfit from your travels, please feel free to wear it!~

9:30 - ? Social, Jefferson Conference Room

Sunday, February 3, 2019

6:00 - 9:00 AM Optional Breakfast, The Garden Grille and Bar Restaurant (onsite; fee)
9:15 -10:30 AM International Programs and Workshops
10:30 - 10:45 AM Business Meeting (Voting on Membership) Jefferson Conference Room
10:45 - 11:15 AM Chapter Meetings
Noon Hotel Check-out

4-H All Star Food Challenge Registration Form

Make Check Payable to: **Virginia Chapter of 4-H All Stars** (\$5 per team member). **Please include the \$5 entry fee with your conference registration total and include this registration form with the conference registration page.**

Team Name: _____

Team Captain Name: _____

Team Captain Email: _____

Team Captain Phone Number_____

Will you bring your own supply kit? Yes No

Please list First Name, Last Name and Birthdate. Example: Sally Smith 3/2/2001

Team Member #1 _____

Team Member #2 _____

Team Member #3 _____

Team Member #4 _____

Team Member #5 _____

Do any of the youth participating in Food Challenge have food allergies/restrictions or medical conditions that may impact their ability to compete in a food preparation competition? *Remember that youth do not need to eat the food but we do need to be aware of food allergies and re-
strictions. Yes No

*If the answer is yes, to the above question please specify any team members that have allergies or health concerns, as well as the nature of that concern:*_____

Virginia 4-H All Star Awards

Visit the Virginia 4-H All Star website to learn about Awards, Scholarships and Recognition available to 4-H All Stars at <http://ext.vt.edu/4h-youth/all-stars.html>

Recognitions include:

- ◆ Wayne M. Keffer Memorial Scholarship
- ◆ Bradshaw Service Award
- ◆ Virginia 4-H All Star Hall of Fame
- ◆ C. D. Allen Award for Excellence
- ◆ Dottie Nelson Award for Excellence in International Programs

All applications and nominations are due January 1, 2019.

2018-2020 Strategic Plan of Action Chapter Focus Areas

Airfield Chapter: New Member Engagement and Development

- Contact from Chapters
- Buddy/mentor system
- All Star presence at State Teen Leadership events
- Planning District activities
- “Sign the Star” initiative
- Areas and opportunities to engage interests
- Financial support for first timers
- Fine tune and communicate a Calendar of All Star activities
- Create points, programs and opportunities for involvement and engagement

Jamestown: Agent Engagement

- Develop an “agent cheat sheet checklist”
- Find ways to collect data
- Express appreciation and acknowledgements
- Communicate protocols in-house (between Chapters and agents)

Holiday Lake: Ceremony and Brand Assessment

- Review ceremony
- Attire
- Tents that say All Stars
- Ritual messaging and chants
- All Star participants not involved in tapping
- Check in process
- Encouragement of Congress delegates during the ceremony

Northern Virginia: Web and Social Media Presence

- Or own Facebook page
- Our own webpage
- Connection with and on the VCE website
- Assessment of web presence
- Develop a “web/social media” coordinator system for Chapters
- Communication and storage place for committee reports

Skelton: Membership Management

- Job descriptions of officers and executive committee members
- Membership process: roles, responsibilities and distribution of duties
- Membership timeline reviewed/updated

Southwest: Executive Committee Evaluation

- Job descriptions throughout the organization
- Standing committees and Ad Hoc committees
- Executive Committee Meetings and Agendas
- Investment and disbursement of endowment
- Fiduciary management: maintenance of reports, accountability and standard operating procedures
- Chapter financial accounts
- Time commitments related to serving on the Executive Committee



Smoke Signals from our Chapters

Airfield 4-H All Star Chapter – Jean Powers

The Airfield Chapter of Virginia 4-H All Stars met on Thursday, November 15, 2018 at the Virginia Beach Cooperative Extension Office to review youth and adult Airfield Chapter 4-H All Stars Nomination Applications.

Holiday Lake 4-H All Star Chapter – Kayla Blincoe

The Holiday Lake Chapter of 4-H All Stars met Saturday, November 17th at 10:00 am to review chapter 4-H All Star nomination forms. We are also excited to host the upcoming Midwinter Conference in Charlottesville on February 2nd and 3rd at the Hilton Garden Inn Charlottesville! Please join us as we Experience the World Through 4-H! As a special 'treat' (pun intended), we encourage everyone to bring a special dessert from around the world to donate to our Dessert Auction at our Saturday night banquet!

Northern 4-H All Star Chapter East – William Thomas

A recognition picnic for 2018 Northern Chapter East new 4-H All Stars was held Sunday afternoon, August 26th at Graves Mt. Lodge in Syria. Sadly, no 2018 All Stars were able to attend. We have set Sunday afternoon, August 11 as our 2019 date at Graves. In spite of having no new 4-H All Stars, those in attendance had an enjoyable afternoon and raised over \$400 for the Chapter treasury. We had 22 4-H All Stars and 14 guests for a total of 36 in attendance. They were tapped from 12 different units. We had two 4-H All Stars and four guests from the Holiday Lake Chapter.

We reviewed our Chapter 4-H All Star applications on November 19 at Pepper's Grill in Culpeper. We had 15 in attendance with seven Extension staff (six were 4-H All Stars). Seven units were represented. The Chapter 4-H All Star Chapter covered the cost of lunch.

We are excited to have Midwinter Conference in Charlottesville and hope to have good representation. Just a reminder, all who attend from NOVA East receive a \$25 scholarship to attend.

Help the Wayne Keffer Scholarship Fund Reach \$50,000—Donate Today

Please help the Virginia 4-H All Stars increase the Keffer Scholarship to a \$50,000 or higher endowment.. There is more than \$47,000 in the Keffer Scholarship Endowment in the Virginia Tech Foundation. The scholarship is available to 4-H All Stars who are undergraduate or graduate students. Two \$800 scholarships were awarded last year. Applications can be found on the Virginia 4-H web site. Increasing the endowed funds above the \$50,000 mark will allow the Chapter to increase the scholarships to \$1,000 or more each in future years.

Please make your check payable to “The Virginia Tech Foundation” with a notation “Wayne M. Keffer 4-H All Stars” and send to Randy and Irene Leech, 4220 North Fork Road, Elliston, VA 24087 They will forward to the Foundation to insure proper credit.

HOLD the Dates!

4-H All Star Interstate Conference and the Virginia 4-H All Star Summer Conference—July 18-21, 2019 in Morgantown, West Virginia!
Registration information will be available soon.

The Virginia Star

An Equestrian Weekend in Lexington, Virginia

Equestrian wanderer and trail riding expert
Susan St. Amand visits the new Virginia Horse
Center in Lexington, Virginia.



Photo courtesy: Susan St. Armand

Recently I spent a multi-faceted weekend in Lexington, VA focusing on equestrian activities while volunteering as a 4-H All-Star at the **Virginia Horse Center**. The Virginia Horse Center is conveniently located off Interstate 81 & 64 South. Comprised of 600 acres, a 4,000 seat coliseum, 8 barns, 19 show rings and two indoor arenas, it offers exciting equine events as well as other entertaining shows every weekend. Most events are free for the public to attend, so it is an interesting tourist stop for those visiting the Lexington, VA area to view beautiful horses in action. On this particular weekend, a Western Reining competition was in progress. I especially enjoyed the sensational sliding stops as the dirt flew about, demonstrated by some of these competitors.

It was fitting that our Virginia 4-H All-Stars held their summer conference meeting and community service project at the horse center, and being the equine enthusiast that I am, this certainly served my interests well, even including tack shops for shopping therapy. As the center hosts the Virginia State 4-H Horse Show in the fall, we were delegated the task of creating directional signs out of recycled fence boards to be utilized for this event.

In the evening, our business meeting was held in the upper-level mezzanine, which held a bird's eye view of the entire coliseum arena. John Nicholson, the current CEO of the Virginia Horse Center, gave a presentation on the history of the center. With Virginia boasting an ever-growing horse population, equine enthusiasts expressed the need for a large equestrian facility to host equestrian events and competitions. As a result, the center was opened over thirty years ago by the state of Virginia.

As the center grew and changed, the state relinquished the property and sold the property to a private non-profit organization. The center upholds a standard of morals and values similar to those embraced by 4-H. Mr. Nicholson noted that the majority of the current equine competitors began as youth 4-H competitors, and, currently exhibiting as adults, still reflect those learned values which make for a positive showing environment.

See the complete article at : <https://equitrekking.com/articles/entry/an-equestrian-weekend-in-lexington-va>



Don't forget - We're on the web:

View the Virginia 4-H All Star Group:

http://groups.yahoo.com/group/Virginia_4-H_AllStars

To Subscribe to the Group listserv:

Virginia_4-H_AllStars-subscribe@yahoogroups.com

To Post a message to the group:

Virginia_4-H_AllStars@yahoogroups.com

Facebook: Virginia 4-H All Stars

For more information visit

http://www.4-h.ext.vt.edu/groups/allstars/4h_allstars.html

Obituaries

Marvin L. Heimbach, 74, of Shamokin Dam, passed away on Saturday, May 5, 2018, at his home. He was born March 17, 1944, in Allentown, a son of the late Norman L. and Anna E. (Reeder) Heimbach. He was a 1990 4-H All Star. Marvin was a 1962 graduate of Selinsgrove High School. He graduated from East Tennessee State University, and did graduate work at Penn State. His professional career included 4-H Camp Director at Jamestown 4-H Center, Smith Mountain Lake 4-H Center and Airfield 4-H Center. He was also a certified Archery instructor. Through his many dedicated years with 4-H, he touched the lives of thousands of children and youth.

Wayne Cody Garst, 79, a 1963 4-H All Star, of Salem, VA, passed away in his home on Tuesday, October 23, 2018 with his wife and children surrounding him. Born in Roanoke County, Va., Wayne graduated from Andrew Lewis High School, attended Bridgewater College and received his B.S. and M.S. degrees from Virginia Tech. After graduation, he spent 30 years working for Virginia Tech as part of the Virginia Cooperative Extension Service in various posts throughout the state, primarily in Southeast Virginia and on the Virginia Tech campus. After his retirement from Cooperative Extension in 1990, he returned to the work he enjoyed most—serving as the director of several camps, including: Camp Bethel in Fincastle, VA; the W.E. Skelton 4-H Educational Conference Center in Moneta, VA; and the Airfield 4-H Educational Conference Center in Wakefield, VA.

Please email the Virginia Star to me!!!

Why should I have *The Virginia Star* Emailed to me?

- * **Receive the newsletter quicker**
- * **Save postage**
- * **Save paper**



If you would prefer to receive “The Virginia Star” by e-mail please send an e-mail to va4hallstars@gmail.com with your full name, mailing address and the email address you would prefer added to the mailing list. Your name will be submitted to William Thomas to be removed from the Star snail mailing list.

Thank you for supporting the Virginia 4-H All Stars!!!