# CAMPBELL COUNTY 4-H UPDATES/OPPORTUNITIES

**NOVEMBER 2024** 

## Family Fun



Join us for a night of fun filled family wreath making! In this workshop you will learn various types of evergreen trees/shrubs used for holiday décor, varieties you could plant at home and cut from year to year, how to take proper cuttings from a tree and use them to construct a live wreath, and how to tie and attach a 6-9 loop bow to your wreath. This workshop is hands-on, allowing participants to learn about the process while constructing their own wreath and bow to take home and display. Get in the holiday spirit by bringing the whole family, having some fun being creative and stepping up your winter decorating game! Register here: https://tinyurl.com/campbell

If you have any questions please reach out to Yvonne Hansotte at yhans07@vt.edu

4Hwreath



### HOW TO REGISTER...

PARTICIPANTS, TEEN
VOLUNTEERS, AND
ADULT VOLUNTEERS
MUST CONTACT YOUR
LOCAL VIRGINIA
COOPERATIVE
EXTENSION OFFICE. ALL
REGISTRATIONS AND
PAYMENTS MUST BE
SUBMITTED THROUGH
YOUR LOCAL EXTENSION
OFFICE.

#### **QUESTIONS?**

Contact Ryan Edwards at Holiday Lake 4-H Center 434-248-5444 ryaned@vt.edu

## Activites

- Food Safety & Preparation sessions
- Healthy Eating Habits
- . Fun food-filled workshops:
  - Gril Masters
  - Grandma's Baking
  - Quick 'n' Easy Eats
  - Flavortown
  - 。 Pizza Palooza
  - and More!
- Team up and create delicious one-bites with the help of a professional chef!

## Prices & Policies

Participants (ages 9-18): \$125
Teen and Adult Volunteers: \$25
Registration Deadline: 1/3/2024

· \$50 returned check fee

Holiday Lake 4-H Educational Center 1267 4-H Camp Road Appomattox, VA 24522 434-248-5444

WWW.HOLIDAYLAKE4H.COM



Virginia Tech · Virginia State University

HOLIDAY LAKE 4-H EDUCATIONAL & VIRGINIA COOPERATIVE EXTENSION PROGRAMS AND EMPLOYMENT ARE OPEN TO ALL, REGARDLESS OF AGE, COLOR, DISABILITY, GENDER, GENDER IDENTITY, GENDER EXPRESSION, NATIONAL ORIGIN, POLITICAL AFFILIATION, RACE, RELIGION, SEXUAL ORIENTATION, GENETIC INFORMATION, VETERAN STATUS, OR ANY OTHER BASIS PROTECTED BY LAW, AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. IF YOU ARE A PERSON WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES OR OTHER ACCOMMODATIONS TO PARTICIPATE

OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. IF YOU ARE A PERSON WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES OR OTHER ACCOMMODATIONS TO PARTICIPATE, PLEASE CONTACT THE 4-H CENTER AT 434-248-5444 FROM 8:00 AM TO 4:30 PM. TO DISCUSS ACCOMMODATIONS 5 DAYS PRIOR TO THE EVENT.







# What is the 4-H Food Frenzy?

Spend a weekend at camp learning how to cook and improving your culinary skills!

#### WHERE?

4-H Food Frenzy will be held at Holiday Lake 4-H Educational Center in Appomattox, VA. Transportation is not provided. Please plan accordingly

#### WHEN?

The date of the event is: January 17-19, 2025 Check-in: 1/17, 5:45-6:30 PM Check-out: 1/19, 12:15 PM

#### WHO CAN REGISTER?

All youth <u>ages 9-18</u> are eligible to register as a participant.
Teens/Adults may apply to volunteer at this event through their local VCE Office.

#### ADDITIONAL INFO AND SCHEDULE

Additional information and the schedule for the program can be found at www.holidaylake4h.com/foodfrenzy

#### LEARNING OBJECTIVES

- Kitchen & Food Safety
- Cleanliness
- Knife safety and skills
- Food preparation
- Cooking methods
- Independence
- Responsibility
- . Team work
- Public speaking
- Creativity
- Nutrition
- Healthy foods and cooking
- Portion Sizes





# **MEETINGS**

WHERE: AMERICAN LEGION POST 16 GREENVIEW DR.

WHEN: 2ND AND 4TH THURSDAY OF EVERY MONTH 6:30 P.M.

# **CONTACT INFO**

MICHELLE HAPPS - COORDINATOR (434) 444-2591 CALL / TEXT SMACCSHOOTINGEDUCATION@GMAIL.COM

YVONNE HANSOTTE - 4-H AGENT (434) 332-9538 YHANSO7@VT.EDU



# SAMUEL M. ARTHUR AMERICAN LEGION / 4-H SHOOTING EDUCATION



THE SHOOTING EDUCATION
PROGRAM TEACHES FIREARM
SAFETY AND MARKSMANSHIP
TO YOUTH AGES 9-19 AND
USED SHOOTING AS A VEHICLE
TO TEACH LIE SKILLS SUCH AS
RESPONSIBILITY, SELF
DISCIPLINE, AND TEAMWORK.



# DISCIPLINES OFFERED:

- BB
- 22
- AIR RIFLE
- AIR PISTOL
- MUZZLELOADER
- PRECENSION SHOOTING BASED
   ON THE CMP (CIVILIAN
   MARKSMANSHIP PROGRAM)
   MODEL.



