

THE CARROLL CLOVER



What is 4-H?

4-H is a community of young people across America learning leadership, citizenship, and life skills.

4-H is the largest youth development organization in the United States with nearly 6 million members.

The 4 H's stand for head, heart, hands, and health.

A Year in Review

Carroll County 4-H offers engaging, hands-on in-school programming and out of school community activities.

If you are new to the 4-H world, WELCOME! I hope that you will join us for future programs, activities, contests, workshops, and more.

To those of you who have participated or served in volunteer and leadership roles, thank you for all you have done! Hope to see you soon.

Here's a snapshot of some of the fun activities we have done this year...



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Workshop Wednesdays

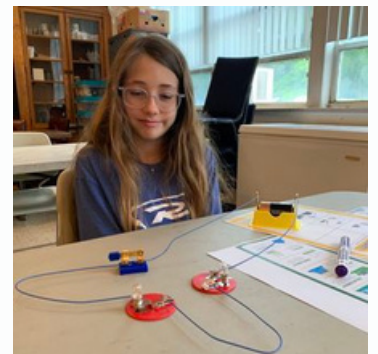
This summer we had 7 Workshop Wednesdays where youth were able to explore a variety of subjects and participate in hands-on learning. The workshops this year included: Under the Sea, Tie-Dye, Types of Energy, Cloverbuds and Ag, Cooking 101, Teens in the Kitchen, and Nature Time. Thanks to all who joined us!



Nature Time



Tie-Dye



Types of Energy



Teens in the Kitchen



Cloverbuds and Ag

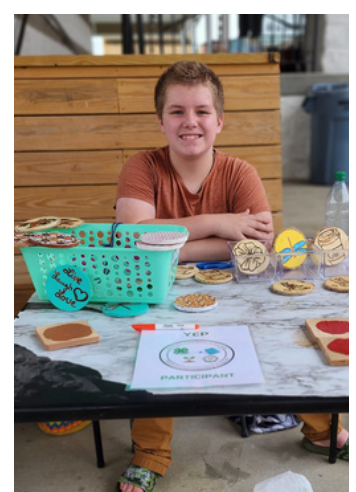
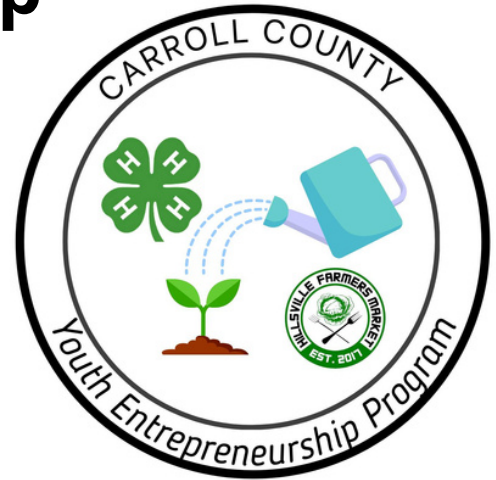


Cooking 101

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Youth Entrepreneurship Program (YEP)

This year, Carroll County 4-H and the Town of Hillsville Farmers Market launched the Youth Entrepreneurship Program. Our goal is to provide the opportunity for youth to learn about entrepreneurship through hands-on experiential learning. During this program, youth learn about marketing, record keeping, and more. Youth gain communication, teamwork, leadership, and work ethic skills as they attend two interactive workshops and sell their products at the Town of Hillsville Farmers Market.



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4-H Camp

Save the Date!

July 22-26, 2024



Last year, 40 youth from Carroll County attended 4-H Camp at the Southwest Virginia 4-H Educational Center in Abingdon, VA. We hope that you will join us next year!



Gettin' Crafty Class

Thank you to everyone that provided scholarships for campers!

ASL Bookkeeping and Tax Service, LLC.

**Blue Unicorn Mountain Retreat
Chris Goad-State Farm Insurance
Farm Bureau Women's Committee**

First Community Bank

Hillsville Lions Club

Johnson Family Chevrolet

Milo C. Cockerham, Inc.

Mohawk Industries

Patricia Hartsock

Rotenizer Drapery and Carpet

Skyview Baptist Church

The Lane Group

Vaughn Guynn McGrady Chapel

W.O. Hill and Son



2023 Teen Camp Counselors

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In-School 4-H Clubs

This year, all 27 4th and 5th grade classes in Carroll County Public Schools have in-school 4-H Clubs. Each 4-H Club has peer elected officers and a unique club name chosen by students. Ask your students what they are learning!

Meeting 1: Introduction to 4-H & 4-H Officer Elections

Meeting 2: How to do a Dramatic Reading

Meeting 3: Dramatic Reading Contest

Meeting 4: STEM

Meeting 5: How to do a Presentation/Demonstration

Meeting 6: Presentation/Demonstration Contest

Meeting 7: 4-H Reflection and Wrap-Up-Other 4-H Opportunities



So proud of the 412 youth who participated in the dramatic reading contest this year!!!

Real Life Program

7th grade students have the opportunity to see if they can make it through a month on a budget while participating in the Real Life Program. Students learn about careers, receive a monthly income, and make choices about their housing, transportation, healthcare, grocery spending, and more. The catch? Sometimes life throws in unexpected challenges and surprises. Will they get a speeding ticket? Do they have a family? Students keep track of their expenses and experience "real life."

CCMS Cavs 4-H Club

There is now an after-school 4-H Club for Cavs students. After electing 4-H Club officers, youth voted on a citizenship, healthy living, and STEM activity to do this year. Our 3 big projects for this year are cooking, papermaking, and an animal shelter service project.

In December we learned about the importance of giving and made Santa Sleighs and holiday cards that were delivered to Commonwealth Senior Living, Hillsville Health and Rehabilitation Center, and the VFW.



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Ag in the Classroom Kits

Carroll County 4-H is proud to be a recipient of a 2023 Virginia Agriculture in the Classroom Grant to provide Ag in the Classroom Kits for kindergarten through 5th grade teachers to rent. Each kit directly correlates to Virginia SOL's and has an interactive ag-related hands-on activity. More information will be distributed to teachers this Spring.



Learn, Grow, Eat, Go

This year, FCS-SNAP-Ed Agent Andrea Wann and I teamed up to deliver Learn, Grow, Eat, Go to the Carroll County Enrichment Program at Hillsville Elementary School. So far, we have learned about what a plant needs to grow, taste-tested the parts of a plant, and designed a meal using MyPlate standards with youth who attend this program.



Winter Workshops

Heat Press Holidays and Healthy Habits Workshops were a lot of fun! In the Heat Press Holidays Workshop, youth learned about design, used a Cricut, picked vinyl, and heat-pressed their very own holiday creations. In the Healthy Habits Workshop, we did yoga, learned about mindfulness and ate a healthy snack.



Interested in learning more?

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Pipsqueaks Poultry 4-H Club

The Pipsqueaks Poultry 4-H Club is led by adult volunteers Amanda Allen and Lauren Chitwood. After 4-H Club members did a good job at local shows in Carroll and Grayson County, club leaders provided the opportunity for youth to compete at the State Fair of Virginia.

The Hillsville Presbyterian Church, where the 4-H Club Meetings are hosted on the third Monday of each month, proudly sent youth off before their trip.

What a great learning experience for these youth! We are proud that they positively represented Carroll County, had fun, and brought home honors too!



How Do I Start a 4-H Club?

Ask Yourself...

- **Is there youth community interest in this topic?**
 - Examples- Photography, Sewing, Livestock, Homeschool
 - Must have 5 + members from 3+ families in order to start a 4-H Club
- **Do I have time to serve as a 4-H Volunteer and do I have 2+ friends who are willing to help?**
 - Must have 3+ adult volunteers (who are not related) who have completed training to serve as 4-H leaders
- **Call the 4-H Agent to schedule a time to talk!**

Virginia Cooperative Extension

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