



# The 4-H Connection



Virginia Cooperative Extension, Powhatan County Office

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## Nature Quest introduces kids to the outdoors

Nature Quest (NQ) workshops held this summer were designed to bring nature to area youth—i.e. birds, trees, plants and wildlife photography. Two were created for 6-9 year olds, with the three-day program for older youth. Powhatan's 4-H and the Gochland-Powhatan Master Gardeners co-sponsored the NQ series.



## 4-H members strike a pose...

### Through new theatre arts program

Youth from Powhatan's 4-H Theatre Arts Club strike a pose (below) during a recent break in practice. The 9-13 year olds started the 10-week drama session in early November and will continue meeting through the end of January. Several PHS drama students, along with PHS drama instructor Woody Chezfrom, joined them at a recent session to offer some acting pointers. Other guests will include Debbie Walton, a local actress, and a Longwood University theatre arts student from Powhatan. Each week the young people have the opportunity to practice monologues and self-written skits to practice being on stage. Director Lisa Eget will be assigning parts soon for their final performance which takes place on Friday, Jan. 28, for family and friends.



## Start of new 4-H club year

If your child is in a 4-H club or plans to join a local club, enrollment forms must be completed annually. This includes the member enrollment, health history and code of conduct. Any youth planning to compete through 4-H in 2011 (equine, livestock, WHEP) must be enrolled before Dec 31, 2010. Contact the Extension Office to enroll.



This newsletter is delivered electronically but copies are available at the Powhatan Extension Office.

# Knabe selected as Powhatan's Outstanding 4-H Member

**Katelyn Knabe** was recognized recently as Powhatan County's Outstanding 4-H Member for the 2009-2010 club year. The 17-year-old Powhatan High School senior has been a member of Powhatan Riders 4-H Equestrian Club for the past six years. Powhatan Riders club leader **Melissa Clayton** said, "Through the years, Katelyn has grown and matured into a role model 4-H senior member. She has participated in community service events, club fun events, exhibits and leadership." Katelyn participated in the County 4-H Contest in March

with a presentation on poisonous plants. She earned a blue ribbon for this presentation and went onto compete at the district level bringing home a second blue ribbon. She qualified for the District and State 4-H Horse Show the past two years. This year, her equine artwork also won third place at the State 4-H Horse Show. Katelyn entered

numerous items she created into the Powhatan County Fair this year which she received several ribbons of recognition.

According to Clayton, "Katelyn attends the majority of her club's events and is always willing to help whenever she can." She participated in numerous community service projects the past year through Powhatan Riders 4-H Club. She helped with a spring trash clean-up on Route 711, as well as donating food to a local family. Besides being an active member in her 4-H horse club, Katelyn recently helped start a new 4-H rabbit club in Powhatan which she serves as president. For the first time, she exhibited rabbits at the State Fair of Virginia in October and brought home several ribbons.

Along with Katelyn, the following local members were recognized as outstanding members of their perspective 4-H clubs at a recent 4-H awards banquet: **Amanda Maready** for Crazy 4 Critters; **Morgan Saint James** representing Dreamhorse; **Reesie Fensom** for Foal'N Around; **Devon Schutt** for Powhatan Mustangs; **Megan Ragland** for Powhatan Outdoors; and **Jonathan Fagan** for Powhatan Shooting. *Congrats to our outstanding 4-H members!* More than 80 youth and family members attended the 2009-2010 4-H Achievement Celebration and pizza dinner on November 16 in Powhatan.

A BIG THANK YOU goes to all the 4-H County Teen Council members and the numerous parents for assisting with the evening (clean up, set up, etc)!



**Katelyn Knabe (left) & Club Leader Melissa**

## Congrats Local 4-Hers!

- ◆ **4-H State Horse Judging:** **Krystal Saint James** was the high individual in performance and conformation horse judging contest during the 2010 Eastern National 4-H Horse Roundup in Louisville in November. This is the highest level of 4-H competition for horse judging.



- ◆ **State Fair of Virginia:** More and more local 4-H members are participating in the state fair this year. The **Knabe** sisters, **Katelyn**, **Kelly**, and **Hailey**, brought their rabbits and all came home with ribbons! They all participate in the Powhatan 4-H Rabbit Club and plan to compete throughout the year. **Emily Lloyd** from Crazy 4 Critters exhibited her rooster who received grand reserve champion. She showed three birds total and brought home several blue ribbons too.
- ◆ **4-H County Teen Council:** Teen Council members have been active in the community. One group assisted at the Powhatan County Fair dog contest serving as judges, registration and **MC. Allie Osinski** and **Reesie Fensom** (below) also volunteered this summer at Lonesome Dove Equestrian Center, a local therapeutic riding facility for veterans. Reesie ended up volunteering weekly throughout the summer. Club members (14-18) are invited to join the County Teen Council. Contact Cathy Howland at 598-5640.





### December 2010

~Powhatan 4-H Cloverbuds: Dec 7, 4-5pm, ages 5-8  
at Powhatan Library, conference room

~4-H Winter Teen Weekend: December 10-12, ages 14-19  
at Jamestown 4-H Center in Williamsburg

### January 2011

~Powhatan 4-H Cloverbuds: Jan 4, 4-5pm, ages 5-8  
at Powhatan Library, conference room

~Family Fitness: starts Jan 4, youth in grades 3-5 at  
Powhatan Parks & Rec Department

~VA 4-H Natural Resources Weekend: Jan 22-23, ages 9-19  
at Holiday Lake 4-H Center. Deadline to register Jan 7, 2011

### February 2011

~4-H Day at the Capitol: Feb 8; Details TBA.

~Powhatan-Goochland Hippology: Feb 15, 6:30pm at the  
Powhatan Village Building Auditorium

~Palette of Fun Art Appreciation Camp: Feb 18-20, ages 9-13  
at Jamestown 4-H Center. Deadline to register Feb 4, 2011

~Cupcake Creations Workshop: Feb 21-22 afterschool program  
Youth in grades 5-8. Details TBA.

### March 2011

~Powhatan-Goochland County Contest/4-H Presentations:  
March 24; in Goochland

~Powhatan-Goochland County Contest/4-H Share the Fun:  
March 29; in Powhatan



### Fun at 4-H Camp

Sixty campers from Powhatan County joined youth from Hanover and Goochland counties for a week of fun in the sun in August at Jamestown 4-H Center! It was smooth sailing for Alex Reyna and Justis Evans (above) during a canoe class. *Mark your calendar:*

**Next summer's camp is August 1-5, 2011**

# Family Fitness PROGRAM

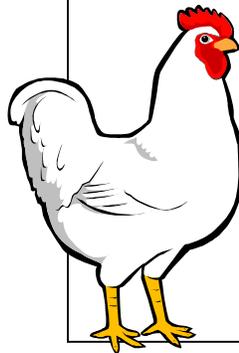
Powhatan families are invited to make healthy life-style changes together. And have fun doing it. Through a five-week piloted program called Family Fitness, youth in grades 3 to 5, and their parents or guardians, will learn to enjoy and increase healthy food choices. The program will also assist families boost physical activity and maintain a healthy



weight. Family Fitness will also offer plans for healthy meals and snacks; kid-friendly recipes and taste testing; family games and activities; and

prizes for reaching your health goals. Conveniently scheduled sessions will be offered after school once a week for five weeks in January and February. Parents or guardians will also meet three separate times and everyone joins together for dinner on the final session. This program is brought to you jointly by the Powhatan Extension Office and Powhatan County Parks and Recreation. If you would like to support your child's journey to healthy eating and physical fitness, contact the Powhatan Extension Office or email [chowland@vt.edu](mailto:chowland@vt.edu) to request a brochure with details.

## 4-H Poultry/Livestock Club forming in January 2011



Hey Kids! Ready to learn all there is to know about breeding and showing chickens?? The leader of this new club wants to tackle poultry first and then move onto livestock. They plan to have fun while learning and hope to compete in some area shows this spring and summer. Call Powhatan Extension Office for details.

# 4-H Club Reports

## 2010 State 4-H Horse Show

More than 450 youth from across the Commonwealth participated at the State Horse Show at the Virginia Horse Center in Lexington.

The following Powhatan 4-H club members qualified and competed at the State 4-H Horse Show: **Jessica Ayers, Reesie Fensom, Haley Hendrick, Taylor Holloway, Kayla Kersey, Sophie Kidd, Katelyn Knabe, Jessica Matthews, Rebecca Rash, Tyler Rash, Caitlin Reamy, Hope Reichel, Alex Reyna, Krystal Saint James, Morgan Saint James, Devon Schutt and Kayley Thompson.**

Top honors earned by local riders went to: **Krystal Saint James**, riding Hollywood Ninety, reining champion and a high point award winner in reining division

**Jessica Matthews**, riding Jericho, reserve champion title in hunter division, working hunter class

**Haley Hendrick**, riding Hollerin' Hills Cinderella, reserve champion in hunter pleasure division, senior rider on a small/medium pony

Local club members scoring in top 10 of creative or technical senior division equine art contest:

**Katelyn Knabe** 3rd; **Maria Majeskey** 4th; **Haley Hendrick** 7th; **Kayley Thompson** 7th

## Powhatan 4-H Shooting Club...



Twenty-six members from Powhatan's 4-H shooting club attended the State 4-H Shoot at Holiday Lake 4-H Center in Sept. A total of 257 participated this year. According to club leader, Frankie Barham, "I'm really proud. Both our junior and senior teams are very young." For many of the local club members, this was the first time to compete in a state-wide shooting event. "For our teams to place in nine of the 10 events we participated in is really outstanding," Barham said.

Following are the youth placing in the top three of each division. **Muzzle Loading Rifle:** senior team 1st inline competition; junior team 3rd traditional; **Travis Wagner** 1st senior individual; **Anthony Schappman** 3rd individual; **John Mootz** 3rd junior individual traditional; **Rachel Schappman** 3rd junior individual inline.

**Senior Archery:** 1st overall senior team; **Joshua Fagan** 2nd individual; **Jonathan Fagan** 3rd individual. **Air Pistol Competition:** **Jordan Hodge** 3rd senior, **Alex Oliver** 3rd junior. **Rifle Silhouette:** **Kelsey Kivikko** 2nd junior individual; senior team 1st; junior team 2nd. **Inline .22 Rifle:** senior team 1st, junior team 2nd; **Joshua Woodruff** 1st individual; **Kelsey Kivikko** 3rd individual. **Shot Gun/Skeet:** **Travis Wagner** 1st; senior team 3rd; junior team skeet 3rd. **Inline .22 Pistol:** **Jonathan Fagan** 2nd senior individual.



Members of the Powhatan Mustangs 4-H Club during State 4-H Horse Show.

Want more 4-H info?

Check out our unit website:  
<http://offices.ext.vt.edu/powhatan/>



I hope everyone enjoys a wonderful and safe holiday season!

*Cathy Howland*

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