

Berkeley County 4-H News

WVU Extension Service ~ Berkeley County

January &
February 2010

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Life's Little Instruction Booklet

This month I reach another milestone, my 62nd Birthday. What is most surprising to me is how fast I got to my 62nd Birthday, and I don't think of myself as being 62. In fact when asked my age I begin to respond "oh I'm forty, no fifty...and now wow, I'm sixty-two. I use to think that people who were in their 60's were really old, but now folks in their 80's and 90's seem so young to me. Birthdays remind us that the clock is turning and can be a time to reflect on our blessings thus far and live in the hope of exciting opportunities and adventures, as our journey through life continues.

As I begin my 62nd year I very much believe that life is a succession of lessons which must be lived to be understood. Sometimes the lessons of life can be funny, enjoyable, difficult to understand, and at times painful. But

through it all we are a work in progress. Wouldn't it be wonderful if someone would write "Life's Little Instruction Booklet?" Just a small little book you could easily carry in your pocket that would have all the right answers. For example when you get married and your wife says "honey, how does this outfit look? You go to page 31 for the best answer. Or you are the father of a 16-year old who just got their operators licenses to drive; you turn to page 42 which provides you with all the right answers and best word choices to use with your 16-year old. How about pages in Life's Little Instruction Booklet that help you walk your daughter down the aisle and give her in marriage, a page on how to hold your new grandchildren, how to be a Pap, and a page on how to say goodbye to family and friends as the years roll on. What I have learned so

far in my 60 plus years is this, life is what you make it and we are never too young or too old to learn life's greatest lessons. Experience is the best teacher and some things I've learned along the way are:

- Life can be hard and not always fair but Life is also fun and incredibly funny.
- We all need help in discovering how good we can be.
- We live by choice, not by chance and know that Attitude is a choice – the most important one you'll ever make.
- Habits are the key to success and being thankful is the best habit you'll ever have.
- Good people build their lives on a foundation of respect.
- Real motivation comes from within and goals are dreams with deadlines

- Vision is not seeing things as they are but how they can be.
- There's no substitute for hard work so realize early in life you have to give up something to get something.
- Successful people don't find time—they make time to succeed.
- No one else can raise your self-esteem or make you happy. You do it.
- It's OK to fail—everyone else has. If you're willing to accept failure and learn from it, if you're willing to consider failure as a blessing in disguise and bounce back, you've got the potential of harnessing one of the most powerful success forces.

Life is simpler when we know what's essential and essential #1 is being a good person.

2010 4-H University & Shooting Sports Weekend

4-H University & 4-H Shooting Sports Weekend, formerly known as Crafts & Camping Weekend, will be held February 19-21, 2010 at WVU Jackson's Mill. This event is held each year with the purpose of providing learning opportunities for teen and adult leaders in time-tested and proven 4-H traditions and skill areas. Shooting Sports Certification Training is also offered as a part of the weekend. The goal to send participants home with tools they can use in clubs and camps. This training is open to adult and teen (age 16 as of Jan. 1, 2010) leaders. Agents must sign the pre-registration form to verify participants. Registration Deadline is January 19. For more information or to register please go to our website - berkeleyextension.com and click on the "State Events" page.

WV 4-H Poster Contest

There are six subject categories for the 4-H youth poster contest; 4-H Promotion, 4-H Health, Nutrition, and Food Safety, 4-H Litter, Recycling and Environment, 4-H Science, Engineering & Technology, 4-H Dairy & 4-H Safety. Any current 4-H member, age 9-21 may enter any or all five categories regardless of his/her project enrollment. Posters are judged in the county and the top county poster for each age division per subject area is sent to WVU for the next phase of judging. All entries that go to the State finals will receive a special West Virginia 4-H Poster Certificate and appropriate ribbon award. Gold ribbon posters will be displayed at Jackson's Mill during the summer and all posters will be exhibited at the WV State Fair. Deadline for entries to be submitted to the County Extension office is February 12. For complete contest rules and information please visit the "State Events" page on our website - www.berkeleyextension.com or email Suzanne.Antolini@mail.wvu.edu

2010 WV 4-H Basketball Day

- When: February 14; 10:00 am
Registration
Program begins at 11 am.
 - Where: WVU Rec Center
 - Who: All WV 4-H'ers and their families
 - What: College Awareness
- Activities & WVU vs. Georgetown Women's Basketball Game
 - Cost: \$10.00 Per Person; Provides Game Ticket, 4-H T-Shirt & insurance
 - Deadline: February 4, 2010

For more information email
Doug.Hovatter@mail.wvu.edu



WV Beef Expo Photo Contest, Cook-Off & WV Beef Ambassador Contest

These events are to be held during the 2010 WV Beef Expo at Jackson's Mill April 8-10, 2010. Beef Recipes and Photography entries must be postmarked no later than March 15, 2010. Go to the "State Events" page on our website www.berkeleyextension.com for more information and entry forms.

4-H Scholarships Available

Applications for the William F. & Eva C. Kief 4-H Scholarship and the Berkeley County 4-H All-Stars Scholarship are now available. You can obtain a copy at the WVU Berkeley County Extension office or go on line to www.berkeleyextension.com Any questions please contact the Extension office.

Davis-Michael 4-H Day

2nd Annual Davis-Michael 4-H Day March 13, 2010 from 9:30am-4:00pm at the WVU Davis College in Morgantown Open to all WV4-H'ers enrolled in Dog, Cat, and Veterinary Science 4-H Projects. The program for the day will provide an overview of the Davis-Michael Scholars Program and involve faculty in the college, Davis-Michael Scholars, in addition to an introduction to the Service Learning Puppy Class that transforms puppies into service dogs. We will also be doing some hands-on activities from the Dog, Cat, and Veterinary Science 4-H Project books and a session on "How Do I Become a Veterinarian?" Deadline to register is February 15.

Go to the "State Events" page on our website - berkeleyextension.com - for more details & registration information

CAMPING ~ CAMPING ~ CAMPING

- **Tri-County Younger Camp** ~ June 14-18 ~ Has Completed 3rd through 5th grade
 - **Tri-County Intermediate Camp** ~ June 21-25 ~ Has Completed 6th through 8th grade
 - **Tri-County Older Camp** ~ June 28-July 2 ~ Has Completed 9th grade through 21 years
- OMC** - June 20-26 **Alpha I** - July 11-16 **Alpha II** - July 18-23

Tri-County Younger 4-H Camp **Counselor applications** are due to the Berkeley County Extension office no later than January 31. Tri-County Younger 4-H Camp ECI Applications (Previously known as a VCA) must be returned by this date as well and is for Tri-County younger Camp **ONLY**.

2010 Tri-County Intermediate 4-H Camp Volunteer Opportunities June 21-25

Enthusiastic, energetic, loving camp counselors needed. Must enjoy working with middle school age youth. All Tri-county 4-H adults and teens (age 16 by the first day of camp) are welcome to apply. We are looking for help in the following areas:

Morning class instructors. These classes can be art, nature, adventure, science, crafts, music – anything that might be of interest to a 6th, 7th or 8th grade camper. We have three 45 minute classes, Tuesday through Thursday morning of camp. Individuals who can provide a one or two day class are welcome. Maximum cost for a week of classes is \$5.

Kitchen staff. Many hands are needed to prepare meals. Volunteers are welcome to come stay the week or spend a half or full day.

Afternoon activities. Many campers swim or play sports, but additional activities are also needed. We are looking for a one day craft that is free or low cost, a community service project that takes approximately an hour, a new game – the opportunities are endless. From 2:30 to 4:45 Monday, Tuesday, Wednesday or Thursday.

Because class registration forms go out with camp registrations, counselors and classes must be in place by March 15.

Applications are available at all County Extension Offices or <http://morgan.ext.wvu.edu/>

Questions? Contact Cindy Smalley at 304-258-8400 or cindy.smalley@mail.wvu.edu



Horse Judging with Cookie Lynch

I just wanted to take a moment to let you all know that meetings for anyone interested in horse judging will be held every Sunday beginning January 10th from 2 pm to 4 pm at Sulphur Springs Stables. I am very excited as this will be my second year as a volunteer leader for 4-H representing some of the horse judging teams. Our team last year had fun and learned so much! We will begin by going over general rules and filling out paperwork. The weeks to follow will include going over many different horses and looking at halter classes and riding classes. We will all also learn to give oral reasons - even as juniors! We will also have a few guests come in to talk to our 4-Hers and help them judge the classes. Please feel free to contact me if you have any questions. ~ Cookie 304-261-8323

Animal Science 101 Horse Program - Meghan Manor, Instructor

This program is designed by 4-H members. You do not have to have a horse to participate, even during opportunities to "bring your own horse." My responsibilities as the leader/instructor include providing structured learning experiences, personal guidance, and counseling project opportunities for 4-H members. You can expect fun-filled educational opportunities that provide social and instructive experiences. Our next classes will be held January 17, 24, and 31; 1pm at Opequon Elementary School. Check out the new "Animal Science 101" Page on the website berkeleyextension.com for a complete schedule of classes and events. Please feel free to contact me with any questions, comments, concerns, or additional educational opportunities you may be interested in doing. ~ Meghan 304-886-7039 or mlmanor85@aol.com

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2010

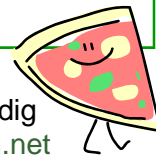
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Schedule of Events

January 17	Livestock Judging practice - 6:30 pm at Shenandoah Valley Sportsmen's Club
January 17	Horse Judging practice - 2 to 4 pm at Sulphur Springs Stables
January 17	Animal Science 101 Horse Program - 1 pm at Opequon Elem.
January 18	Martin Luther King Jr. Day - Extension Office Closed
January 25	Berkeley County Extension Service Committee meeting at 8 am at the Berkeley County Extension office
January 25	Berkeley County 4-H Leaders Association meeting - 6:30 pm at the fairgrounds
January 28	Scrabble Scramblers Fundraiser at Pizza Montese in Spring Mills - 3 to 10 pm
January 29-31	Young Adult Conference (YAC) at WVU Jackson's Mill
January 31	Tri County Younger Camp Counselor & ECI Applications due
February 2	Charting Orientation 7 Workshop - 6:30 pm at Extension office
February 12	WV 4-H Poster Contest Deadline
February 19-21	4-H University & Shooting Sports Training at WVU Jackson's Mill - Register by January 19
February 23	Small Pet, Cat & Dog Workshop - 7:00 pm at Trinity Lutheran Church in Arden
February 23	Extension Day at the Legislature
March 5-7	Dance Weekend at WVU Jackson's Mill
March 13	Davis-Michael 4-H Day - Register by February 15
March 15	Beef Expo Photo Contest Entries due
March 15	Tri County Intermediate Camp Counselor Applications due to Morgan County Extension Service
March 19-21	Charting Weekend at WVU Jackson's Mill
March 23	Foods Workshop - 6:30 pm at James Rumsey
April 8-10	WV Beef Expo at WVU Jackson's Mill

Please remember to check the website for up-to-date information. We will post items as they become available to us at www.berkeleyextension.com

Scrabble Scramblers Fundraiser - January 28, 2010 from 3pm-10pm at Pizza Montese - Spring Mills Towne Center 15% of proceeds is donated to the club! Need a coupon? Contact Barbara Kendig at [304-263-8039](tel:304-263-8039) / kendbar@wmconnect.com or Sheila Kendig at [304-267-2053](tel:304-267-2053) / sdkdmk@verizon.net



Want to learn about **Bee Keeping**? Matt Ware, Berkeley County 4-H Leader, would "bee" happy to speak to your club. Contact him directly at 304-671-9694.

4-H Project Workshops

- Charting Workshop - February 2, 6:00 pm at the Extension Office
- Small Pet, Cat and Dog Workshop - February 23, 7:00 pm at Trinity Lutheran Church in Arden (Snow date March 2nd)
- Foods Workshop - March 23, 6:30 pm at James Rumsey

Check Your Project Book!

We have included an insert this year to help guide you through project expectations and exhibit requirements. You will also find your Project Leader listed on this sheet, as well as on the final page of this newsletter. If you have any questions about your project please give them a call - they are happy to help!

Scrabble Scramblers 4-H Club

The Scrabble Scramblers met on December 14th at 7 pm in Wesley Hall. The meeting was called to order by president Jennifer Saylor. Old business: discussion of the great turnout for the Nov. public meeting with numerous family, friends, and 4-H alumni present. It was decided to donate to "Warm the Children" in lieu of a gift exchange. New business: \$130.00 was donated by members for "Warm the Children", members voted to donate \$50.00 to Mt. Wesley for the use of Wesley Hall, a fundraiser at Pizza Montese will be scheduled. Sheila will work out the details and notify members. Next meeting is January 11 at 7 pm in Wesley Hall.

Greensburg Go-Getters 4-H Club

Party with a Purpose - The members of the Greensburg Go-Getters 4-H club held their annual Christmas Party. Instead of a gift exchange, members brought gifts to donate to the Toys for Tots program. Pictured are, back from left: Tyler Michael, Tyler Semler, Kaitlyn Semler. Middle: Emily Keefer, Jessilyn Lawson, Kelsie Greenfield, Desirae Reed, Autumn Funkhouser, Jasmine Miller. Front: Keegan Miller, Roger Reed, Lily Keefer, Josh Kief, Heaven Kief, Dennis Funkhouser.



Songs of the Season - 'Tis the season... for the Greensburg Go-Getters to make their annual appearance at Heartland Nursing in Martinsburg and sing Holiday carols to the residents. As the club members went on their merry way, singing and spreading joy, they also handed out Christmas ornaments. These ornaments were very special indeed because they were hand-crafted by the 4-Hers themselves from old Christmas cards that they had once received. Other events in November/December that the Greensburg Go-Getters participated in were: the club Award Dinner, craft workshop, Cookie Making Day, and the Toys for Tots club Christmas Party. All of these events were filled with fun and Holiday cheer, but all had a purpose which was to spread warmth and the giving spirit to the community.



Berkeley County 4-H Livestock Judging Team



12 members of the Berkeley County 4-H Livestock Judging team competed at the Mid-Atlantic Carcass Evaluation Contest held on November 5, 2009 at Farmer's Livestock Exchange in Winchester, VA. 81 participants evaluated finished cattle throughout the day and received awards at a dinner in Front Royal on December 4, 2009.

Junior Team A consisting of Carlie Ryman, Elizabeth Lynch, Tara Burner, and Cameron LeFevre placed first and also had high team score overall. *Junior Team B* consisting of Cadin Spessert, Cassidy Spessert, Frank Burner, and Samantha Woods placed second. Junior individual placings are as follows: 1st - Carlie Ryman, 2nd - Elizabeth Lynch, 3rd - Cadin

Spessert, 6th - Tara Burner, 7th - Cameron LeFevre, 8th - Cassidy Spessert, 9th - Frank Burner and 10th - Samantha Woods.

The *Senior Team* consisting of Ashley Butler, Jared Hoffman, TJ Morgan and Kristen Stuckey placed second. Individual placings are as follows: 3rd - Ashley Butler, 13th - Jared Hoffman, 19th - TJ Morgan, and 23rd - Kristen Stuckey.

Berkeley County also had several adults compete in the judging contest. Placings are as follows: 2nd - Matt Ware, 5th - Susan Burner, 8th - Carole Spessert, 9th - Mike Lucas, 10th - Elizabeth LeFevre, 13th - Cheryl Lynch, 20 - Doug Hovatter, 21 - Jeff Ryman and 22 - Mark Hostuttler.

LIVESTOCK JUDGING PRACTICE SCHEDULE - Practice will be held on January 17th & 25th at 6:30 pm at the Shenandoah Valley Sportsman's Club in Arden. We will be practicing for the WV Beef Expo Youth Livestock Judging contest to be held in April. This group is open to ALL Berkeley County 4-H'ers interested in learning about judging. Please contact Mark Hostuttler at 304 839-2368 or Matt Ware at 304-671-9694 for more information.

Check with your project leader/instructor or the Extension office if you have questions concerning your project book or exhibit requirements

Project Area	Leader	Home Phone	Cell	Email
Veterinary Science	Mark Hostettler	-0-	304 839-2368	Mark.hostuttler@ars.usda.gov
Beef	Mark Spessert	304 229-3393	304 582-5877	cspessert@aol.com
Dairy	Scott Daniel	304 267-7940	304 676-9801	Greystone5@verizon.net
Horse	Meghan Manor	304 274-2394	304 886-7039	mlmanor85@aol.com
Sheep	Joy Shreck	304 229-8586	304 261-8785	Jlacles22@verizon.net
Swine	Mark Hostettler	-0-	304 839-2368	Mark.hostuttler@ars.usda.gov
Poultry	Lisa & Thomas Duvall	304 267-8287	304 582-7927	-0-
Dog	Diana Manor	304 274-2723	304 676-3446	dianamanor@comcast.net
Rabbit	Heidi Chrisman	304 229-5780	304 671-4258	Inkycat6@aol.com
Goat	Susan Burner	-0-	304 279-6323	wvburners@comcast.net
Small Pet	Laura LaPole	304 229-0818	304 261-2291	afamilyof5@verizon.net
Cat	Laura LaPole	304 229-0818	304 261-2291	afamilyof5@verizon.net
Plant Science & Crops	Nancy Hovatter	304 267-4198	304 579-5736	Doug.Hovatter@Mail.WVU.edu
Mechanical Science	Jerry Horner	304 229-3653	304 582-3673	therealhorn@yahoo.com
Woodworking	Jingles Kisner	304 267-2426	304 279-4728	jingleslauna@verizon.net
Natural Sciences	Barby Frankenberry	304 229-3110	304 261-1696	bfrankenberry@aol.com
Leadership	Janet O'Connell	304 267-3819	-0-	jlo1994@verizon.net
Leisure & Culture	Annette Bowers	304 754-8015	-0-	cowgirlamb@msn.com
Exploring 4-H	Bob Frankenberry	304 229-3110	304 261-6052	rhfrankenberry@aol.com
Health & Safety	Stacey Burkhart	304 229-9248	-0-	Staceycooks4u@hotmail.com
Management	Jane Padrutt	304 754-6919	304 839-6478	jpadrutt@hotmail.com
Clothing	Barby Frankenberry	304 229-3110	304 261-1696	bfrankenberry@aol.com
Food Preparation	Joyce Gillich	304 263-4836	304 261-6938	4strawberries@comcast.net
Child Development	Sandy Sims	304 263-2174	304 886-8373	Ssims4@verizon.net
Charting	Doug Hovatter	304 267-4198	304 433-6540	Doug.Hovatter@Mail.WVU.edu
Communication Arts	Walt Koski	-0-	301 302-3740	walt@waltkoski.com
This is 4-H	Bob Frankenberry	304 229-3110	304 261-6052	rhfrankenberry@aol.com
Self-Determined	Bob Frankenberry	304 229-3110	304 261-6052	rhfrankenberry@aol.com
Need 4-H Materials?	Suzanne Antolini	304 264-1936	-0-	Suzanne.Antolini@mail.WVU.edu

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