

# Cumberland Extension Office

Monthly Newsletter | Volume 21, Issue 9

## 4-H Youth Development:

### Cumberland 4-H Kids Market and More!

Thanks to everyone in the Cumberland community that supported the youth entrepreneurs that participated in the 4-H Market and More on Saturday, July 24th!! Special thanks to Kool Keith for keeping the music flowing, to 3 Rooster's Pizza for keeping the pizza hot, to Lisa Davis, Cumberland Public Library Director, for her heart for our community, to Doris Seal, Delma's Pantry, for providing scholarships to the youth who attended Youth in Charge Day Camp in June, to the Overacre family for bringing their feathered friends, to the Central Piedmont Virginia Master Naturalist for their educational display, to Cumberland Teen Leaders; Caitlin Hartley, Christian Trent, Bella Johnson, Kristen Caleb and Adult Leader, Russell Eanes for helping with the entire event. Enjoy some pictures from 4-H Market and More!!! [#4hgrowshere](#)



## Summer

### Camp Success!!

During the Summer, Wildlife Detective Camp was offered at Bear Creek Lake State Park. Cumberland 4-H partnered with Buckingham 4-H and The Central Piedmont Chapter of Virginia Master Naturalist, CPVMN, to offer youth this amazing learning experience. Youth learned about natural resources and wildlife at Bear Creek. Click on video link <https://youtu.be/PTaY1jbcjQ> to view highlights from Wildlife Detective Camp.

Cumberland 4-H also held Jr. 4-H Camp, at the Holiday Lake 4-H Center. Even at half capacity, CAMP ROCKED!!! Click on the video link [https://youtu.be/7H\\_ghpNIFAM](https://youtu.be/7H_ghpNIFAM) to view highlights from Jr. 4-H Camp!!



# 4-H and Peter Francisco Soil & Water offer Watershed Week

2021 Watershed Week will take place on the following dates: September 19<sup>th</sup>, 21<sup>st</sup>, 23, and 25<sup>th</sup>. This program gives youth the opportunity to experience first-hand the wonder of our watershed. We will explore the watersheds where we live, engage in water quality activities including chemical testing, looking for macroinvertebrates and other wildlife in the watershed. Campers will spend time canoeing in both Bear Creek Lake and the James River. The cost is \$10. For registration information, contact Linda Eanes, Cumberland 4-H at (804) 492-4390.

## 4-H Youth Entrepreneur Program

A 4-H Youth Entrepreneur Program will be offered on Saturday, October 9<sup>th</sup> at the Prince Edward Extension Office from 9:00 a.m. – 3:00 p.m. The cost for the program is \$5 and will cover workshop materials. Participants will learn how to start their own business, brainstorm possible product ideas, business terms, basic advertising, marketing and promotion. Youth will each make a “farm sign” to promote their “new” business (supplies provided). Youth will be invited to participate in the Kid’s Market at the Holiday Laker 4-H Center Craft Fair on November 20<sup>th</sup>.

For registration information, contact Linda Eanes, Cumberland 4-H at (804) 492-4390.

## 4-H Tech Changemakers

I am excited to announce that Cumberland 4-H is one of the recipients of the 2021-2022!! 4-H Tech Changemakers grant. Inequitable access to technology and digital skills is impacting the opportunities for people nationwide and in our community, as well. The 4-H Tech Changemakers program trains and equips teens to bring transformative digital skills training to their communities. Through the program, young people will be helping their communities thrive by advocating for increased digital inclusion and providing access to in-demand digital skills. Learn more at <http://4H.org/TechChangemakers>.

## 4-H Connections

Cumberland 4-H is hoping to expand its youth outreach within the Cumberland community by partnering with interested local churches or youth serving organizations to offer free educational workshops for the young people being served. Possible topics include Health and Nutrition, Leadership, Financial Management, and Introduction to Business to name just a few options. I am able to create a program that is uniquely designed to address the needs that you feel are most important to your youth. If you would like to arrange a workshop or have additional questions, call 804-492-4390.



## Agriculture & Natural Resources:

### Local Feeder Calf Sale and marketing Trip

The weekend after July 4th was spent grading feeder calves for the Annual Buckingham Cattlemen's Association's Feeder Calf Sale. This sale is important to our local producers because they go the extra mile to wean and vaccinate their cattle at least 45 days prior to the sale. This year in partnership with a Virginia Dept. of Agriculture and Consumer Services (VDACS) livestock grader, VCE Agents, and BCA Producers, we graded, photographed, and videoed over 1800 head of cattle. Cattle are photographed for pictures for the sale catalog and the BCA website. Videos consist of constant cattle movement, if applicable, and last about one minute. These videos are posted to Youtube for viewing by prospective buyers, since the majority of the buyers are typically from out of state. Historically, many of the buyers for this sale are located around New Holland, PA in Amish & Mennonite communities.. Each year, we try to coordinate a trip with sale consignors to visit these buyers, market the cattle, and share the catalog. This year their corn (pictured right) was over 10 feet tall (I'm 5'5") which is usually a good sign that they will have plenty of feed for the upcoming winter to feed a large amount of cattle. The sale is held on the first Monday in August, this year being August 2nd. Calves from the 2021 sale averaged \$148.20 in premiums per cwt (hundred weight) over general market price. This is \$15.46/cwt more than last year's sale. If you would like to see videos and photos from grading, you can visit <https://www.buckinghamcattlemensassociation.com/vqa-feeder-calf-sale>



### Household Well Water Testing Program

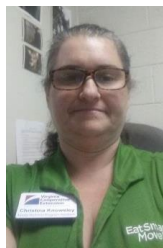
The goal of the Virginia Household Water Quality Program is to improve the water quality and health of Virginians with private water supplies, such as wells, springs and cisterns. Drinking water clinics are being held in counties across the state to give people with private water systems access to affordable water testing, help interpreting their water test results, and information about possible treatment options. We are holding another water quality testing program this fall in partnership with Buckingham County Extension. We still have kits available! Call the Buckingham Extension Office at 434-969-4261 to register for your kit today. The price is \$60 per kit for an analysis that can cost over \$300 at other labs. Kit pick-up is from Sept 14-20, kit drop-off is Sept. 22nd, and results will be returned to constituents by Oct. 8th. More information at <https://cumberland.ext.vt.edu/>

### Cumberland Hosts 2021 VCE Fall Forestry & Wildlife Field Tour!

On October 14th, 2021, Cumberland was selected as a locality to host the Virginia Cooperative Extension Annual Forestry & Wildlife Field Tour. This year these tours will celebrate their 45th anniversary of doing tours around the state! These tours are open to landowners, natural resource professionals (federal, state and local), environmental agency reps., and educators across our locality. The goal of the tour is to educate and inform participants about practical forest and wildlife management techniques which are currently being used in our area. Industry representatives will share information on current cost-share programs available to landowners. On past tours participants have visited seedling nurseries, timber harvesting operations, saw mills, and public and private

forest lands. This tour will be a great opportunity for landowners to network with industry professionals! Registration will be coming out soon-- Reach out to our office for more details!!

## Family Nutrition Program



Christina Knowsley is the current FNP (Family Nutrition Program) assistant for Cumberland and Buckingham counties. Her office is housed in the Buckingham Extension Office. She will be starting a new position within the Family Nutrition/SNAP-Ed Program on September 1, 2021. She will be working exclusively with families who have children 12 years of age and younger in their home. That also includes single fathers and grandparents who have custody of their children/grandchildren that are 12 years of age or younger.

Christina has been going into homes and providing the Eating Smart Being Active (ESBA) or Healthy Eating & Staying Active (HESA) curriculum. During COVID-19 she was also providing FNP Talks over the phone and phone lessons for the ESBA and HESA curriculums.

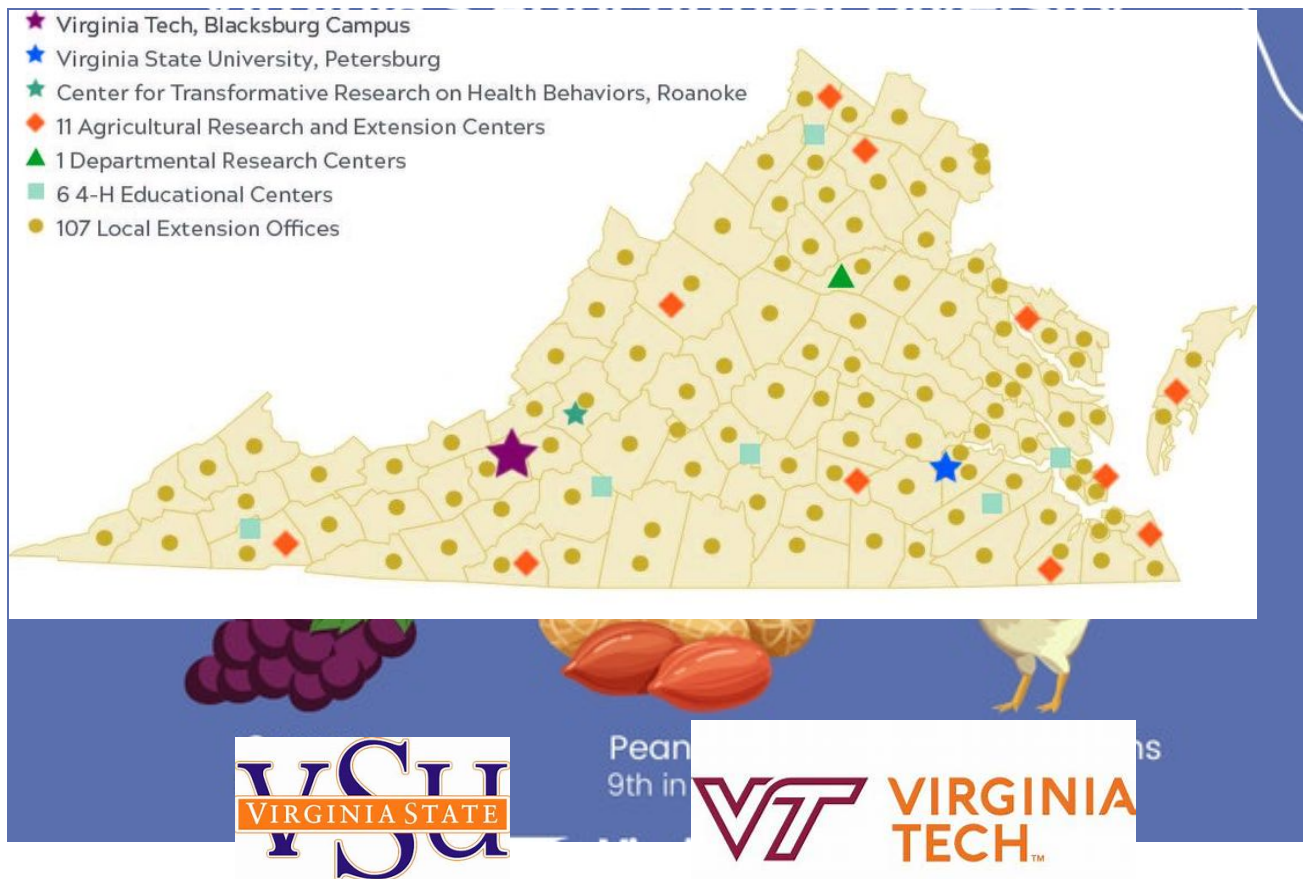
## Upcoming Events:

Date	Event
September 7, 2021	Women in Agriculture Network (Fostering Female Farmers) Zoom Meeting at 7 PM Topic: Pumpkins
September 9, 2021	How to Start a Sheep or Goat Meat Enterprise In-person Workshop P.E. Ext. Office from 9 AM - 4 PM FREE with lunch included! <a href="https://tinyurl.com/SheepGoatVCE">https://tinyurl.com/SheepGoatVCE</a>
Sept. 19, 21, 23 and 25, 2021	4-H and Peter Francisco Soil & Water offer Watershed Week where Buckingham & Cumberland middle school youth will learn how to be good stewards of our watershed through hands-on experiences and activities. Cost is \$10 and transportation is being provided. <a href="https://bit.ly/WatershedWeek2021">https://bit.ly/WatershedWeek2021</a>
October 9, 2021	4-H Youth Entrepreneur Program on Saturday, October 9th at the P.E. Extension Office from 9 AM - 3 PM. Cost is \$5 to cover workshop materials. Contact Cumberland 4-H agent, Linda Eanes, at 804-492-4390 for registration information.
October 21-22, 2021	Solar-Powered Water Pumping Systems for Livestock In-person workshop at Shenandoah Valley AREC's McCormick Farm in Raphine, VA 9 AM - 4 PM each day \$40 registration fee <a href="https://vaforages.org/event/solar-powered-water-pumping-systems-for-livestock/">https://vaforages.org/event/solar-powered-water-pumping-systems-for-livestock/</a>
October 22-23, 2021	Central Va. Beginning Woodland Owner Retreat Interactive program focused on actively managing your woodlands At Holiday Lake 4-H Educational Center in Appomattox, VA

October 29, 2021

Virginia Cattle Wise (Women Increasing Skills & Education)  
At the B.A.R.N. facility in Buckingham, VA  
10 AM - 4 PM  
\$20 registration fee which includes lunch and materials  
<https://tinyurl.com/cattlewise2021>

## Virginia Cooperative Extension



Feel Free to Contact Us!

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If you would like to be added to our 4-H OR Agriculture email list for program and office updates, please email [dplumley@vt.edu](mailto:dplumley@vt.edu)