



Norfolk and Portsmouth 4-H Newsletter

July 2016

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Camp Is Here!

This summer, from July 25-29, youth ages 9-18 from Norfolk, Portsmouth, Surry, Sussex, and Petersburg will enjoy their annual camp week at the Airfield 4-H Education Center in Wakefield, VA. Last summer, Portsmouth and Norfolk increased their number of participants from 34 campers to 55 campers, with 23 of those youth going to camp for the first time! Based on our registrations as of mid-June, we are on track for an increase in campers this year as well. We are happy that more 4-H Junior campers are embracing this unique opportunity to learn new life skills and develop positive relationships with their peers all while having the time of their lives!

During the camp week, campers will participate in hands-on activities ranging from swimming, shooting education, performing arts, cooking, and many more. Each day begins with rousing renditions of 4-H camp song classics at our flag raising, firing up campers for what the day will bring. Special events during the evening hours--like the traditional camp-wide dance and talent show--keep campers connected to each other and to our mission. Camp fire each night gives camp teams an opportunity to present a skit or tell a joke. Thursday night camp fire is especially meaningful, with a special acknowledgment of campers who embody the qualities relating to the 4-Hs--Head, Hands, Heart, and Health--during the week.

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While the campers make memories through their activities and programs, they are guided by teen leaders who provide them with strong, positive role models. Being a great example to younger campers is of the utmost importance to our teen leaders, and they are serious in their desire to be encouraging mentors. Teen leaders must complete an application and go through an interview process that starts mere weeks after the previous year's camp. These dedicated teens are then required to participate in a minimum of 24 hours of leadership training prior to camp, where they learn how to work with adolescents at different stages of development, including how to manage behaviors with positive discipline, and how to keep campers as safe as possible. Our committed teen leaders spend at least three hours a month, starting in February, training together, learning to work together as a team, and exploring the various traits that great a counselor embodies. Many of our teen leaders are former campers themselves, so taking part of the leadership of camp is a sort of rite of passage that motivates them to come back to camp, year after year. Extended involvement in 4-H Camp adds to the leadership skill development of campers and counselors, providing them with experiences and skills that favorably benefit them later in life.



The National 4-H Council is conducting the "True Leaders" campaign to highlight youth and adults who demonstrate exemplary leadership skills gained and solidified through participation in 4-H. To help drive the campaign, 4-H Agents nationwide have been asked to submit "shout outs" about our youth and adult volunteers. Below is a well-deserved shout out to one of Portsmouth's long time counselors and former camper, 16 year old Ankush Dutt.



Ankush Dutt: Cloverbud, 4-H camper, Teen Leader, Big Leader, Spirit Stick winner, Head, Heart and Hands award winner. Ankush has spent his summers at 4-H Junior camp, whether it was with the City of Portsmouth, City of Chesapeake, City of Virginia Beach, or Isle of Wight County. Whenever a unit needs a male counselor, Ankush is the first to be called. He is well-known among Airfield staff both new and old. There is more to this role model than just 4-H camp. Ankush is #1 in Virginia in speed solving the Rubik's cube and #1 in the 2x2 category at an international competition. He has organized several Rubik's cube competitions locally. Oh, by the way, he is color blind, but it is no matter; he can do it blind! His list of academic accomplishments is far too long for one small shout out, but here are a few: 2015/2016 Captain of his Scholastic Bowl team, Salutatorian 10th

and 11th grade, Perfect scores in Math, Science and Reading on the ACT, 99th percentile in Math and Reading on the PSAT and SAT, AP Scholar with Distinction. We salute Ankush Dutt for his commitment to academics, his passion for being a 4-H counselor, and more importantly, his passion for gaining as many life experiences as he can!

June—August: Time to Invent Club meets every Tuesday from 4:30—6:30 until August 30, 2016 at the Slover Library.

Cooking Club: Meets at Little Creek 2nd Thursday of the month from 5:00—6:30

Meets at Mary D. Pretlow Anchor Branch 3rd Wednesday of the month from 6:00—7:30

Meets at the Slover Library the last Thursday of the month from 6:00—7:30

Garden Day Camp: Portsmouth Extension office August 15—19 from 9:00—12:00 \$20 registration fee.