

Bath-Highland BULLETIN



Virginia Cooperative Extension

Virginia Tech • Virginia State University

Winter 2022

AGRICULTURAL NEWS

Thank you for supporting Virginia Cooperative Extension in 2021. I know the past couple years have been difficult on everyone in different ways; for that I'm thinking of you. Just know that we care and we are here for you for your Ag and Natural Resources questions. Please consider taking an hour out of your day and coming to one of our "Meet the ANR Agents" meetings starting January 28th and recurring every third Friday 1pm-2pm in Bath or Highland through May. Come out to learn, talk, and snack!

Shenandoah Valley Premium Assured Heifer Sale at 2022 Virginia Beef Expo

The Rockingham Feeder Cattle Association and is proud to present the 2022 Shenandoah Valley Premium Assured Heifer Sale at the 2022 Virginia Beef Expo. The sale will feature fall bred heifers and open yearling heifers that meet the requirements for the Virginia Premium Assured Heifer Program. Fall born bred heifers feature sires including Mystic Hill Regis 446, Mystic Hill Waylon 454 and VPI Explorer A363. Bred heifer service sires include M C Resource 5004 0035, M C Excitement 5039 9134, and Deer Valley Optimum 9246. For more information please contact John Benner at the Augusta County Extension office at 540-245-5750 ext. 2 or benner89@vt.edu.

What Can Virginia Cooperative Extension Do For You?

Bath-Highland VCE "Meet the ANR Agents" Program Series



Virginia Cooperative Extension agents and specialists form a network of educators whose classrooms are the communities, homes, and businesses of Virginia, where they bring research-based solutions to the problems facing Virginians today. VCE is a dynamic organization that stimulates positive personal and societal change, leading to more productive lives, families, farms, and forests as well as a better environment.

The Bath and Highland VCE offices invite you to take part in our upcoming "Meet the ANR Agents" program series to learn more about how your local Agriculture & Natural Resources agents can serve you!

Highland Programs: (2/18, 4/1, 5/13)

Highland Modular Building
83 Highland Center Drive
Monterey, VA

Bath Programs: (1/28, 3/11, 4/22)

The Old Dairy Barn
46 Old Dairy Road
Warm Springs, VA

****Virtual Zoom Attendance Option****
Call 540-839-7261 to receive a link.



Berkeley Cassady
Agriculture & Natural Resources
VCE 101:
An Introduction to Extension

Friday, January 28th
1 - 2 pm
Bath County



Tom Stanley
Farm Business Management
**I'm a New Landowner...
What Do I Do Now?**

Friday, February 18th
1 - 2 pm
Highland County



John Benner
Animal Science
**Basic Management Principles
For Livestock**

Friday, March 11th
1 - 2 pm
Bath County



Adam Downing
Forestry
**Wonderous Woodlands:
What You Can Do With It Besides Enjoy The View**

Friday, April 1st
1 - 2 pm
Highland County



Jason Cooper
Horticulture
**Garden Prep:
Getting Ready For the Growing Season**

Friday, April 22nd
1 - 2 pm
Bath County



Matt Booher
Crop and Soil Sciences
**Bring It Back to Life:
Renovating Your Fields and Pastures**

Friday, May 13th
1 - 2 pm
Highland County

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

If you are a person with a disability and desire accommodations in order to participate in Extension activities, please contact the VCE-Bath Office at 540-839-7261 or 888-823-1710 (TDD 800-828-1120) during business hours at least 5 days prior to the event to discuss accommodations.

FAMILY AND CONSUMER SCIENCE TOPICS



Small Changes Give Big Results

Here we are in the New Year which is often when we reflect on our health and the changes we want to make. Changing an eating or physical activity habit is not easy. It takes time, patience and planning. You can avoid weight gain by doing 2 simple things.

- Add 2,000 more steps each day
- Eat 100 fewer calories per day

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more. Make small changes each day and you'll see how easy it can be to achieve energy balance. Try some of these ways to cut 100 calories.

- Savor a bowl of bananas, berries and low-fat milk for breakfast
- Split a bagel with someone or wrap the other half for tomorrow
- Select lean ham or Canadian bacon
- Pick water-packed tuna instead of oil-packed tuna
- Substitute fat-free sour cream in recipes
- Use 1 tablespoon less butter, oil or margarine in your recipes
- Have one less handful of nuts
- Select grilled chicken instead of breaded and fried
- Select minestrone or other broth-based soups over cream-based soups
- Remove the skin from chicken before cooking
- Control your portions by pouring 1 serving of chips into a bowl instead of eating out of the bag
- Satisfy that chocolate craving by eating a snack size candy bar instead of a regular size bar



**Source – www.americaonthemove.org; 100 Ways to Cut 100 Calories*

ServSafe Manager Certification Course

Virginia Cooperative Extension, Rockingham Unit, will be offering the ServSafe Manager Certification Course on March 21 and 28. This is a 2-day course with sessions being held 9 am – 4 pm each day. The cost is \$160 per person. Registration deadline is March 14.

Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The course is designed for managers of food service operations, food and beverage managers, catering managers, chefs and dietary managers. After completing the classroom work, participants will take a national certification exam.

These classes are in-person and masks and social distancing are required. Space is limited due to COVID restrictions.

For more information or to register, contact the Rockingham County Extension Office at 540-564-3080 or Becky Gartner, Extension Agent, Family & Consumer Sciences, at rebes13@vt.edu.

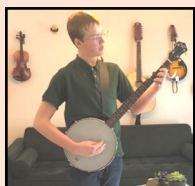


4-H Happenings



Kari Sponaugle, Extension Agent, 4-H Youth Development—karis@vt.edu—540 468 2225

Participation is Fun!



Are you a good singer? Do you like to dance?

Enjoy fashion, science experiments,
or demonstrating a recipe?

Then sign-up for...

Highland County 4-H Contest Day

Friday, February 11, 2022 starting at 3:30 PM

Highland School Cafeteria

Competition categories for ages 9-18 include:

*Presentations, Public Speaking, Vocal, Dance, Instrumental,
Variety, Radio Spot Promotion, Science Fair,
Educational Exhibit, Fashion Revue, Table Setting,
Stockmen's Contests, Hippology, and more!*
Cloverbuds (age 5-8) include Share-the-Fun & Table Setting

Contact Agent Kari with questions or to register

4-H Maple Festival Service Projects

These are important learning experiences and also a means of earning money to support many 4-H activities and community projects. **Contact Agent Kari if you can help with these.** (Open to 4-H families, alumni, and all interested.)

Folding Donut Boxes:



Monday, March 7 or March 14—Fold donut boxes for Mill Gap Ruritan Club in Monterey, 1-hour shift—Sign-up at <https://www.signupgenius.com/go/9040D48ABAA2DA57-maple>

Serve Pancake/Buckwheat Cake Meals



Sunday, March 13—Serve Buckwheat Cake and Pancake Meals for Stonewall Ruritan Club in McDowell, 2.5-hour shift

Sunday, March 20—Serve Buckwheat Cake and Pancake Meals for Bolar Ruritan Club in Bolar, 3-hour shift

4-H Food Challenge Team

Learn about cooking, work as a team, and sharpen your communication and culinary skills in a fun, competitive setting. There is still space on the team, so sign-up today! Six practices have been scheduled starting Jan. 11 at the Highland Modular Building. The Contest will be held at Augusta Expo in Fishersville, March 12, 2022. Team members will have a \$40 participation fee to offset expenses. Coach: Amy Wayne. Contact Agent Kari for details.



Camp Teen Applications

Looking for a leadership opportunity? Apply to be a "Teen Counselor" or "Counselor-in-Training" for Junior 4-H Camp.

Must be age 13 by Jan. 1, 2022 to apply.

Camp is July 11-15, 2022 at the

W. E. Skelton 4-H Center on Smith Mountain Lake.

Our teens are
G-R-E-A-T!



Applications available now through February 4, 2022. Trainings and fees apply. Email Karis@vt.edu if interested.

Bath County Office

PO Box 357
Warm Springs, VA 24484
540-839-7261

Highland County Office

PO Box 528
Monterey, VA 24465
540-468-2225
Online: www.ext.vt.edu

Your Area Extension Agents are:

Berkeley Clark Cassidy, Agriculture & Natural Resources, Bath/Highland County
Kari Sponaugle, 4-H Youth Development, Bath/Highland County
Becky Gartner, Family & Consumer Sciences, Rockingham County
Matt Booher, Crops & Soils, Rockingham County
Jason Cooper, Horticulture, Rockingham County
Tom Stanley, Farm Business Management, Rockbridge County
Adam Downing, Forestry, Madison County
Rebecca Wilder, SNAP-Ed Agent, Rockbridge County

If you are a person with a disability and desire assistance or accommodations to participate in programs listed in this newsletter, please contact the VCE--Bath or Highland Unit Office at (540) 839-7261 or (540) 468-2225 during business hours to discuss accommodations. (TDD 800-828-1120)

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Ben Hindman E-mail—benjaminh@vt.edu
Program Associate 4-H/ANR, Bath/Highland

Kari Sponaugle E-mail—karis@vt.edu



Virginia Cooperative Extension

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Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Virginia Cooperative Extension**Highland County Office**

PO Box 528

Monterey VA 24465

OFFICIAL BUSINESS

We are happy to provide this newsletter. However, if you prefer to receive this a different way (email/hard copy) or to be removed from the list, please call 468-2225 or 839-7261.