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VB *City of Virginia Beach*
Agriculture



2449 Princess Anne Road
Building 14, Municipal Center
Virginia Beach, VA 23456

MESSAGE FROM THE DIRECTOR

Happy April to everyone.

I trust you are all excited about the coming of spring as I am. There is a lot going on this time of year with spring break for local schools coming as well as events at the Farmers Market kicking off with the first Hoedown on Friday, April 5th. Check out all that is happening at the Farmers Market in this newsletter.

Strawberry season is growing ever so close and I know everyone is excited about going to our local farms to pick and eat Virginia Beach's finest strawberries. We must not forget the upcoming 36th Annual Pungo Strawberry Festival taking place on May 25th and 26th.

I would be remiss if I did not mention the 2018 Excellence in Agriculture banquet which took place March 14th at the Convention Center in Virginia Beach. Another wonderful evening of celebrating the agriculture industry as well as our community. The evening event honored Mr. Bart Frye as the 2018 Excellence in Agriculture recipient, Ms. Elsie Creekmore and Family, as the 2018 Friend of Agriculture, and the Honorable William D. Sessoms, Jr. as 2018 Special Recognition. The banquet is held each year dating back to 1966 recognizing an individual, family or group for their accomplishments and contributions to the agriculture industry. It is truly a wonderful evening of celebrating agriculture and dining with your friends and neighbors. We all look forward to next years March celebration so stay tuned for details.

My closing thoughts are, I see myself as an optimist that views our 2019 agriculture season as a plentiful and robust season. A year of no Hurricane Florence or Michael as well as less frequent rainstorms.

In 2018 the economic impact of agriculture in Virginia Beach was estimated at \$136,130,437. This was up 4.5% over the 2017 estimate of \$130,247,855. Optimism is abundant this time of year so lets keep the faith.

To all of you; have a great spring and lets be mindful of the busy time of year with planting season as well as tourism traffic coming into play here in Virginia Beach.

EXCELLENCE IN AGRICULTURE AWARDS BANQUET HIGHLIGHTS

HELD AT THE VIRGINIA BEACH CONVENTION CENTER ON MARCH 14TH, 2019



MAYOR ROBERT M. "BOBBY" DYER PRESENTS BART FRYE WITH THE 2018 VIRGINIA BEACH EXCELLENCE IN AGRICULTURE AWARD.



THE CREEKMORE FAMILY RECEIVING THE 2018 FRIEND OF AGRICULTURE AWARD.



VIRGINIA BEACH COUNCIL MEMBER BARBARA HENLEY PRESENTS FORMER MAYOR WILLIAM D. SESSOMS, JR. WITH THE 2018 SPECIAL RECOGNITION AWARD.

AGRICULTURE ACCOMPLISHMENTS RECOGNIZED

EXCELLENCE IN AGRICULTURE AWARDS BANQUET HIGHLIGHTS

PAST AND PRESENT EXCELLENCE IN AGRICULTURE
AWARD RECIPIENTS



Serving as Master of Ceremonies was David E. Trimmer, Director of Agriculture. Guests joining in this celebration were Delegate Barry D. Knight, Bettina Ring, Secretary of Agriculture and Forestry, State Conservationist John A. "Jack" Bricker, Natural Resource Conservation Service, Dominion Energy Regional Manager Maxwell Bartholomew, Mayor Robert M. "Bobby" Dyer, City Manager David L. Hansen, Councilmember Barbara Henley, Councilmember Rosemary Wilson, Commissioner of Revenue Philip J. Kellam, Don Horsley, Planning Commissioner, Virginia Cooperative Extension Southeast District Director Janet Spencer, Virginia Agriculture Research and Extension Centers Professor and Extension Specialist Jeffrey Derr, and Virginia Turfgrass Council Executive Director Dr. Tom Tracy. We were honored to have the keynote address by Matt Lohr, Chief, United States Department of Agriculture, Natural Resource Conservation Service (NRCS). Chief Lohr provides leadership for NRCS and its mission to support America's farmers, ranchers and forest landowners in their voluntary conservation efforts through a network of more than 3,000 service centers in communities nationwide.

Please mark your calendar to save the date for the next Excellence in Agriculture Awards banquet scheduled for March 19, 2020.



WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824
jsmcpher@vbgov.com

Happy Spring everyone! We kicked off our 2019 event season at the Farmers Market on March 23 with Celebrate Agriculture. We had a beautiful day with lots of activity at the Market including a craft show, a carnival, and children's activities. Special thanks goes to the Virginia Beach 4-H Clubs that joined us that day and provided displays and activities: Livestock Club, Oceana Golden Leaves and Top Shooters. We also had a carnival on our front lawn provided by Boardwalk Attractions that families enjoyed. The carnival will be open weekends through the month of April, as well as everyday during spring break.

We have an exciting line-up of events this year, so please see our calendar of events included in this newsletter. Our next event is Birthday Bash on April 13 to celebrate the Market's 43rd year. Please join us for free birthday cake while supplies last. The Virginia Beach Master Gardeners will host their popular Spring Plant Sale on May 4 and 5. Make sure you shop early as this is a very popular event with a huge variety of plants. The Strawberry Jamboree will be held on May 18 and also includes a plant sale sponsored by the Butterfly Society of Virginia. Honey Festival will be held on June 22, so come out to purchase your local honey.

As a reminder, we welcome our farmers and crafters to be at the Market any day of the week by renting a spot under our Pavilion or in our parking lot. Just call our office at 385-4388 for more details.

Our Friday Night Hoedowns start on April 5 with the Dallas Band and will be held every Friday night through October. Bring the family out for a free night of entertainment.

Hope to see you at the Farmers Market soon.



Patrons enjoying the Celebrate Agriculture event held at Farmers Market on March 23, 2019.



The Rural Heritage Center, along with the Children's Education and Kitchen Gardens, are also a great experience. Educational tours are available year round by calling 757-385-4388.



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator
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jhillegass@vbgov.com

Land Use Revalidation Forms

For landowners currently in the Land Use taxation program, the revalidation forms were mailed from the Real Estate Assessor's office in mid-late March. Revalidation forms are used to verify that your land is still being used for the production of crops, timber, pasture, or a combination thereof. **Please complete your forms and return them by June 5th.** By keeping your forms current, you can take advantage of paying real estate taxes on the value of agricultural land use versus the higher rates of market value.

New Land Use Forms

New applications to qualify for land use taxation are also being accepted and are due by May 1st.

Contact Lisa Dunaway in the Real Estate Assessor's office at 385-4601 for more information.

ARP Interest Payments

The next interest payment processing date for current participants will be **June 5, 2019**. If you need to make any changes to your personal payment information (beneficiaries, mailing address or bank account information) please contact [Julia Hillegass](mailto:jhillegass@vbgov.com) at 757-385-8697 as soon as possible to have your request completed no later than May 1st.

Installment Purchase Agreement Options

Did you know that your Installment Purchase Agreement (IPA) is a tradeable investment, just like any other stocks or bonds?

Once a participant has held an IPA for a full year, the investment can be sold for cash. The market is fairly liquid on these securities should an ARP participant need to sell the IPA. Your financial planner or broker can help you with this type of transaction, or our office can put you in contact with willing buyers. Expect to sell at a discount from the full-face value.

FACT:

Global population will increase from 7 billion to more than 9 billion in the next 40 years. Agricultural producers will have to increase food production 70 to 90 percent in that time.



FARMERS MARKET SOMETHING TO CROW ABOUT!

Erica L. Lane, Market Supervisor
Office: 757-385-4388 | Fax: 757-368-5249
elane@vb.gov.com

Something to Crow About!

Each week at the Farmers Market, our office celebrates an employee of the week. Part of the process is to choose an encouraging “word of the week” featuring an employee’s strengths. The word is placed in a special chicken nest that displays the employee’s name on the shape of an egg. The winner must publicly yell out “Cock-a-doodle-do”! We share this only to point out how much it amazes us when we stop and consider everyone’s talents that contribute to the success of the Virginia Beach Farmers Market. There are not enough words for us to “Crow About” to show our appreciation to Sponsors, Merchants, Vendors, Volunteers and numerous City of Virginia Beach Departments.

So, what’s the word we are “Crowing About” currently? **Amelioration!**

Staff, volunteers, and various team members have labored to ameliorate the conditions of the RURAL HERITAGE CENTER over the past few weeks. We could not have completed the work without the assistance of the City of Virginia Beach Public Works-Facility Management and Building Maintenance Divisions. Master Gardener Volunteers have also improved the organization of supplies, decorated new cabinets, painted, and planted beautiful gardens in preparation of the *Fun on the Farm* tour season. To book a Fun on the Farm tour, please call 757-385-4388.

The Rural Heritage Center is not the only thing to “Crow About,” baby chicks, from the Virginia Cooperative Extension, recently hatched with a

100% hatch rate. When the baby chicks arrive, it was a great reminder that our event season is about to kick-off with Hoedowns, Crafts Shows, Carnivals, and many other fun activities. You can learn more about our events at www.vb.gov/farmersmarket.

We look forward to seeing you at the market. Don’t forget, you too can “Crow About the Market” when you check-in on Facebook or leave a five-star review on Google. – “Cock-a-doodle-do- and Thank you!”





FARMERS MARKET SOMETHING TO CROW ABOUT!

Erica L. Lane, Market Supervisor
Office: 757-385-4388 | Fax: 757-368-5249
elane@vb.gov.com

Something to Crow About!



JEFF BEAUCHAMP (R),
BEACHY (C), BRANDON
MARSHALL (L)

STAFF,
VOLUNTEER
MASTER
GARDENERS,
PUBLIC
WORKS-FACILITY
MANAGEMENT
& BUILDING
MAINTENANCE
DIVISIONS -
THANK YOU
ALL FOR YOUR
HELP!



VOLUNTEER MASTER GARDENERS DECORATED NEW CABINETS



AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan
Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-641-1434
RFlanagan@vbgov.com

Virginia Ag. Expo in Ruther Glen, VA on August 1, 2019

The 2019 Virginia Agriculture Expo will be August 1, 2019 at Charity Hill Farms, Ruther Glen, VA in Caroline County, home to the Smith Family.

The VA Ag Expo is the largest agricultural field day held in the Commonwealth of Virginia annually. Over 140 exhibitors and sponsors will display all of the most up to date equipment, goods and services for all agricultural producers and property owners no matter how large or small.

The Virginia Ag Expo is a joint project of Virginia Grain Producers Association, and the Virginia Soybean Association in partnership with Virginia Cooperative Extension.




Strawberry Season is Right Around the Corner!



Virginia Beach Strawberry Producers - U-Pick/Pre-Pick

Call for schedule and availability



<p>Bay Breeze Farm <i>Pre-pick only</i> Phone 757-721-3288 1076 Sandbridge Rd Virginia Beach, VA 23456</p>	<p>Cromwell's Produce Phone 757-721-6226 3116 New Bridge Rd Virginia Beach, VA 23456</p>	<p>Flanagan Farm Phone 757-426-5585 Princess Anne Rd at N. Muddy Creek Rd Virginia Beach, VA 23546</p>	<p>Henley Farm Phone 757-426-7501 Phone 757-426-6869 3513 Charity Neck Rd Virginia Beach, VA 23456</p>	<p>Vaughan Farms' Produce Phone 757-615-4888 1258 Princess Anne Rd Virginia Beach, VA 23457</p>
<p>Brookdale Farm Phone 757-721-0558 2060 Vaughan Rd Virginia Beach, VA 23456</p>	<p>Cullipher Farm Market Phone 757-721-7456 1444 Princess Anne Rd Virginia Beach, VA 23456</p>	<p>The Flip Flop Farmer Phone 757-426-9908 3244 New Bridge Rd Virginia Beach, VA 23456</p>	<p>Munden Farm Phone 757-373-1153 1377 Princess Anne Rd. Virginia Beach, VA 23457</p>	<p>Virginia Beach Farmers Market Phone 757-385-4388 3640 First Colonial Rd. Virginia Beach, VA 23453</p>
<p>Cindy's Produce <i>Pre-pick only</i> Phone 757-427-2346 2385 Harpers Rd Virginia Beach, VA 23453</p>	<p>Cullipher Berry Patch Phone 757-721-7456 772 Princess Anne Rd Virginia Beach, VA 23456</p>	<p>Henley's at Pleasant Ridge Phone 757-426-7501 Phone 757-426-6869 Princess Anne Rd at Pleasant Ridge Rd Virginia Beach, VA 23546</p>	<p>Salem Berry Farm Phone 757-818-3156 1763 Salem Rd Virginia Beach, VA 23456</p>	



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913
adavis@vbgov.com

There's always something new to learn about the lawn and landscape.

Join Virginia Cooperative Extension and the many opportunities we have to offer for both industry professionals and homeowners.

Pesticide application training

For our industry professionals, we want to make sure you are always up to date on the latest in horticulture. We offer training in pesticide application several times per year. From recertifications to certification exam prep classes, we want to help you with your pesticide licensure and staying abreast of new and changing issues. Our next recertification classes will be offered **April 5** in Virginia Beach and **June 4** in Chesapeake. Please check our website (<https://virginia-beach.ext.vt.edu/>) for registration forms. We will also be offering a certification exam prep class in August for uncertified applicators who would like to obtain an applicators license. The class will be held **August 6-9** and registration will open in June.



Educational Opportunities

Our home gardeners can also enjoy educational opportunities through our class and workshop series. The Green Thumb Gardening Series offers five consecutive classes in April on gardening subjects including vegetable gardening, turf, and pollinators. Registration for this program is available at <https://www.eventbrite.com/e/green-thumb-gardening-series-2019-tickets-54599938887?aff=ebdssbdestsearch>.

Our Gardening Talks and Workshops program will offer lectures on crapemyrtles in April and shade gardening in June as well as workshops on daylilies in April, landscape weeds in May, and rain gardens in June. We also have rain barrel workshops on the second Saturday of each month. More details on these programs can be found at <https://www.vbmg.org/upcoming-events.html>.



HORTICULTURE

Andrea Davis, Horticulture Extension Agent
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adavis@vbgov.com

Display Gardens

We are here to help with your gardening needs. Our display gardens are open to the public and give you a chance to see how different plants grow in Tidewater.

Find out more about each garden and where to find them at

<https://www.vbmg.org/demonstration-gardens.html>.

If you have questions about gardening, contact our Help Desk at vbmghelp@vbgov.com or 385-8156

or visit a Plant Doctor near you

<https://www.vbmg.org/gardening-help.html>.



Spring Plant Sale

being held May 4 & 5, 2019

You can find a supply of plants that will flourish in your garden at our annual Plant Sale **May 4-5** at the Farmers Market.



Would you like to be a part of the Virginia Cooperative Extension program helping others in Virginia Beach?

If so, we will be having orientation sessions for our Extension Master Gardener Volunteer Program on **May 6, 16 and 18**.

You need only attend one session, and the volunteer application process will be discussed. Training classes will be held in the evenings this fall.

Learn more about being a VCE Master Gardener volunteer at

<https://www.vbmg.org/about.html>.





4-H NEWS

Sarah Farley
4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com

Upcoming Virginia Beach 4-H Events

4-H Livestock Club Annual Silent Auction & Fund-raiser on April 6th, 2019 Creeds Ruritan Community Complex at 5:00 p.m.

On April 6th the Virginia Beach 4-H Livestock Club and volunteers will be hosting their 16th Annual Silent/Live Auction at the Creeds Ruritan Community Complex at 5 p.m. This event has grown over the years and is a major fund-raiser.

More information and photos of auction items can be found on the event Facebook Page [HERE](#).

Pungo Strawberry Festival on May 25-26, 2019

Our 4-H clubs participate in the parade and have club displays in the Agriculture area at the south end of the Festival. There will be farm animal displays - baby ducks, chickens, lambs, goats, etc. and a bake sale in the Fun Barn. Pony rides and antique tractor displays are popular among youth and adults and will also be in the Agriculture area.



**VIRGINIA
BEACH 4-H
PARTICIPATING
IN CELEBRATE
AGRICULTURE
AT FARMERS
MARKET
MARCH 23,
2019**



SEEKING 4-H VOLUNTEERS

Do you wish to make an impact in your local community? Do you have skills and experiences you want to share with the next generation? 4-H may be the fit for you! Virginia Beach 4-H is looking for adult volunteers to be positive mentors and leaders for the next generation of young people. Visit our website to learn more about how you can [get involved](#).



Sarah Farley
4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com

Virginia Beach 4-H Livestock Show and Sale Creeds Ruritan Community Complex May 30-31, 2019

Join us to watch 4-H youth exhibit steers, lambs, goats, and swine at the annual Virginia Beach 4-H Livestock Show and Sale. Animals will be auctioned on Friday evening. Come out and support youth and their projects! Country cured hams will also be on display and auctioned. Proceeds benefit 4-H youth.

Several 4-H country cured hams will also be judged and auctioned with the proceeds going to the Grand and Reserve Senior and Junior winners, plus six adult donated hams will be auctioned with the proceeds going to senior scholarships.





Sarah Farley
 4-H Extension Agent
 Office: 757-385-4769 | Fax: 757-385-5684
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4-H NEWS



Camp Millionaire

Department of Agriculture, Building 14, 2449 Courthouse Dr, Virginia Beach, VA 23456

June 17-21, 2019



Camp Millionaire is our next big event which begins June 18th through June 22nd. This fun, innovative day camp format provides rising 7th and 8th graders with the financial decision-making tools they need to achieve financial independence. Through fun-filled games, activities, group exercises and a field trip to a credit union, kids learn how to be responsible for their own financial futures. Camp is held at the Virginia Beach Cooperative Extension Office, Bldg. 14, Municipal Center – 9 a.m. – 4 p.m. each day with graduation at the Advanced Technology Center Friday at 3 p.m. Cost for camp is \$55 and covers lunches, am/pm snacks, t-shirt, workbook and other materials. Contact the 4-H Office at 385-4769 for more information. The registration form is also available for your convenience in the newsletter.

Virginia Beach 4-H Junior Camp

Airfield 4-H Center, Wakefield, VA

July 29 - August 2, 2019

The Virginia Beach 4-H Junior Camp for 9-13-year-old children will be held July 29 - August 2 at the Airfield 4-H Center in Wakefield, VA. Camp is the highlight of the summer and sells out every year. There are still spots remaining but sign up soon! The cost for camp is \$350 and includes transportation, lodging, meals, t-shirt and all the supplies needed at camp. 4-H youth get to choose from approximately 20 classes which include archery, swimming, canoeing, riflery, leather crafts, duct tape, cooking, crafts, low ropes course, rocketry, dance, etc. Evening programs are also included. Contact the 4-H Office for a registration form, download it from our website, or it is also available on the following page.



Virginia Beach 4-H JUNIOR CAMP July 29-August 2, 2019



- ◆ Five-day overnight camp at the Airfield 4-H Center, Wakefield, Virginia
- ◆ Total cost for week \$350.00 – **Make check or money order payable to: "VCE - Virginia Beach"** (\$50 fee charged for any unpaid/returned checks).
- ◆ The fee includes a camp T-shirt, meals, lodging, special activities, programs and transportation
- ◆ Transportation provided from Building 14, Virginia Beach Municipal Center to camp and return
- ◆ Pre-registration form must be accompanied by a \$175.00 non-refundable deposit to reserve spot
- ◆ Pre-registration **DEADLINE IS MAY 27, 2019, OR UNTIL CAMP IS FULL - whichever comes first.**
- ◆ For more information, call (757) 385-4769

PRE-REGISTRATION FORM MAIL PAYMENT TO:

*Virginia Beach 4-H Camp
2449 Princess Anne Rd, Bldg. #14
Virginia Beach, VA 23456*

Name _____

Address _____

City _____ State _____ Zip _____ Home Phone _____ Cell Phone _____

Boy _____ Girl _____ Age – At Time of Camp _____ Birthday _____ / _____ / _____
(Ages 9 – 13 only) month day year

Circle T-shirt Size: Small Medium Large Extra Large (all are adult sizes)

Parent/Guardian Name _____ Work Phone _____

Cell Phone _____ Email Address _____

NO ROOMMATE REQUESTS FOR THE 2019 CAMP – ** See next page

OFFICE USE ONLY

DATE _____ *RECEIVED FROM* _____

AMOUNT RECEIVED _____ *BALANCE DUE* _____

CHECK # _____ *CASH* _____ *MONEY ORDER* _____ *RECEIVED BY* _____



Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



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FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

VA Extension Association of Family and Consumer Sciences
Immediate Past President | Virginia Beach Office

Office: 757-385-4769 | Fax: 757-385-5684
kmunden@vbgov.com or kmunden@vt.edu



What to Do With Your Tax Refund?

Applying your tax refund to pay off bills, putting a percentage in savings for emergencies and saving for retirement are the best things you can do with your Tax Refund. The Consumer Financial Protection Bureau suggests the following steps to save your tax refund.

Step (1) Plan ahead to save some part of your tax refund.

Most people plan how they are going to spend their refund prior to receiving it. It is important to include savings in your plans. Setting aside 25% of your refund to be placed into your savings will help when an emergency occurs or when you need extra cash to meet a financial obligation.

Step (2) Use a separate account for savings or even a different financial institution.

This strategy will help limit impulsive use of funds allocated for savings.

Step (3) Automatically deposit some of your refund into a separate account when you file your return.

You can use the tax form to indicate to the IRS the amount of funds to apply to checking and the remaining into savings. Further, making a plan for your money is the first step to develop a Spending Plan (Budget), so when you received your tax refund you will already know the bills you will pay and the amount that will be applied to your savings. Also, according to America Saves, those who have a savings plan are twice as likely to save successfully.



FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

VA Extension Association of Family and Consumer Sciences
Immediate Past President | Virginia Beach Office

Office: 757-385-4769 | Fax: 757-385-5684
kmunden@vbgov.com or kmunden@vt.edu



Camp Millionaire uses an innovated approach to help youth learn about financial principles and sound financial decision-making. Camp Millionaire is open to 7th and 8th grade youth. The Camp is Monday, June 17th to Friday, June 21st from 9:00 a.m. to 4:00 p.m. at the Virginia Cooperative Extension Office, 2449 Princess Anne Road, Virginia Beach. The cost for the five-day camp is \$55.00. Campers are selected on a first come first served basis. Campers are required to attend all five days of camp. For additional information please call 757-385-4769.



Bank On Hampton Roads is a FREE Financial Education program designed to assist you to become more financially savvy. Classes start each year in January, April, and September. Classes only meet once a month for 10 months and everyone is assigned a financial coach to assist with financial accountability. Please visit www.BankOnHR.org to sign up for a class near you.

Camp Millionaire™

Financial Wisdom for Life



June 17-21, 2019



Come Learn How to be \$mart [With Your Money]

Camp Millionaire uses an **innovative day camp** format to provide rising 7th and 8th graders with the financial decision-making tools they need to achieve financial independence. Through fun-filled games, activities, group exercises and a field trip to a credit union, kids learn how to be responsible for their own financial futures.

When:
June 17-21
First Day Registration: 8:45am
Time: 9am-4pm

Where:
Virginia Beach Cooperative
Extension Office (see below)
Municipal Center, Bldg. 14

Cost:
\$55 non-refundable
\$70 late registration (after May 3)
(\$50.00 return check fee)

KIDS LEARN
HOW TO BE
RESPONSIBLE
FOR THEIR
OWN
FINANCIAL
FUTURES

Enrollment is on a first come, first serve basis. All pre-registrations must be postmarked by May 3. An enrollment packet will be mailed to the address you provide below. In order to participate in Camp Millionaire, all enrollment forms must be turned in by May 17. **No exceptions.**

Lunches and am/pm snacks will be provided each day. Appropriate dress required (closed toe shoes or sneakers).

All students will receive a Camp Millionaire workbook, t-shirt and other materials.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Virginia Beach Cooperative Extension Office at (757) 385-4769/TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations five days prior to the event. *TDD number is (800) 828-1120. 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. Roy McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

SEND PRE-REGISTRATION FORM AND
CHECK MADE PAYABLE TO VCE VIRGINIA BEACH TO:

Virginia Cooperative Extension, Attn: Camp Millionaire
2449 Princess Anne Road, Municipal Center, Building 14
Virginia Beach, VA 23456

Name _____ Gender: _____

Address _____

City _____ State _____ Zip _____ T-Shirt Size _____ Adult Youth

Parent/Guardian Name _____ Phone _____

Alt. Phone _____ Email _____

Child's Age At Time of Camp _____ How did you hear about us? _____

What is the top thing you want your child to learn from camp? _____

OFFICE USE ONLY: DATE _____ RECEIVED _____ RECEIVED BY _____

PAYMENT TYPE: _____ CASH _____ CHECK

FAMILY AND NUTRITION PROGRAM



Bertrille Lomax, FCS SNAP-ED Extension Agent
Office: 757-385-4629 | Fax: 757-385-5684 | Cell: 804-888-0070
blomax@vbgov.com or bertri5@vt.edu



Water for Your Waistline AND Your Wallet



Nutrition Know-How

Water is the perfect drink — low in calories and almost always FREE! To maintain a healthy weight, sip water or other drinks with few or no calories.



You can save money by drinking water from the tap at home or when eating out.



Choose water instead of sugar-sweetened beverages such as soda, sports drinks, or non-100% juice drinks.



Substituting water for just **one** 20-ounce soda will save you about 240 calories!



Kitchen Ideas

- Make water an easy option for your kids too. Have ready-to-go containers filled with water or other healthy drinks available in the refrigerator. Send your kids to school with these healthy options for lunch instead of soda.
- Drink water with and between your meals. Adults and children take in about 400 calories per day from beverages, so drinking water can really make a difference.



FAMILY AND NUTRITION PROGRAM

Laurel Wilcox, Senior Program Assistant
Office: 757-385-4769 | Fax: 757-385-5684
lwilcox@vb.gov



Eat Smart • Move More

Strawberry Spinach Salad

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- 1 pound spinach, torn
- 1 pint strawberries, diced
- ¼ cup sugar
- ¼ teaspoon paprika
- ½ teaspoon yellow mustard
- ½ teaspoon Worcestershire sauce
- ¼ cup white distilled vinegar
- 2 tablespoons canola oil
- ¼ cup pecans, chopped (optional)

Nutrition Facts

6 servings per container		1 serving
Serving size		(162.74g)
Amount per serving		
Calories		140
		% Daily Value*
Total Fat	8g	10%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	16g	6%
Dietary Fiber	3g	11%
Total Sugars	12g	
Includes 8g of Added Sugars		16%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	89mg	6%
Iron	2mg	15%
Potassium	534mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- For the salad, add spinach and strawberries to a bowl.
- To make the dressing, add sugar, paprika, mustard, Worcestershire sauce, vinegar, and oil to a separate bowl. Whisk until sugar is dissolved.
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top.

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ Apple cider vinegar may be used in place of white distilled vinegar.
- ▶ Use leftover dressing on salad or as a marinade for your favorite protein food.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <https://extension.unh.edu>.)

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VIRGINIA BEACH

FARMERS MARKET



The Farmers Market is turning 43!

Saturday, April 13 - 10 a.m. to 4 p.m.

Join us to celebrate with a craft show, carnival, children's activities, coloring contest, and free birthday cake (while supplies last).

Visit the Rural Heritage Center and Educational Gardens.

Special thanks to our event sponsors:



VB City of Virginia Beach

VIRGINIA BEACH

FARMERS MARKET

2019 Hoedown Schedule

Friday Nights 7 - 10p.m.

Rain or Shine*

Bring a lawn chair or blanket to enjoy free, live, local music.

APRIL

- 5 Dallas Band
- 12 New City Sound
- 19 The Long & Short of It
- 26 Timeline

MAY

- 3 Dallas Band
- 10 New City Sound
- 17 The Long & Short of It
- 24 Timeline
- 31 The Mann Act

JUNE

- 7 Dallas Band
- 14 New City Sound
- 21 The Long & Short of It
- 28 Timeline

JULY

- 5 New City Sound
- 12 Dallas Band
- 19 The Long & Short of It
- 26 Timeline

AUGUST

- 2 Dallas Band
- 9 New City Sound
- 16 The Mann Act
- 23 The Long & Short of It
- 30 Timeline

SEPTEMBER

- 6 Dallas Band
- 13 New City Sound
- 20 The Long & Short of It
- 27 Timeline

OCTOBER

- 4 Dallas Band
- 11 New City Sound
- 18 The Mann Act
- 25 Timeline



Like us on Facebook: VB Farmers Market

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Virginia Beach, VA 23453

757-385-4388

*Management reserves the right to delay or cancel events.

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Strawberry JAMBOREE

Saturday, May 18
10 a.m. to 4 p.m.

Join us for a strawberry pie eating contest, craft show, children's activities, and live music. Shop the Butterfly Society of Virginia booth for plants that will attract butterflies to your backyard.

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VIRGINIA BEACH

FARMERS MARKET



Honey

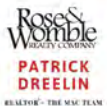
FESTIVAL CRAFTS · MUSIC · FUN

Saturday, June 22
10 A.M. - 4 P.M.



Join us for a craft show, children's activities, and live music.
Visit with Beekeepers and find some pollinators in the
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Rides take 2-4 tickets



Sat 3/23 10am-7pm	Mon 4/15 12pm-8pm
Sun 3/24 12pm-6pm	Tue 4/16 12pm-8pm
Sat 3/30 12pm-7pm	Wed 4/17 12pm-8pm
Sun 3/31 12pm-6pm	Thur 4/18 12pm-8pm
Sat 4/6 12pm-7pm	Fri 4/19 12pm-8pm
Sun 4/7 12pm-6pm	Sat 4/20 12pm-8pm
Fri 4/12 4pm-8pm	Sun 4/21 12pm-6pm
Sat 4/13 10am-8pm	Sat 4/27 12pm-7pm
Sun 4/14 12pm-8pm	Sun 4/28 12pm-5pm

