**Frederick County Extension Personnel**

Mark Sutphin Extension Agent, Ag/Horticulture

Spring Vasey Extension Agent, 4-H Youth Development

Joanne Royalty Program Associate Consumer Horticulture/Invasive Species

Kim Costa Faamily Nutrition Program Assistant

Marsha Wright Unit Administrative Assistant

Tammy Epperson 4-H Technician

Jennifer Fost 4-H Secretary/Receptionist

**VIRGINIA 4-H MEMBERSHIP POLICY**

Cloverbud 4-H Members 5-8 years old

Junior 4-H Members 9-11 years old

Intermediate 4-H Members 12-13 years old

Senior 4-H Members 14-18 years old

For each of the age categories, youth must turn the entry age during the 4-H year, which is October 1 to September 30. That is, youth who turn 5,9,12, and 14 between October 1 and September 30 of the current year may participate in these respective categories.

Eligibility for 4-H membership terminates on December 31 of the year the member has their 19th birthday.

**4-H**

The Frederick County 4-H Program is an Educational Division of Virginia Cooperative Extension. Youth from ages 5 through 18 are provided opportunities to realize their full potential in many areas. Activities involving citizenship, community service, leadership and achievement are stressed in the 4-H programs. Youth ages 5-8 are eligible for membership in Cloverbuds, a non-competitive area of the organization.

Volunteer community leaders are the heart of 4-H as they work closely with Extension Staff to provide a well-rounded educational experience for youth.

There are 16 clubs in Frederick County involving over 250 youth and adult leaders. Hundreds more are involved in school programs in Frederick County. The community clubs meet in homes, churches, and community centers. Contact the Frederick County Extension Office at 665-5699 for the club nearest you!

All Star/Honor Club Dennis Bagnell

Apples N’ Bits Horse & Service Kristin Tesdall

Apple Pie Ridge Cloverbuds Marietta Walls

Civil War Investigators Bob Meadows

Eggs & Ears Sierra Rudolph, Ashely Fahnestock

Eggs & Ears Cloverbuds Sierra Rudolph, Ashley Fahnestock

Golden Horseshoe Rose McDonald & Faye Strickler

Gore Spirits Aneta Swisher

Gore Cloverbuds Aneta Swisher

Hoof Hearted Lacee Dienst

Hoof Hearted Cloverbuds Emily Ritter

Livestock Club Kwendra Kerns

Round Hill Susan Lynch & Sherry Whitt

Shooting Education Mark McDonald

Soaring Arrows Cloverbud Amy Ulland

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Description automatically generated with low confidenceSoaring Arrows Amy Ulland