

Virginia Cooperative Extension Alexandria/Arlington October Programming Updates



Lee Center
1108 Jefferson Street
Alexandria, VA 22314

Lee Center
Updated Hours:
Monday-Friday
8:00am-5:00pm
Office: (703) 746-5546
Fax: (703) 684-5285

***Arlington Office is currently
closed to the public.
Staff are back in the office
from 8:00am-5:00pm.**

4-H Youth Development

For more information on these programs, please contact
Arlington 4-H Extension Agent
Caitlin Verdu at
cverdu@vt.edu



4-H Program Updates

Arlington 4-H is excited to resume our in-person programming this fall!

We are planning to hold our Outdoor Explorers nature clubs at both Randolph Elementary and AHC's Fort Henry location. In these six week clubs, elementary students will search for wildlife, dig in the dirt, and learn to enjoy our natural world. These clubs are run by trained volunteers, many of whom are Arlington Regional Master Naturalists.

In addition to our nature clubs, we're planning to resume the Girls with Goals soccer clubs at both Campbell and Drew Elementary Schools. In these clubs girls learn fundamental soccer skills along with critical life skills like teamwork, communication and sportsmanship. This program is run in partnership with our friends at Arlington Soccer Association and APS Extended Day.

If you are interested in helping to run a 4-H Club, we can always use more help.

Volunteers should be able to commit to helping one day a week from 3:45-5:00pm for six consecutive weeks. You'll also need to pass a background check and provide your own transportation to the schools.

We provide training, mentorship and resources. If you would like to learn more, please contact 4-H Agent Caitlin Verdu at cverdu@vt.edu. These positions are only a short time commitment, but make a serious difference in the lives of Arlington youth.



Photo Credit: Deb Kolt

Family Nutrition Program

SNAP-Ed



October 2021 is National Farm to School Month!

Join thousands of schools, early care and education sites, farmers, communities, and organizations across the country to celebrate **National Farm to School Month!** It is time to applaud food education, school gardens, and healthy lunches. Below are several ways to get involved:

- Following the National Farm to School Network
- Explore the National Calendar of Farm to School Events
- Check out these free resources for planning and promoting celebrations within your community.

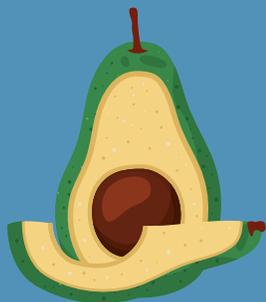


Reference: National Farm to School Network

2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting programming options in 2021. Please see our marketing flyers below for more information:

Literacy, Eating, Activity for Preschoolers



Pick a Better Snack

Choose Health

Teen Cuisine



Physical Activity Challenge

For more information, please reach out to:



Kirsten Kelley, M.S.
FCS SNAP-Ed Extension Agent
kirstenk19@vt.edu
703-746-5542

For electronic resources, please visit our website at: www.eatsmartmovemoreva.org

Family Nutrition Program *EFNEP*

**Eat Smart
Move More**

Virginia Cooperative Extension • Family Nutrition Program

Nutrition Education

According to the CDC, two to three cups of vegetables per day is recommended in order to have a healthy eating pattern. This may seem like a lot, but getting the recommended amount is much easier than you think. To add more vegetables into your diet, the first thing is to include vegetables at every meal. Check out great recipes on our [website](#).

To find more about these foods and how to incorporate them into your diet, join the Family Nutrition Program! During the sessions, participants learn basic nutrition education and cooking skills to build balanced meals and ways to be active and healthy. Each class participant will learn how to make different recipes.

More families in our community have joined the Family Nutrition Program! Through the nutrition classes delivered virtually and in-person, we continue enhancing health and wellness in the communities of Alexandria City and Arlington County.

To learn more about the Family Nutrition Program, visit our website: *Eat Smart Move More!*

<https://eatsmartmovemoreva.org/>



To learn more about food safety, the MyPlate model, and physical activity, join the Family Nutrition Program! After completing the program, participants receive a variety of reinforcements to continue applying what they learned in class. There is no cost to join the program.

If you or your organization are interested in joining the classes, please contact:

Milena Montoya
Adult Program Assistant -
EFNEP
yira7@vt.edu
(703)-746-5546



Come join the Family Nutrition Program and get many of these delivered FREE after program completion...



Agriculture & Natural Resources

Master Gardener Updates



For additional information, please contact:

Kirsten Ann Conrad
Agriculture Natural Resource Extension Agent
Virginia Cooperative Extension
Email: kbuhls@vt.edu



VCE-MGNV Virtual Classroom public education events for October 2021 are online and open to all. RSVP online at <https://mgnv.org/events/> to receive the link to participate. Click on the event titles to RSVP for each event. If you can't join us for a live online presentation, video recordings of the sessions will be posted to <https://mgnv.org/reading-room/master-gardener-virtual-classroom/>.

Wednesday, October 6, 7:00 – 8:30 pm, ONLINE Information Night for Spring 2022 Extension Master Gardener Volunteer Training Program

Love gardening and the environment, and want to share your knowledge with our community? Then consider becoming an Extension Master Gardener! Come to Information Night and learn what EMGs do and the requirements of the volunteer training program. You will meet our Extension Agent Kirsten Conrad and Program Coordinator Leslie Fillmore, as well as many of our dedicated volunteers. You will learn how to apply to the program and be able to ask recent graduates of our volunteer training program about their experience. Join us! Free. Register [HERE](#) to receive a link to participate.

Friday, October 8, 10:00 – 11:30 am, ONLINE Native Flowers, Fruits and Foliage for Fall

October marks a slowing down of the growing season, but there are still many native plants you might consider adding to your garden to introduce long-lasting blooms and colorful foliage to the fall landscape. Extension Master Gardener Elaine Mills will discuss over 40 plants native to the Mid-Atlantic region, including perennials, ground covers, vines, shrubs, and trees that will offer important support for local wildlife as well as beauty. She will describe characteristics, attributes, and maintenance tips specific to these native plants and offer ideas for landscape uses. Elaine is the creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic and is the co-coordinator for the Glencarlyn Library Community Garden, a Virginia Cooperative Extension Demonstration Garden in Arlington, Virginia. Free. RSVP [HERE](#) to receive link to participate.

Friday, October 15, 10:00 – 11:30 am, ONLINE Native Trees: How to Select, Plant and Transplant

A significant proportion of our area's urban tree canopy depends upon the efforts of thousands of residents to care for mature trees and plant new ones on privately held properties from single family homes, to townhouses, to apartment complex shared greenspaces. Extension Master Gardeners Amy Crumpton and Alicia Martini will discuss best practices for caring for trees. Amy will describe how to assess your site's conditions for new tree plantings and how to select from the many native tree species that thrive in our area. Alicia, Coordinator for the Small Trees Make Big Canopies program, will describe the program and share her expertise on how to transplant found tree seedlings. Free. RSVP [HERE](#) to receive a link to participate.

Friday, October 22, 10:00 – 11:30 am, ONLINE How to Care for Houseplants

Interested in bringing your gardening hobby indoors or looking to add a little green to your space? Join Extension Master Gardener Interns Evin Morrison and Rebecca Secula to learn about getting plants to thrive in your home. Evin and Rebecca will cover a variety of topics including ideal lighting conditions, potting soil recipes, and how to deal with pests. This presentation is geared toward the beginner houseplant owner but will be a great refresher for anyone looking to make their houseplant ventures more successful. Free. RSVP [HERE](#) to receive a link to participate.

Friday, October 29, 10:00 – 11:30 am, ONLINE Leave the Leaves! And Other Beneficial Composting Practices

Fall is the perfect time to practice good composting and mulching practices for your trees and plant beds and to start a compost system to create black gold for your spring garden. Instead of raking leaves to the curb, allow fallen leaves to feed your trees, enrich the soil and provide overwinter protection for roots and habitat for insects. Extension Master Gardener Nina DeRosa will discuss where to compost, what to compost and what not to compost, and how to manage your compost system. Free. RSVP [HERE](#) to receive a link to participate.

Note to All:

OPERATING! - The Extension Master Gardener Help Desk is still answering emails!

We welcome your garden-related questions, including those related to plant and insect identification. Please include photos to assist us with identification. The Help Desk is open weekdays from 9:00 am to 12:00 pm (noon). Contact us at mgaralex@gmail.com.

Also check out the resources on our website, mgnv.org. You'll find Gardening Basics for Arlington & Alexandria, VA listing our hardiness zone and frost dates, a list of problem plants and better alternatives, and an extensive compilation of Tried and True Native Plants for the Mid-Atlantic Area, complete with great color pictures and descriptions. Our schedule of gardening programs is posted on this website, so be sure to check it often!

*If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Arlington County Cooperative Extension five days prior to the event at 703-228-6400 or *TDD (800) 828-1120 during business hours (8:00 am–5:00 pm) to discuss accommodations 5 days prior to the event.*

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. VCE is 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.

Family & Consumer Sciences

Energy Updates



For additional information, please contact:

Aisha P. Salazar, M.S.

Associate Extension Agent, Family & Consumer Sciences

(serving Arlington & Alexandria through Food, Nutrition, Health; Finance; and Energy Efficiency programs)

Email:

asalazar@vt.edu



Stephanie Tsao -

Energy Masters Program Coordinator
(serving Arlington & Alexandria)

Email:

stephaniet@vt.edu



Energy Masters is a nonprofit program that teaches volunteers how to make practical energy and water conservation changes in their homes. We begin training a new class of volunteers on Thursday, October 14. Please see our website for more information: <https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html>.

Tabling at Whitefield Commons Apartments in Arlington County **Wednesday, October 6, 2021, 9am-12pm**

Do you have questions about utility bills and how to limit cold air from seeping into your apartment? Our nonprofit program Energy Masters will have volunteers onsite to help answer questions. We will also have a table outside the Whitefield Commons Community Resource Center at 106 N Thomas St, Arlington, VA 22203. We will open the table beginning at 9:30am and provide free energy efficiency tips and giveaways. Registration is not required. For more information, please contact energy@ecoactionarlington.org or call 703-228-6406.

Live-in Arlington Information Fair **Saturday, Oct. 23, 2021 11am-4pm**

Walk-ups are welcome to Energy Masters' table at the upcoming Live-in Arlington Fair, or Arlington LAIF. This event is co-sponsored by the Arlington County Housing Division and the non-profit the Center for Assistance to Families. Energy Masters will have volunteers onsite during certain shifts to answer questions about our program, how to help keep older homes more energy efficient. We will also have free handouts and giveaways. For more information about the fair, see <http://arlingtonlife.org/>. For questions about Energy Masters, please contact energy@ecoactionarlington.org or call 703-228-6406.

Fix-it Clinic at the Alexandria Barrett Library **Saturday, Oct. 16, 2021 11am-3pm**

"This event is being organized by the Kate Waller Barrett Branch Library in the City of Alexandria and cross-posted by the Virginia Cooperative Extension. Can you patch clothes by hand or on a sewing machine? Are you a handy tinkerer who likes to help fix a small appliance in the house? Do you like helping to debug cell phone or computer problems? Consider volunteering as a repair coach to help neighbors fix something and keep it out of the landfill. To volunteer as a repair coach, please email librarian Megan Zimmerman at mzimmerman@alexlibraryva.org. If you do not prefer to volunteer as a repair coach but need something fixed, consider bringing that item to the fix-it clinic. You are limited to 2 items, and please read the guidelines at the Barrett Library's website for more information: <https://alexlibraryva.org/event/5584947>.

Family & Consumer Sciences Updates

For additional information, please
contact:

Aisha P. Salazar, M.S.
*Associate Extension Agent, Family &
Consumer Sciences*
(serving Arlington & Alexandria
through Food, Nutrition, Health;
Finance; and Energy Efficiency
programs)

Email:
asalazar@vt.edu



Knife Skills with VCE!

Friday, October 22 from 12:30-1:30pm

Join Master Food Volunteers for an interactive class! We encourage you to join us as we practice and learn about basic knife skills from home. Register [HERE!](#)

Do you speak Amharic, Arabic, and Spanish?

Join our Energy Masters, Master Financial Education Volunteers, or Master Food Volunteers! We're looking for volunteers that can help from time to time with translation and outreach events. Email asalazar@vt.edu to learn more.

VCE Arlington is hiring a part time bilingual or multilingual Financial Education Program Associate.

Learn more and [APPLY HERE.](#)

Virtual Financial Simulations for Teens!

If you are interested in a Virtual Reality Store, let us know by [filling out this form!](#) These classes can be taught through Zoom or Microsoft Teams (or other platforms as needed) and are a great supplement to lessons on finance and money.

Volunteer with VCE and Plot Against Hunger!

Volunteer with us by donating produce or bagging produce for local food pantries. Sign up [HERE](#) to help and learn more! You do not have to be a VCE volunteer to volunteer or grow produce.



Additional FCS Updates



**Need help with a Budget, Student Loans, or Planning for Retirement?
Or do you have other Financial Questions?**

There are 3 ways to receive **FREE** VCE financial coaching!

1) 1x1 Financial Coaching!

VCE One on One Financial Coaching is free and confidential and is brought to you by our Master Financial Education Volunteers. Coaching sessions are based on your needs; coaches help with budgets, answer financial questions, and provide helpful resources. Register at <https://arlington.ext.vt.edu>

2) NEW: Virtual Financial Help Desk!

Try out our 1 on 1 coaching virtually or by calling in. Bring your financial questions and learn about a different topic each week! In each session Master Financial Education Volunteers will go over different financial topics for about 20-30 minutes but will answer any and all questions you have about finances. Learn something new and get your questions answered by our financial coaches!

*Preregister at <https://arlington.ext.vt.edu> to be notified of new sessions:

- *Session 1: Planning for Financial Success*
- *Session 2: Tips to Manage Credit & Debt*
- *Session 3: Saving for the Future*

Once you register, you will receive the Zoom link to join the Help Desk either through Wi-Fi or by phone. Please note, Zoom is free if you use Wi-Fi and call with unlimited minutes, the number is not toll-free. For more information, please visit <https://arlington.ext.vt.edu>

3) NEW! Financial Help Desk by Email!

Send your financial questions to VCE-FinancialHelpDesk-g@vt.edu and a volunteer will get back to you. Ask any of your questions. This is great for anyone just wanting quick tips or short-term concerns.

Questions? Email asalazar@vt.edu or call 703-228-6400

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1.) **1x1 Financial Coaching**
Register at
<https://arlington.ext.vt.edu>

2.) **Virtual Help Desk**
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<https://arlington.ext.vt.edu>

3.) **Financial Help Desk by Email!**
Send financial questions to VCE-FinancialHelpDesk-g@vt.edu



The **2021 Safety Net Arlington report** highlights the experiences of 21 Arlington nonprofits, including VCE, who partnered closely and convened frequently to address the historic challenges of 2020-2021. Since the start of the pandemic, these safety net organizations have risen to meet innumerable challenges with the single purpose of ensuring people are safe and supported. Like every essential business, safety net nonprofits play critical roles in our community's well-being and safety. Each of these 21 organizations was called upon to continue serving uninterrupted throughout this crisis, and to find the resources to do so. This report shares how these organizations have bound together with each other and the County to collectively rise to the challenges of this period marked by health, economic, and racial justice crises. In it, the leaders offer recommendations for moving forward as a community.



In March 2020, our entire world changed in just a matter of days. Here in Arlington, those working on the front lines of essential health and human services moved quickly to remap ways to support our most vulnerable.

**THE 2021 REPORT
SAFETY NET
ARLINGTON**
rising together to meet historic needs for our community

Read it at arlc.org

On Monday, October 25 at 2 p.m., Arlington Community Foundation will be holding a virtual panel discussion to discuss the report and to dive a little deeper into our collective story. It is free and open to the public. You can register [here](#).

**October is
Urban Agriculture Month**

Join us for a month of free in-person & virtual events on gardening, food, farmers markets, & more!

Cover crops Central Library Produce bagging

Info & RSVP at arlingtonurbanag.org

General Updates



Arlington SNAP recipients can earn a \$20 Grocery Gift Card
Los beneficiarios de SNAP de Arlington pueden ganar una tarjeta de regalo de comestibles de \$ 20

Real Food for Kids is inviting SNAP (Food Stamp, EBT) recipients who live in Arlington to take a 20-minute survey about SNAP.

-Eligible participants will receive a \$20 grocery gift card.

-All participants must live in Arlington and currently enrolled in SNAP.

-Links may be shared but only one response per household will be accepted.

Real Food for Kids está invitando a los beneficiarios de SNAP (Cupones para Alimentos, EBT) que viven en Arlington a realizar una encuesta de 20 minutos sobre SNAP.

·Los participantes elegibles recibirán una tarjeta de regalo de comestibles de \$ 20.

·Todos los participantes deben vivir en Arlington y estar inscritos actualmente en SNAP.

·Se pueden compartir enlaces, pero solo se aceptará una respuesta por hogar.

Take Survey in English [LINK](#)
Responder encuesta en español [LINK](#)

SNAP Supplemental Nutrition Assistance Program

Arlington SNAP recipients can earn a \$20 Grocery Gift Card
Los beneficiarios de SNAP de Arlington pueden ganar una tarjeta de regalo de comestibles de \$ 20

Real Food for Kids is inviting SNAP (Food Stamp, EBT) recipients who live in Arlington to take a 20-minute survey about SNAP.

- Eligible participants will receive a \$20 grocery gift card.
- All participants must live in Arlington and currently enrolled in SNAP.

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English

Español

Links may be shared but only one response per household will be accepted.
Se pueden compartir enlaces, pero solo se aceptará una respuesta por hogar.

REAL FOOD for KIDS

VCE Welcomes our new Alexandria 4-H Extension Agent, Sharon Toth!

Sharon grew up in central New Jersey where she was involved as a 4-H member in several clubs, with a main project focus in the dog clubs. When she aged out of the program, she came back as a volunteer leader and became the youngest co-division chair of the largest NJ dog division. Sharon attended Rutgers University where she graduated magna cum laude with her BS in Evolutionary Anthropology and minor in Criminology.

She was Rutgers Collegiate 4-H Vice President and attended national and regional collegiate 4-H conferences.

After graduation, Sharon was a research intern at the American Museum of Natural History in New York City, worked at her local farm store, and continued her 4-H involvement. She helped her 4-H county break a Guinness World Record, started a new annual holiday event, and was awarded the US President's Volunteer Service Award at the highest level for dedicating over 300 volunteer hours to 4-H.

She is currently finishing her PhD in Biological Anthropology at the University of Pittsburgh where she studies ACL rupture in the knee by using dogs as an anatomical model to better understand why women rupture this knee stabilizing ligament at a greater rate than men.

Sharon is still a member of her home county's 4-H Association and was awarded Outstanding Alumni in 2019. She is also involved in an Extension program where she serves military children all over the country. In her spare time, she enjoys horseback riding (how she started in 4-H!), the outdoors, and baking. She is currently working to certify her dog as a therapy dog.



Sharon A. Toth, PhD Candidate
Assoc. Extension Agent,
4-H – City of Alexandria
satoth@vt.edu

PLEASE JOIN US IN WELCOMING SHARON!