



Prince William 4-H

Our Clubs, Our Community



January 26, 2022

Upcoming Events

- Feb 1 - Horse Project Enrollment Deadline
- Feb 5 - [Clover Club](#)
- Feb 8 - [4-H Agriculture Community Night](#)
- Feb 12 - [PW 4-H Contest Day](#)
- Feb 16 - Camp Counselor Meeting
- Feb 26 - [PW 4-H Food Challenge Contest](#)
- Mar 7-8 - Egg Pickup
- Mar 12 - Northern District Food Challenge Contest

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Click to Visit



4-H Civic Engagement: Follow the New Virginia 4-H Bill!



We have a unique opportunity this year to follow a grassroots 4-H bill through our state legislature. This past summer, Harper Miller, a Southwest Virginia 4-H Ambassador, contacted her legislator with the need that 4-H members should be excused from school to participate in a 4-H program or activity or event. This 4-H teen is currently working with two legislators (one in the House and one in the Senate) to draft proposed bills for the 2022 General Assembly to consider. The bills are *HB 246 and SB 596: School attendance; 4-H educational programs and activities*. This is a wonderful opportunity for us to help our 4-H'ers learn the legislative process as they "watch" how a bill that affects them goes through the various stages of possibly becoming a law.

Signup to Learn More!

Harper Miller, Southwest 4-H Ambassador, would like to communicate with your 4-H members, 4-H families, 4-H volunteers, 4-H Teens, 4-H All Stars, 4-H Alumni, etc. to tell her story about working with the legislators and update them on the 4-H bills. This is an effort to further develop 4-H Civic Engagement and have a teen providing leadership. [Click here to receive more information about the bill and Harper Miller's goals.](#)



[Click here to follow a bill through the Virginia General Assembly](#) and search HB 246 and SB 596 to track the bills and read the current status.

Citizenship Curriculum - Grow Your Understanding of Community!



4-H CITIZENSHIP

Public Adventures is a citizenship curriculum that helps youth contribute to the world around them and develop a life-long commitment to civic engagement. *Adventure Kit* is designed to engage youth in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways. Grades 6-12 [Click here for more information about 4-H Citizenship Curriculum offered by National 4-H.](#)

Congratulations to VA Youth in Action Award Winners!



Congratulations to our 2022 Virginia 4-H Youth in Action Award Winners!

- Andrea Farag**, Civic Engagement
- Brayden Jones**, Agriculture
- Eleni Kasianides**, Healthy Living
- Sophia Crowder**, STEM

Andrea Farag was selected the Overall Youth in Action Award winner and will receive additional opportunities to be a spokesperson for Virginia 4-H. [Click here to learn more about these ambitious youth!](#)

Upcoming Events - Please Register Today!

Prince William 4-H has a number of exciting upcoming events and we need **YOU** to register to attend!



4-H Agriculture Community Night, Manassas, Tuesday, February 8th

Open to all youth ages 9-18 in Prince William County! Join us for a night of hands-on activities learning about the many aspects of agriculture in 4-H. [Click here to register](#)...and bring a friend!

4-H Contest Day, Woodbridge, Saturday, February 12th

All Prince William 4-H'ers are strongly encouraged to participate! 4-H Contest Day is where you demonstrate what you've learned and get constructive feedback that will help you further develop your skills to apply to your everyday life as well as District and State contests. [Click here to register](#).

4-H Food Challenge Contest, Manassas, Saturday, February 26th

All Prince William 4-H'ers are strongly encouraged to participate! Register your team and begin practicing your culinary, teamwork, leadership and public speaking skills! [Click here to register](#).

Next Clover(bud) Club Meeting - it's all about HEART



Date: Saturday, February 5th, 10 am-12 pm

Location: 4-H Children's Barn at the PWC Fairgrounds

Who Should Attend: PWC youth ages 5-8

[Click here to register \(free\).](#)

We pledge our heart to greater loyalty...at our next meeting, we'll explore the 4-H pledge and what it means to pledge our hearts to greater loyalty. We'll talk about kindness and friendship. How can we pledge to care more for other people? How can we help those in need? How can we be a faithful friend? Learn more about how you can be a giving friend through a series friendship-building hands-on activities!

Our monthly meetings have been so much fun. **Be sure to bring a friend to this meeting about friends!**

Embryology Project: Register for a Training Session



Embryology registration ends **Friday, February 4th!** Be sure to secure your participation by registering today. [Click here to register](#).

Training: Sudley Elementary School on February 10th at 5:00pm or Henderson Elementary School on February 16th at 5:00pm
[Click here to register for a training session.](#)

Egg Pick-Up: March 7th & 8th

Contact [Ashley Isaacson](#) with questions or for more information.



Teen Club

Discover your strengths and talents by joining the Prince William 4-H Teen Club!

There's no better way to culminate your 4-H experience and exemplify fancy terms like *positive youth development* than to provide opportunities and train **YOU** to take the lead!

Who Should Participate

Prince William 4-H'ers ages 14 to 19 that have a desire to learn, lead and strengthen their talents with the support and network of Prince William 4-H.



How to Participate

- ➔ Be a member of Prince William 4-H
- ➔ Actively participate in your 4-H Club
- ➔ Attend 1 designated PW 4-H Teen Club activity each month. Some meetings are specific to the club, while others are in conjunction with county, district and state programs and activities.



For more information or to join the **Prince William 4-H Teen Club**, please contact:

MaryBeth Lerch
mblerch@vt.edu

Learn more about Prince William 4-H at www.pwcva.gov/4-H.

Skills Development

The PW 4-H Teen Club provides opportunities through training sessions, seminars, camps, and activities to grow into who **YOU** are meant to be! We'll focus on communicating effectively, positive interactions with others, growing your desire to continue to learn, how to approach decision making and strategies to solve problems, managing resources, and bringing people together to reach a common goal.

Team Building

Demonstrate and improve your leadership skills by participating in team activities throughout the year. The PW 4-H Teen Club provides opportunities to try many different team roles to help **YOU** discover your strengths. We'll also have meetings to practice our skills and learn how to work as a team.

Leadership

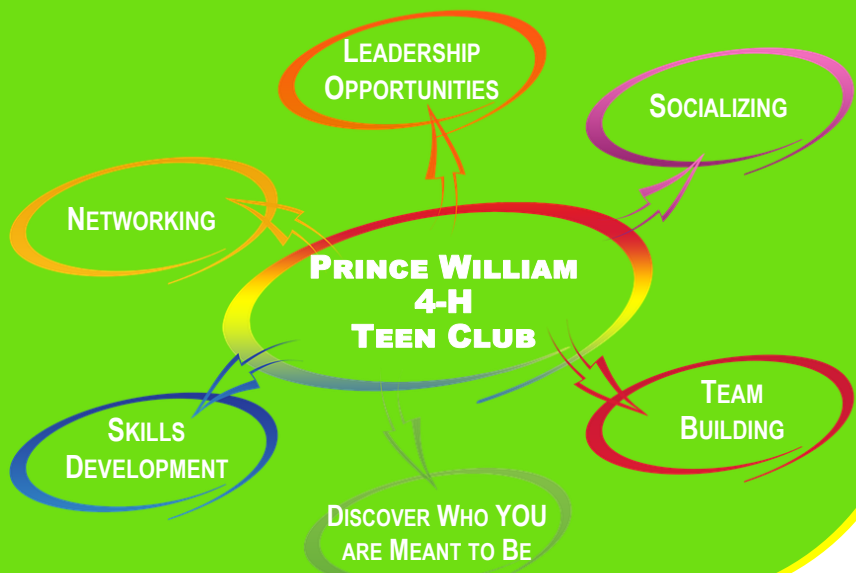
Test yourself by volunteering for one of the many leadership opportunities available just for **YOU**! Challenge your skills of identifying problems and developing action plans. Take ownership of the plan and follow through to reach the goals.

Networking

Build your understanding of opportunities available by networking with your peers. Learn about 4-H programs such as Ambassadors and All Stars. Discover scholarship opportunities, leadership opportunities, community service programs, and many more resume-building activities that will ultimately build **YOU**!

Socializing

The PW 4-H Teen Club fosters life-long friendships through meaningful, positive and productive activities. We'll have a lot of laughs, challenge ourselves in team building games, and encourage you to **discover who YOU are meant to be!**



[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

PRINCE WILLIAM 4-H

AGRICULTURE



Community Night
Tuesday, February 8, 2022

Get Involved!

Click for more information.

Prince William 4-H Clubs
Prince William 4-H Embryology Program
Virginia 4-H Horse Program
Virginia 4-H Youth Livestock Program

Resources on Agriculture

Click for more information.

- VCE Body Condition Scoring Beef Cows
- Body Conditioning Scoring for Cows video by Penn State Extension
- Body Condition Scores in Dogs and Cats by VCA
- VCE 4-H Curriculum
- VCE Speakers Bureau
- Virginia 4-H Curriculum, Videos and Activity Guide Resources for Teachers and Club Leaders
- National 4-H STEM & Agriculture Curriculum

Come experience the art and science of growing crops and raising livestock!

The 4-H pillar of Agriculture includes topics such as veterinary science, biotechnology, raising and training animals, forestry, environmental science, and much more. The goal of the program is to teach problem solving, creative and critical thinking to our youth - equipping them with the skills they need to succeed in life.

The Prince William 4-H Agriculture Community Night is full of hands-on activities that expose youth to a sample of clubs, activities, curriculum and project ideas available through 4-H. The evening will feature:



Body Conditioning Scoring in Farm Animals Workshop (*cow, dog, cat*) – learn the tools used and the intricacies of assessing the health of animals.



Sustainable Farming - hear first hand experiences from Prince William 4-H'er Katie Saul as she shares the ins and outs of her personal involvement in sustainable farming.



And so much more as we explore the 4-H Pillar of Agriculture! Find your *SPARK* for a new 4-H project and discover resources to help launch your idea.



4-H Agriculture Community Night



All Prince William County
Youth Ages 9-18 are invited!

Tuesday, February 8th
7-8:30 pm
4-H Office, Manassas

Free! [Click here to register.](#)

Prince William 4-H Community Nights are open to all youth in the county. Prince William 4-H strives to inspire youth towards leadership, citizenship and life skills using research-based curriculum, and encourages youth to learn by doing.

[Click Here to Register!](#)

Visit <https://www.pwcva.gov/4-H> to learn more about PWC 4-H.

4-H
GROWS HERE

PRINCE WILLIAM COUNTY 4-H CONTEST DAY

SATURDAY, FEBRUARY 12TH
MCCOART BUILDING, WOODBRIDGE, VA
[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

START PREPARING TODAY!

Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions. *More information coming soon.*

[Scoring Acts](#) · [Guide to Presentations](#) · [Competition Guides](#)

PRESENTATION



EXTEMPORANEOUS



TABLE SETTING



DRAMA



PUBLIC SPEECH



DRAMATIC
READING



VOCAL,
INSTRUMENTAL
OR COMBO



FASHION
REVIEW

Please join us for Prince William County 4-H's annual

FOOD CHALLENGE

NUTRITION ✨ SHOPPING ✨ PREPARING ✨ SAFETY ✨ CAREERS ✨ FUN!

Challenge your culinary skills! The **Prince William 4-H Food Challenge** is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 3-4 4-H members to create a dish using only a predetermined set of ingredients within 40 minutes. From these ingredients, team members must identify and prepare the dish, then present it to a team of judges.

GOALS

- To exhibit knowledge and skill when preparing and presenting a dish
- To utilize teamwork and leadership skills
- To demonstrate public speaking skills

HOW ARE TEAMS JUDGED

Teams are judged on preparation and presentation to encourage learning and improvement based on a National 4-H rubric. Judging categories include: knowledge of *MyPlate*, nutrition knowledge, food preparation, safety practices, serving size, food appearance and quality, creativity, communications, and ability to respond to questions.

WHO CAN PARTICIPATE

All Prince William County 4-H members!

RESOURCES

Check out the videos, curriculum material, tip sheets and more compiled by our friends at [Texas 4-H](#).



Saturday, February 26th

Buckhall VFD
7190 Yates Ford Rd
Manassas, VA 20111

[CLICK HERE TO REGISTER!](#)



Virtual 4-H All Star Midwinter Conference - Register Today!

Date: February 5th, 9 am

Who Should Attend: all Virginia 4-H All Stars

[Click here to register and receive link.](#) Registrations must be received by noon on February 4th.

The virtual 4-H All Star Midwinter conference is an annual business meeting to discuss important activities and issues facing Virginia 4-H All Stars. All members are encouraged to attend.



Virginia 4-H Spring Air 2022 - Save the date!

Date: Saturday, March 19th

Location: W.E. Skelton 4-H Educational Center

Registration Deadline: February 23rd.

Registration coming soon!

Competitive events in Air Pistol, Air Rifle, Archery, BB Gun, Presentations and Public Speaking will be available. Updated COVID-19 protocols and event requirements to be released soon.

Click for Spring Air 2022 Project Portfolios: [Archery Portfolio](#) | [Pistol Portfolio](#) | [Rifle Portfolio](#)



Camp Woods & Wildlife

Date: June 20th - 25th

Location: Holiday Lake 4-H Center, Apomattox, VA

Application Deadline: April 15th

[Click here for more information and to register.](#)

Please note that the application form includes a nomination from a non-related adult, and the form must be submitted by the nominator. All students selected to attend receive a substantial scholarship that covers most of the camp's cost.

The Virginia Department of Forestry, in cooperation with other natural resource conservation agencies and organizations, has proudly administered Camp Woods and Wildlife (formerly called Holiday Lake Forestry Camp) for more than 70 years. Camp Woods and Wildlife is an academic, structured, residential camp that focuses on field experiences in forestry and other natural resources. This unique camping experience introduces 13-16-year-olds to the challenges, special skills, and knowledge needed for managing the forest resources we use and enjoy every day.

Camp Woods and Wildlife is ideal for students who:

- wish to explore forestry and wildlife related careers
- participate in forestry and wildlife judging teams, Envirothon competitions, or ecology clubs
- want to experience hands-on learning and gain real-world skills in natural resources conservation



Scholarship Opportunity: VA Grain Producers Association

Scholarship Application Deadline: April 30th

[Click here for more information and to apply.](#)

Virginia Grain Producers Association is offering two \$1000 scholarships to undergraduate and graduate students attending Virginia Universities with preference given to those with a close relationship with VGPA as well as those seeking a career in agriculture.





Virginia Horse Council Membership Drive



The Virginia Horse Council is a not-for-profit organization and is your voice for the expanding equine industry in the Commonwealth of Virginia, supporting all equine activities and interests in Virginia. The 4-H program is a group member and the VHC sponsors our State Show. Youth memberships are only \$10!

[Click here to learn more about the Virginia Horse Council and to join.](#)

Joann's Clovers for Kids Campaign

JOANN



Dates: February 1st - April 30th

Location: Joann Fabrics and Crafts

Our Local Woodbridge Contact: Angie Bartosh, s0777@joann.com

National 4-H Council and JOANN Fabrics and Crafts store has teamed up again with an extended campaign for 2022. During the Joann's Clovers for Kids Campaign, customers have the opportunity to donate at checkout or online to support the local 4-H program.

Prince William 4-H Members are encouraged to reach out to the Woodbridge store to connect, answer any questions about 4-H and express appreciation for supporting our next generation of leaders.

Teacher & Club Leader Resource - STEMsational Ag: Virtual Farm



Middle Tennessee State University's Center for Health and Human Services, in partnership with the School of Agriculture's Fermentation Department, presents **STEMsational Ag: The Virtual Farm**.

This course consists of twelve modules or categories on interesting facts about where our food comes from, how to prepare and preserve foods at home, important elements of nutrition you can use in your daily life, and projects leaders can pursue for themselves and with students. Participants will also learn how science, technology, engineering, and math are used in agriculture, and why they are so important to humanity. Students might even discover a career path they'd like to pursue in agriculture that they never knew about before. This program is designed to be informative and fun!

All Modules and Units are absolutely FREE! They were created by experts and open the door for you to learn about food preservation, backyard produce cultivation, farm animals, and the importance of bees, just to name a few topics. Your very own home kitchen and yard will be your personal learning laboratories. [Click here to learn more and to view the courses.](#)

National 4-H: New Date for 4-H Healthy Living Summit

IMPORTANT CHANGES TO THE 2022 NATIONAL HEALTHY LIVING SUMMIT

The current COVID surge and omicron variant have introduced new complexities as states begin to plan their travel to and participation in the National 4-H Healthy Living Summit, scheduled for February 10-13, 2022. After consulting with Extension leadership and the Healthy Living Summit planning team, Council has postponed the National 4-H Healthy Living Summit to April 21-24, 2022. The deadline to register has been extended to April 4, 2022. Any participant currently registered for the Summit who is unable to attend during the new April dates will receive a full refund.

[Click here for more information and to register.](#)



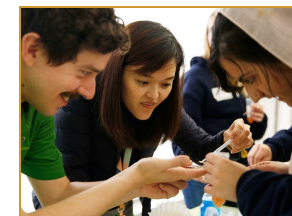
Registration Priority Deadline is February 1st for the 2022 Agri-Science Summit!

2022 Agri-Science Summit

March 10-13, 2022 at the Hyatt Regency Bethesda
Register by the February 1, 2022 priority deadline to save \$50!

Final Deadline to Register: February 15, 2022

[Click here for more information and to register.](#)



National 4-H: Young Alumni Advisory Committee



Applications Due March 28th.

National 4-H is accepting nominations for a new Young Alumni Advisory Committee. Nominate your outstanding leaders ages 18-22 to serve on the Nation 4-H Council Young Alumni Advisory Committee (YAAC). This group serves as a bridge to the young alumni community, informing Council's Board of Trustees and working closely with Council Associates. Applicants must be nominated by a 4-H professional or volunteer by February 28, and completed applications are due on March 28.

[Click here for the following forms: YAAC Application Form | YAAC Nomination Form](#)

National 4-H: Scholarship Opportunity



Project Yellow Light/Hunter Garner Scholarship is a scholarship competition designed to bring about change. As an applicant you have one clear mission: encourage your peers to develop and embrace safe driving habits.

Distracted driving car crashes are one of the leading causes of death of our youth and we need your help to change that. Project Yellow Light is a national scholarship competition open to all high school juniors and seniors and all undergrad college students. Create a broadcast video, radio, social video or billboard PSA warning your peers of the dangers of distracted driving and win up to \$8,000! Winners not only have an opportunity to have their work shared nationwide, but also do something for the greater good.

[Click here for more information and to apply.](#)

Camp Counselor Jobs

The American Camp Association is a community of camp professionals who, for over 100 years, have joined together to share our knowledge and experience and to ensure the quality of camp programs.

Camp jobs offer invaluable skill-building, leadership, training, and enrichment opportunities that can't be found anywhere else! Regardless of your college major, camp experiences allow you to learn and develop skills that will enhance your job marketability. The benefits go far beyond a paycheck. Find open positions, submit your resume, or post a job today!

[Click here to find a summer camp job.](#)



PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



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I AM



4-H PROUD

PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)
[VCE COVID-19 Updates](#)

[4-H Online Information](#)
[The 4-H Foundation](#)
[Educational Resources](#)
[4-H All Stars](#)

[STEM in Virginia 4-H](#)
[VCE Speakers Bureau](#)

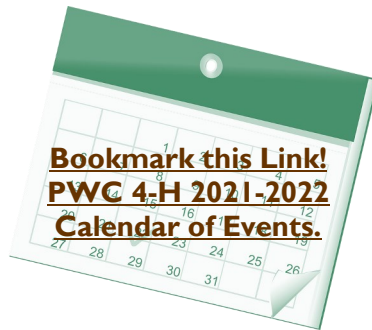
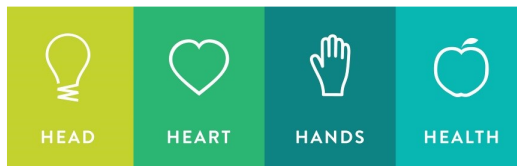
Prince William 4-H

[PWC 4-H Homepage](#)
[PWC 4-H Programs](#)
[PWC 4-H Camps](#)
[PWC 4-H Events & Calendar](#)

Portfolio Records

[Member Record](#)
[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
[Project Record Ages 11-12](#)
[Project Record Ages 13-15](#)
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



2020-2021 PWC 4-H Association Officers

Youth Officers

Samantha Whysong, President
Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

Adult Officers

Vacant - President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Tom Harrigan, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.



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