

Prince William 4-H

Our Clubs, Our Community

February I, 2023

Upcoming Events

- Feb 8 Embryology Leader Training I
- Feb II Clover(bud) Club
- Feb 15 PW 4-H Teen Club -Healthy Living
- Feb 16 Embryology Leader Training 2
- Feb 18 PW 4-H Contest Day
- Feb 25-26 TALT Weekend
- Feb 27-28 Embryology Project Egg Pickup
- Mar 2 Engage Locally by Prince William 4-H
- Mar II Cloverbud Club
- Mar 18 PW 4-H Food Challenge
- Mar 21 PW 4-H Association Meeting
- Mar 24 & 30 Chick Drop-off

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Engage Locally by Prince William 4-H



Date: March 2nd at 6 pm Location: McCoy Conference Room, Prince William 4-H Who Should Attend: ALL PRINCE WILLIAM 4-H'ers! We

need a strong showing to engage our elected officials. Registration coming soon.

ENGAGE LOCALLY with YOUR delegates! Our participation at Virginia 4-H Day at the Capitol was such a success, that we want to do

even MORE civic engagement at home in Prince William County. We've invited all greater Prince William area delegates to attend, with immediate positive responses from Virginia Senators and Delegates. who are confirmed to-date. This open house event will encourage our representatives to explore table displays created by 4-H'ers while learning more about our 4-H programs and activities, hearing your 4-H story, as well as providing an opportunity for youth to engage and ask questions. Our youth have powerful voices - let them be heard!

In particular, we're looking to our youth to serve as the voice of experience in 4-H. What has been your favorite project, activity or event in 4-H? Each Prince William 4-H Club should consider a table display that showcases the best of what they do. (Even better, these displays can be reused for TSC Paper Clover events!) Youth are encouraged to work together to create club displays and special interest displays, such as Cloverbuds, 4-H Camp, Contest Day, Food Contest, Horse Program, Shooting Sports,

Embryology, 4-H Day at the Capitol, All Stars, and more.

Get plugged into the world of civic engagement by contributing to this important event! All Prince William 4-H'ers are encouraged to participate and share their experiences - including Cloverbuds! The list of VIP RSVP's is growing because they WANT to hear YOU. Cloverbuds 4-H Fair Camp 4-H Junior Camp 4-H Horse Program 4-H Shooting Sports 4-H Day at the Capitol Farmer's Market Holiday Market VA 4-H All Stars Food Challenge Contest Day Embryology Teen Club

Please contact <u>Pam Hardin</u> to participate as a club. More information on this exciting opportunity coming soon!

Prince William 4-H Healthy Living Teen Night - Register Today!



Date: February 15th Time: 7:30 pm

Location: McCoy Conference Room, Prince William 4-H Office Who should attend: All Prince William 4-H'ers ages 14-19 <u>Click here to register</u> - register by Monday, February 13th.

Join us for a fun-fill, hands-on night exploring mental well-

being, physical health, and how you can put healthy habits into action starting today! Dive deeper into mind and body wellbeing and discover options to take your expertise to the next level and build your resume as a Virginia 4-H Healthy Living Ambassador or National 4-H Healthy Living Youth in Action nominee!



Celebrating YOU!

Prince William 4-H Scholarships - Applications Due April 1st

2023 JOANNE GUHL SCHOLARSHIP

Joanne Guhl was a member of the Boots and Saddles 4-H Club who passed away in 1984. Her parents honor her memory by awarding a college scholarship to a PWC 4-Her. Applicants must be enrolled the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science. Please click here to apply for the 2023 Joanne Guhl Scholarship.

2023 BERNARD MALO SCHOLARSHIP

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four-year college, community college or vocational school. Trigger Time member applicants are given first consideration. The amount of scholarship may vary from year to year.

Please click here to apply for the 2023 Bernard Malo Scholarship.

Register for February's Cloverbud Club "All About Heart"



Date: Saturday, February 11th Time: 10 am - 12 pm Location: 4-H Children's Barn, PWC Fairgrounds Who Should Attend: All greater PWC youth ages 5-8 with an interest in 4-H <u>Click here to register.</u>

Our next Cloverbud Club meeting is all about heart! What does it mean to pledge your heart to greater loyalty? Join us for a fun-filled morning of hands-on activities that will help us to care more for other people versus only thinking of one's self. We will explore ways we can be faithful to each and every person and guarantee to help out if anyone is ever in need!



Prince William 4-H Food Challenge Contest

SAVE THE DATE - MARCH 18TH

Nutrition...Cooking Skills...Teamwork...Public Speaking...Safety...Careers...Fun! This 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. Teams will work to create a dish using only a predetermined set of ingredients within 40 minutes. Challenge your culinary skills at the Prince William 4-H Food Challenge! Click here for the updated 2022-23 Virginia 4-H Food Challenge Rules and the Texas 4-H Food Challenge Rules and start practicing today!



AVAILABLE AT PRINCE WILLIAM 4-H!

Working on your 4-H project records? The 4-H Member's Record Book Cover is 4-H's number one best-selling product! Make sure all of your records are stored in a protected cover so that you have them in good condition for presenting! Measures 8 1/2" x 11". \$3 each at the Prince William 4-H office.



PRINCE WILLIAM 4-H

Embryology Project

The "Beginning of Life" 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. These educational materials address Standards of Learning (SOLs) for math, science, English, life science, and computer technology. 4-H will provide fertilized eggs, guide you through training, support you during the hatch, and then collect the chicks to be sent to a local farm.

ACCELLER .

Click here to register your 4-H Club or PWCS, Manassas City, or Manassas Park school class.

IMPORTANT DATES -UPDATED

Embryology Registration - FULL All incubators and 1,800 eggs have been reserved.

In-Person Leader Training Feb 8 6-7:30 pm

Loch Lomond Elem. School 7900 Augusta Rd., Manassas

Feb 16 Time TBD Kyle R. Wilson Elem. School 5710 Liberty Hill Ct., Woodbridge

Incubator Pickup (*if rented from 4-H*) PW4-H. 8033 Ashton Ave, #105 Feb 17 or Feb 22, 1-4pm

Egg Pickup PW4-H, 8033 Ashton Ave, #105 Feb 27 3-6 pm Feb 28 9 am-12 pm

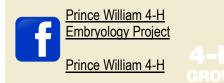
Hatch Days: March 19th- 21st!

Chick Drop Off

PWC Fairgrounds Mar 24 2 pm - 6 pm Mar 30 12 - 3 pm

CONTACT INFORMATION

DeeAnn Strand 4-H Youth Educator dstrand@pwcva.gov 703-792-4762 www.pwcva.gov/4-H



Virginia Cooperative tension



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its 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, military status, or any other basis protected by law.



Saturday, February 18th, 2023

MCCOART BUILDING, WOODBRIDGE

TIME TBD

Showcase your

PRINCE WILLIAM 4-H



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.

<u>Register Here!:https://forms.gle/</u>

Presentations ★ Extemporaneous ★ Table Setting ★ Drama ★ Public Speech ★ Dramatic Reading ★ Vocal, Instrumental or Combo ★ Fashion Revue

<u>Virginia 4-H Presentation Guide</u> <u>Virginia 4-H Presentation Scoring Sheet</u> <u>Virginia 4-H Information for Scoring Share the Fun Acts</u> <u>Resources for Virginia 4-H Competitions</u>





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Virginia 4-H Shooting Sports: Spring Air 2023



Dates: March 17th - 19th

Location: W.E. Skelton 4-H Educational and Conference Center, Wirtz, VA Cost: \$45 per youth and includes all matches and event t-shirt Registration Deadline: Wednesday, February 26th. See your 4-H Club leader for more information and to

register. Who Should Attend: Any 4-H member enrolled in a State 4-H Office approved 4-H Shooting Education Club who has completed project portfolios in the event(s) in which they are registered to shoot. Youth that turn 9 to 13 in 2023 will be considered juniors and those that turn 14 or older in 2023 will be considered seniors.

Events: BB Gun, Air Pistol, Air Rifle, Air Pistol Silhouette, Air Rifle Silhouette, Presentation Contest, Public Speaking Contest, and Archery

Presentation and Public Speaking Contests: The 4-H Shooting Education Program is a vehicle for teaching life skills and the youth participating in the shooting program need to be able to communicate to others their interest and commitment to the shooting sports. Youth may participate in either the presentation contest or public speaking contest. The rules for each will follow the main stream 4-H contest areas and can be accessed at the Virginia Cooperative Extension site which is listed later in this announcement. Awards will be 1st, 2nd, and 3rd individual in each event and each age group: Junior (ages 9 to 13) and Senior (ages 14 - 19).

FINAL REMINDERS:

- 7-YEAR RECERTIFICATION FOR INSTRUCTORS is February 25th. The deadline for registration is February 6th. Please contact Lynn Wheeless, VA 4-H State Shooting Education Coordinator, (757) 778-1078 or <u>lynnwheeless1@vt.edu</u> for registration information.
- VIRGINIA 4-H SHOOTING EDUCATION CAMP has moved to July 30th through August 3rd. This is a unique camp open to boys and girls ages 12 to 16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen discipline and consisting of such topics as Shooting Safety Education, Shooting Fundamentals and Theory, and Marksmanship Instruction, and each will have the opportunity to participate in one or more competitive shoots. All instructors are certified through 4-H, VDWR, NRA, NAA and other National Organizations. Limited registration is still available. <u>Click here for more information</u>.



Virginia 4-H: 2023 States' 4-H Exchange

Please consider hosting a young Japanese delegate in your home this summer! Virginia 4-H is looking for families to host 16 Japanese delegates during summer 2023. Host family applications are available now. Please consider this amazing opportunity to grow your cultural competencies!

Summer Program FAQs: <u>https://www.states4hexchange.org/host/summer/faq/</u> 2023 Online Application Link: <u>https://www.states4hexchange.org/host-family/application</u> <u>Click here for the Virginia 2023 States' 4-H Exchange Facebook Page.</u>

- Program runs July 22-24 through August 17-19, 2023
- No previous 4-H experience is required
- Japanese delegates will be aged 12-18
- Youth have a range of English language abilities.
- Host family receives no stipend to host a delegate.
- To host a delegate, a family must have a child who is 9+ years old.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- Families without youth can host adult chaperones.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support before, during & after the exchange
- Host families will be screened and interviews as part of our risk management protocol.



States' 4-H International Exchange Programs 2023 INBOUND PROGRAMS

Host a delegate in your home this summer and give your family a global perspective!



Host a Japanese youth in Summer 2023 through States' 4-H International!

Invite an international youth into your home for three and a half weeks and share an American experience. Expand your family's cultural understanding, learn about new foods and customs, and possibly a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country too!

Open your home to an exchange student and open your lives to the world!





HOSTING PERIOD: 3 1/2 weeks from late July to mid August

- You can host a youth aged 12-18 or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- You don't need to be involved with 4-H to host

For more information - Visit: <u>http://www.states4hexchange.org</u> Email: <u>exchange@states4h.org</u> Call: 1-800-407-3314

Virginia Contact: Wendy Herdman Email: wherdman@vt.edu Call: 1-804-493-8924



F Facebook: https://www.facebook.com/states4hexchange/ Instagram: @states4hinternational



Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility



American Kennel Club Fit Dog Program for 4-H

The AKC is committed to improving and maintaining the fitness and health of all dogs and their owners. AKC FIT DOG titles were designed to provide a structured, individualized fitness plan that you and your dog can do together. There are 3 levels of AKC fitness titles - Bronze, Silver, and Gold. Each title requires a specific number of activity points to be completed, which varies based on title level.

AKC Fitness Title Categories:

- AKC FIT DOG Course
- Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- Walks and hikes (Independent or Group)
- Unique to You and Your Dog (e.g., swimming, Parkour)
- AKC title that is fitness related (e.g., FAST CAT, agility)
- AKC Parent Club Performance Titles (e.g., pack dog, sledding)

An AKC Fit Dog club is a great way to promote your canine fitness commitment within your community. Your 4H clubs can be a Fit Dog club! <u>Click here to learn more.</u>

National 4-H Council Presents Ignite by 4-H



Dates: March 9th - 12th Location: Washington, DC <u>Click here for more information and registration</u>. Registration closes February 10th.

Spark your imagination and passion! Ignite by 4-H is an inclusive high-school-aged teen event held in Washington, DC, for four days of inspiring and engaging speakers, workshop sessions, entertainment and creating amazing connections. Explore the best 4-H offers in STEM, Agriscience, Healthy Living and Emotional Well-Being. Discover exciting career paths and create an actionable plan to help make real change in your community. It's an experience you won't want to miss.

Virginia 4-H scholarships to attend may be available for those with an interest in STEM or Computer Science and meet certain outreach objectives. Please email <u>MaryBeth</u> <u>Lerch</u> for more information.

4-H True Leaders in Equity Institute Registration

Register Now!



Dates: July 10th - 13th Location: Bethesda, Maryland <u>Click here for more information and to register</u>. Registration closes June 1st.

Everyone has a role to play in creating a more welcoming and inclusive society, and we want you to be part of that change! The True Leaders in Equity Institute is a training program for passionate youth ages 15-19 to learn about equity and inclusion and how it affects their communities. The institute will prepare participants to be change agents within the Cooperative Extension System as we work together to create more welcoming and inclusive environments. This training and leadership opportunity challenges participants to ideate and champion equity-related projects that will grow 4 H in their communities. At the True Leaders in Equity Institute, passionate youth ages 15-19 work together in youth-adult-led teams to explore their unique views on equity and inclusion. The teams develop plans to spark innovative solutions and return to their local communities inspired to make a change!

4-H Campaigns: Georgia Boot and JoAnn Fabrics



SHARE YOUR 4-H CRAFT CREATIONS

#JOANNLOVES4H

information and to apply.

JOANN

GEORGIA BOOT TRAILBLAZERS CONTEST: JANUARY 20 – FEBRUARY 24

We're looking for 4-H'ers who want to share their 2023 project journey with the Georgia Boot audience. Trailblazers will be required to provide Georgia Boot with photos and progress updates throughout various project stages to be used on Georgia Boot's social media channels, email, and website. Four winners will receive a prize package valued at \$500. The package consists of a free pair of Georgia Boots (up to \$200), a \$200 gift card to a local farm & ranch or hardware store of their choosing, and Trailblazers merchandise. <u>Click here for more</u>

JOANN CAMPAIGN: JANUARY 31 - MAY 1

During the promotional timeframe, customers can donate or roundup at checkout in JOANN stores to support 4-H. 100% of donations support 4-H with 70% going back to the state where those funds were raised. Current & Alumni members, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards. JOANN guarantees a minimum donation to National 4-H Council of \$250,000 per year until June 2023 through a combination of customer donations during campaigns,

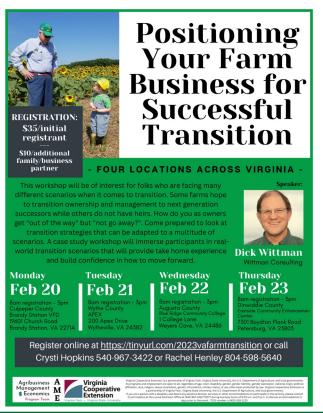
minimum of 2.5% of sales from the JOANN 4-H Rewards Card, and \$0.50 for every yard purchased of custom 4-H fabric. <u>Click</u> here for more information.

VASWCD 2023 Photo Contest - ends August 1st

Theme: "Conservation: Small Actions, Big Impacts"

The VASWCD is committed to the conservation of natural resources through stewardship and education programs and we want to see it through your eyes. Capture those vibrant moments and express what conservation looks like through your lens! You can submit up to 10 photos. All photographs must be taken within the Commonwealth of Virginia. <u>Click here for more information, contest</u> rules, prior winning photos, and to submit your photos.





VBFRC February Newsletter Available

While still in this break from the growing season, there are many upcoming trainings, events, and announcements from across the state! <u>Click here to read the full newsletter.</u>

FEBRUARY EVENTS

- 02/09 Changes to Livestock Antibiotic Regulations in 2023 (Virtual) 02/14 Preparation for a Successful Growing Season – For Hispanic
- Farmers (Petersburg)
- 02/15 Appalachian Harvest Herb Hub Open House (Duffield)
- 02/15 DCR Information Session (Virtual)
- 02/15 Drones in Agriculture (Boydton)
- 02/15 USDA Information Session (Virtual)
- 02/16 Vegetable Marketing Meeting (Lawrenceville)
- 02/21 Virginia No Till Alliance (VANTAGE) Winter Conference (Harrisonburg)
- 02/21 Small Farm Orientation (Zoom)
- 02/21 Pruning Fruit Trees for Beginners (Unionville)
- 02/22 Richmond Area Vegetable Growers Conference (Richmond)
- 02/23 Pruning Thornless Blackberry Canes (Boydton)
- 02/24 Let's Get Ready for your 2023 Farmers Market Display!
- (Virtual)
- 02/27 Riverstone Organic Farm Tour (Floyd)

02/28 Pruning Fruit Trees for Beginners (Salem)

Beginning Farmer & Rancher COALITION PROGRAM www.vabeginningfarmer.org





PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105, Manassas, VA 20109

Click to Visit Online: <u>PCW 4-H</u> <u>Virginia State 4-H</u>

Virginia State 4-H National 4-H

Your Dedicated PWC 4-H Staff

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DeeAnn Strand 4-H Youth Educator dstrand@pwcva.gov Pam Hardin 4-H Youth Educator phardin@pwcva.gov

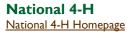
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4-H Program Specialist, Newsletter

I AM

PWC 4-H Resources



Virginia 4-H VCE 4-H VCE COVID-19 Updates

<u>4-H Online Information</u> <u>The 4-H Foundation</u> <u>Educational Resources</u> <u>4-H All Stars</u>

STEM in Virginia 4-H

Prince William 4-H

<u>PWC 4-H Homepage</u> <u>PWC 4-H Programs</u> <u>PWC 4-H Camps</u> <u>PWC 4-H Events & Calendar</u>

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



HANDS



2022-2023 PWC 4-H Association Officers

Youth Officers Samantha Whysong, President

Sam Seagle, Vice President Samantha Erick, Treasurer Lexi Strand, Secretary

Adult Officers

Susan Wolf, President Alan Lerch, Vice President Sydney Nguyen, Treasurer Secretary - Vacant

Committee Chairs

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

amazon

smile

Support the Prince William County 4-H Association while You Shop!

- I. Open the Amazon app on your phone
- 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
- in the mobile app5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.

Virginia Cooperative Extension Virginia Tech • Virginia State University

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