

Prince William 4-H

Our Clubs, Our Community



FEB. 15-16, 2023

February 15, 2023

Upcoming Events

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 Dropoff

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Click to Visit



Register for Exciting Opportunities at Prince William 4-H!



PRINCE WILLIAM 4-H HEALTHY LIVING TEEN NIGHT TONIGHT AT 7 PM AT PW 4-H OFFICE

Who should attend: All Prince William 4-H'ers ages 14-19 Click here to register

Join us for a fun-filled, 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! **EXCITING ACTIVITIES!** 4-H Amazing Race Challenges, MyPlate, Smoothies, Infused Water, Healthy Living Opportunities in 4-H...**Come dressed and prepared to move!**



FAIR CAMP AND CHILDREN'S BARN PLANNING MEETING Monday, February 20th, 3-4pm at PW 4-H Office

Who should attend: Prince William 4-H youth ages 13 & up, Fair Camp Counselors, Counselors in Training, and adult volunteers Click here to register.

Be part of the action! All camp volunteers are invited to the planning meeting to give input on themes and activities. Bring your creative ideas!



PRINCE WILLIAM 4-H ENGAGE LOCALLY March 2nd at 6 PM - See Page 3 for details and to register!

We have many RSVPs from local officials - we need YOU to attend! . Our youth have powerful voices! Get plugged into the world of civic engagement by

contributing to this important event. Arrive at 6 PM for set-up. Officials join us at 6:30 PM.



PRINCE WILLIAM 4-H TREE SEEDLING PROJECT Applications due March 1st.

Seedlings should arrive the week of April 17th.

Click here for the application.

Growing kids and trees for Virginia's forests! The Virginia Department of Forestry and Virginia Cooperative Extension are providing free hardwood seedlings to schools and youth groups. The purpose of this project is to improve water quality by restoring forest cover to residential and riparian lands. Prince William 4-H is offering tree seedlings to youth educators for planting projects in the community. The Prince William 4-H Tree Seedling Project relates to many science, math and history Virginia SOLs. Please note that this project is not intended for youth to bring home trees.

PRINCE WILLIAM 4-H YOUNG ENTREPRENEURS PROJECT Click here for interest survey.



Please respond by March 1st.

Back by popular demand! Put your skills and talents to work by participating in the Prince William 4-H Young Entrepreneurs Project! Work as a team to create a business plan, learn how to budget, design and produce a product, and sell your creations at a local

farmer's market. Our Young Entrepreneurs Project was a huge success last year, with 13 youth participating in 4 workshops, a field trip and multiple sales at the Manassas Farmer's Market. The goal of the project is for youth to create a business plan during the workshops and then test their skills by attending at least 3 markets. Please complete the interest survey if you are considering participating in this exciting and engaging opportunity.

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



Celebrating YOU!

2023 IOANNE 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.

Prince William 4-H Embryology Project



Our trial run of the Prince William 4-H Embryology Project in the office is off to a good start! We candled our eggs and see veining and movement. Looking forward to meeting our new chicks soon! See Page 6 for upcoming dates.



4-H Citizenship and Service Learning



4-H youth have an immense amount of compassion for people and countries suffering during catastrophic events. After the recent earthquake in Turkey, 4-H'ers may be wondering what they can do to help.

It is never too late to help! Prince William 4-H youth should consider a citizenship or service

learning project for disaster relief. 4-H has a number of resources and curriculum specifically on disaster relief.

Recovery from a catastrophic loss is a marathon, not a sprint. Check out this article on "How 4-H'ers Can Help with Disaster Relief:" https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25079

Virginia 4-H has a guide for service learning projects, full of helpful information and a Project Book to help you plan the project. Click here for the 4-H Service Learning Project guide.

The University of California also has a guide to help plan a 4-H Service Learning Project. Click here to browse this guidebook.

Prince William 4-H'ers considering a citizenship or service learning project should contact Pam Hardin with their ideas and for assistance in putting a plan into action.



BE BETTER PREPARED RESOURCES FROM PRINCE WILLIAM COUNTY

- Create or update your family's disaster plan.
- Build or update your family's preparedness kit.
- Sign up for weather and other emergency notifications.
- Learn a lifesaving skill.



CALLING ALL PRINCE WILLIAM 4-H'ERS!

DATE Thursday, March 2nd

> TIME 6 PM

LOCATION

McCoy Conference Room Prince William 4-H 8033 Ashton Ave., #105 Manassas

CLICK HERE REGISTE

Please register by February 20th. Early registration will help us plan the event program tables

We need ALL members to attend this fantastic opportunity to plug in locally with our legislators, county & city government, and school officials. Help us promote YOU!

CURRENT TABLES

Cloverbuds ● 4-H Day at the Capitol ● 4-H State Congress ● 4-H Officer Training & Citizenship ● Prince William 4-H Association Youth Board ● 4-H Ambassadors • 4-H Camps • 4-H Contests • Prince William 4-H Trigger Time • 4-H Horse Program • Contest Day • 4-H Embryology & Safe at Home ● Kettle Run 4-H Club ● Nokesville 4-H Club

Want your club to join in the excitement? Contact Pam Hardin.

ENGAGE LOCALLY BY PRINCE WILLIAM 4-H

ENGAGE LOCALLY WITH YOUR GOVERNMENT OFFICIALS!

Tell your 4-H Story, share your experiences and engage with more local movers and shakers (many confirmed to date!):

- Local Virginia Senators and Greater Prince William Area Virginia Delegates
- Prince William County Supervisors
- Commonwealth Attorney
- City of Manassas and Manassas Park Government Leaders
- Prince William, Manassas and Manassas Park School Board Officials
- Virginia Cooperative Extension Representatives

This open house event will provide Prince William 4-H'ers with an opportunity to build their citizenship skills, increase their understanding on local government, and provide an opportunity to promote their 4-H Story and experiences.

OUR YOUTH HAVE POWERFUL VOICES!

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.









CONTEST DAY

CHEER FOR OUR 4-H'ERS!

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.

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

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



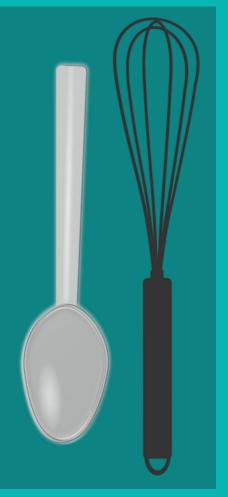




PRINCE WILLIAM 4-H

4-H FOOD CHALLENGE





AT BUCKHALL VFD 7190 YATES FORD RD. **MANASSAS**

MARCH 18TH

TIME TBD



NUTRITION % SKILL % TEAMWORK % PUBLIC SPEAKING % SAFETY % CAREERS % FUN!

- Click here to check out the videos, curriculum, tip sheets and more compiled by our friends at Texas 4-H.
- Click here for the 2022-23 VA 4-H Food Challenge Rules

COME SUPPORT OUR TEAMS!





🔊 🕟 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.



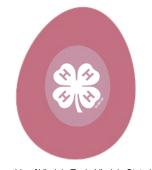
PRINCE WILLIAM 4-H

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.

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





IMPORTANT DATES

In-Person Leader Training

Feb 16, 6-7:30 pmKyle 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



Prince William 4-H Embryology Project

Prince William 4-H







Virginia 4-H Horse & Livestock Updates

2023 EQUISMARTZ

Dates: March 31st – April 2nd Location: Lexington, VA Entries Due March 15th Click here for more information.

Virginia's 4-H Horse State Educational Competition

Click here for the 2022-2023 4-H Horse Program Calendar of Events.
Click here for the February 2023 Virginia Youth Animal Science Newsletter.



Citizenship in Action! House Bill 1951 on the Governor's Desk

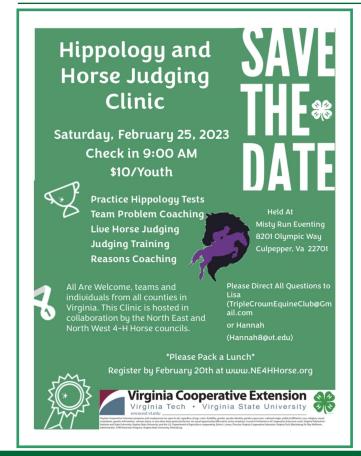
Our youth have powerful voices! Virginia 4-H Horse Program Ambassador and Accomack County 4-H member Sophia Gallivan helped initiate a bill (HB 1951) to make the Chincoteague pony the official pony of Virginia. The bill was introduced by state delegate Robert Bloxom Jr. and has made it all the way to Governor Younkin's desk!

Click here to track House Bill 1951

Click here for the February 2023 Virginia Youth Animal Science Newsletter featuring the ponies. Click here to read more about why the Chincoteague Ponies should be the official pony of Virginia, an official symbol of the Commonwealth.

Interested in learning more about civic engagement? See Page 3 and RSVP to Prince William 4-H Engage Locally and meet your local officials!





Virginia Tech Giving Day - TODAY!

Show your love for Virginia 4-H by joining in the fun during VT Giving Day!

VT Giving Day, a 24-hour celebration in support of Virginia Tech, helps support scholarships, programming and more for Prince William 4-H through the Virginia Cooperative Extension. Alumni, students, friends, employees, and parents are invited to come together to make a big impact.

Click here for more information and to donate and show your support for Prince William 4-H!



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Virginia 4-H Shooting Sports Updates



VIRGINIA 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: 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).



SHOOTING SPORTS INSTRUCTOR CERTIFICATION

Dates: April 15th - 16th

Location: Holiday Lake 4-H Educational Center.

Registration Deadline: March 30th

Registration Contact: Trigger time@verizon.net

The Virginia 4-H Shooting Education Training Team offers instructor certification for adults and experienced teens ages 16 and older. First-time participants are required to complete on-line training by Tuesday, April 11th. First-time participants who completed the online course in 2022 do not need to repeat the course. Advanced shotgun (either skeet or sporting clays) will be offered. The instructors will decide which course will be offered based upon the number of qualified applicants that register. There will be a second session on October 14-15, 2023.

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 2023 Online Application Link

Click here for the Virginia 2023 States' 4-H Exchange Facebook Page.

- 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: http://www.states4hexchange.org Email: exchange@states4h.org Call: 1-800-407-3314

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





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





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4-H Campaigns: Georgia Boot and JoAnn Fabrics

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. Click here for more information and to apply.



JOANN CAMPAIGN: JANUARY 31 - MAY I

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. Click here for more information.







Does your best friend love to lick you in the face and follows you everywhere you go? Then this 4-H educational clinic may be for you!! We are hosting a day of learning about 4-H dog project opportunities including clubs, competitive events, shows, and more. The clinic will have sessions on topics like general dog care, obedience, agility and rally training, scent work, canine good citizens, showmanship, canine research, and more! Participants will take four workshop sessions and will learn about dog project opportunities, events, and activities.

Clinic Details:

Date: Saturday, March 11, 2023

Time: 10:00 a.m. to 3:00 p.m.

Open to Ages: 9 to 18 years old

Location: Virginia Tech's Alphin-Stuart Arena, Plantation Road

Cost: \$20 for supplies and snacks; Lunch instructions, bring your own lunch (we supply snacks)

Dogs: DO NOT bring dogs to the clinic. The goal of this clinic is to provide youth with an introduction to the different types of dog project opportunities that are available through county, district, and state 4-H programs and with other community services.

To register: Click on, or type, the following link for the google registration form: https://tinyurl.com/4hdogclinic23 You can also scan the QR code provided here to access the form. Please complete a separate registration for each child attending the clinic. We will send additional details for this event including payment information shortly after the registration deadline.



Registration deadline is <u>Friday</u>, <u>March 3</u>, <u>2023</u> for this clinic.



If you are a person with a disability and desire assistance or accommodation, please notify Michelle Dickerson at (540) 382-5790/TDD* during the business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800)828-1120.



www.ext.vt.edu

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Virginia 4-H Camp Scholarships

Click here for more information and to apply.

Applications Due April 3rd.

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the second annual Preston R. Willson Virginia 4-H Camp Scholarships for the summer of 2023. Applications for youth ages 9 - 14 can be submitted to VFEF to attend one of six (6) Virginia 4-H Center's 4-H Summer Camps which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 48 (forty-eight) youth will be randomly selected for these full scholarships. Each of the six 4-H Centers will host eight (8) scholarship recipients.



Virginia Soil Health Coalition Quarterly Meeting

Date: Thursday, February 23rd

Time: 1-3 pm Location: Virtual

It's not too late to register to join us virtually on Thursday, February 23rd from I-3 PM for our next Quarterly Coalition Meeting. As a reminder the meetings are open to everyone and a great way to hear what is going on in the world of soil health in Virginia and beyond. Meeting includes a special presentation "Soil Health Indicators and Nitrogen Fertilizer Response to Long Term Cover Crop in Corn" by Sapana Pokhrel, Graduate Research Assistant, SPES.

SOIL HEALTH COALITION

Click here to see more about past meetings on our website.
Click here to register.

Great Backyard Bird Count

Join the world in connecting to birds – February 17-20. Spend time in your favorite places watching birds—then tell us about them! In as little as 15 minutes notice the birds around you. Identify them, count them, and submit them to help scientists better understand and protect birds around the world.



Click here to watch the video to learn more about the count.

Join TODAY's Webinar: Wednesday, February 15, 1-2 pm

During a live Q&A session, experts from Audubon, Birds Canada, and the Cornell Lab of Ornithology will share their tips for making birdwatching easier and more enjoyable for people of all ages and abilities. Get your questions answered about bird ID, counting birds, and more—you'll leave confident and ready to be part of this fun event!



Be part of a global event!

Click here for more information and links.

Sustainable Urban Agriculture Certificate Program

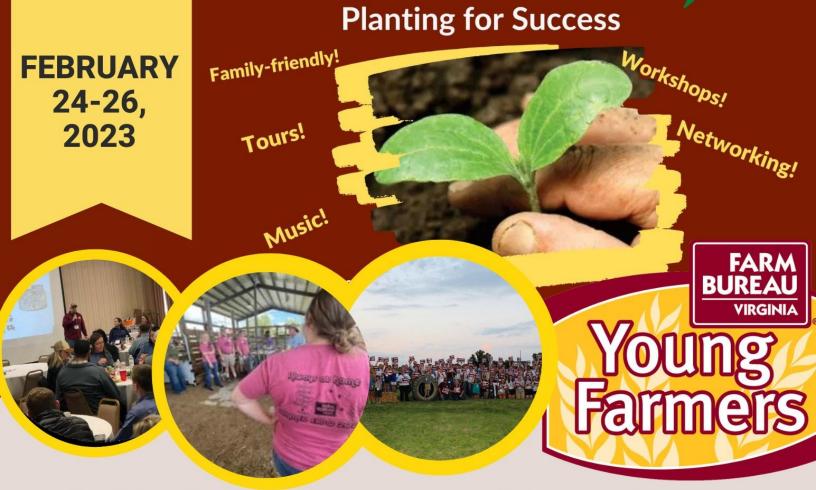




Every Saturday, March 4 - May 20 • 9AM - 3PM | In-Person

Click here for more information and to register. This program is designed for anyone charged with starting or managing an urban farm or who wants to increase their marketability to do so. The course provides a curriculum rich in the science-based knowledge needed to successfully and safely grow produce in an urban environment. The classes will be on Saturdays are from 9:00 a.m. to 3:00 p.m., at VSU Randolph Farm Pavilion, and will include lectures and hands-on experiential learning sessions. Course Topics Include:

- General Principles of Urban Agriculture
- Basic Botany, Physiology, and Environmental Effects of Plant Growth
- Crop Pest and Disease Management
- Business Principles of Agriculture
- Permaculture; Vegetable and Small Fruit Production
- Urban Soils, Brownfields and Safe Gardening Practices
- Greenhouse Production-Aquaponics/Hydroponics
- Plant Propagation and Nursery Management
- Backyard Rearing



VAFB Young Farmers Winter Expo

Gather, Network, Explore, Learn about Agriculture

FREE Registration includes: meals, programs, workshops, tours, t-shirt!



Program Features:

- -Jennifer Tiller, House Ag Committee 2023 Farm Bill
- -Meredith Bernard, social media influencer This Farm Wife
- -Producer Panel direct marketing strategies



Saturday Afternoon tours:

- -Locust Level Farms (feedstock operation + Angus cattle)
- -Randolph Henry High School Land Lab
- -Huber Engineered Woods

Hotel Reservations must be made separately! A block of rooms is held at the Berry Hill resort for just \$96 per room/night + taxes. Reservations must be made by February 7th to receive the discounted rate. Reservations are accepted over the telephone (434) 517-7000 or by

booking directly www.berryhillresort.com using the promo code YFWE.

Registration + More Info: YoungFarmersExpo.org



LOCATION:

Halifax County

Hotel +Expo Programs: Berry Hill Resort, South Boston

Mapping with Drones for Educators



Click here for more information and to register.

We have several Mapping with Drones workshop options this Spring / Summer / Fall (and into January 2024).

This 2-day virtual workshop will prepare participants with the knowledge necessary to take the FAA Remote Knowledge Aircraft Test (aka Part 107). All workshop materials are provided to participants (via snail-mail) prior to the workshop.

The workshop has been well received by educators (high school, 2-year, 4-year), state & federal agency employees, the private sector (ranging from engineers to realtors), Cooperative Extension, and a slew of folks from various NGO's. This workshop is a great place to start for individuals who are considering using drones to support business applications, or managers who want to make solid decisions regarding drone issues moving forward.

There are a limited number of discounted registrations available for VCE personnel, and fulltime high school teachers.

Workshop options include (and these workshops are the same, just choose the date that best works for you!).

Workshop #1: registration is closed! Workshop #2: May 31 – June 1, 2023 Workshop #3: August 14 – 15, 2023 Workshop #4: December 14 – 15, 2023 Workshop #5: January 4-5, 2024

Bringing the Farm to School:

FARM TO SCHOOL PRODUCER TRAINING

Schools offer a strong market opportunity for agricultural producers. With more than 30 million students participating in the National School Lunch Program each day, schools provide a large, stable, and long-term market option. Many schools have strong interest in including local products from agricultural producers in their communities in school meals.

Join this training to learn how to take advantage of these farm to school market opportunities:

- Learn about accessing school markets, the procurement process, and growing products for a school markets.
- Hear from producers that have successfully navigated farm to school markets.
- Gain new knowledge and resources for expanding your business to take advantage of school market opportunities.
- Meet local experts and have your questions answered.

2-Day Workshop Options:

The Miller Center, Lynchburg, VA, Feb 16-17, 2023 The Southwest Virginia Housing Center, Wytheville, VA, Feb 21-22 The Culpeper Saptist Church, Culpeper, VA, Feb 23-24 The Smithfield Center, Smithfield, VA, Mar 1-2

You must **pre-register** at https://forms.gle/Uw5wBWkmcQcZIL2UA two weeks prior to your scheduled workshop.

Hosted by Virginia Cooperative Extension and Virginia Department of Education

For more information, contact

Amber Vallotton, availott@vt.edu or

Bee Thorp, brittany.thorp@doe.virginia.gov

This project has been funded at least in part would shared. Your in the U.S. Department of Agricusture, lead and Nuction Stein or Brought an agreement with the Mazorial General to Agricustical Endinating in part west in winn the Nacrotal Factor to School between 1 to Carbon and the School and the Carbon and the Mazorial Constraint or published. The content of this publication do not necessarily reflect inverses any publication of U.S. Department of Agriculture, and consideration and the Carbon and Car









THE METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS AND EIGHT LOCAL GOVERNMENTS INVITE YOU TO PROVIDE INPUT TO THE REGIONAL FAIR HOUSING PLAN THAT WILL SHAPE THE FUTURE OF HOUSING IN THE REGION.

THE DRAFT PLAN HAS REGIONAL AND LOCAL GOALS AND ACTIONS THAT WILL:

- Increase access to housing
- Increase access to all neighborhoods
- Increase fair housing enforcement
- Remove barriers to housing choice
- Increase housing choice for persons with disabilities



Review the Fair Housing Plan at www.mwcog.org/fairhousingplan.

Questions? Email fairhousing@mwcog.org or leave a voicemail at 202-962-3794.

Comment by email at fairhousing@mwcog.org, by TDD at 202-962-3213, or by mail at COG, 777 N. Capitol Street, NE, Suite 300, Washington, DC 20002, Attn: Fair Housing.

Areas included in the plan: Alexandria, District of Columbia, Gaithersburg, and counties of Arlington, Fairfax, Loudoun, Montgomery, and Prince William.

Federal law protects your right to housing and makes it an unlawful housing practice for any person to discriminate in connection with housing because of an individual's race, color, religion, sex, national origin, familial status (being pregnant or having children under 18), or physical or mental disability. Additional state and local protections also include gender identity, sexual orientation, and source of income among others.

Eight local governments are partnering with the Metropolitan Washington Council of Governments (COG) to prepare a Regional Analysis of Impediments to Fair Housing Choice (Regional Housing Equity Plan). The jurisdictions are required by the U.S. Department of Housing and Urban Development (HUD) to affirmatively further fair housing. The Regional Fair Housing Plan will fulfill this HUD requirement and aims to increase collaboration, innovation, and effectiveness of strategies to affirmatively further fair housing throughout the metropolitan area.

Your Dedicated PWC 4-H Staff

PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105, Manassas, VA 20109

Click to Visit Online:

PCW 4-H Virginia State 4-H National 4-H

MaryBeth Lerch

Associate Extension Agent, 4-H mblerch@vt.edu 703-792-4536

DeeAnn Strand

4-H Youth Educator dstrand@pwcva.gov

CLICK HERE

FOR THE

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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

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



www.ext.vt.edu



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

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