

Prince William 4-H

Our Clubs, Our Community



Upcoming Events

Feb 29 PW 4-H Portfolio Workshop

Mar 8-10 VA 4-H Teen Summit

Mar 9 PW 4-H Food Challenge

Mar 9 VA 4-H Horse **Judging**

Mar 15 PW 4-H BINGO

Mar 13-17 Ignite by 4-H

Mar 16-17 VA 4-H Spring Air Championship

Mar 22-23 TALT Weekend

Apr 5-7 EquiSmartz

Apr 13-14 New Shooting Instructor Cert.

Apr 13 Northeast District Contest Day

Apr 19-24 National 4-H Conference

Apr 20 PW 4-H Tree Seedling Planting Day

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Click to Visit



February 28, 2024



Last night, members of the Prince William 4-H Teen Club volunteered at Boxes of Basics. They packed about a dozen personalized boxes for local youth ages 5-11. Boxes included community donated items of clothing, shoes, dental kits, and books and were wrapped like presents with a personalized, handwritten note from our team of volunteers. The boxes will be distributed



through community partners to the children. Our 4-H'ers especially loved writing notes of encouragement and look forward to participating in this community service opportunity again! A HUGE 4-H THANK YOU to Sally Crockett for inviting us to Boxes of Basics.

PW 4-H Portfolio Workshop - TOMORROW!



Date: Thursday, February 29th

Time: 7-8:30 PM

Location: Prince William 4-H Headquarters, McCoy Conference Room

Who Should Attend: All PW 4-H'ers

It's time to get organized! Gather your supplies and join us for a creative night exploring portfolio design, criteria for judging, opportunities to showcase what you've created, telling your 4-H Story through your portfolio, and so much more. Bring what you've started for tips and tricks. Attend this hands-on workshop to learn how to document and present your 4-H year or project in an impactful way!

4-H Junior Camp Registration Opens March 1st!



Camp Dates: July 14-18

Location: Northern Virginia 4-H Educational Center, Front Royal, VA

Who Should Attend: Prince William youth ages 9-14

Fees: \$365

Registration Opens March 1st.

4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires. Link will be live on the Prince William 4-H Website on March 1st.

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Volunteer for Prince William 4-H Association BINGO Night

Date: Friday, March 15th

Time: 6-8 PM

Location: Buckhall VFD

Who Should Attend: All Prince William 4-H families and their friends!

Click here for link for clubs and members to volunteer.

We need all hands on deck for this exciting community event! Please see the signup to lend a helping hand to ensure the success of our fundraiser.





Applications Due April 1st

Click here for more information and to apply.

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 third annual Preston R. Wilson Virginia Statewide 4-H Camp Scholarships for the summer of 2024. Applications for youth ages 9-13 can be submitted to VFEF to attend the Northern VA Prince William - Stafford 4-H Camp with us NOW. Only 8 youth will be randomly selected for these full scholarships.

TRIGGER TIME 4-H CLUB UPDATE

Submitted by Trigger Time 4-H Club Reporter Julie Stogran

February 5th. Trigger Time 4-H Shooting Club lost to Kaiser High School. Trigger Time scored 871.6 while Kaiser High School scored a 956.9. The team was led by

Charley Murphy with a 224.8, Tanner Ridings with a 221.5, Luke Filatov shooting a 220.8, and Brian Ballas with a 204.5.

February 19th. Trigger Time faced Mattoon AJROTC. Unfortunately, we lost. We scored 667.5, while they scored 762.6. Charley Muphy led the team with a 180.6, Brian Ballas scored a 170.4, Julie Stogran shot a 164.1, and Sophie Carter with a 152.4.

Click here for full results. Next week we shoot against SH Rider AJROTC. Good luck and good job everyone!

Virginia 4-H Shooting Instructor Certification



Dates: April 13-14

Location: Holiday Lake 4-H Educational Center, Appomattox, VA Who should participate: adults and experienced teens ages 16 and older

Register by March 18 through your 4-H Club or Prince William 4-H.

*New instructor candidates will need to take an online training course before April 8.

The VA 4-H Shooting Education Council will hold an Instructor Certification session with training for the following disciplines: Archery, Coordinator, Hunting and Outdoor Skills, Muzzleloading, Pistol, Rifle, and basic Shotgun.



Join us for an unforgettable evening of excitement, camaraderie, and the thrill of the win at BINGO! Featuring rounds with themes, guest announcers, raffles from our sponsors, and tasty treats, this is an event to bring family and friends and get ready to yell BINGO! All proceeds will benefit youth development and educational opportunities offered by Prince William 4-H.

PRIZES | RAFFLES | FOOD | FUN



Friday, March 15th at 6 pm Buckhall VFD, 7190 Yates Ford Rd, Manassas, VA



Cost: \$20 each and includes 9 games, a dauber, and a raffle ticket. Kids under 6 play for free. Scan QR Code to purchase tickets in advance and secure your seat.





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HOW DO Dairy Farmers use Math?

As with running any business, numbers are top of mind for dairy farmers as they calculate how much feed their herd will need to stay healthy, how many gallons of milk they will provide to school systems, restaurants, and home consumers, how much energy they can save by using technology effectively, and more. In these free Dairy Math lessons, you can challenge your students to solve math problems related to cow care and dairy farm sustainability, and then use USDA MyPlate guidelines for planning healthy meals. Click here for free lessons. These lessons are ideal for 2nd through 4th grade students.



Farm to Fridge

With so much focus on breakfast, dairy-packed foods, and school nutrition this week, check out this interesting, three-

minute "From Farm to Fridge" video about dairy

foods. Discover how dairy foods get from the cow to your glass, bowl or plate!

Click here to watch a video on how milk gets from the farm to YOU at school!



CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK

Happening on March 4-8,
National School Breakfast Week
celebrates the importance of a
nutritious school breakfast in fueling
students for success. This week also celebrates the
national School Breakfast Program and the many
ways it gives kids a great start every day. Dairy
plays an important role in starting the day off strong
to fuel your days! After all, it has been shown that
students who eat breakfast score higher on tests.

Click here to download a fun "Fuel Up With Breakfast" worksheet to help students learn more about the importance breakfast has in their day. Age group? This worksheet is ideal for 3rd to 5th grade students.

You can also try a different breakfast recipe each day this week, all featuring different dairy products:

- March 4: Green Eggs and Ham Omelet. In honor of Dr. Seuss' birthday, Read Across America Week is also happening this week. Celebrate with this protein-filled breakfast. View the recipe.
- March 5: Fruity Breakfast Popsicles. These breakfast popsicles combine yogurt, milk, fresh fruit and granola for a delicious treat that's also colorful to look at. <u>View the recipe</u>.
- March 6: Breakfast Pizza with Cheddar Buttermilk Biscuit Crust. You can't go wrong with breakfast pizza, especially this recipe that adds a cheddar cheese biscuit crust! View the recipe.
- March 7: Chocolate Milk Pancakes. Do your kids love pancakes and chocolate milk? Combine these two kid-friendly favorites into one delicious breakfast! View the recipe.
- March 8: Cocoa Mint Smoothie Bowl. This nutrientpacked delight brings together the irresistible combination of chocolate and mint combined with bananas, milk and more. <u>View the recipe.</u>



JOIN THE PW 4-H SPIN CLUB AND GROW WITH 4-H AND SHIMMER!

Log into our PW 4-H Shimmer Google Drive to access lessons and activities.

Click here to access the Shimmer Google Drive.

Virginia 4-H Northeast District Contest Day 2024

Date: April 13th

Time: check-in begins at 9:30 AM; competition begins at 10 AM Location: Marshall Center (8800 Courthouse Rd, Spotsylvania VA Registration Fee: \$10/youth participating in 1 or 2 contests

Click here to register.

Registration is due by March 22nd. Click here for scoresheets and guides.

The Northeast District Contest is coming up and registration is LIVE! Contests Being Offered in 2024 (may participate in a maximum of two):

- ★ Presentation
- ★ Public Speaking
- ★ Share the Fun
- ★ Fashion Revue
- ★ Science Fair
- Extemporaneous Speaking
- ★ Table Setting
- ★ Visual Arts (Painting, Photography, Crafts, Sculpture, Drawing, Fiber Arts, Mixed Media, Trash to Treasure)

2024 NE District 4-H Communication & **Expressive Arts Contests** Registration due Friday, March 22nd Register @ https://bit.ly/24NED4H **NE District 4-H Contests** Saturday, April 13th Marshall Center in Spotsylvania County Can compete in two contests. Presentation: **Public Speaking**; Share the Fun; **Fashion Revue:** Science Fair: Extemporaneous Speaking; Table Setting: **Visual Arts**

4-H Competitors:

- ★ Must be registered in 4-H Online 2.0
- ★ Must be a Junior, Intermediate, or Senior 4-H member. Unfortunately, Cloverbuds may not participate in the contest. All 4-Hers are invited to attend, observe, and learn.
- ★ Must be present to compete (speak to judges); No virtual entries will be accepted.
- ★ May compete in a maximum of 2 contests.

Interested in Judging? Email Krista Gustafson ASAP.



Virginia 4-H Healthy Living Summit

Dates: April 26-28

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

Who Should Attend: Prince William 4-H teens ages 14-19

Cost: \$55

Registration opens March 8th.

Although planning is still underway, we can promise that this Summit will feature handson and engaging workshops, amazing speakers, and opportunities to engage in conversations that will empower teens to be healthy – body and mind, and gain skills that will better equip them to make healthy decisions.

Northeast 4-H Spring Social

Click here to complete the interest form before April 1st.

The Northeast District 4-H Cabinet Ambassadors invite all community members, of all ages, to join them at the NOVA 4-H Center at Front Royal on

Sunday, May 19th, 2024 from 3-6pm for the 4-H Spring Social, where attendees can learn about 4-H while playing board games and getting to know fellow 4-H members.



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VA Dept of Forestry - Camp Woods & Wildlife



PRINCE WILLIAM 4-H BETTYANN BLANTON WOODS & WILDLIFE SCHOLARSHIPS AVAILABLE!

Dates: June 17-21

Location: Holiday Lake 4-H Education Center, Appomattox, VA

Who Should Attend: Virginia youth ages 13-16 who show an interest in natural resources and have good academic standing.



Click here for more information and to apply. Applications due April 15th.

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

Camp Activities

- Classes are taught mainly outdoors, by natural resource professionals.
- Courses include: Sustainable Forest Management, Forest Ecology, Mapping, Environmental Protection, Forest Health, Wildlife Management, Tree Identification
- Other learning experiences include urban forestry and forest products demonstrations; exploratory classes in topics such as forest fire equipment and tactics, wilderness survival, canoeing, and archery; and presentations by conservation police officers, wildlife researchers, and other natural resource professionals.
- Campers participate in a Lumberjack Field Day with group competition in crosscut sawing, log rolling, and other traditional outdoor skills contests.
- Recreation and athletics include swimming and volleyball.





Contest Dates:

- Friday, March 22nd, Southern Piedmont, The Adams Farm, 855 Jones Store Rd., Red Oak, 10 AM. Coordinator: Joanne Jones, jojenki l@vt.edu
- Saturday, March 30th, Southwest Virginia, Copenhaver Farms, 31118 Blue Springs Rd., Meadowview, 9 AM. Coordinator: Matthew Miller, mamille6@vt.edu
- Thursday, April 4th, Shenandoah Valley, 1718 Keezletown Rd., Weyers Cave, 9 AM and 12 PM. Coordinators: Andy Seibel, gseibel@vt.edu and John Benner, benner89@vt.edu
- Friday, April 5th, Central Virginia, Senterfitt/Virginia Livestock, 5866 Orange Rd., Radiant, 9 AM. Coordinator: Kaci Daniel, kcoppedg@vt.edu
- Saturday, April 13th, New River Valley, G&G Livestock, 169 Fort Chiswell Rd., Fort Chiswell, 9 AM. Coordinator: Cynthia Hurst, cyhurst@vt.edu

*PLEASE NOTE: Each Regional Contest will have a 15 Team Maximum Limit. Top 2 teams from each Regional Contest advance to the state contest (no substitution of team members). Click here for contest rules.

THE STATE YOUTH CATTLE WORKING CONTEST

Friday, April 19th - VA Beef Expo - Rockingham County Fairgrounds, Harrisonburg, VA.

Entry Deadline: Friday, March 15th at 5 PM Entry Link: http://tinyurl.com/2024-YCWC-Entry

Entry Fee: \$35/Team

Virginia 4-H - States 4-H Exchange

Build Your Global Skills - Host a Japanese Young Person in Your Home This Summer!

Virginia 4-H is recruiting host families across Virginia to host 18 young Japanese people and 2 chaperones for the summer of 2024.

Hosting Details and Requirements

- Program runs July 24 through August 17, 2024
- No previous 4-H experience is required
- Japanese delegates are ages 12-18 (most are 12-14)
- To host a delegate, a family must have a child who is 9+ years old.
- Families without youth can host adult chaperones.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- All Host families will be screened and interviews as part of our risk management protocol.
- Host families receive no stipend to host a delegate.
- Japanese delegates have a range of English language abilities.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support from the state coordinator and other host families before, during & after the exchange (not financial)

Host families should apply directly here and select Virginia as their state: https://www.states4hexchange.org/apply/host/

Summer Program FAQs: https://www.states4hexchange.org/host/summer/faq/

Please feel free to share this announcement with friends who might be interested.

Please contact Wendy Herdman at wherdman@vt.edu or 804-493-8924 if you have questions or need assistance.

Virginia 4-H Horse Program Updates

THE GOLDEN HORSESHOE 4-H CLUB OPEN QUALIFYING SHOW

Date: May 11th at 9 AM

Location: Frederick County Fairgrounds, 250 Fairground Rd., Clear Brook, VA Entry Fee: \$12 per class; Jackpot Classes are \$15.00 per class; Entries must be

postmarked by May 4th.

Click here for more information and to register.

This is an approved Northwest District Qualifying Show for the Virginia 4-H State Horse Show. There is a Northwest District Qualifying fee of \$5 for each horse/rider combination. Negative coggins required. Food concessions available.





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Virginia 4-H Horse Program Updates Continued



Saturday, March 9th

Meadow Event Park Farm Credit Pavilion (Horse Side Gate 6) 39 Meadow Farm Rd, Doswell, VA 23047

Hippology

Open to ALL 4-H and FFA

Written Stations Team Problems 12:30 Lunch

9:00am - Check In

Concessions Onsite 1:30 Horse Judging and Hippology Judging Begin

Horse Judging

Open to ALL 4-H and FFA

1:00 Check In 3:30 Reason Begin

4:40est All Awards WQHYA

Sunday, March 10th

Pole Green Park Community Center 8996 Pole Green Park Ln. Mechanicsville, VA 23116

Communications

Open to ALL 4-H and FFA

9:00am - Start Competitors will be emailed a start time and are not required to be present all day

Public Speaking Individual Presentation Team Presentation

Horse Bowl Qualifying

Open to North East and South East 4-H Clubs

1:00 Check In *If you do not have a complete team please contact us

WWW.NE4HHORSE.ORG

National 4-H Updates



YOUTH IN ACTION APPLICATIONS OPEN

Click here for more information and to apply.

Applications due April 1st.

Teens aged 14-19 are encouraged to apply to the 4-H Youth in Action Program for the chance to tell their 4-H impact story and win a \$5k educational scholarship, tailored professional mentoring, national speaking opportunities and MORE!



GEORGIA BOOT TRAILBLAZERS CONTEST

Click here for more information and to apply. Contest runs February 1st - March 3rd.

Want to show off your 4-H project? Apply for the 2024 Georgia Boot Trailblazer Contest. Georgia Boot is looking for four enthusiastic 4H'ers to share their 2024 project journeys with the Georgia Boot audience. Don't miss this chance to win a prize package valued at \$500!



IOANN IN-STORE CAMPAIGN

Click here for more information and coupon. Campaign runs March 3rd - May 4th.

Join JOANN in supporting 4-H to help create kids who are ready to lead in their communities and take on life's greatest challenges. Shop and donate to support Prince William 4-H!



CLOVER BY 4-H: DESIGN YOUR OWN GAME

Click here to design a game.

Computer software is a set of instructions that tells a computer how to perform a set of tasks. A video game is a specific type of computer software. Designed by The Ohio State University Extension and brought to you by Google, learn how to develop video games based on a set of instructions and actions that help you know how to play and win the game.

Sustainable Urban Agriculture Certificate Program

Dates: Saturdays from March 2nd - June 8th

Time: 9 AM - 3 PM

Location: VSU Randolph Farm Pavilion

Click here for more information and to register.

The Sustainable Urban Agriculture Certificate 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.

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 •

Permaculture; Vegetable and Small Fruit Production
 Urban Soils, Brownfields and Safe Gardening Practices



Greenhouse
ProductionAquaponics/
Hydroponics •
Plant Propagation
and Nursery
Management •
Backyard Rearing

Since 1882

FAUQUIER EDUCATION FARM PRESENTS:

Grafting

Monday, March 11th from 6:00-8:00 p.m. Free, no registration required!

One of the many interesting practices we use when growing plants is grafting one plant to the rootstock of another. In this workshop, Elizabeth Baldwin from Page County Extension will be speaking specifically about grafting with trees. Even giving you the chance to try it out yourself!

Located at the Fauquier County Extension Office: 24 Pelham St # 10, Warrenton, VA 20186

For additional questions, contact Ashley Goodwin at edfarmashley@gmail.com





PRUNING FRUIT TREES FOR BEGINNERS (King George, VA) - March 6, 10 AM - 12 PM Click here for more information and to register.

Good pruning technique can increase the potential for quality fruit. Pruning is often neglected either due to a lack of skill or fear that improper pruning could lead to the injury or death of a tree. Pruning reduces overall tree size, improves structural strength, increases fruit production and improves the quality of fruit. Come and join us for this hands-on demonstration on pruning fruit trees for the beginner. Please feel free to bring any pruning tools that you may have to this workshop.



GROWING HERBS FOR THE BEGINNER (Rapidan, VA) - March 9, 10 AM - 12 PM Click here for more information and to register.

Workshop participants will learn the health benefits of growing herbs and their uses in value-added products and by-products. Sheila Jackson, Minority Veteran Farmers of Piedmont garden coordinator and the Carver Center herb garden developer, will take us through her herb-growing journey. Business owner Kae Walker will discuss how she found success using by-products of herbs.



BASIC BEEKEEPING (Salem, VA) - March 16, 1-5 PM Click here for more information and to register.

Bee ownership is more than just the sweet taste of honey! Join us for the opportunity to see the inner workings of a beehive. This workshop will give you a basic understanding of what it takes to start your own hive, from site location to queen management, including an overview of what kinds of tools and equipment you need and the knowledge to treat pests and diseases. This workshop will be held near several working hives. The use of perfume, cologne, or scented body lotion is strongly discouraged in order to maintain a calm and docile environment for the bees. Please wear light-colored clothing and closed-toe shoes.



Virginia Cooperative Extension

Virginia Tech · Virginia State University

2024 (Our 16th year!)

Expand Your Horizons with 4-H...

8 days and 7 nights in...

Punta Cana, Dominican Republic

While in the Dominican Republic 4-H'ers will:

Learn and practice speaking Spanish Try tropical foods Work with Dominican teen partners Conduct 4-H day camp activities for elementary school students Swim at the beach, snorkel over a coral reef Participate in service projects

Please submit applications by March 1, 2024



Participants need to apply for their passports asap!

WHO: 4-H'ers in grades 9-12

WHEN: July 16-23, 2024 OR July 30-Aug. 6, 2024

(Choose one week)

COST: \$2,500

First payment of \$1,000 due March 15. Final payment of \$1,500 due July 1.

INCLUDES: Insurance

Airfare and in-country transportation Accommodations - local resort 3 meals/day (will need to purchase a couple of meals on your own while traveling)

Field Trip to the city of Higüey

2023 Blog:

https://2023virginia4hdominicanrepublic.blogspot.com/2023/07/w hat-is-this-program.html

Youth Program Application:

https://docs.google.com/forms/d/e/1FAlpQLSdJFmciJddrdB4JPa dPF7scS_uH2w09DYtNT3D45ujtg8blDA/viewform?usp=sf_link

Adult Volunteer Program Application:

https://docs.google.com/forms/d/e/1FAlpQLSd4Yu6kBc6feykqfEn sMIV2wL0DiaVehNw6oX4pS2XQN6yDbA/viewform?usp=sf_link

Contact the Program Co-Leaders for more info:

Carol Nansel Shenandoah Co. 4-H Agent cnansel@vt.edu

Christine Hodges Alleghany Co. 4-H Agent chodges1@vt.edu



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Your Dedicated PWC 4-H Staff

PRINCE WILLIAM **COUNTY**

8033 Ashton Ave, #105, Manassas, VA 20109

Click to Visit Online:

Prince William 4-H Virginia State 4-H National 4-H



MaryBeth Lerch

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PWC 4-H Resources

National 4-H

National 4-H Homepage

Virginia 4-H

VCE 4-H 4-H Online Information The 4-H Foundation

4-H All Stars STEM in Virginia 4-H

Prince William 4-H

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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

Prince William 4-H Member Record - President Prince William 4-H Member Record - Vice President Prince William 4-H Member Record - Officer

www.ext.vt.edu





Youth Officers

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