



Prince William 4-H

Our Clubs, Our Community



December 15, 2021

Upcoming Events

- Dec 18** - Wreaths Across America
- Jan 1** - Horse Project Enrollment Deadline
- Jan 10** - Camp Counselor Applications Due
- Jan 15** - Clover Club
- Jan 19** - 4-H Day at the State Capitol
- Feb 5** - Clover Club
- Feb 8** - 4-H Agriculture Community Night
- Feb 12** - PW 4-H Contest Day
- Feb 26** - PW 4-H Food Challenge Contest

Inside this issue:

- [PWC 4-H Updates](#) 2
- [PWC 4-H Ag Community Night](#) 3
- [Virginia 4-H Updates](#) 4
- [National 4-H](#) 5
- [Contacts & Recourses](#) 6

PW 4-H Healthy Living Community Night

Last Wednesday, Prince William teens enjoyed an interactive night of discovering the many aspects of the 4-H Healthy Living Pillar. Participants explored the 4-H's through yoga, reflected on the importance of stretching and warming up before exercising, played a game matching calories to food items to understand caloric needs, used target exercises to discover how different types of movements impact different parts of the body, and ended with a discussion on mental health and overall healthy habits to improve their everyday lives. Prince William 4-H will be expanding the discussion using the 4-H program *Health Rocks!*, which instills in youth participants confidence and communication skills necessary to develop the internal strength to resist risky behaviors. Look for more information to be released Spring 2022!

Come find your SPARK at our next Prince William 4-H Community Night on February 8th as we explore the 4-H Pillar of Agriculture! [See page 3 for details.](#)



Register for the VA 4-H Healthy Living Summit



Dates: January 28-30, 2022
Location: Northern Virginia 4-H Educational Center
Cost: \$50
[Click here for more information and to register.](#)

All Senior PW 4-H'ers are encouraged to attend the new 4-H Healthy Living Summit! The summit will feature hands-on and engaging workshop rotations focused on the four H's:

- Head** – Mental Health and Social/Emotional Wellbeing
- Heart** – Community Gardens and Service Learning
- Hands** – Physical Activity and Team Building Games
- Health** – Nutritious Snacks and Sugar Detectives

Prince William 4-H's very own Samantha Whysong, 2020 VA 4-H Healthy Living Youth in Action Award Winner, will kick off the program by highlighting her anti-bullying campaign. In addition, participants will have an opportunity to engage with an expert to discuss food inequities including what a food dessert is and how they can help within these areas. The Summit will also feature a shopping simulation where teens will learn how to make healthy food choices on a limited budget and limited access to fresh fruits and vegetables.

Click to Visit





Apply to be a 4-H Camp Counselor!



[Click here to apply to be a Prince William 4-H Camp Counselor](#)

Applications are due January 10th.

4-H Teens ages 14 and up should consider applying for a Counselor in Training or Camp Counselor position. Those who have attended camp in previous years are preferred, but it is not a requirement. Applications will be accepted through January 1st with interviews being conducted through the early part of January. Final selection of camp leadership will be completed by the end of January. Teens selected as counselors are expected to attend monthly leadership sessions in addition to camp training in July. All dates will be announced upon final staff selections.

Embryology Registration is Open!



We have great **eggs-pectations** for this year! Registration for 2022 is now open. Last year filled up quickly, so be sure to register early. Training options can be selected at registration, as well as egg pick-up days. [Click here to register if we've beaked your interest.](#)

Training Dates TBD (in-person and virtual)

Egg Pick-Up: March 7th or 8th • Please send in your Group Enrollment Forms

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

Next PW 4-H Clover(bud) Club Meeting



Date: Saturday, January 15th, 10 am - 12

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

Discover the many aspects of agriculture in 4-H and have fun making animal paper bag puppets! All PWC youth ages 5-8 are encouraged to attend.

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



Thank You Volunteers!



THANK YOU Nokesville Equestrian 4-H Club members Libby, Sam, Emma, Olivia and adult volunteers Roberta Schalles and Mary McDonald, for helping with the ornament craft at Buckhall VFD's Breakfast with Santa event on Sunday. Prince William 4-H has received many compliments on how helpful you are! Thanks for representing PWC 4-H and exemplifying the 4-H motto!

Trigger Time Inventory Day

Sports sure do come with a lot of gear! Trigger Time took advantage of the beautiful weather on Saturday to gather together for their annual inventory day.



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! Registration coming soon!

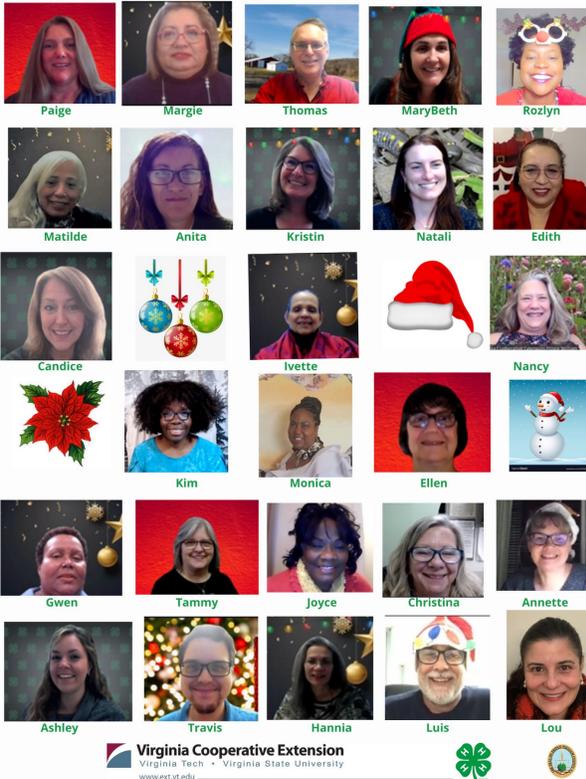
Prince William 4-H Community Nights are open to all youth in the county. Prince William 4-H strives to inspire youth towards leadership, citizenship and life skills using research-based curriculum, and encourages youth to learn by doing.

More information coming soon!

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



HAPPY HOLIDAYS



Virginia Cooperative Extension Virginia Tech • Virginia State University



Environmental and Natural Resources provides education and resources to the community to address environmental needs.

703.792.6285 • BESTLaws@pwcgov.org

Master Gardener Help Desk:

703.792.7747 •

mastgardener@pwcgov.org

Financial Education & Housing Counseling offers no cost financial education classes and counseling services including foreclosure intervention and reverse mortgages.

703.792.6287 • smartmoney@pwcgov.org



SNAP Education helps families and individuals understand how to best manage their food resources.

Adult 703.792.4722 • aeggleton@pwcgov.org

Youth 703.792.7217 • tdieffenderfer@pwcgov.org

4-H engages youth to reach their fullest potential while advancing the field of youth development.

703.792.6286 • 4HPWC@pwcgov.org



Parent Education provides parent education classes resulting in transformed family relationships and stability.

703.792.6288 • parenteducation@pwcgov.org

www.pwcva.gov/vce • www.ext.vt.edu

www.prince-william.ext.vt.edu

Find Us On Facebook
@VCEPrinceWilliam
@VCEMPW
@VCEPWFInEd
@VCEparenteducation
@PWC4H

Find Us On Twitter
@VCEPrinceWm
@FinEdPWC_VCE
@MG_PWC



Find Classes and More on YouTube
Search VCE-Prince William

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.

If you are a person with a disability and desire assistance or accommodation, please call 703.792.6289/TDD 800.828.1120

Youth Animal Science Discovery Day

When:
Monday, January 3, 2022
9am-4pm

Where:
Knight Cattle Corp.
15415 James Madison Hwy.
Gordonsville, VA 22942

Cost:
\$15
Ages 9-18
Includes lunch and shirt
Checks payable to Treasurer of Virginia Tech
\$50 returned check fee

Sign up at the Madison or Orange Extension office!

540-948-6881
540-672-1361

For ALL 4-H animal science species



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.
If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Rudi Daniel at the Orange Extension Office at 540-948-6881 or via email at rudi.daniel@pwcgov.org. #VCEforall

Youth Animal Science Discovery Day Open to PWC 4-H

To register, please call (540) 672-1361.

Register by December 20th.

Limited registrations available. Only 10 spots remaining.

All Virginia 4-H'ers are invited to join us for a day exploring animal science at the Virginia 4-H Youth Animal Science Discovery Day hosted by Madison County and Orange County Extension offices.

This hands-on program will explore:

- ❖ Genetics
- ❖ Identification and Weight
- ❖ Meat Science
- ❖ Rabbit Showmanship
- ❖ Mammary Systems
- ❖ Horse

Prince William 4-H's very own Ashley Isaacson will be leading youth through the details of Rabbit Showmanship including handling, grooming, posing your rabbit, showmanship, and more with key tips from her 4-H experience!

Be sure to register TODAY if you're interested in attending!

Virginia 4-H Day at the Capitol - Make Plans to Attend!



Prince William 4-H will be attending the Virginia 4-H Day at the Capitol! Save the date and make plans to attend!

2022 Virginia 4-H Day at the Capitol

Date: Wednesday, January 19th, 2022

Location: Dominion Energy Center, 600 E. Grace St., Richmond, VA

Save the date and start making plans to bring 4-H members to the Virginia State Capitol and participate in other civic engagement opportunities. This is a great opportunity for 4-H members to visit the capitol, meet with legislators and learn about the legislative process and our history.

Time to start preparing! [Click here for a template to tell your 4-H Story!](#)



2022 4-H Day at the Capitol Dominion Energy Center

9:00 am – 4-H Cabinet Meet and Greet with Legislators
9:30 am – 4-H Town Hall meetings with legislators
10:00 am – 4-H Rally in the auditorium
10:45 am – Photo on Capitol steps

Virginia 4-H All Star Scholarship Applications - Due Jan 1st

The Virginia 4-H All Stars recognize selected 4-H All Stars with several awards and a college scholarship annually. All Prince William 4-H'ers that have received All Star Recognition are encouraged to apply for one of the awards or the Wayne Keffer college scholarship.

If you are a 4-H All Star, you may be nominated or complete the application for the awards and scholarship. Applications/nominations are due by January 1, 2022 to Michael McBride, Academic Counselor, Student Development Program Lead, Virginia Highlands Community College, P. O. Box 828, Abingdon, VA 24212 or email to mmcbride@vhcc.edu. Please see the Virginia 4-H All Star Awards and Nominations Cover Sheet for information about where to send completed applications. All information is located at the 4-H All Star website in the Awards section at <https://ext.vt.edu/4h-youth/all-stars.html>.



VA 4-H Homemade for the Holidays Camp

2021
Homemade for the Holidays
 VIRTUAL COOKING AND CRAFTING CAMP
 DECEMBER, 20 - 22, 2021
 9 AM TO NOON VIA ZOOM
 Register at: <https://grayson.agrilife.org/holidaycamp>
 OPEN TO ALL YOUTH - SOME PARENT SUPPORT MAY BE NEEDED
 Virtual Camp Link and Supply List will be e-mailed upon Registration

Individuals with disabilities who require an auxiliary aid, service or accommodations to participate in the event are encouraged to contact the Grayson County Agrilife Extension Office for assistance at least two weeks prior to the scheduled education program. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of their race, color, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Co-sponsors.

Are you looking for something fun to do during the winter break? If so, join in daily to interact with 4-H professionals from across the country, as they provide hands-on instruction on a variety of holiday treats and crafts. The resource pages will be emailed to all campers starting December 12th. All sessions will be conducted LIVE. If you miss a session the recordings will be available the first week of January.

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

Daily Activities

Monday – Gingerbread Cookie, Royal Icing, Tea Light Snow People, Foam Cup Snow People
Tuesday – Grinch Wreath, Grinch Marshmallows, Birdseed Ornaments, Clothespin Trees, Gnome Ornaments
Wednesday – Mason Jar Lid Wreaths, Hot Chocolate Mix, Reindeer and Snow People Cards, and Candied Pretzels



Baby formula
 Diapers
 Wipes
 Bottled water
 Blankets
 Tarps
 Flashlights
 Medical supplies
 Hygiene products
 Paper products
 Paper plates
 Plastic utensils
 Non-perishable food items
 Clothing
 Cleaning supplies

Help Kentucky 4-H

[Click here to donate to the Kentucky 4-H'ers Helping 4-H'ers Relief Fund.](#)
[Click here to donate to the American Red Cross.](#)

Born out of the 2021 historic floods in Eastern Kentucky, the Kentucky 4-H'ers helping 4-H'ers is a relief fund setup by the Foundation to support 4-H members through major disasters such as a flood, tornado, loss of home due to fire, or serious illness. Donations made to the fund will be disbursed to meet the needs of 4-H'ers and their families. The disbursement of these fund will be determined by the Kentucky 4-H Foundation along with University and Extension Staff. Currently, contributions are being raised to support 4-H members and families from counties facing significant loss from the December 2021 tornadoes. Any funds not utilized for these efforts will remain in the fund for the future needs or 4-H'ers.

The Graves County 4-H program (one of the counties hardest hit) has suggested the list on the side for needed items that could be shipped directly. The Mayfield donation hub is currently located at Catalyst-Mayfield, 114 Kings Drive, Mayfield, KY 42066.

Apply for a Virginia State Fair Scholarship!

Application Deadline: January 26th

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



The 2021 State Fair of Virginia Applied Scholarships Program is now open and applications are available. There are scholarships for exhibitors, as well as General Scholarships for youth who participated in 2021 State Fair Competitions.

There are additional scholarships available to those youth who exhibited livestock (Youth Beef Cattle, Youth Sheep, Youth Swine, and Youth Meat Goats) at the 2021 State Fair of Virginia. There are scholarship categories for Junior, Intermediate, and Senior exhibitors – this is a great opportunity for younger youth to begin establishing a scholarship fund, so please apply.

The SFVA Applied Scholarship Program is managed by the State Fair of VA – please direct all Questions to edu@statefairva.org. Review the directions carefully to make sure you have attached and included all required information.

Virginia Association of Fairs Judging School

Date: January 8th

Location: Williamsburg Lodge

[Click here for registration information.](#)



Virginia Association of Fairs, Caroline County Fair and Virginia Cooperative Extension are excited to announce the upcoming Winter Judging School to be held in conjunction with the Virginia Association of Fairs Annual Meeting!

Our goal is to train and certify participants to judge at local fairs, State Fair, or any other related competition. There are many benefits to having certified judges including uniformity of judging standards, ethics training, and having a pool of available judges across the Commonwealth. All instructors are certified and have years of experience judging in Virginia and Maryland.

Who should attend Judging School? Agents, department superintendents, fair board members, Master Gardeners...anyone interested or associated with the home goods sections of locals fairs.

For more information call Jeannie Dudding at 540-921-3455.

National 4-H: Registration Open for Summits

The National Youth Summit Series are immersive, three-day experiences where you dive into the issues, expand your career horizons and grow as a leader while working with and learning from other teens and experts with shared passions. The 2022 Healthy Living and Agri-Science Youth Summits are now open for registration and will take place in-person in the Washington, D.C. area.



2022 Healthy Living Summit: In Person, February 10-13, 2022

At the National Youth Summit on Healthy Living, high school students develop the knowledge and skills to address issues surrounding nutrition, physical fitness, wellness, and emotional well-being. Working alongside professionals in family consumer science and healthy living, students will create action plans they can implement in their communities to teach other youth about what they have learned. **Register by January 10th.**



2022 Agri-Science Summit: In Person, March 10-13, 2022

At the National 4-H Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting. **Register by February 1st.**



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



Moving in a Winter 'Fun'derland!

A 10-DAY FESTIVE PHYSICAL ACTIVITY CHALLENGE FOR YOUTH!

<p>DAY 1</p>  <p>Jump up and down 10 times</p>	<p>DAY 2</p>  <p>Dance for 5 minutes</p>	<p>DAY 3</p>  <p>10 toe-touches</p>	<p>DAY 4</p>  <p>Touch your ear-to-shoulder 5 times (each side)</p>
<p>DAY 5</p>  <p>15 jumping jacks</p>	<p>DAY 6</p>  <p>1-minute wall sit</p>	<p>DAY 7</p>  <p>10 wide-legged squats</p>	<p>DAY 8</p>  <p>Butterfly seat for 1 minute</p>
<p>DAY 9</p>  <p>Jump rope to your favorite song</p>		<p>DAY 10</p>  <p>Take up space, and then take 8 deep breaths</p>	



Virginia Tech • Virginia State University
Content created for educational purposes only.

You did it! Awesome job.

Get connected! Don't forget to post a photo each day of the challenge on social media using the hashtag #VCWinterFunderland

AgDiscovery Day - Register Today!

Explore Exciting Careers in Agriculture!

The U.S. Department of Agriculture (USDA) hosts AgDiscovery, a free summer outreach program to help teenagers explore careers in agricultural sciences. AgDiscovery students live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. Participants gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at the many exciting career paths in agriculture.

This year, 21 colleges and universities are participating in AgDiscovery. Each school's program focuses on a specific area of interest to our Nation's agriculture, from plant health, entomology, and biotechnology to veterinary science, animal welfare, food science, and agribusiness.

Application Deadline: March 31st



[Click here to learn more about AgDiscovery Day 2022 and for registration information.](#)

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



Your Dedicated PWC 4-H Staff

MaryBeth Lerch
4-H Extension Agent
mlech@pwcgov.org
703-792-4536

Kristin Saul
4-H Youth Educator
ksaul@pwcgov.org
703-792-4762

Ashley Isaacson
4-H Youth Educator
aisaacson@pwcgov.org
703-792-4761

Candi Helmlinger
4-H Program Specialist - Newsletter
chelmlinger@pwcgov.org



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

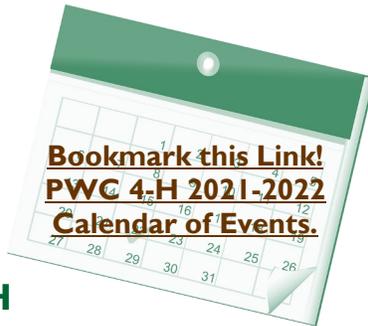
Samantha Whysong, President
Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

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



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

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.



HEAD



HEART



HANDS



HEALTH