



Prince William 4-H

Our Clubs, Our Community



December 22, 2021

Upcoming Events

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

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Tying Up the End of 2021

As we send out our final newsletter for 2021, we want to make sure you don't miss important deadlines:

- **January 1st** - Deadline for Prince William 4-H enrollments in [4-H Online](#)
- **January 1st** - Deadline for [VA 4-H All Star Scholarship Applications](#)
- **January 10th** - [Camp Counselor Applications](#) Due
- **January 10th** - [National 4-H Healthy Living Summit](#) Discount Registration Closes
- **February 1st** - [National 4-H Agri-Science Summit](#) Discount Registration Closes
- **February 1st** - [State 4-H Championship Horse and Pony Show](#) Enrollment Deadline

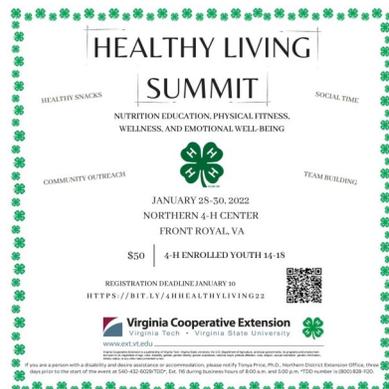
Register ASAP For:

- [VA 4-H Healthy Living Summit](#) being held on January 28th-30th
- [Embryology Program](#)
- [Clover\(bud\) Club](#) being held on January 15th



Happy Holidays from Prince William 4-H!

VA 4-H Healthy Living Summit - REGISTER TODAY!



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 Whyson, 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 here for Current COVID Protocols.](#)

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 \(free\).](#)

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



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



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!](#)



ENROLL TODAY

Let's stay connected! All Prince William 4-H enrollments and re-enrollments are due by January 1st. Help us serve you by updating and submitting your membership information today! <https://v2.4honline.com/#/user/sign-in>

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.

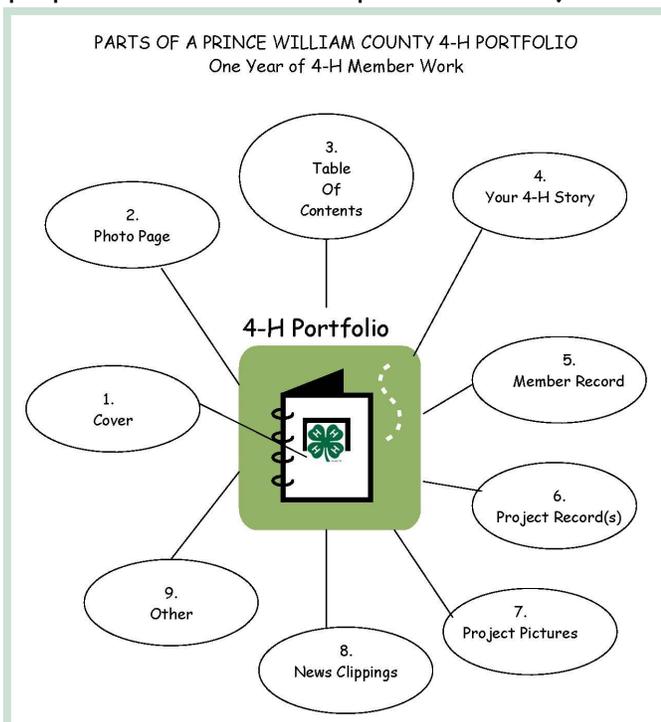
4-H
GROWS HERE

Happy Holidays from Nokesville Equestrian 4-H Club



Take Time During the Break to Organize Your Portfolio

This holiday break is the perfect time to spend a few mornings organizing your portfolio. A portfolio is a tool where youth learn to set goals, plan, prioritize and record results. 4-H'ers evaluate both the journey and the outcomes. Youth learn how to market themselves, and how to prepare a resume and complete a 4-H Project Interview.



So get creative! Decorate the cover, create the tabs and sections, print out the required forms, hole punch, and organize. Set yourself up for success!

- [Check out this Tip Sheet from Virginia 4-H](#)
- See the [Portfolio Records](#) links on the last page of this newsletter for key documents.

And then start adding details!

Take a moment each month to write down your awards and recognitions, collect photos, and make notes for your 4-H Story. It's easy to forget all of the great things that you've accomplished over the course of a year. Spending the time now will save you hours later.



Current COVID Protocols for 4-H Overnight Events



Following best practices from the CDC, VDH, and in keeping with ACA recommendations, Virginia 4-H requires one of the following to attend overnight programs, regardless of vaccination status:

Proof of a negative COVID test (*diagnostic or viral*) within 1-3 days of the beginning of program. Either a molecular PCR test or Rapid Antigen test are acceptable.

- Nonprescription molecular COVID-19 tests that can be done at home as well as Antigen tests.
 - **Antigen** (BinaxNow) can be purchased over the counter at retail pharmacies and Walmart. Please note that using an at home test will require a photo with a time stamp of the results for proof.
 - **Lucira CHECK-IT** COVID-19 Test Kit (www.lucirahealth.com) can be used on people 2 years of age and older
 - **Cue** COVID-19 Test for Home and Over the Counter (OTC) Use (www.cuehealth.com) can be used on people 2 years of age and older
- Visit a medical provider and/or urgent care center to have a Covid-19 PCR test done.

COVID testing sites in Virginia: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>

All local Health Departments and some pharmacies are offering free testing to uninsured or underinsured. Follow the link above to see what is available in your area.

Virginia 4-H policy for overnight events during the pandemic, including camp and weekend events, has been that there is no open access to facilities. In other words, once attendees are checked in, and documents are verified, etc., they are essentially, checked in for the duration of the event. If they leave campus, for any reason, they are not permitted back.



VCE Balancing Life Series

Check out these recordings of the Balancing Life Series Brought to you by Virginia Cooperative Extension! Balancing Life series is being held on Fridays at 10am and recordings can be found under [Online Training Recordings](#) or on [YouTube](#).

- ♥ **Healthy Eating During the Holidays:** Katie shared some really interesting information regarding eating favorite foods during the holidays. And it was NOT the typical – cut back on this, don't eat that, swap these ingredients strategies. Those are great and useful, too, But what really stood out was the approach to enjoying the time, taking down the “stress” level, and focusing on enjoyment. [Cranberry Sauce](#). • [Slides](#). • [Winter Squash Recipes](#).
- ♥ **Organizing and Decluttering:** Twandra shared great tips and strategies for decluttering spaces and keeping them organized! “Do I really need this?” is a question I keep asking myself after the session! [Chat Ideas](#)
- ♥ **Budgeting for the Holidays and Beyond:** Kim shared great tips and strategies, along with a few resources. [Slides](#) • [Spending Plan](#) • [Savings Challenge](#).
- ♥ **Family Communication Strategies:** Reggie brings lots of energy and fantastic family communication strategies that, if used, can leave everyone at home (and away) feeling heard, valued, and connected.
- ♥ **Tackling Your To-Do Lists to Mitigate Stress:** Sarah shared some basic ideas that have fundamentally changed the way I deal with my tasking! Not only do we make the lists, but we prioritize it, see what takes 5 minutes or less and...drum roll please...determine what has to be done “excellently” and what can be done “good enough!” From one who can be a bit “perfectionistic” at times, this is mind-blowing and freeing at the same time. [Slides](#) • [Chat](#)
- ♥ **Avoiding Burnout at Work and Home:** Dr. Kim Allen shared some great ideas on avoiding burning out at work and at home...Leaning in specifically on our strengths! [Slides](#)
- ♥ **Maintaining Hope in Challenging Times:** Alan shares key strategies to stay resilient and hopeful, even as the new Delta variant of COVID-19 is having us pivot once again and change activities we had just started to resume. [Slides](#)
- ♥ **Staying Healthy Through Uncertain Times:** If we're being honest...many of us have been neglecting our own physical health needs lately. In this session as we address the 4 Pillars of Health: good nutrition, exercise, relaxation, and sleep.
- ♥ **Building Resilience in Youth:** An overview of the key components of resilience that are important for anyone to know, whether as a parent or just part of the village it takes to support our youth in today's world!
- ♥ **Taking Charge Over Fear and Anxiety:** Alan shared some powerful things about fear, as well as anxiety today. His last slide said “By recognizing your fear, focusing on what you want to achieve and by being true to your values, YOU can move forward and...BREAK the BONDAGE of FEAR and ANXIETY!”
- ♥ **Healthy Boundaries When Helping People in Distress:** Jennifer returns to talk with us about the real hazard of secondary trauma that can arise when we're helping others. She shares some great “warning signs” and strategies to help us stay well...for ourselves and those we seek to support.
- ♥ **Adult Mental Health:** Eric shares information on stress, depression, anxiety and more as they show up in adult lives and how we can seek and offer support.
- ♥ **Youth Mental Health:** Jennifer has a wealth of knowledge and experience in this space.
- ♥ **Fatigue, Brain Fog, and On-Going Stress:** It seems like this resonated with A LOT of us right now! Spread the word and share this with others who might benefit from knowing they're not alone – and maybe grab some helpful ideas!
- ♥ **Fun Fitness Ideas for Wintry Weather Days:** Fewer hours of daylight and cooler weather can really limit our options...and motivation, for staying active outdoors. Yes, we know that movement is important to our overall health and well-being, and even our resiliency. Join as we discuss ways to keep moving as we spend more time indoors. [Tip Sheet](#) • [Slides](#)

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.](#)



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.](#)



Job Opportunity: 4-H Center Director - Northern Virginia 4-H Educational Center

Since 1981, the Northern Virginia 4-H Educational Center has offered year-round, research-based programming to the youth and families of Northern Virginia. In addition to its acclaimed camps, the Center hosts a variety of corporate retreats, festivals, team building programs, and outdoor recreation. In concert with the leadership of the Board of Directors and the State 4-H Office of Virginia Cooperative Extension, the director's duties will include operational management, policy development, resource development, fiscal management, strategic planning and other duties as necessary. [Please click here for more information and to apply.](#)



**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

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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](#)
[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

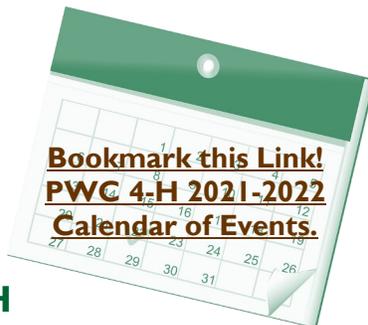
Samantha Whysong, President
Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

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