



# Prince William 4-H

*Our Clubs, Our Community*



January 5, 2022

## 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

## 4-H Day at the Capitol - REGISTER BY JAN 10th!



Prince William 4-H will be attending the Virginia 4-H Day at the Capitol! This annual event is a great opportunity for 4-H members to visit the capitol, meet with legislators, and learn about the legislative process and our history.

Virginia 4-H is helping youth engage in the legislative process - for REAL! A Southwest Virginia 4-H teen is working with legislators to draft a bill to excuse 4-H members from school to attend 4-H educational programs. 4-H members will have hands-on experience in advocacy and the legislative process!

2022 4-H Day at the Capitol will provide opportunities for 4-H Town Hall Meetings with legislators, sending letters supporting the 4-H bill, telling your 4-H story, and attending a 4-H Rally. We hope you will take advantage of these opportunities to involve 4-H youth in the legislative process. Save the date and make plans to attend!



### 2022 Virginia 4-H Day at the Capitol

**Date:** Wednesday, January 19th (Inclement Weather Date: Jan. 26th)

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

[Click here for information regarding visiting the State Capitol.](#)

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

[Click here for more information and to register to attend from Prince William 4-H!](#)

### 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

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## 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.



**DUE MONDAY!**

Click to Visit



Virginia Tech • Virginia State University

## Embryology Registration is Open!

**FILLING FAST!**



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

**REGISTER TODAY!**

**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 \(free\).](#)

## VA 4-H Healthy Living Summit - SPACE LIMITED!

**HEALTHY LIVING SUMMIT**

HEALTHY SNACKS | SOCIAL TIME

NUTRITION EDUCATION, PHYSICAL FITNESS, WELLNESS, AND EMOTIONAL WELL-BEING

COMMUNITY OUTREACH | TEAM BUILDING

JANUARY 28-30, 2022  
NORTHERN 4-H CENTER  
FRONT ROYAL, VA

\$50 | 4-H ENROLLED YOUTH 14-18

REGISTRATION DEADLINE JANUARY 10  
[HTTPS://BIT.LY/4HHEALTHYLIVING22](https://bit.ly/4HHealthyLiving22)

**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and personnel are open to all regardless of race, color, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, or any other characteristic protected by law.

If you are a person with a disability and desire assistance or accommodation, please notify Tonya Price, Ph.D., Northern District Extension Office, three days prior to the start of the event at 540-432-6029/TDD\*, Ext. 116 during business hours of 8:00 a.m. and 5:00 p.m. \*TDD number is (800) 828-1120.

**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.](#)

## SEDR Hippology Stations Challenge



**Date:** January 22nd, 9:30 am - Noon

**Location:** 5301 Longhill Rd., Williamsburg, VA

**Cost:** \$5 cash/youth; Email [Meredith Brown](#) to register; Registration capped at 50 youth  
Join us for a great afternoon of hands on Hippology Stations! Groups of 4 youth will compete. You may enter as a team or email for help creating a team. Cloverbuds are welcome to walk through the stations with an adult or senior 4-H'er after the event is over. This event is first come, first served. All youth and adults must wear masks for the entire event. Lunch will not be served. Each youth must have a chaperone or approved adult waiting for them at the venue. Adults will not be allowed inside the room during competition. The event is expected to fill quickly - please email to register today!

# 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**

# PRINCE WILLIAM COUNTY 4-H CONTEST DAY

SATURDAY, FEBRUARY 12TH  
MCCOART BUILDING, WOODBRIDGE, VA

## 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. *More information coming soon.*

[Scoring Acts](#) · [Guide to Presentations](#) · [Presentation Tip Sheet](#) · [Competition Guides](#)

PRESENTATION



EXTEMPORANEOUS



TABLE SETTING



DRAMA



PUBLIC SPEECH



DRAMATIC  
READING



VOCAL,  
INSTRUMENTAL  
OR COMBO



FASHION  
REVIEW

Please join us for Prince William County 4-H's annual

# FOOD CHALLENGE

NUTRITION ✨ SHOPPING ✨ PREPARING ✨ SAFETY ✨ CAREERS ✨ FUN!

Challenge your culinary skills! The **Prince William 4-H Food Challenge** is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 3-4 4-H members to create a dish using only a predetermined set of ingredients within 40 minutes. From these ingredients, team members must identify and prepare the dish, then present it to a team of judges.

## GOALS

- To exhibit knowledge and skill when preparing and presenting a dish
- To utilize teamwork and leadership skills
- To demonstrate public speaking skills

## HOW ARE TEAMS JUDGED

Teams are judged on preparation and presentation to encourage learning and improvement based on a National 4-H rubric. Judging categories include: knowledge of *MyPlate*, nutrition knowledge, food preparation, safety practices, serving size, food appearance and quality, creativity, communications, and ability to respond to questions.

## WHO CAN PARTICIPATE

All Prince William County 4-H members!

## RESOURCES

Check out the videos, curriculum material, tip sheets and more compiled by our friends at [Texas 4-H](#).



Saturday, February 26th

Buckhall VFD  
7190 Yates Ford Rd  
Manassas, VA 20111

**MORE INFORMATION AND  
REGISTRATION COMING SOON!**





9248 Center Street, Manassas, VA 20110  
Tel. 703-369-5292 • Fax 703-369-5671  
www.volunteerprincewilliam.org



December 22, 2021

Prince William County 4-H Youth Program  
8033 Ashton Avenue, #105  
Manassas, VA 20109

Dear Friends,

On behalf of the senior citizens of greater Prince William, thank you so much for the wonderful gift bags you created for our seniors! Kristin Saul told me how one of your members held virtual classes on crocheting this year, and I was impressed! I learned how to crochet many years ago and had enough trouble learning in person from my sister. I can't imagine the challenges you faced doing this virtually, but the crocheted washcloths, dishcloths and scarves looked wonderful, and I know the seniors will put them to good use.

Your gift bags were given to clients of the Prince William Area Agency on Aging. Many of these clients are elderly and homebound, so they have few or no visitors to their home. The gift bags will do a lot to make for a brighter holiday season for this population. Your donation was part of 335 donated baskets and gift bags for this year's program, so many seniors are going to benefit from everyone's generosity.

Thank you again for being so thoughtful of our local senior citizens. On behalf of the staff at Volunteer Prince William, my best wishes to all of you for a Happy Holiday Season, and all the Best in the New Year!

Very Truly Yours,

Jan F. Hawkins

## Why is Community Service Important in 4-H?

4-H members pledge to use their head, heart, hands, and health to improve their club, community, country and world. Volunteering puts this pledge into action by serving the needs of our community and increases both physical and mental well being of our youth!

- ♥ **Social Skills:** Community service encourages participation, commitment, and fosters friendships through a meaningful activity.
- ♥ **Mental Health Skills:** Community service helps youth think outward, developing self confidence, a sense of purpose, empathy, and understanding of community needs.
- ♥ **Physical Skills:** Community service offers opportunities to learn new skills and discover talents that can lead to a future career.
- ♥ **Leadership Skills:** Community service requires teamwork, leadership skills, and increases social, interpersonal, and communication skills.

**When 4-H'ers volunteer, they demonstrate to the community that youth are an important resource!**

Have we **SPARKED** your interest? Take your service a step further by turning your volunteering into a **Community Service Learning Project!** In addition to meeting the needs of our community, 4-H'ers will learn valuable skills about designing a project and following it through to completion. Click here for the [Youth Leader's Guide to Conducting 4-H Community Service Learning Projects](#) and get started today!



## 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!

**Application Deadline: March 31st**

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

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.

## 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](http://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](http://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.

**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](mailto:mlech@pwcgov.org)  
703-792-4536

**Ashley Isaacson**  
4-H Youth Educator  
[aisaacson@pwcgov.org](mailto:aisaacson@pwcgov.org)  
703-792-4761

**Kristin Saul**  
4-H Youth Educator  
[ksaul@pwcgov.org](mailto:ksaul@pwcgov.org)  
703-792-4762

**Candi Helmlinger**  
4-H Program Specialist - Newsletter  
[chelmlinger@pwcgov.org](mailto: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**

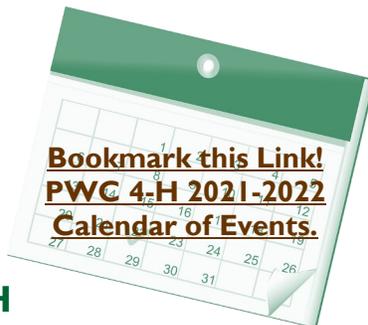
Samantha Whysong, President  
Kayla Dixon, Vice President  
Alexis Cox, Treasurer  
Secretary - Vacant

**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