



Prince William 4-H

Our Clubs, Our Community



January 19, 2022

Upcoming Events

- 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 16 - Camp Counselor Meeting
- Feb 26 - [PW 4-H Food Challenge Contest](#)
- Mar 7-8 - Egg Pickup

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4-H Day at the Capitol - TODAY!



Virtual

4-H Day at the Capitol

January 19, 2022



The 4-H Rally scheduled for today is now virtual. In an effort to make the 4-H Rally available for more youth and schools, it will be conducted at 10 am and offered again at 4 pm.

The 2022 4-H Rally will feature 4-H Cabinet members – Andrea Farag, 4-H Cabinet President, Colin Russell, Southeast District 4-H Ambassador, Alice Milton, Central District 4-H Ambassador, and Harper Miller, Southwest District 4-H Ambassador.

Speakers for the 4-H Rally include our Virginia 4-H Leader, Mr. Jeremy Johnson; Commissioner of the Department of Agriculture and Consumer Affairs, Joseph Guthrie; Secretary of Agriculture and Forestry, Matt Lohr; Harper Miller, Southwest District 4-H Ambassador; Senator Todd Pillion; and Delegate Terry Kilgore. The Governor and/or First Lady have been invited to speak during the 4-H Rally.

Zoom Link for the 4 pm 4-H Rally Session

<https://viriniatech.zoom.us/meeting/register/tZYvf--vrj4sG9KvAwKF2UBGsAqiDLcolf3->
Passcode: 001652

TOP SECRET

4-H Task Force Mission: Find the Missing Delegate (Virtual Escape Room)

Your delegate has went missing! In order for all areas to be represented during General Assembly, your delegate must be found. This 4-H Task Force will work together to uncover clues left behind to find your delegate in time to vote on laws.

The 4-H Day at the Capitol Virtual Escape Room opened on Tuesday, January 18th and will close on Friday, February 18th. This is the same virtual Escape Room that some 4-H members enjoyed last year. It took some 4-H groups as much as 2 hours to complete so this is not easy. It is challenging. It is fun to “travel across the state of Virginia” while participating in the Escape Room.

[Click here for Rules of Play for the virtual Escape Room.](#)
[Click here to register and access the Virtual Escape Room.](#)

County Conversation Features 4-H

Watch Prince William County Director of Communication Dr. Sherrie Johnson sits down with MaryBeth Lerch of the Virginia Cooperative Extension to talk about the 4-H Program!

[Click here to watch!](#)



Click to Visit



Clover(bud) Club Fun!



Prince William 4-H Clover(bud) Club met on Saturday, January 15th and explored the 4-H Pillar of Agriculture.

Check out our fun-tastic photos!

Join us for the next Clover(bud) Club Meeting!

Date: Saturday, February 5th, 10 am-12 pm

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

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



VA 4-H Healthy Living Summit

Dates: April 30 - May 1, 2022

Location: Northern Virginia 4-H Educational Center

Cost: \$50

Registration coming soon.

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.



4-H Extemporaneous Practice Questions

Extemporaneous Speaking challenges contestants to think quickly and prepare a speech on an assigned topic with little preparation. Participants will draw three possible topics, choose one, prepare for 15-30 minutes, and then deliver a 2-5 minute speech response.

[Click here to check out these practice questions and challenge your extemporaneous speaking skills!](#)



Teen Club

Discover your strengths and talents by joining the Prince William 4-H Teen Club!

There's no better way to culminate your 4-H experience and exemplify fancy terms like *positive youth development* than to provide opportunities and train **YOU** to take the lead!

Who Should Participate

Prince William 4-H'ers ages 14 to 19 that have a desire to learn, lead and strengthen their talents with the support and network of Prince William 4-H.



How to Participate

- ➔ Be a member of Prince William 4-H
- ➔ Actively participate in your 4-H Club
- ➔ Attend 1 designated PW 4-H Teen Club activity each month. Some meetings are specific to the club, while others are in conjunction with county, district and state programs and activities.



For more information or to join the **Prince William 4-H Teen Club**, please contact:

MaryBeth Lerch
mblerch@vt.edu

Learn more about Prince William 4-H at www.pwcva.gov/4-H.

Skills Development

The PW 4-H Teen Club provides opportunities through training sessions, seminars, camps, and activities to grow into who **YOU** are meant to be! We'll focus on communicating effectively, positive interactions with others, growing your desire to continue to learn, how to approach decision making and strategies to solve problems, managing resources, and bringing people together to reach a common goal.

Team Building

Demonstrate and improve your leadership skills by participating in team activities throughout the year. The PW 4-H Teen Club provides opportunities to try many different team roles to help **YOU** discover your strengths. We'll also have meetings to practice our skills and learn how to work as a team.

Leadership

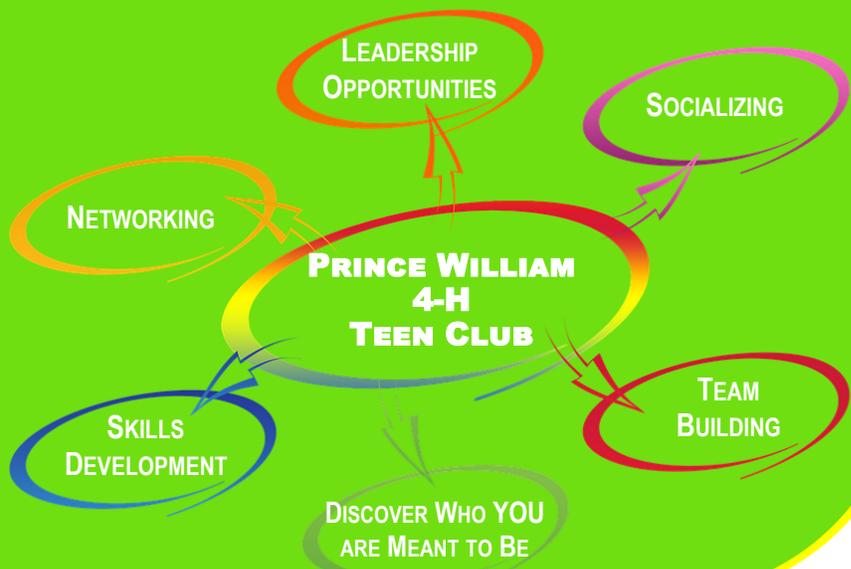
Test yourself by volunteering for one of the many leadership opportunities available just for **YOU**! Challenge your skills of identifying problems and developing action plans. Take ownership of the plan and follow through to reach the goals.

Networking

Build your understanding of opportunities available by networking with your peers. Learn about 4-H programs such as Ambassadors and All Stars. Discover scholarship opportunities, leadership opportunities, community service programs, and many more resume-building activities that will ultimately build **YOU**!

Socializing

The PW 4-H Teen Club fosters life-long friendships through meaningful, positive and productive activities. We'll have a lot of laughs, challenge ourselves in team building games, and encourage you to **discover who YOU are meant to be!**



[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

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! [Click here to register.](#)

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.

[Click Here to Register!](#)

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



PRINCE WILLIAM COUNTY

4-H CONTEST DAY

SATURDAY, FEBRUARY 12TH
MCCOART BUILDING, WOODBRIDGE, VA
[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

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](#) · [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

[CLICK HERE TO REGISTER!](#)



Recertification for Shooting Education Instructors



Recertification for Shooting Sports Educators

Date: February 26-27

Location: Holiday Lake 4-H Center, 1267 4-H Camp Road, Appomattox, VA

Registration: Please contact your club leader or Lynn Wheelless at lynnwheelless1@vt.edu

Registration and payment due February 11th.

IMPORTANT MESSAGE FOR SHOOTING EDUCATION INSTRUCTORS

The Minimum Standards & Best Management Practices of a 4-H Shooting Sports Program as established by the National 4-H Shooting Sports Committee require Shooting Education Instructors to be recertified every seven years. Restrictions associated with the COVID pandemic have severely hampered our efforts to implement our recertification program, but we must continue to make progress. Here are some facts you need to be aware of:

- More than 100 instructors have exceeded the seven-year threshold but continue to instruct our youth; these instructors are protected by our "grace-period" until the end of 2023 before being decertified. Click here to read the Recertification for VA 4-H Shooting Education Instructors 2021 v3 COVID update Sep 2021 document.
- If we fail to reduce this backlog in a systematic manner, there will be more than 150 instructors in jeopardy of being decertified by the end of 2023, resulting in severe impact to the shooting education program for many units.
- There will be four recertification sessions held in the next two years, two in 2022 and two in 2023. These sessions are conducted by volunteer Level 2 instructors, who are the same volunteers that conduct our Instructor Certification program and who operate our major events like Spring Air, District Shoots, State Shoot, etc.
- We need about 40 to 50 instructors to attend each recertification session during the next four years to eliminate the backlog.

Please contact your shooting club leader to determine if you are eligible for recertification and to obtain the registration information for the upcoming training session.

Southwest VA 4-H Livestock Camp



Dates: March 18th - 19th

Location: Southwest VA 4-H Educational Center, Abingdon, VA

Cost: \$50 for overnight participants / \$25 for Saturday-only participants

Register by Monday, March 4th.

[Click here to Register](#)



The Southwest Virginia 4-H Livestock Camp opportunity is supported by the Virginia Cattle Industry Board. This program is for any interested youth ages 9-18.

[Click here for more event information.](#)

For questions regarding this event, please contact:

Amy Gail Byington at afannon@vt.edu or
Abbie Moore at abbigail20@vt.edu

For this and other events, please check the [Comprehensive Youth Animal Science Calendar](#).

LIVESTOCK CAMP

MARCH 18-19TH, 2022 | AGES 9-18

\$50 OVERNIGHT | \$25 SATURDAY ONLY

JOIN US AT THE SOUTHWEST VIRGINIA 4-H CENTER

REGISTER TODAY!

TO REGISTER FOR LIVESTOCK CAMP VISIT:
<https://forms.gle/BYzNcjKTDBg2Etuh9>

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 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 the Lee County Extension Office at (276) 544-2057 (TDD) during 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) 833-0200.



Virginia 4-H

Paper Clover

Thank you for your support! The Fall TSC Paper Clover Campaign was a record breaking effort raising more than \$1.2m, overall, which was incredibly encouraging. Virginia ranked 11th raising almost \$34,000, a 246% increase over the Spring Campaign without presence in the locations, which has proven to be an important component. Campaign funds are used locally to support 4-H camps and youth leadership opportunities.

2022 TSC Paper Clover Campaign Dates

Spring: April 27th- May 8th

Fall: October 5th – October 16th



Virginia All Stars Update

- ★ **Midwinter 4-H All Star Conference**, Jamestown 4-H Center, February 4th-6th. Lodging is available at the Days Inn by Wyndham and at the Jamestown 4-H Center. Make your hotel reservations today! Registration closes January 21st. There are lots of great tour opportunities. Please remember to bring items for the Silent Auction as proceeds will go to the Jamestown 4-H Center to support their 4-H programs. Saturday's business meeting will also be available via Zoom.
- ★ **Virginia 4-H All Star Centennial**, The Inn at Virginia Tech, July 22nd - 24th. Save the date!

Virginia 4-H All Stars is an honor/service organization for teen and adult leaders who are actively involved in expanding and enhancing the 4-H programs in their communities and statewide.

[Learn more by clicking here for the December Newsletter.](#)

Teacher and 4-H Club Leader Resources



Training Wheels

Training Wheels is dedicated to building high-performance teams and skilled facilitators. Their practices can transform the way teams communicate, solve problems, make decisions, and achieve goals through experiential learning. [Click here for a free resource for building teams, including an editable spinning wheel, ice breakers, cards, dice and more!](#)



Hokie Bugfest Educator's Guide

Brought to you by the VT Department of Entomology, The Hokie Bugfest Educator's Guide for grades K-12 is available online. [Click here to access the guide.](#)



Drone Training: Preparing the Future UAS Pilot Workforce

The 4-day high school teacher workshop will be hosted by the Virginia Geospatial Extension Program and will be held at VT. All expenses (and stipend) are provided, with options for mini-grants. This workshop is specifically tailored to support high school CTE teachers. Application is now open for FREE Unmanned Aircraft Systems (UAS, or drones) Teacher Professional Development and financial and materials support! Applications and support letter due January 21st. [Click here for more information and to apply.](#)

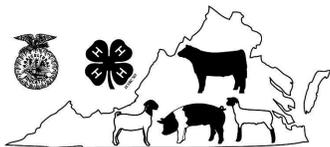
Ag in the Classroom Ambassador Program

Become an Ag in the Classroom (AITC) Ambassadors! AITC Ambassadors include Farm Bureau volunteers, 4-H Agents and Assistants, and Virginia Teachers who meet quarterly via Zoom to receive new information and activities to share with youth in their programs and communities. After each meeting, AITC distributes a kit including items needed to complete activities presented.

The next Zoom session is on February 3rd at 7:00 PM. Please send an email to register for the session and receive the Zoom link to aitc@vafb.com or call 804-90-1143. For more information about AITC or the Ambassador Program, please contact Tammy Maxey at tammy.maxey@vafb.com.



2022 VT Block and Bridle Hippology and Horse Judging



The 2022 VT Block and Bridle Stockman's and Livestock Judging Contests will be in-person events held at Virginia Tech.

- **Jr Stockman's Contests, Friday, February 25th:** Please note the split schedule for the Junior and Senior Divisions. **ENTRIES DUE FEB. 14th.**
- **Livestock Judging Contests, Saturday, February 26th:** Please note the split schedule that provides for the judging portion of the Advanced (youth who will give reasons) contest in the morning and the Regular contest (non-reasons) in the afternoon. **ENTRIES DUE FEB. 14th.**
- **State 4-H and FFA Meats Evaluation Contests, Saturday, March 5th:** The final schedule for this event will be announced following the close of entries, and based on entry numbers. Dual-entry in this contest is allowed (youth may compete as both 4-H and FFA, provided they are enrolled and eligible members of both), but dual-entered contestants may need to complete additional contest components to meet the contest requirements for each. **This will serve as the State Contest for both 4-H and FFA, with the top placing VA team in the senior divisions earning the right to compete at their respective National Meats Evaluation Contest/CDE.**

[Click here for more information and to enter.](#) Entries for the Jr. Stockman's Contest and Livestock Judging Contest are due by February 14th. Please read the contest letter with details regarding changes and updates to the contest.

Current COVID protocols and guidelines for VA Tech and Virginia Cooperative Extension, at the time of the contests, will be followed and enforced – the current requirements are outlined in the attached contest letters. Updated guidelines will be shared prior to the event, and the contest administration reserves the right to adjust contest schedules and/or number of participants, if necessary, to remain COVID guideline compliant.

Please contact Katherine Carter at carterke@vt.edu or Jessica Dotson at ejessica@vt.edu with questions.

Registration

[Link to registration form.](#)

Contest Details

ID Categories

- Breed - 10 with breed description for Sr.
- Equipment - 10 items for Jr, 20 items for Sr.
- Feed - 10 with feed usage for Sr.
- Meat - 10 cuts

General knowledge Quiz

- 25 multiple choice questions
- Junior and Senior versions

Judging Classes

- 4 - Live animal classes
- 1 - Keep/Cull class (paper based)
- 1 - Meats class with questions
- 1 - Hay class with questions

Quality Assurance

- Junior and senior scenarios
- 10 multiple choice questions



Schedule

8:45 AM - Contest instructions
9:00 AM - Contest begins
Noon - Lunch on your own
1:30 ish - Results

Contest Format

Contest is open to all 4-H and FFA members and will consist of 2 divisions. All ages will be as of the contest date.

Junior division

- 4-H members ages 8 - 13
- FFA members grade 6-9

Senior Division

- 4-H members ages 14-19
- FFA members grade 10-12

Where

The Rockingham Stockmans Contest will be held at the Rockingham County Fairgrounds and will utilize both outside and indoor facilities. Contestants should dress appropriately!

Rockingham Stockman's Contest

REGISTRATION DUE JANUARY 14th!

Date: Monday, January 17th

Location: Rockingham County Fairgrounds, Harrisonburg, VA

Contact: John Welsh at jwelsh@rockingham.k12.va.us

[Click here to register.](#)

This is a great opportunity to prepare for the upcoming Block and Bridle Stockman's Contest and State 4-H/FFA Skill-a-thon!

National 4-H: Youth in Action

It's that time of year again – time for all 4-H youth ages 15-19 to apply to be a 2023 4-H Youth in Action Award winner! Now is the chance for 4-H'ers across the nation to tell us how they're impacting their communities through service and leadership. Four selected recipients will each earn a \$5,000 scholarship and an opportunity to serve as a national youth spokesperson. Learn more about the application process and set your calendar to apply by March 28, 2022. [Click here to learn more.](#)



**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

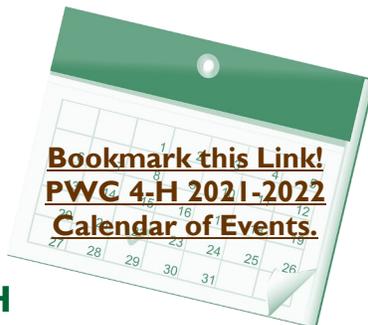
Samantha Whysong, President
Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

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