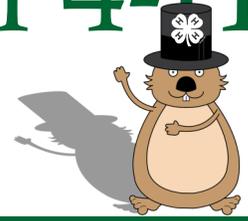




Prince William 4-H

Our Clubs, Our Community



February 2, 2022

Upcoming Events

- 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
- Mar 12 - Northern District Food Challenge Contest
- Mar 15 - 4-H Leaders Mid-Year Dinner Meeting

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Click to Visit



What to Expect at Prince William 4-H Contest Day



Prince William 4-H's Contest Day is an annual event where youth throughout the county come together and perform **LIVE!** In past year's, this event was split into Share the Fun and Presentation Day. We've combined the two into an exciting opportunity for youth to display their skills and knowledge gained through 4-H projects or other life experiences.

Judges evaluate 4-H performers based on talent, audience response, creativity, showmanship, and use of costumes/props. The goal is to help participants develop their talents in a creative and constructive manner with scoring based on a rubric (*not competing against other members*). **All members are encouraged to participate!**

Prince William Contest Day

Date: Saturday, February 12th
Location: McCoart Building, Woodbridge
Time: TBD based on number participants registered.

Please register by THIS FRIDAY, February 4th, so that we have the appropriate set-up available. Participants will be emailed details this weekend.

it's your turn in the spotlight!

Share the Fun Acts

Display your talents in expressive arts and develop presentation skills and confidence by performing in front of an audience!

- ★ **Combination:** Any combination of vocal, instrumental, and/or dance
- ★ **Dance:** Includes tap, modern, acrobatic, ballet, jazz, folk, and interpretive forms of dance
- ★ **Drama:** Includes mime, monologue, or acting out a short skit or scene(s) from a play
- ★ **Instrumental:** May also sing or dance but judged solely on instrumental performance
- ★ **Variety:** Includes clowning, gymnastics/tumbling, magic acts, or puppetry
- ★ **Vocal:** Singing which may include dance or instrument, but judged solely on vocal performance

Presentation Acts

- ★ **Demonstration:** Teach a skill by the "show how" method.
- ★ **Public Speech:** Write and deliver a speech to persuade, inform, or educate the audience on a single issue or topic.
- ★ **Extemporaneous Speech:** Prepare and present a speech on a topic provided at the event.
- ★ **Table Setting:** Select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. [Click here for a fun video example of Table Setting.](#)
- ★ **Fashion Review:** Nonverbal communication using personal expression, confidence, and fashion design principles.



Join Our Team at Prince William 4-H!

4-H Program Specialist (Education/Outreach): Are you passionate about supporting local youth and promoting positive youth development, including educational activities, contests, and 4-H camps? Do you have the skills to develop, deliver, and evaluate 4-H educational programs that teach life skills to children and families? Are you seeking a part-time opportunity with some scheduling flexibility? If you answer yes, yes, and yes, you might be the person our team is missing! [Click here to learn more and to apply.](#)



Next Clover(bud) Club Meeting - it's all about HEART

Date: Saturday, February 5th, 10 am-12 pm
Location: 4-H Children's Barn at the PWC Fairgrounds
Who Should Attend: PWC youth ages 5-8
[Click here to register \(free\).](#)

SATURDAY!

We pledge our heart to greater loyalty...at our next meeting, we'll explore the 4-H pledge and what it means to pledge our hearts to greater loyalty. We'll talk about kindness and friendship. How can we pledge to care more for other people? How can we help those in need? How can we be a faithful friend? Learn more about how you can be a giving friend through a series friendship-building hands-on activities! Our monthly meetings have been so much fun. **Be sure to bring a friend to this meeting about friends!**

Embryology Project: Register for a Training Session



Embryology registration ends **Friday, February 4th!** Be sure to secure your participation by registering today. [Click here to register.](#)

Training: Sudley Elementary School on February 10th at 5:00pm or
 Henderson Elementary School on February 16th at 5:00pm
[Click here to register for a training session.](#)

Egg Pick-Up: March 7th & 8th
 Contact [Ashley Isaacson](#) with questions or for more information.

Virginia 4-H Updates



Virginia 4-H Youth in Action Awards Recorded Presentation

If you missed the presentation on Friday, it's not too late to learn more about the contributions of our 2022 Virginia 4-H Youth in Action winners! Maybe their ideas will SPARK a new idea for you to pursue and become a future 4-H Youth in Action Award recipient. [Click here to watch the recording.](#)

Youth Livestock Judging Contest Opportunity: Stockman's Challenge

Date: Saturday, March 26th
Time: Check in 7:30 - 8:30 am; Contest begins at 9:00 am
Location: Rockingham County Fairgrounds, Harrisonburg
[Click here to enter.](#) Entries due March 15th.



The MC Livestock Stockman's Challenge is a regional youth livestock judging contest for youth age 5-19 that includes 4 cattle classes, 2 hog classes, 2 lamb classes, and 2 goat classes, as well as 3-4 questions classes and an Optional Reasons Jackpot. Prizes will be awarded. Contest is limited to the first 200 participants.

How to Take Care of Cows

Check out these activities from National 4-H for an up-close look at how cows work!
[Click here for activities.](#)





Milton NJROTC defeats Trigger Time 4-H Shooting Education Club

January 30, 2022 - Milton NJROTC defeated Trigger Time 4-H Shooting Education Club 904.2 to 767.4 in the 2022 National Air Rifle New Shooter League. They currently have a 1 - 0 record. Milton NJROTC was led by, Skyler Harris who shot a 238.1. The remaining contributing members were Mason Maxsom, Branson Shuler, and Janae Snipes. Milton NJROTC is from Milton, FL, and is coached by Roberto Fernandez.

Trigger Time 4-H Shooting Education Club currently has a 0 - 1 record. Trigger Time 4-H Shooting Education Club was led by, Jubilee Richter who shot a 207.9. The remaining contributing members were Kaiden Titcomb, Julia Wallschlaeger, and Jacob White. Trigger Time 4-H Shooting Education Club is from Bristow, VA, and is coached by Alan Lerch.

Next up Milton NJROTC will compete against Lancaster High School from Lancaster, NY. Lancaster High School currently has a 0 - 0 record. While Trigger Time 4-H Shooting Education Club will compete against Pueblo West AJROTC from Pueblo West, CO. Pueblo West AJROTC currently has a 0 - 0 record.

These two teams are competing in the National Air Rifle "New Shooter" League. Sponsored by the Orion Scoring System, the league is a national team league exclusive to athletes in their first year of competition. Teams are from high schools and junior rifle clubs throughout the United States. Over 10 weeks each team competes in 8 games. Each week, each team is paired with another team with a near equal skill level.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoot 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.

Press Releases Submitted by Trigger Time 4-H Shooting Education Club

For more information on the league, including complete standings, visit <https://www.national-leagues.com/new-shooter>
[Click here for Box Score](#) • [Click here for Trigger Time 4-H Shooting Education Club Team Page](#)



Prince William 4-H'ers Compete at the National 4-H Shooting Sports Quiz Bowl

Congratulations!

National 4-H Quiz Bowl is a virtual contest designed to test the knowledge and skills of youth enrolled in the 4-H Shooting Sports Program. 4-H'ers compete as both individuals and teams in a comprehensive challenge, including disciplines from ALL 4-H Shooting Sports disciplines (Archery, Rifle, Pistol, Shotgun, Muzzle Loading, Hunting Skill and Western Heritage) as well as general 4-H knowledge. The one-hour quiz is comprised of 25 questions for Juniors and 50 questions for seniors and range from multiple choice, true/false, fill in the blank, and identification. Scores are based on correct answers, the time taken to answer questions, and the answer streak.

This year, 164 youth from 33 states participated in the National 4-H Shooting Sports Quiz Bowl. Congratulations to our two members from Trigger Time:

Alexis Strand placed first for Juniors with a score of 2368
Ayden Strand placed 13th for Juniors with a score of 2002



[Click here for complete results from the National 4-H Shooting Sports Quiz Bowl.](#)
[Click here to learn more about National 4-H Shooting Sports.](#)



VA 4-H Shooting Sports Releases New Rules and a New Hunting Skills Program

Trigger Time Members should review the documents distributed via email on Monday. There are important new rules for 2022 competitions for Archery, Hearing Protection (*new safety rule*), Muzzleloading, and Air Pistol.

The Hunting Skills program provides classroom and hands-on education about the reasons for hunting, hunting safety, hunting ethics, laws and regulations, landowner relations, wildlife management, habitat sustainment, careers in hunting and wildlife management, land navigation, hunt planning, camping, fire building, outdoor cooking, tracking skills, and many other topics. The discipline is not designed to teach someone to hunt in one weekend. Instead, it is designed to form the basis of club activities that are ongoing throughout the year with multiple team activities and competitions like the State Shoot. Adult and teenagers (16 or older) can attend our first Hunting Skills Instructor Certification planned for April 9-10. The 4-H Hunting Skills program is designed to operate in a synergistic relationship with the VA DWR Hunter Education program.

[Click here for the Hunting Skills Portfolio](#) • [Click here for the Archery Level II Portfolio](#)
[Click here for VA 4-H Shooting Sports Education Website](#)



**REMINDER: Recertification for Shooting Education Instructors
Registration Deadline is Feb 11**

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 all the 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!](#)



National 4-H: New Date for 4-H Healthy Living Summit

IMPORTANT CHANGES TO THE 2022 NATIONAL HEALTHY LIVING SUMMIT

The current COVID surge and omicron variant have introduced new complexities as states begin to plan their travel to and participation in the National 4-H Healthy Living Summit, scheduled for February 10-13, 2022. After consulting with Extension leadership and the Healthy Living Summit planning team, Council has postponed the National 4-H Healthy Living Summit to April 21-24, 2022. The deadline to register has been extended to April 4, 2022. Any participant currently registered for the Summit who is unable to attend during the new April dates will receive a full refund.

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

Registration Deadline is February 15th for the 2022 Agri-Science Summit!

2022 Agri-Science Summit

March 10-13, 2022 at the Hyatt Regency Bethesda

Deadline to Register: February 15, 2022

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



National 4-H: Young Alumni Advisory Committee



Applications Due March 28th.

National 4-H is accepting nominations for a new Young Alumni Advisory Committee. Nominate your outstanding leaders ages 18-22 to serve on the Nation 4-H Council Young Alumni Advisory Committee (YAAC). This group serves as a bridge to the young alumni community, informing Council's Board of Trustees and working closely with Council Associates. Applicants must be nominated by a 4-H professional or volunteer by February 28, and completed applications are due on March 28.

Click here for the following forms: [YAAC Application Form](#) | [YAAC Nomination Form](#)

From Our Partners at VSU: Growing Food Indoors Year-Round Hydroponically



More gardeners are experimenting with growing food crops indoors year-round. In this segment of Virginia Farm Bureau's program, From the Ground Up, Chris Mullins, Virginia Cooperative Extension horticulture specialist at VSU, explains it's an important trend for farmers too.

RealVa

[Click here to watch the video.](#)

[Click here for more information on From the Ground Up.](#)

Youth Dialogue on the National Climate Assessment



University and high school students are invited to a special event on February 15th from 7-9pm EST to discuss the Fifth National Climate Assessment (NCA5), a major U.S. Government report on how climate change affects people and places in the United States. Attendees will have the chance to hear from authors of the assessment and discuss together how the report can learn from and reflect the concerns of young people in the US.

The National Climate Assessment is a Congressionally mandated quadrennial report led by the U.S. Global Change Research Program. The report evaluates the effects of climate change on regions and sectors of the United States and reports on trends in climate change for the next 25 to 100 years. The Fifth National Climate Assessment will highlight advances in scientific understanding of human-induced and natural processes of climate change and the resulting implications for the United States. Major themes will be presented through the lens of vulnerability, impacts, risks, and adaptation. The report is expected for release in late 2023.

[Click here to register.](#)

[Click here for more information on the Fifth National Climate Assessment.](#)

PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



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I AM



4-H PROUD

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](#)
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[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

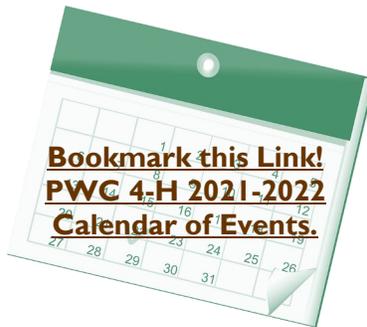
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Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

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



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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.



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