



Prince William 4-H

Our Clubs, Our Community



February 9, 2022

Upcoming Events

- Feb 10 - Embryology Training 1
- Feb 12 - PW 4-H Contest Day
- Feb 16 - Embryology Training 2
- Feb 16 - Camp Counselor Meeting
- Feb 26 - PW 4-H Food Challenge Contest
- Feb 26-27 - TALT Weekend
- Mar 5 - Clover(bud) Club
- Mar 7-8 - Egg Pickup
- Mar 15 - Agriculture Community Night
- Mar 12 - Northern District Food Challenge Contest
- Mar 15 - 4-H Leaders Mid-Year Dinner Meeting

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Exciting Movement on the Virginia 4-H Bill!



4-H Civic Engagement is in action across the state! Harper Miller, Southwest District Ambassador testified regarding HB 246, the 4-H Bill to excuse 4-H members from school for 4-H Educational Programs and Activities before the House Education Committee on January 25th. On February 1st, the Bill unanimously passed in the House and is currently being referred to the Senate Committee on Education and Health.

- [Click here to watch Harper Miller at the VA House Committee.](#)
- [Click here to follow a bill through the Virginia General Assembly](#) and search HB 246 and SB 596 to track the bills and read the current status.
- [Click here for an illustration on how a bill becomes a law in Virginia.](#)
- [Click here for free curriculum materials and flashcards for elementary, middle and high school from Capitol Classroom.](#)
- [Click here for more information about 4-H Citizenship Curriculum offered by National 4-H.](#)

Cheer on Your Friends This Saturday at PWC 4-H Contest Day!

Date: Saturday, February 12th

Time: 10am - Noon

Location: McCoart Building, Woodbridge



Come see what all of the hype is about! Cheer on our local 4-H'ers as they put their skills to the test and improve on their personal best scores in exciting Share the Fun and Presentation contests. We have 20 presentations that are sure to impress the judges and YOU!

It's free to attend and we grantee that you will come away with great ideas and confidence to join in the excitement next year.

Prince William 4-H Food Challenge - Register by Feb. 18th!



We know that many teams are well on their way to practicing for the Prince William 4-H Food Challenge and we're excited to see you demonstrate your knowledge about presentation and food preparation! If you have pulled together a team and have not registered, it's important to register TODAY! We're preparing for a fun event and want to make sure that we're ready for you.

Date: Saturday, February 26th

Location: Buckhall VFT

[Click here to register.](#)



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

Date: Saturday, March 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 \(free\).](#)



Agriculture Night Rescheduled



Prince William 4-H Agriculture Community Night has been rescheduled!

Date: Tuesday, March 15th
Time: 7 PM
Location: 4-H Office, Manassas, VA
 Registration is required, but free. Details coming soon. [Please click here to register.](#)

Embryology Project: Register for a Training Session



Head • Heart • Hands • Health

Important Dates

Training

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

Egg Pick-Up: March 7th & 8th

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

Prince William 4-H 5K Conditioning Interest Survey

We're getting ready to launch our annual 12 week race training that leads up to the Prince William 4-H 5K!

Last year's Move it Monday! program was a tremendous success. So that we can best serve our members, please take a moment to complete the short survey. In particular, we'd like to know the best days and times to meet to focus on our 4-H Pillar of Healthy Living and begin a conditioning program that will help us be our best at the 5K, tentatively scheduled for May 22nd.

[Please click here for the short survey.](#)

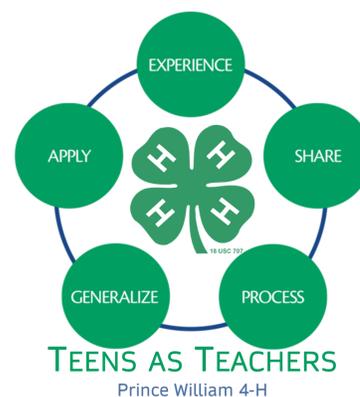


Prince William 4-H Teens as Teachers Interest Survey

Prince William 4-H is excited to launch a new program specifically for teens! Prince William 4-H Teens as Teachers will focus on interests within the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM, with a goal of supporting teens in lead, instructor roles. 4-H'ers will identify appropriate curriculum, learn how to prepare, present and teach it and then offer their program through a variety of 4-H platforms.

More information coming soon!

NEW TEEN OPPORTUNITY!



Virginia 4-H Updates

Important VA Horse Program Information

[Click here for Horsemanship Skills Calendar](#)

[Click here for Equismartz Events](#)

Mid-Feb	Horse Declarations will open
TBD	2021 End of Year Awards Announcement
April 8-10	2022 EquiSmartz, with entry deadline March 23
June 26-30	2022 Mary Cole 4-H Horsemaster Ride
August 3-7	2022 Southern Regionals 4-H
September 8-11	2022 State Show

February 25-26: 2022 022 VT Block and Bridle Livestock Educational Contests

Entries for the Block and Bridle Youth Livestock Contests (Stockman's, Livestock Judging, and Meats) are due Monday, February 14th. The entry link for the online entry submissions is: <https://tinyurl.com/BandBLivestockContests>.



Good luck to Prince William 4-H'ers competing this weekend at Block & Bridle Hippology and Horse Judging Contest!

VA 4-H Shooting Sports Recertification - Register by FRIDAY!



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 lynnwheeless1@vt.edu

Registration and payment due February 11th.

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.

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.

Virginia 4-H Congress - Save the Date!



The 100th Virginia 4-H State Congress will be held at Virginia Tech in Blacksburg, Virginia, from June 21 - 24.

Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the

adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

Key Dates

March 29 - Information packet released.

April 26 - Registration system goes live.

May 17 - Registration closes.

[Click here for more information.](#)

Shop JoAnn Fabric to Support Prince William 4-H!



Dates: February 1st - April 30th

Location: Joann Fabrics and Crafts

Our Local Woodbridge Contact: Angie Bartosh, s0777@joann.com

National 4-H Council and JOANN Fabrics and Crafts store has teamed up again with an extended campaign for 2022. During the Joann's Clovers for Kids Campaign, customers have the opportunity to donate at checkout or online to support the local 4-H program.

Prince William 4-H Members are encouraged to reach out to the Woodbridge store to connect, answer any questions about 4-H and express appreciation for supporting our next generation of leaders.

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.](#)



Civic Engagement and National 4-H Conference Scholarship Deadline Extended



Dates: March 19-24, 2022

Location: Hyatt Regency, Crystal City, VA

National 4 H Conference is the pinnacle experience in 4 H Civic Engagement, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, nation and world. At the conference, delegates will have the opportunity to participate in round table discussions and present to federal partner agencies along with the opportunity for delegates to engage with their U.S. Senators and Representatives.

The 2022 National 4-H Conference dates will be held in a hybrid format on March 20-24. The hybrid option will allow youth to attend either in-person at the Hyatt Regency Crystal City at Reagan National Airport or attend virtually through an online conference platform. The registration fee for in-person attendance will be \$1,095 for youths and \$1,195 for adults. The in-person registration fee will include hotel lodging, most meals, transportation at Conference, a 4-H mask and a 4-H polo shirt (travel costs to and from the conference are not included). The fee for virtual attendance will be \$425 for youths and adults. The virtual registration fee will include conference access, a virtual agency visit, activities for virtual attendees, 4-H mask, a 4-H polo shirt and 4-H swag box. The State 4-H Office will offset a portion of the registration fee. This portion will be determined after the delegates have been selected.

NEW this year, we are opening this opportunity to all teens ages 15 - 18 across the Commonwealth. We ask that interested youth complete an application process that can be accessed at: <https://forms.gle/S6BNTAM7pRIUAfDH6>. The application deadline is next Tuesday, February 15th at 12:00 Noon.

[Click here to learn more about the 2022 National 4-H Conference.](#)

From our Friends at VT: VT Research: The Intersection of Technology, Exercise, and Nutrition for Horses



Equine Enthusiasts: Kyla Szemplinski's research explores inertial measurement unit (IMU) sensors with horses. She is a Ph.D. student at Virginia Tech's Middleburg Agriculture Research & Extension Center (AREC). Her studies focus on the intersection of technology, exercise, and nutrition for horses. Her goal is to identify uses for IMUs that improve peoples' everyday interactions with their horses. She has asked for help obtaining feedback from pleasure horse owners about their use or awareness of wearable IMU sensors.

Please take a few minutes to complete a survey that Kyla developed. The results will provide her insight into additional everyday uses for wearable sensors that one day might become a standard practice for preventing horse stress or injury. [Click here for the survey.](#)

For questions about Kyla's research contact her at skyla20@vt.edu.

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!](#)



**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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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](#)

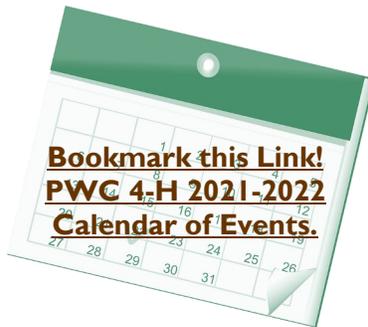
Prince William 4-H

[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.



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