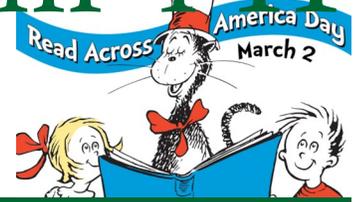




Prince William 4-H

Our Clubs, Our Community



March 2, 2022

Upcoming Events

- Mar 5 - [Clover\(bud\) Club](#)
- Mar 7-8 - Egg Pickup
- Mar 12 - Northern District Food Challenge Contest
- Mar 22 - [Suburban Ag Community Night](#)
- Apr 1 - Camp Registration Opens
- Apr 2 - 4-H Northern District Contest Day
- Apr 5 - PW 4-H STEM Community Night
- Apr 9 - Clover Club
- Apr 25 - Horse Project Declarations Due
- Apr 27-May 8 - TSC Paper Clover

Wellness Wednesdays **STARTS TODAY!**

Dates: Every Wednesday beginning March 2nd

Time: 5 - 6 pm

Location: Prince William County Fairgrounds

Who Should Attend: All PWC youth interested in 4-H and being healthy!

What to Bring: Water bottle and dress in layers

Join your fellow 4-H'ers in a 12 week conditioning program to get healthy this spring! Youth are meeting each Wednesday to stretch, move, and cool down with a healthy living discussion. All levels and experience are welcome!



Back by popular demand...MR. T!

Travis Dieffenderfer of PWC SNAP-Ed is adding to the fun with a new Eat Smart, Move More 4-week challenge with a positive nutrition message that starts on March 23rd. Earn prizes provided by USDA as you work towards your personal goals!



Volunteers Needed! This year's 4-H 5K needs a volunteer to lead our efforts. We have a folder of details from last year and supports in place. We need a volunteer, or group of volunteers, to spearhead the project. [Click here to email 4-H](#) to ensure our ability to offer this family-friendly event!

Inside this issue:

- [Prince William 4-H Updates](#) 2
- [Suburban Ag Night](#) 3
- [STEM Night](#) 4
- [VA 4-H Updates](#) 5
- [Contacts & Recourses](#) 6



Update your Charity Miles Account! Turn your steps into dollars for Prince William County food banks!

- ♥ Download the [Charity Miles App](#)
- ♥ Choose Feeding America
- ♥ Join Team **#Pwc4h**



Make Wellness Wednesday a 4-H Project! Track your work and progress. Take pictures. Be an active participant in your health and see what you learn! See the back of the newsletter for links to project record forms.



Click here to check out the [healthy living curriculum and activities from National 4-H!](#)

Click to Visit



WELLNESS WEDNESDAY

Prince William 4-H Food Challenge

The Prince William 4-H Food Challenge was a tremendous success. All three teams are moving on to the 4-H Northern District Food Challenge on March 12th!



Food Ninjas, Senior Team
Tim H., Ben H. Julia L., Hudson L.

Challenge: to make fennel the star of their side dish



Team Clover, Mixed Team
Ellie W., Rachel K., Cara G., Simon G.

Challenge: to make spinach the star of their appetizer



Knife Knights, Junior Team
Grayson D., Owen L., Zia T., Bailey D., Grace B.

Challenge: to make ground turkey the star of their main dish



THANK YOU to our volunteer judges Aaron Tolson, CEO of Northern Virginia Food Rescue, and Travis Dieffenderfer, SNAP-Ed, and to all of our wonderful volunteers!

- [Click here to learn more about Northern VA Food Rescue.](#)
- [Click here to learn more about SNAP-Ed.](#)

Prince William 4-H Entrepreneurship Project

Our new Prince William 4-H Entrepreneurs' Project will launch at the Suburban Agriculture Community Night on Tuesday, March 22nd. The project will consist of 4 workshops, a field trip to a local farmers' market, and many opportunities to sell at local farmers' markets. The goal of the project is for youth to create a business plan during the workshops and then test their skills by attending at least 3 markets. **Participation is limited!**



- [Click here and complete the Entrepreneurs' Project Interest Survey](#) and receive updates.
- [Click here to register for Prince William 4-H Suburban Ag Community Night.](#) (see page 4 for details)

Workshop #1 - May 4th at 6:30pm
 Workshop #2 - May 18th at 6:30pm
 Workshop #3 - June 1st at 6:30pm
 Field Trip to the market - June 11th
 Workshop #4 - June 15th at 6:30pm
 Farmers' Markets: July 2nd, Aug 6th, Sept 3rd, Oct 1st, Nov 5th



Clover(bud) Club - SATURDAY!

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 \(free\).](#)

Our next Clover(bud) Club will meet on Saturday March 5th. Cloverbuds will be creating "stained glass" windows, exploring creative arts and learning to express ourselves through art. Think about ways to use creative arts to tell your 4-H Story!

[Click here to check out this curriculum from 4-H At Home](#) that explores activities in journal making, painting, and more.



TSC Paper Clover



Spring TSC Paper Clover is April 27th - May 8th!

[Click here to email Prince William 4-H to reserve outdoor booth space.](#)

It's time to start planning our Spring Campaign! All donations at TSC benefit the many programs, activities, and camps available through Prince William 4-H. Be sure to shop at TSC during this time. Customers that use their TSC credit card will have their donations matched by Citibank.

What can your club do?

- Have a table that display's your club's activities and practice your public speaking by telling your 4-H Story to customers.
- Host a bake sale or craft sale with 100% of those proceeds directly benefitting your club.
- Shop at TSC for your spring gardening needs...including getting ready to adopt a garden at the Fairgrounds!

2022 Build a Better Burger Contest - Team Prince William 4-H

Date: Saturday, April 16th

Time: 12 Noon

Location: Junior Beef Round-Up, Rockingham County Fairgrounds

[Please respond to MaryBeth Lerch by March 18th.](#)

The new Build a Better Burger Contest will replace the Virginia Beef Challenge and will be held in conjunction with the Junior Beef Round-up in Rockingham.

Any Prince William County 4-H'er interested in participating in the contest should contact MaryBeth Lerch at 4HPWVC@pwcgov.org. Please do not complete the online registration form - we must submit entries as a Unit.

[Click here for more information](#) (please don't use the registration link!)



Embryology Project Updates

Egg Pick-Up: March 7th from 3-6 pm, and March 8th from 9 am - Noon.

Start warming up your incubators, regulating the temperature, and preparing for eggs!

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

Follow along on Facebook: [Prince William County 4-H Embryology Project.](#)



Prince William 4-H

SUBURBAN AGRICULTURE



Community Night, Tuesday, March 22nd, 7 pm

Ag ReInvented!

Who Should Attend?
All PWC Youth ages 9-18 that are interested in 4-H and career exploration

Aspects of the agriculture industry can be found in almost every moment of our day - from soap, to toothpaste, eggs, bacon, bread, clothing, paper, pencils...ag **IS** the world around us.

Join us for a night of exploring this ever-present and ever-changing 4-H Pillar of Agriculture and the limitless opportunities in the industry!



Skill-A-Thon

Test your understanding of the Agriculture Industry including crop production, animal production, industrial equipment, business, marketing, and more. Discover new career opportunities with this hands-on group contest that will introduce you to a world of urban and suburban agriculture that grows into nearly every aspect of our lives.



4-H Entrepreneurs' Project

Put your skills and talents to work! Consider joining our new initiative that leads youth through a series of workshops aimed at growing entrepreneurs. Work as a team to create a business plan, learn how to budget, design and manufacture a product, and sell your creations at a local farmer's market. From accounting, to marketing, to urban farming - all skills are needed to ensure success!



Urban/Suburban 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 urban/suburban farming.



CLICK HERE TO REGISTER.
REGISTRATION IS FREE, BUT REQUIRED.

Prince William 4-H Suburban Agriculture Community Night
Tuesday, March 22nd, 7 - 8:30 pm
McCoy Conference Room
7987 Ashton Ave., Manassas, VA
www.pwcva.gov/4-H



PRINCE WILLIAM 4-H
PRESENTS

WHO SHOULD ATTEND?

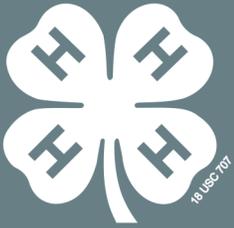
All Prince William County youth ages 9-18 that are interested in STEM and 4-H are welcome!

No computer experience necessary.

ENGINEERING &
TECHNOLOGY

ENTREPRENEURSHIP
& FINANCIAL
LITERACY

PLANT & ANIMAL
SCIENCE



NATIONAL 4-H
CURRICULUM
& ACTIVITIES

ENVIRONMENTAL
SCIENCE &
ALTERNATIVE
ENERGY

FOCUS ON DATA SCIENCE

- A hands-on **data science and machine learning activity** understanding data, discovering patterns, and making decisions.
- Interactive data and statistic interpretation games
- Career exploration in data science, coding, artificial intelligence and much more!

STEM

Community Night

STARTS AT
7PM

APRIL
5

Prince William 4-H | McCoy Conference Room, 7987 Ashton Ave | Manassas, VA

Registration is required, but participation is FREE! [Click here to register.](#)

Prince William 4-H STEM Community Night will inspire youth to be problem solvers, creative and critical thinkers, and explorers! Our youth must navigate the challenges of the real world through first-hand experience and knowing how to create, not just consume, technology. 4-H's interdisciplinary, curriculum-based approach engages and excites young people to learn by doing!



VA 4-H Horse Updates

Equismartz: Virginia 4-H Horse State Competition Weekend

Date: April 8-10

Location: Lexington, VA

Entry Deadline: March 23rd

[Click here for more information.](#)

This weekend is for Junior and Senior Competitors. Event categories include Horse Bowl, Hippology, Horse Judging and Communications. Hotel room blocks are available.



2022 VT B&B Hippology Quiz Samples

It's time to test your knowledge! We know you've been hard at work preparing for the upcoming Hippology contest. Text your knowledge with these sample quizzes and dive into the details!

- [Click here for the Junior Hippology Quiz Sample](#)
- [Click here for the Senior Hippology Quiz Sample](#)

2022 VA State 4-H Horse & Pony Show Silent Auction



Date: September 8-11, 2022

Location: Virginia Horse Center, Lexington, VA

The 4-H Horse Show Silent Auction is the largest fundraiser for the show and supports the many initiatives of Virginia 4-H. Organizers are asking leaders, coaches, members, parents, and 4-H Agents to reach out to friends, family, and businesses for donations for the Silent Auction. [Click here for a sample letter.](#)

A donor form must be completed for each item donated. [Please click here for the form.](#) Email completed forms to Rose Baker McDonald at va4hsilentauction@gmail.com. The forms are used to track donations and give credit to donors. Please attach a photo of the value (receipt or price tag).

Monetary donations are also accepted. These donations help offset the cost of program rentals and supplies, with remaining funds going to support VA 4-H. Monetary donations can be made payable to VTF 4-H Horse Show and mailed to Rose McDonald, 1085 Collinsville Road, Cross Junction, VA 22625.

Raffle items are also needed. Organizers need help obtaining items, such as a YETI Cooler, fire ring, etc. These items are needed early to facilitate early raffle ticket sales.

Thank you to all that have donated in the past and continue to support Virginia 4-H. In 2021, the event raised over \$13,000.00. We're hoping to top that in 2022!

Virginia 4-H STEM Website Pages

Virginia 4-H has updated the 4-H STEM website with key resources important to educators and 4-H Club Leaders. Under Technical help for 4-H professionals, new links include: Next Generation Science Standards, VA Science Standards of Learning (SOLs), and Bloom's Taxonomy & Writing Effective Learning objectives.



The following STEM Resource links have also been added: Center for Excellence in Education (general STEM resources and Teacher Enrichment Program), Summer Camp Hub's Online Coding Classes for Kids, STEMsational Ag: The Virtual Farm, Leland Melvin STEAMography and STEAM Power Activities (great resource for telling the story of a NASA astronaut from Virginia beating the odds), American Phytopathological Society Educator Resources (plant pathology!), and First Green: Turning Golf Courses into Classrooms.

- [Click here to visit the Virginia 4-H STEM Website.](#)
- [Click here to watch the of STEM Education and Initiatives in Virginia](#) presented by Chuck English, the Virginia STEM Coordinator out of the Science Museum of Virginia and member of the Virginia STEM Education Commission.

2022 Virginia 4-H/FFA State Skill-A-Thon



Date: Tuesday, March 29th,

Time: 9 am

Location: Rockingham County Fairgrounds, Harrisonburg, VA

Entry Fee: \$10/contestant

Entry Deadline: Tuesday, March 22nd at 5 pm

[Click here to enter.](#)

This is the official State 4-H Skill-A-Thon with the highest placing Senior 4-H Team moving on to the National 4-H Skill-A-Thon in Louisville, Kentucky in mid-November. FFA youth and teams are welcome to compete. This is not a dual-entry contest and there are not separate 4-H and FFA contests - one contest with two divisions (Junior and Senior, based on birthdate).

The State Skill-A-Thon contest is a comprehensive test of livestock knowledge including identification classes of meats, feeds, equipment and breeds; evaluation classes of meats, hay, sheep, swine, and beef; a knowledge-based quiz; and an applied team problem.

Please read the contest components carefully. Note that for Senior Contestants and Teams, the components are different than a traditional Stockman's contest, and there are three team activities, versus one in the traditional Stockman's contest.

Email Katherine Carter at carterke@vt.edu with any questions.

[Click here for more information about the 2022 Virginia 4-H/FFA State Skill-A-Thon and to enter.](#)



2022 Youth Cattle Working Contests

The youth cattle working contest develops youth skills in animal management and handling. Working as a team, youth efficiently process three stocker calves utilizing Beef Quality Assurance guidelines. The top two teams from each region then compete at the State Youth Cattle Working Contest.

The State Contest will be held at 10AM on THURSDAY, April 14th at the Virginia Beef Expo in Harrisonburg.

Regional Youth Cattle Working Contests

- Wednesday, March 30th, Shenandoah Valley**, 1718 Keezletown Road, Weyers Cave, 9:00 AM and 12:00 start times
- o Contest Coordinators: Andy Seibel, aseibel@vt.edu and John Benner, benner89@vt.edu
- Thursday, March 31st, Southern Piedmont**, The Adams Farm, 855 Jones Store Road, Red Oak, 10:00 AM
- o Contest Coordinator: Joanne Jones joenki1@vt.edu
- Saturday, April 2nd, Southwest Virginia**, Copenhaver Farms, 31118 Blue Springs Road, Meadowview, 9:00 AM
- o Contest Coordinator: Phil Blevins, pblevins@vt.edu
- Wednesday, April 6th, Central Virginia**, Senterfitt/Virginia Livestock, 5866 Orange Rd, Radiant, 1:00 PM
- o Contest Coordinators: Kaci Daniel, kcoppedg@vt.edu, and Brad Jarvis, bjarvis@vt.edu
- Saturday, April 9th, New River Valley**, G & G Livestock, 169 Fort Chiswell Rd, Fort Chiswell, 9:00 AM
- o Contest Coordinator: Cynthia Hurst, cyhurst@vt.edu

*****PLEASE NOTE: Each Regional Contest will have a 15 Team Maximum Limit*****

The Regional Contests registration form can be found at: <https://tinyurl.com/2022-Youth-Cattle-Working>

Contest rules, scoring information, processing maps, and permission forms will be posted at: <https://ext.vt.edu/4h-youth/youth-livestock/competitions/vcwc-index.html>

Registration Deadline for all Regional Contests is March 24th, 2022

Registration is \$25/Team

Make Checks Payable to: Virginia 4-H Foundation

Return Registration Forms and Entry Fees to:

Katherine Carter
Youth Cattle Working Contest
380 West Campus Dr.
362 Litton Reaves Hall
Blacksburg, VA 24061

For more information contact:
Katherine Carter at carterke@vt.edu



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VCE/VT Youth Mental Health First Aid for 4-H Club Leaders

Youth Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to a youth who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aiders are... teachers, first responders and coaches. They're neighbors, parents and friends. They're people in recovery and those supporting a loved one. They're faith leaders and bus drivers. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for youth.

Free seats are available through a USDA Grant for VCE staff and volunteers for Youth Mental Health First Aid and Mental Health First Aid sessions. The dates are:

Youth Mental Health First Aid (for adults seeking to support youth):

March 22, April 5, May 6

[Click here to register.](#)

Mental Health First Aid (for adults seeking to support adults):

June 14

[Click here to register.](#)

Contact Dr. Crystal Tyler-Mackey at cmt Tyler@vt.edu with questions.



Virginia Egg Council #whyeggsrgr8! Poster Contest

Who Should Participate: VA youth ages 9-12 that are 4-H or FFA members

Poster Deadline: March 25th

Help showcase Virginia Farmers and Eggs! Our farmers are dedicated to providing consumers with the best quality food while taking good care of their animals and the environment. And they produce eggs that are nutritious, delicious, convenient, easy, affordable, satisfying & fun! Do your part to promote this *eggceptional* industry by designing a poster with the headline #whyeggsrgr8!

[Click here for more information about the Virginia Egg Council and to participate in the contest.](#)



Scholarship Opportunity from VA SWCD

The VASWCD Educational Foundation scholarship program promotes the education of Virginia citizens in technical fields with a natural resource conservation and environmental protection emphasis. The program provides financial support to students majoring in or showing a strong desire to major in a course curriculum related to natural resource conservation and/or environmental studies. Annually the Foundation provides four \$1000 statewide scholarships in addition to the many local SWCD scholarship opportunities.

[Click here to learn more and to download the 2022 application.](#)

States' 4-H International Exchange Program

International exchanges through States' 4-H is an invaluable opportunity to build connection, cultural awareness, and global citizenship. [Check out the Summer Programs below and click here to learn more.](#)



Short-Term Summer Program: Inbound Exchange

States' 4-H Summer Inbound programs bring youth to the US each summer to stay with a host family for 4 weeks. Based on a complete cultural immersion model, youth are matched with a volunteer American family who wants to share their life with an international visitor.

Visiting youth travel in groups and are accompanied by an adult chaperone who stays in the same state for the duration of the program. Host families will have the opportunity to participate in welcome orientations and departure events that are organized by the 4-H Extension office in each state.

States' 4-H currently offers several different hosting opportunities for interested families. The Japan Program is our largest and is always in need of families. Please note that space may be limited in our other programs.

Short-Term Summer Program: Outbound Exchange

States' 4-H Summer Outbound programs provide American 4-H youth with the opportunity to travel to foreign countries for a cultural immersion experience. Outbound delegates live with volunteer host families and engage in experiential learning about a new way of life. Delegates experience aspects of daily life that allow them to more deeply understand both their host culture and their own culture. The States' 4-H network of like-minded international partners recruit host families and plan enrichment activities for the delegation.

All States' 4-H Outbound delegates participate in pre-departure orientations held in the US. Delegations are accompanied by adult chaperones who remain in-country to provide support during the exchange. Delegates attend an in-country orientation upon arrival and prior to departing for their host families. Some programs include a summer camp or language learning elements as well.

[Click here for the States' 4-H International Exchange Program Facebook Page.](#)

5th Annual Occoquan Community Peeps Contest



Dates: April 12 - April 16

Time: 9 am - 4 pm daily

Location: Occoquan Town Hall, 314 Mill St..

Dioramas due Friday, April 8th or Monday, April 11th.

[Click here to register.](#)

[Click here for more information on Peep Week in Occoquan.](#)

It's time to start stocking up some Peeps for the 5th Annual Occoquan Community Peeps Contest! Build your own Peeps diorama and enter to win a \$50 gift card to spend at any participating Occoquan business!

Enter by April 11 to win in one of four categories: Individual; Family/Team; Youth (ages 12-16); and Kids (12 and under). The public decides the winners! Voting will take place at Town Hall between April 12 and April 16. One vote per category per person. Entries with the most votes in each category wins and will be announced April 16 at 4pm.

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

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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

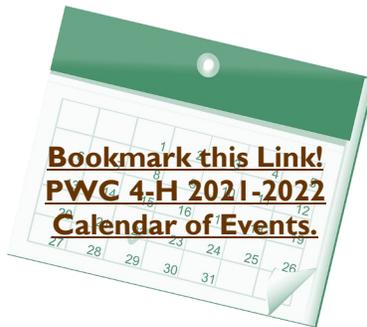
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Secretary - Vacant

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Vacant - President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
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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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