



# Prince William 4-H

*Our Clubs, Our Community*



April 20, 2022

## Upcoming Events

- Apr 23** - Northern District Food Challenge
- Apr 27-May 8** - TSC Paper Clover
- Apr 30** - PWC Fairgrounds Cleanup Day
- Apr 30** - VA 4-H Healthy Living Summit
- May 7** - Tree Seedling Planting
- May 7** - Clover(bud) Club Meeting
- May 15** - Horse Project Declarations Due
- Jun 3** - 4-H Seniors Ice Cream Social
- Jun 21** - VA 4-H Congress

## Only a Few Spots Remaining for 4-H Junior Camp!



**Dates:** July 24th - 28th

**Location:** Northern Virginia 4-H Center, Front Royal, Virginia

**Who Should Attend:** 4-H Camp is co-ed and campers must turn 9 by 9/30/2022 and must be no older than 14 on 12/31/2021.

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

4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation, and participate in evening activities and campfires. Visit the link above to view Class Tracks, course descriptions and more.



### Virginia 4-H Camp Scholarship Opportunity

[Click here for more information and to apply.](#) - **Due May 20th**

The application for the first annual Preston R. Wilson Virginia 4-H Camp Scholarships for youth ages 9 – 14 is available. Four scholarships are available for each of the six 4-H Centers in Virginia.

## Early Registration for Prince William 4-H Fair Camp is OPEN!



**August 15th - 19th, 9 am-12 pm, at the Prince William County Fairgrounds**

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

4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

**Camp Counselors** - be sure to get your registration in today and put your personal touches into Prince William 4-H Fair Camp, including camp theme, crats, activities and more!

## Inside this issue:

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## Community Service Opportunities - Help Plant Trees!



**Date:** Saturday, May 7th

**Time:** 9 am - 1 pm

**Location:** Bristow Station Park

**What to Bring:** Shovel, water bottle, wear boots and dress for the weather

**Who Should Attend:** EVERYONE! Youth under 13 must have a parent present. This is a family-fun event.

[Click here to register](#)

Join us for the return of our 4-H Tree Seedling Project! Boxes of seedings arrived at our office today and are ready to plant. Use your hands, heart, head and health to help the environment and make our world a better place for generations to come.



[Click here to check out this recent article by VSU: "Healthy Urban And Suburban Trees Support Cooperative Extension's Mission"](#)

Click to Visit



Virginia Tech • Virginia State University



## Clover(bud) Club - Planting Tree Seedlings

**SAVE THE DATE: Saturday, May 7th**

**Time:** 9 am-1 pm

**Location:** Bristow Station Park

**Who Should Attend:** PWC youth ages 5-8

[Click here to register](#)

Celebrate the end of a fantastic Clover(bud) Club year at our next meeting on Saturday, May 7th! Come meet other 4-H families as we plant tree seedlings and learn about the environment.



## Sign Up TODAY to Develop Your Business Skills!

**No Product to Sell? No Experience? No Problem!** The PWC 4-H Entrepreneurship Project will SPARK ideas, help you formulate them into a real plan, teach you how to develop a product, and then work together to sell your creation.

4-H'ers only need to bring their talents to begin this incredible opportunity to learn business skills from the bottom up. They'll apply these skills and set the foundation to grow into future business leaders. Join us for an exciting hands-on adventure that will build on what you know and transform your talents into marketable skills.

**Applications are due April 27th** (extended deadline)

[Click here for the application.](#)

[Click here for the project schedule/timeline.](#)

\* Participants will be expected to attend all 4 workshops and a minimum of 3 markets.



## Wellness Wednesday

**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!

## Week 7: Wellness Wednesday Update

Submitted by Aisling Mintz

On Wellness Wednesday we normally run and walk. Last week it was hot and we needed a lot of water to keep hydrated. We started with warm ups and icebreakers. Maria led us. She had a deck of warm up cards and they were stretches like jumping jacks, push ups, leg lunges and other stuff. Then we ran for 8 minutes and walked for 1 minute. We did three rounds of that. Then we were done. Lexi led us with cool down stretches. Over the last month we have been keeping track of how much water we drink. This week we turned in our records and got a little surprise. We are doing a healthy eating challenge and need to write down how many fruits and veggies we eat a day. Mrs. Strand reminded us to keep working on the challenge. Then we said our good-byes and left for home.



## Virginia 4-H State Congress



### 100th Virginia 4-H Congress

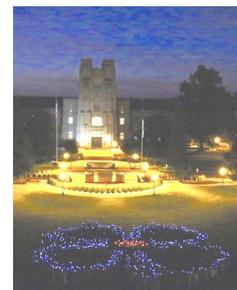
**Dates:** June 21st - 24th; Competitions held on Tuesday, June 21st, 10am-4pm.

**Location:** Virginia Tech, Blacksburg, VA

[Click here for more information](#) including Key Points and Forms

**Registration begins April 26th and ends May 16th on 4-H Online.**

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. If you are a senior 4-Her (will turn 14 before Sept. 30th) you are eligible to attend 4-H State Congress!



*"100 Years to  
Larger Service"*



### VA State 4-H Cabinet Elections

**Who:** Prince William 4-H Teens

[Click here for the 2022-2023 State 4-H Cabinet Elections Packet.](#)

**Applications are Due May 6th at 5 pm.**

## Virginia 4-H Youth Voices Awards Expo

**Date:** Saturday May 14th, 12:15 to 3:15 pm

**Location:** Richmond Virginia TBA

[Click here to register.](#) **Register and submit video by May 11th.**

\*Note - Youth do not have to attend the event to submit a video and enter the competition.



**Create a simple video with a powerful message and you could win a 4-H Oscar Award!** Create a short inspiring video using a phone or a camera. For example, the video could be about something that tackles comparison on social media, or mental health, or wellness or all three. Encourage your youth to be creative and think outside the box. They can create a "Tik Tok" style video or a music video or photo slide show with narration or animation, etc. It's up to them.

[Contact Hermon Maclin at hmaclin@vt.edu](mailto:hmaclin@vt.edu) for assistance with creating your story, filming or editing videos.

[Click here for Virginia 4-H Youth Voices Facebook Page.](#)

### STORYTELLING TIPS, Submitted by Hermon Maclin

**STEP ONE:** Gather your creatives in a comfortable setting. Spark a brainstorming activity by asking each youth to write a true story about themselves, include their feelings and things that they think people don't really know about them. Ask them to volunteer to read their story out loud to the group. This will help get the storytelling wheels turning and help them open up and get to know each other better and trust each other creating a feeling that'll help them work freely as a creative team.

**STEP TWO:** Once they have finished sharing their personal stories, have them brainstorm ideas for the story they want their video to tell. Write their story suggestions on the wall and have them select the one story they want to go with.

**STEP THREE:** Once they have decided on a story to tell, have them answer the following six questions that will basically create an outline for their script and video. The tutorial found at the following link will explain why answering these questions is so important. [https://youtu.be/F7i3w6XW\\_2Q](https://youtu.be/F7i3w6XW_2Q)

**STEP FOUR:** Storyboarding - Create a newspaper style comic strip using a separate sheet of typing paper for each scene drawing pictures to show what's happening in the scene and the location/surroundings and add captions describing what's going on in the scene, camera angles etc. These scenes/sheets can be moved around as needed as the story evolves.

**STEP FIVE:** Shoot the video with a cellphone. Film scenes making sure the video and audio is good quality. Lighting is important and hold the phone close to the person speaking to get good audio or use a cordless microphone that's compatible with cellphones.

**FINAL STEPS:** Edit video (*we can help with that*), Critique and tweak (*We can help with this*), Submit final video

**SAVE the DATE**  
**VIRGINIA 4-H TEEN SUMMIT**

**DATE** 5/20/2022 - 5/22/2022  
**LOCATION** W.E Skelton 4H Center, Wirtz, VA

**What is this about?**  
 Focused on Social Justice and Equity + Inclusion issues such as racial justice, LGBTQ+ rights, the environment, mental health, teen voice and empowerment.

**Who should attend?**  
 Teens (14-18) interested in advocacy, Social Justice Issues, leadership or wanting to learn how to make a change in their communities.

CONTACT DR. ERIKA BONNETT (EBONNETT@VT.EDU) OR DR. TONYA PRICE (TOTAYLOR@VT.EDU) WITH QUESTIONS!

Virginia Cooperative Extension  
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## Virginia 4-H Teen Summit - Register Today!

**Dates:** May 20th - 22nd  
**Location:** W.E. Skelton 4-H Center, Wirtz, VA  
**Who Should Attend:** Teens 14-18  
**Cost:** \$50 due by May 10th  
[Click here to register on 4-H Online](#)  
**Register by April 30th**

The 4-H Teen Summit Leadership Team consisting of 19 teens and adult mentors have been busy planning a phenomenal 4-H Teen Summit for Social Justice this spring! All state and 4-H guidelines for in person and overnight programming will be followed during the event. The 4-H Teen Summit will be focused on social justice issues like LGBTQ+ rights, mental health, racial justice, the environment, education, food insecurity, and much more. The goal around the summit is to create a safe space for youth to talk about advocacy and issues that impact them, and how to create change in their communities.



### 4-H Citizenship in Action!

**Wise County 4-Her helps create new Virginia law, leaves legacy of equity for Virginia 4-H**  
 The bill that Harper Miller, a sophomore at Central High School, helped with puts 4-H on equal footing with sports and other school programs. [Click here to read the full article by Virginia Tech.](#)

## Celebrating Month of the Military Child, April 2022

4-H Military Partnership supports military readiness through 4-H positive youth development for youth, families, and communities.  
[www.virginia4-hmilitaryclubs.org](http://www.virginia4-hmilitaryclubs.org) and [www.4-hmilitarypartnership.org](http://www.4-hmilitarypartnership.org).



Celebrate the Strength of Military Youth  
 —April 2022

### Virginia 4-H Month of the Military Child Photo Challenge

During April, interested youth and adults across the state may choose to participate in the **VA 4-H Month of the Military Child Photo Challenge**. This is another way to celebrate the strength of military-connected youth. **The goal** is for military youth to see they have our thanks & support. Participants of the photo challenge simply select the subject of their photo from the following:

- An American Flag flying in your community
- MOMC spelled with toys or household items
- A purple ribbon tied on a tree
- A door or bulletin board decorated for Month of the Military Child

Share your photo by posting on social media using  
 #Opportunity4All #MonthoftheMilitaryChild #Virginia4H

*(People are not required to be in the photos. If more than one person is in a photo, follow your local or CDC mask guidance.)*



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## 2022 VIRTUAL COLLEGE AND CAREER FAIR

PRESENTED BY ARMY CHILD AND YOUTH SERVICES



April 28th  
 11am-4pm CDT  
 or  
 5pm-10pm CDT

Come learn about post high school opportunities and financial aid available to military-connected youth and families.

All military-connected middle and high school students are welcome to attend at no cost!

Presentations and exhibitors include:

- Department of Education
- Department of Labor
- Department of Veterans Affairs
- Colleges and Universities
- Polytechnic Colleges
- Military Recruiters and Service Academies
- And More!



Register at <https://accf.vfairs.com>



## Virginia 4-H Horse Program Updates

### 2022 Mary Cole 4-H Horsemaster 50 Mile Ride

**Dates:** June 26th - 30th

**Location:** Iron Mountain Horse Camp (IMHC), in Ivanhoe, Virginia

**Who Should Participate:** this event is open only to 4-H'ers

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

**Applications are due April 25th.**

We will be camping and riding in the Jefferson National Forest and part of the Mount Rogers Recreational area, which will afford us some of the most spectacular scenery. Camping will have water/electric hookup and there are showers and toilet facilities. Horses will be kept in stalls. This is a fabulous trip and experience for 4-H'ers! We will take in some awesome trails, have lots of fun back at camp and around the campfire, great food and fellowship. While you don't have to be a diehard camper to enjoy or survive this trip, you will need appropriate equipment and conditioning for you and your horse. The document attached provides general information about the ride including cost, sample ride day and a required conditioning schedule.

**DUE MONDAY!**



### Save the Date: IMHC 4-H Benefit Trail Ride for the 4-H Horse Program

**Date:** June 25th - Bring your horse and ride for a short or long trail ride, and enjoy music and food in the evening. *More info coming soon!*

### Horse Declarations are OPEN for 2022!

Register online at [v2.4honline.com](http://v2.4honline.com)

**Registration Extended Deadline: May 15th** (no late registrations will be accepted)

All 4-H'ers must declare their project animal by May 15th through 4-H Online to show at the State 4-H Championship Horse & Pony Show. The State 4-H Show is being held September 8th - 11th.

[Paper Copy of Project Horse Declaration Form](#) (inquire with your Extension agent for requirement)



### Qualifying Shows

Please also check the calendar and make your plans now for your District Qualifying Show or Clinic, a requirement to show at the state show. Check entry deadlines as some are fast approaching! Please inquire with your District Horse Council contacts about any additional dates and scheduling horsemanship skills. All dates must be posted on the horse program website.

- [District Qualifying Clinics](#)
- [District Qualifying Shows](#)
- [Horsemanship Skill Dates](#)

## Final Reminders for VA 4-H and FFA Youth



**Market Animal College**, Rockingham County Fairgrounds

**Date:** Saturday, April 23rd,

[Click here for more information.](#)

This is a great opportunity for those new to showing and raising livestock projects, or those with experience that want to broaden their knowledge.



**2022 Virginia 4-H/FFA Dairy Skillathon**, Rockingham County Fairgrounds

**Date:** Friday, April 29, 2022

[Click here to register.](#) **Registrations are due Friday, April 22nd.**

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

The VA 4-H/FFA Dairy Skillathon is an education contest open to 4-H and FFA members.. There is no fee to register. Click on more information to see the various skills competitions and the age groupings for individuals and teams.

**Franklin County Youth Livestock Show**, Double D Arena, Wirtz, VA

**Date:** Saturday, June 18th

[Click here for more information and to register.](#) **Registrations are due May 13th.**

Registration is open for the Franklin County Youth Livestock Show. The show includes beef and dairy cow/steers, sheep, goats, poultry, and rabbits. The event is open to all youth ages 5-19.

### Franklin County Youth Livestock Show



Registration Packet  
3 Ways to Access



Scan the QR Code  
email: [cmartel@vt.edu](mailto:cmartel@vt.edu)  
call: 540-483-5161



Virginia Youth Program, Virginia State University

## 4-H Honey Bee Essay Contest Winners



**FOUNDATION FOR  
THE PRESERVATION  
OF HONEY BEES, INC.**

Each year The Foundation for the Preservation of Honey Bees, Inc. sponsors a national 4-H Honey Bee Essay contest with one winner from every state competing for up to \$750. In support of that Virginia 4-H sponsors a state contest where winners are eligible for up to \$100 in prize money and the opportunity to compete nationally. Congratulations to the following 2022 contest winners:

**First Place** (\$100 prize and forwarded on to national contest): **Abby Newton**, Shenandoah County  
**Second Place** (\$50 prize): **Alyssa Kopp**, Smyth County



### Check out the Heartland Bees Curriculum (and more!) Available at 4-H

Native bees are important pollinators that help plants make fruits and seeds, and the American prairie is home to many different kinds of bees. In this series of activities, kids will learn about the importance of native bees for foods we love to eat, how they do what they do, and how we can help protect them. [Click here for free activities and curriculum.](#)

## Virginia Tech 4-H Collegiate Club T-Shirts for 4-H Alumni

[Click here to purchase a t-shirt or donate.](#)

The Collegiate 4-H at Virginia Tech was recently restarted in October of 2021 with a growing 40+ membership. They strive to make the best better by participating in community service and various volunteer opportunities. They are currently working on connecting the head, heart, hands, and health in everything they do! They work to put both Virginia Tech's motto, "Ut Prosim," that I may serve, and the 4-H motto, "To Make The Best Better," in action with all of their service opportunities.



Emily Mullins and Elle Smith are the club founders. They are both students with a passion for 4-H and everything it can do for a community and those involved. Having experience in this club has given them both so many opportunities. Elle aspires to be a senator, and this is something she never would have dreamed of without having the experience and opportunities 4-H gave her. Emily wants to continue her work with 4-H and become an extension agent post-graduation and continue to build programs. With your help, they can further build this club and continue to help our communities.



## For Educators

[AITC Germination Lessons](#) - click to access the unit and more free agricultural curriculum for the classroom.

[AITC Summer Pre-K - 5 Educator Workshops](#) - click for a list of professional development opportunities

[Gardening Fun 101](#) - click to learn more about basic gardening and get your hands dirty with this 4-H series of six fun gardening projects for kids in grades 3-8.

[Environmental Impact Survey: Exploring the Impact of the Environment on Teens](#) - click to read the National 4-H report about how teens feel about the environment.

[Virginia Association for Environmental Education Conference](#) - click for more information on the VAAE Conference being held this year at the Airfield 4-H Center on August 12-14th.



## Vote for Prince William 4-H Association!

**Voting is now open in the InsideNoVa's Best of Prince William 2022 contest!** The **Prince William 4-H Association** is listed under "Around Prince William - Non-Profit/Organization." Voting ends April 30th. You can also support **VCE Master Gardener Nancy Berlin** as "Most Community Involved Person" and vote for the **VCE Master Gardeners** program under "Non-Profit/Organization." Thank you for your support! [Click here to vote.](#)





# Grow Your **BUSINESS** Skills

**Prince William 4-H**

**Join us for a hands-on experience that will SPARK ideas and grow the next generation of business leaders!**

The PWC 4-H Entrepreneurship Project will help you formulate product ideas, create a business plan, develop the product, and put the plan into action, transforming your ideas into sales at local Farmers' Markets. We'll work together to learn the basics of business and SPARK new ideas based on your talents!

4-H'ers only need to bring a willingness to learn to begin this incredible opportunity to learn business skills from the bottom up. They'll apply these skills and set the foundation to grow into future business leaders. Join us for an exciting hands-on adventure that will build on what you know and transform your talents into marketable skills.

**No experience necessary.  
4-H'ers do not need to have a product planned.**

**Ages  
5-19**



## **Entrepreneurship Workshops**

May 4th, May 18th, June 1st, and June 15th  
McCoy Conference Room

**Field Trip: June 11th**

## **Market Dates**

July 2nd, August 6th, September 3rd,  
October 1st, and November 5th

\* Participants must attend all 4 workshops and a minimum of 3 markets.

**REGISTER TODAY!**

**Prince William 4-H Entrepreneurship Project**

[Click here for the application.](#)

[Click here for the project schedule/timeline.](#)

Applications are due April 27th

## Final Reminders for Scholarships



### Scholarship Opportunity from VA SWCD

**APPLICATION DUE: APRIL 22ND**

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

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.



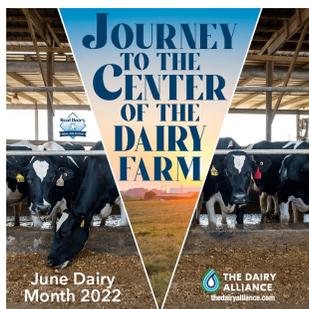
### The Jim Claxton Memorial Scholarship

Administered by the Turfgrass Producers of Maryland

**APPLICATION DUE: MAY 31st**

[Click here to learn more and apply.](#)

The Jim Claxton Scholarship Fund was initiated in 2011 in order to honor Jim and his contributions to the Mid-Atlantic turfgrass industry, while financially supporting students in pursuit of a college degree. Applicants must be a current high school senior or enrolled in a 2- or 4-year college/university program; reside in the Mid-Atlantic area or be enrolled in a college/university in the Mid-Atlantic area; have a high school GPA or at least 2.50; and submit the application, current transcript, essay and letter of recommendation.



### 2022 June Dairy Month 4-H Poster Contest

**POSTERS DUE: JUNE 15TH**

**Who Should Participate:** All Prince William 4-H'ers

**Poster Theme:** Journey to the Center of the Dairy Farm

**Age Groups (as of Sept. 30th):** Junior (9-11), Intermediate (12-13), Senior (14-19)

**State Prizes in Each Age Group:** 1st-\$100, 2nd-\$75, 3rd-\$50

[Click here for details and how to submit a poster.](#)

Learn more about milk and milk products and their importance to human health by participating in the June Dairy Month 4-H Poster Contest!

## Final Reminders for National 4-H Opportunities



### PYD Academy: Youth Mental Health

**Dates:** May 10th - 12th

**Register by May 6th.** Registration is limited. [Click here to learn more.](#)

4-H youth development can play an important role in supporting youth mental health, but many 4-H professionals are uncertain of how to provide 4-H programs around this topic. Join the 2022 4-H Virtual PYD Academy on Youth Mental Health to explore the current landscape, the supporting role of 4-H, and personal competencies for effective PYD practice.



### True Leaders in Equity Institute

**Dates:** July 11th - 14th, Bethesda, MD

**Apply by June 6th.** [Click here to learn more.](#)

Empowering youth/adult teams to be change agents within the Cooperative Extension System, this training and leadership opportunity on July 11-14 in Bethesda, Maryland challenges participants to work together to ideate and champion equity-related projects that will grow 4-H in their communities. National 4-H Council will provide up to 20 scholarships to exemplary application submissions.



### 4-H Equity Challenge

**Apply by June 1st.** [Click here to learn more.](#)

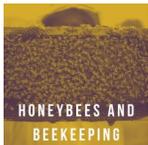
Join the 4-H Equity Challenge! Individuals or teams of 2-3 youth ages 13 – 19 will identify problems, define answers, and develop digital media projects that outline possible solutions, empowering teens to become effective change agents and equity leaders in their communities. Participants will present their project in a local or state 4-H Challenge event for an opportunity to win \$500+.

# Virginia Cooperative Extension Speakers Bureau

End of Year  
Enrichment  
Ideas!

## ELEMENTARY ENRICHMENT PRESENTATIONS

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**HONEYBEES AND BEEKEEPING:** Phil Blevins, Agriculture and Natural Resources Extension Agent will teach students the importance of honeybees and an overview of beekeeping. This presentation is for students in grades K-5 and is 30 minutes long.



**TEACHING YOUR DOG AND YOUR FRIENDS WITH KINDNESS:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over in simple terms how to use rewards (positive reinforcement) to train dogs to do tricks and behave better. She will also tie this into how we can interact with other humans better using these same approaches--telling people what we like about what they do, saying thank you etc. There will be plenty of dog videos! This presentation is for students in grades K-5 and is 30 minutes long.



**LEARN TO SPEAK DOG:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over how dogs communicate, what their warning signals are, and how to stay safe around dogs. This presentation is for students in grades K-5 and is 30 - 45 minutes long.



**BLINK! THINK! MAKE YOUR CHOICE; USE YOUR VOICE:** When we place children in the care of other adults, we trust they will be safe; but we know we cannot be totally sure. When a supposedly trusted authority figure tells a child to do something wrong, it is a confusing and potentially dangerous experience. Dr. Eric Kaufman, Professor at Virginia Tech, will introduce students to an age-appropriate strategy for intelligent disobedience. The intention is to teach the children how to make sensible decisions about instructions that they are given by adults. This presentation is for students in grades K-5 and is 15 - 30 minutes long.



**GOODS FROM THE WOODS:** In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



**AFRICULTURE:** Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



**DAIRY:** Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



**VIRGINIA WILDLIFE:** Using furs, skulls, and live animals, Bonnie Tillotson, 4-H Extension Agent will help youth learn about Virginia Wildlife. Youth will learn about native species, predators vs. prey, how skulls differ between herbivores, omnivores, and carnivores, and what wildlife need to survive. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



**THE WORLD AS AN APPLE:** Mandi Dolan, 4-H Extension Agent, will help students examine soil horizons and investigate best management practices for soil conversation through this interactive lesson targeting SOLs 3.10 and 4.9. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



**SIMPLE MACHINES WE USE EVERY DAY:** Ruth Wallace, 4-H Extension Agent, will guide students through a discussion of simple machines that we use all the time without realizing how much help they give us. The presentation involves going through the simple act of making chocolate pudding and discussing each simple machine used. This presentation targets VA Science SOL 3.2 and is 15 minutes long.



**SOIL SCIENCE:** Ruth Wallace, 4-H Extension Agent, teaches students about soil components, organisms in soil, and the importance of soil as a natural resource. This presentation targets VA Science SOL 3.6 and 3.8 and is 15 - 30 minutes long.



**EXPLORING WATERSHEDS:** Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



**SUGAR BUSTERS:** Erin Morgan, 4-H Extension Agent, will help students compare the serving sizes and added sugar content of foods served at meals and various family celebrations. This presentation targets Health Education SOL 4.2 and is 30 minutes long.



**SOILS FOR THE GARDEN AND THE FARM:** Tim Ohlwiller, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.

# Virginia Cooperative Extension Speakers Bureau

## MIDDLE SCHOOL ENRICHMENT PRESENTATIONS

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**GOODS FROM THE WOODS:** In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



**AFRICULTURE:** Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



**EXPLORING WATERSHEDS:** Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



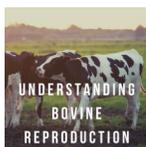
**COVER CROPS:** Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to cover crops and their importance to soil health. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



**OIKOS - ENVIRONMENTAL STEWARDSHIP & ECONOMIC POLICY:** Dr. Michael Ellerbrock, Virginia Tech Professor in the Department of Agricultural and Applied Economics will help teachers address economic literacy with their students. Dr. Ellerbrock can adapt a lesson for grades 6 - 12 that is 30 minutes - 60 minutes long.



**PUBLIC SPEAKING 101:** Carter Humphries, 4-H Extension Agent, will teach students the basics of public speaking in order to effectively develop and deliver a message that informs, influences or entertains an intended audience. They will how to plan and deliver a speech with an effective beginning, middle and conclusion. This presentation addresses English SOL 6.2, 7.1, 7.2, 8.2, 9.1, 10.1, 11.1, 12.1 and CTE Competency - deliver a speech or presentation. This presentation is for students in grades 6 -



**UNDERSTANDING BOVINE REPRODUCTION:** Reproductive biology is a fascinating field that includes physiology, anatomy and biotechnologies. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss basic anatomy and physiology in the bovine as well as how reproductive biotechnologies work. This presentation is for students in grades 6 - 12 and is 45 - 60 minutes long.



**INTRODUCTION TO HORSE JUDGING:** Kayla Dixon, Virginia 4 -H Horse Ambassador, will teach students the basics of horse judging skills. This presentation is for students in grades 6-12, addresses Equine Science Competencies 106-113, and is 60 minutes long.



**SOILS FOR THE GARDEN AND THE FARM:** Tim Ohlweiler, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.



**DAIRY:** Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



**USING SOIL HEALTH CARDS:** Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to the New South Wales Soil Health Card as a hands-on way to monitor soil. Teachers can also use this to as a basis for long-term monitoring the soil at their school. This presentation can be adapted for students in grades 6 - 12 and can be 20 - 60 minutes long.



**ENTOMOLOGY:** Tim Ohlweiler, Horticulture Extension Agent, will introduce students to insects and explain their role in our world. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



**WHAT'S IN YOUR WATER:** Water Quality Extension Associate, Erin Ling will provide an overview of drinking water quality concerns, groundwater basics and private water supplies. This presentation is for students in grades 6 - 12 and targets SOLs for Earth Science, biology and chemistry. This presentation is 30 minutes long.



**VALUES & GOALS - YOUR MONEY MINDSET:** Money is emotional. Financial Counselor, Joanne Bilotta will discuss how values and goals set us up for future planning and spending. Knowing these in advance and planning for large purchases as well as having a reasonable spending plan sets youth up for success. This presentation is for students in grades 6 - 12 and is 30 - 45 minutes long.



**HEY MA! WHAT ABOUT GOATS?** Jim Hilleary, Agriculture and Natural Resources Extension Agent reviews several considerations for buying goats or holding off on that decision. This presentation is for students in grades 6-12 and is 60 minutes long.



**HEY MA! WHAT ABOUT CHICKENS?** Jim Hilleary, Agriculture and Natural Resources Extension Agent discusses considerations for starting a backyard chicken flock (or not). He explains reasons why a backyard flock may or may not be a good idea. This presentation is for students in grades 6-12 and is 45 minutes long.



**CANINE BEHAVIORAL SCIENCE - ASKING THE DOGS WHAT THEY LIKE:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will discuss how to use simple research procedures to ask dogs about what they like and don't like and how information learned can be used to improve our interactions with our furry companions. This presentation is for students in grades 6-12 and is 30 minutes long.

# Virginia Cooperative Extension Speakers Bureau

## HIGH SCHOOL ENRICHMENT PRESENTATIONS

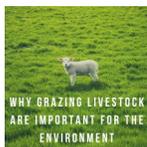
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**INTERNATIONAL BEEF PRODUCTION:** Beef production is a multifaceted and dynamic global business. The goal is the same, but production systems vary tremendously depending on the region of the world. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will help students explore the similarities and differences among the major beef production countries in the world. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**BEEF CATTLE REPRODUCTION:** In the past decades several advancements were made on the reproductive technologies that are available for beef producers. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss these technologies and how to apply them to improve beef cattle productivity. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**WHY GRAZING LIVESTOCK ARE IMPORTANT FOR THE ENVIRONMENT:** In this presentation, Carl Stafford, Animal Science Extension Agent, will share with youth the role of grazing livestock in removing carbon dioxide from earth's atmosphere. This presentation is for students in grades 9 - 12 and is 30 minutes long.



**AN OVERVIEW OF THE VIRGINIA PORK INDUSTRY:** Mark Estienne, Swine Research Physiologist, will teach students about the history of raising pigs in Virginia; modern production and management; and how the pork industry is an important component of the Commonwealth's Agricultural Industry. This presentation is for students in grades 9 - 12 and is 45 minutes.



**INTRODUCTION TO ENTERPRISE BUDGETS:** Jim Hilleary, Agriculture and Natural Resources Extension Agent, introduces students to the enterprise budget as a farm financial tool. The presentation supports the 8008 Series Curriculum: Introduction to Animal Systems and can be delivered to students in grades 9 - 12 in 45 minutes.



**DO I WRITE IT OR TYPE IT? HOW TO PREPARE A COVER LETTER AND RESUME:** Mandi Dolan, 4-H Extension Agent, will lead this open-ended Q&A style lesson to provide an opportunity for students to create their own basic resume and cover letter. General examples and guidance are provided throughout to assist in the professionally creative process. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.



**LOANS AND GRANTS:** Financial Counselor, Joanne Bilotta will help students understand the world of loans - auto, student, and home. Students will also learn why credit is important and how to maintain it. This presentation is for students in grades 9 - 12 and is 45 minutes long.



**CAN I WEAR PAJAMA PANTS? HOW TO PREPARE FOR VIRTUAL INTERVIEWS:** Is it appropriate etiquette to wear pajama pants during a virtual interview? Mandi Dolan, 4-H Extension Agent, will help your students explore the expectations of today's job culture through activities highlighting the general application process, different types of interviews, and the proper attire for various professional settings. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.

### THESE PROGRAMS ARE ALSO AVAILABLE TO HIGH SCHOOL STUDENTS, AS WELL AS A WIDER AUDIENCE:

- Goods from the Woods (*Grades K-12*)
- Africulture (*Grades K-12*)
- Dairy (*Grades K-12*)
- Soils for the Garden and the Farm (*Grades 3-12*)
- Using Soil Health Cards (*Grades 6-12*)
- Cover Crops (*Grades 6-12*)
- Entomology (*Grades 6-12*)
- Oikos - Environmental Stewardship & Economic Policy (*Grades 6-12*)
- What's in Your Water (*Grades 6-12*)
- Values & Goals - Your Money Mindset (*Grades 6-12*)
- Public Speaking 101 (*Grades 6-12*)
- Hey Ma! What about Goats? (*Grades 6-12*)
- Understanding Bovine Reproduction (*Grades 6-12*)
- Hey Ha! What about Chickens? (*Grades 6-12*)
- Introduction to Horse Judging (*Grades 6-12*)
- Canine Behavioral Science - Asking the Dogs What They Like (*Grades 6-12*)



**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

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[National 4-H](#)



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**PWC 4-H Resources**

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[STEM in Virginia 4-H](#)  
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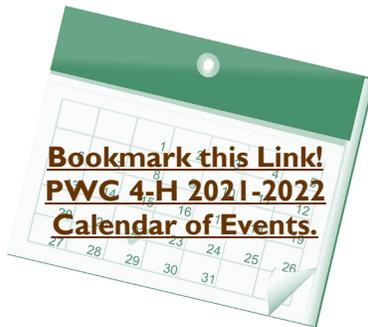
**Prince William 4-H**

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[PWC 4-H Events & Calendar](#)

**Portfolio Records**

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[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](#)



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**Youth Officers**

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Alexis Cox, Treasurer  
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**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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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.



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

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