



Prince William 4-H

Our Clubs, Our Community



December 21, 2022

NOTE: THIS IS OUR LAST ISSUE OF THE YEAR. SEE YOU IN 2023!

Upcoming Events

- Jan 1 - Horse Enrollment Project Deadline
- Jan 12 - PW 4-H Teen Club - Citizenship
- Jan 14 - Clover(bud) Club
- Jan 17 - 4-H Association Meeting
- Jan 18 - 4-H Day at the State Capitol
- Jan 20 - Camp Counselor Applications Due
- Feb 11 - Clover(bud) Club
- Feb 15 - PW 4-H Teen Club - Healthy Living
- Feb 18 - PW 4-H Contest Day
- Feb 25-26 - TALT Weekend

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Quilt Auction Ends TODAY at 5 PM!



What a fun opportunity to win a bonus gift during the holidays! **GET YOUR BIDS IN NOW!** The funds raised will directly benefit the youth in Prince William County through the Prince William 4-H Association. The association fundraises throughout the year to support youth camps, events, activities, and scholarships for Prince William 4-H'ers. [Click here to place a bid.](#)



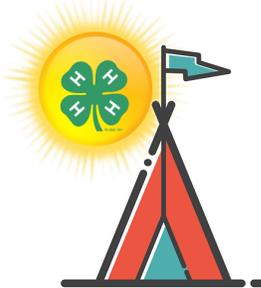
On the Front Page Again...Because it's super important!



IMPORTANT

ALL 4-H MEMBERS (including youth and adults) interested in attending Virginia 4-H Day at the Capitol **MUST** complete the interest survey. We're using the responses to determine transportation, activities, tours, and costs. We must book all of these items before the New Year and we want to make sure we secure enough spots for our youth and adult volunteers. Virginia 4-H Day at the Capitol is January 18th. See [PAGE 3](#) for more information. [Click here for the survey.](#)

Prince William Camp Counselor Applications - Due Jan 20th



Prince William 4-H Teens ages 14 and up are encouraged to apply for a camp counselor position for Prince William/Stafford 4-H Junior Camp summer of 2023!

Before applying, please consider carefully why you want to be considered for this role. If you are selected, you will be expected to work hard and demonstrate mature and responsible behavior throughout the entire week of camp. You must be willing to set a good example with your actions and attitude. You will not have a lot of free time to only socialize with your friends, but you will have plenty of time to get to know your campers and mentor and lead them. You can expect to learn a great deal about yourself and others and acquire skills that will serve you for a lifetime. You will also be expected to have some fun!

If you are interested in this exciting opportunity, [please click here to apply](#). **Applications are due by January 20th.** Teens selected as counselors are expected to attend monthly leadership sessions in addition to camp training in July. All dates will be announced upon final staff selections.

- **Teen Counselor:** must turn 14 by Jan 1, 2023, and have previously attended camp as a CIT
- **Counselor-in-Training:** must as least turn 14 by July 31, 2023

Click to Visit



Virginia Tech • Virginia State University

Prince William 4-H Important Dates for Your Calendars



JAN 12: PRINCE WILLIAM 4-H TEEN CLUB - CITIZENSHIP

SAVE THE DATE! Our January 4-H Teen Club will jump start an exciting month focusing on Citizenship. 4-H'ers will engage in exciting activities in preparation for 4-H Day at the State Capitol. All Prince William 4-H teens age 14-19 should attend this meeting (whether or not you are attending 4-H Day at the State Capitol). *More information coming soon.*



JAN 14: PRINCE WILLIAM 4-H CLOVERBUD CLUB

SAVE THE DATE! Prince William 4-H Cloverbuds are invited to the Homemade Holiday Craft Night on December 13th for a family-friendly evening making crafts, snacking on pizza, and sipping hot chocolate with your 4-H friends. Our next official meeting will be on January 14th. *More information coming soon.*



JAN 17: PRINCE WILLIAM 4-H ASSOCIATION MEETING

SAVE THE DATE! The Prince William 4-H Association meeting is for all youth and adult members. The meeting reviews upcoming programs and opportunities and is an excellent to network with other 4-H'ers. [See PAGE 6](#) for more information and consider volunteering for an important leadership role!



JAN. 18: VIRGINIA 4-H DAY AT THE CAPITOL

SAVE THE DATE! This popular annual event for Prince William 4-H'ers ages 9-19 is an exciting full day of civic engagement at the Virginia State Capitol. Thanks to VA 4-H'er Harper Miller who lobbied the VA General Assembly last year, 4-H youth have an excused absence from school to participate...and it's the law! See *front page and more details coming soon!* You must complete the interest survey if you are considering attending. [Click here for the survey.](#)

LAST CHANCE: 4-H SPIN Club Anyone?



A 4-H SPIN Club is a **SP**ecial **IN**terest club where five or more young people learn about a topic of interest. Topics vary and include interests such as nature, science, photography, gardening, and more. SPIN clubs are led by volunteers who have a passion and want to share their knowledge with young people. We have lots of ideas for exciting programming in 2023. What inspires you to participate or volunteer this year?

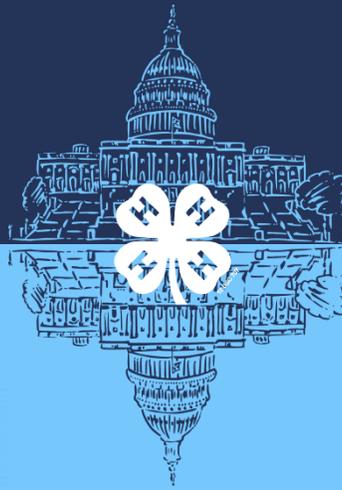
Please contact [Pam Hardin](#) or [DeeAnn Strand](#) with your ideas and interests.

Prince William 4-H'ers Craft Cards with Joy

Sharing more photos of Prince William 4-Her's at the holiday craft night and caroling on horseback. A special shout out to Samantha E., Teddy, Ayden, and Lexi for volunteering to make cards for the Capital Ridge Retirement Community, spreading more holiday joy to the greater Prince William community. We are so proud of the giving spirit of our 4-H'ers!



Virginia 4-H



Day at the Capitol

SAVE THE DATE



4-H Day at the Capitol
January 18, 2022
Dominion Energy Center
Richmond, VA

Virginia 4-H Day at the Capitol provides an opportunity for youth to learn about governmental procedures and emphasizes the importance of citizen involvement in the governmental process. Participants visit with legislators sharing their 4-H experiences and learning about the role of legislators in government. They observe the legislative process in action, have opportunities to learn about the congressional aides and pages programs, and have an opportunity to tour the Capitol, museums, or other historical sites in the Richmond area.

GENERAL SCHEDULE

9 am Meet legislators and other 4-Hers (refreshments)
10 am 4-H Rally and State Capitol Photo
11:15 am Tour the Capitol/Visit the legislature in Session
12:30 pm Lunch Break

Afternoon visits to surrounding government and historic sites.

WHO SHOULD ATTEND

All Prince William 4-H'ers ages 9 - 19 and adult volunteers

WHY YOU SHOULD ATTEND

- ★ See our Virginia government in action and meet with legislators! Visit and tour sites that are important to our state government that you might not otherwise be able to see.
- ★ Virginia 4-H Day at the Capitol is a statewide event for all 4-H'ers across the Commonwealth. Participation in this event is important for building your 4-H Portfolio, applying for 4-H leadership positions, applying for scholarships, and building your work and college resumes. *Have you considered volunteering for a Prince William 4-H Association leadership position (see [Page 6](#))?*
- ★ Attending this higher level event is important for your Virginia 4-H All Star or Virginia 4-H Pillar Award Application.
- ★ It's an EXCUSED absence from school, thanks to Virginia 4-H'er Harper Miller who lobbied the VA General Assembly last year. [Click here to read the law.](#)

Bonus Activities for Prince William 4-H'ers will be announced soon! You MUST complete the Interest Survey if you are interested in attending Virginia 4-H Day at the Capitol. [Click here for the survey.](#)

BE PREPARED - ATTEND THE PRINCE WILLIAM 4-H TEEN CLUB MEETING!

January 12th @ The PW4-H Office
We'll be practicing and preparing to meet
our government leaders.

Prince William 4-H Hosts a Table at the Meet and Greet!

Shake hands with legislators, tell your 4-H story, share about your 4-H work, give a 4-H presentation, share about your 4-H projects, discuss what you have learned in 4-H, and more! All Prince William County delegates have been invited and we have many "YES" RSVP's. This is an excellent civic engagement opportunity!

FIND YOUR VIRGINIA STATE LEGISLATOR!

[House of Delegates](#)

[Senate](#)

[Virginia General Assembly](#)



TRIGGER TIME 4-H SHOOTING EDUCATION CLUB UPDATES

Trigger Time had their end of the year holiday party on December 19th. There we discussed what all we've done this year and gave out awards. One award that was given out was the Fred Fees award. Recipients of this award demonstrate the values of Fred Fees and Trigger Time. This award was given to Noah Richter.

We also talked about the Orion Leagues we did this year. First, we talked about the New Shooters League which we did towards the beginning of the year. We had ten participants in this league. After we talked about the Orion League, which we recently just finished shooting. We had many participants in this league, and even made it to finals. We also touched base on all the other competitions we shot such as, Centerville Cup, the Old Dominion Junior Rifle League, which we shoot once a month until March, and the Red Fox Invitational.

Press Releases Submitted by 4-H youth contributor Lexi Strand, Trigger Time 4-H Shooting Education Club. [Click here for Trigger Time 4-H Shooting Education Club Team Page](#)

All Star Scholarships for Midwinter Conference Available



\$100 scholarships to attend the Virginia 4-H All Star Midwinter Conference are available to any 2020, 2021, and 2022 4-H All Stars, AND any 4-H All Stars (regardless of when tapped) that are full time students.

VIRGINIA 4-H ALL-STAR MIDWINTER CONFERENCE

February 3-5, 2023

Wytheville, Virginia

See *The Virginia Star* newsletter for registration and hotel information. **Registration Due January 19th**

[Click here for more information about Virginia 4-H All Stars and to read their latest newsletter.](#)



To our 4-H Family,

The holiday season is the perfect moment for us to express our gratitude for all that you have contributed to Virginia 4-H this year. Whatever your holiday plans may be, we wish you all a safe and relaxing time spent with those nearest and dearest to you.

Wishing you a very happy holiday!

The State 4-H Office Team: Chad, Alyssa, Jeremy, Erika, Tonya, Katherine, Sam, and Cheryl

[Click the Holiday Card for a special message from the team.](#)

Virginia 4-H Horse Program Updates

SAVE THE DATE FOR EQUISMARTZ 2023

Dates: March 31st – April 2nd

Location: Lexington, VA

Entry deadline: March 15th

[Click here for more information.](#)



TENTATIVE SCHEDULE:

Friday – 4-H and FFA Hippology

Saturday - 4-H and FFA Horse Judging

Sunday – 4-H Horse Bowl and Communications Contests

RESOURCES

- [The Horse, 3rd edition, by Evans, et al.](#), has been adopted as a new Senior reference. This book has several purchase options including an e-book rental option and a read aloud source.
- [Equine Science by Griffiths](#) will no longer be a Senior reference but will continue to be used as a Junior reference. It also has a digital rental option.



2023 VIRGINIA HORSE COUNCIL MEMBERSHIP DRIVE

[Click here to complete your 2023 membership application online.](#)

The 2023 membership drive for the Virginia Horse Council is underway. Now through December 31st, get \$5 off all memberships (*excluding Premium & Life memberships) and any Equine Group or Assoc. with more than 100 members receive \$10 off.

2023 VT BLOCK AND BRIDLE SPRING HORSE AND LIVESTOCK CONTESTS

Horse Contests

[Click here for the Horse Contests Entry System](#)

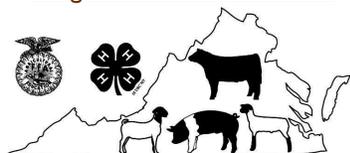
- B&B Hippology Contests, Friday, Feb 10th, **Entry Deadline: Jan 31st**
- B&B Horse Judging Contests, Saturday, Feb 11th, **Entry Deadline: Jan 31st**

Livestock Contests:

[Click here for the Livestock Contests Entry System](#)

- B&B Stockman's Contests, Friday, Feb 24th, **Entry Deadline: Feb 10th**
- B&B Livestock Judging Contests, Saturday, Feb 25th, **Entry Deadline: Feb 10th**
- State 4-H/FFA Meats Evaluation Contests, Saturday, Mar 4th, **Entry Deadline: Feb 10th**

Click here for the [2022-2023 4-H Horse Program Calendar of Events](#)



An introductory program, 4-H members and interested youth from the **Southwest 4-H District** are invited to come and experience components of the state educational contests collectively known as EquiSmartz. This clinic includes sessions in Horse Bowl, Hippology, and Horse Judging. Youth will learn the basic format of the contests and types of questions presented, plus participate in a mini-practice contest for each component (no awards). Club leaders, parents, and volunteers participate in a concurrent session for instruction on how to organize teams for EquiSmartz and to share ideas. **Youth must have a designated adult chaperone on site.**

More info about EquiSmartz <https://ext.vt.edu/4h-youth/horse.html>



SOUTHWEST DISTRICT 4-H MEMBERS AND INTERESTED YOUTH

REGISTER ONLINE → <https://bit.ly/3MhQSnj>

REGISTRATION DEADLINE: Jan. 16, 2023

LEARN HORSE
JUDGING

PRACTICE
HIPPOLOGY

EXPERIENCE
HORSE BOWL

LEADER
ORIENTATION

PLAN FOR EQUISMARTZ!
(Mar. 31 – April 2, 2023)

SW 4-H Educational Ctr
25236 Hillman Hwy NE,
Abingdon, VA 24210

9 AM - 4 PM

Jan. 21, 2023

\$10/person at door
(pizza lunch provided)

Proceeds benefit the VA 4-H Horse Program Ambassadors.

Questions? Email Sandy Arnold at horse4h@vt.edu



Virginia Cooperative Extension

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Prince William

4-H ASSOCIATION



HEAD
HEART
HANDS
HEALTH

SUPPORT OUR 4-H YOUTH

The Prince William 4-H Association is a non-profit organization that supports our county's 4-H youth programs. Through fundraising efforts, the Association provides scholarships, learning opportunities, and educational programming to our members and the greater Prince William community. The Association is comprised of a dedicated volunteer group of both youth and adult community members.

4-H Grows Here!

VOLUNTEER LEADERSHIP OPPORTUNITIES

Support your community, gain leadership experience, and build your resume by volunteering for a Board position within the Prince William 4-H Association. The following positions are vacant and need your support:

YOUTH LEADERSHIP VACANCIES

-  Vice President
- Treasurer
- Secretary

ADULT LEADERSHIP VACANCY

-  Secretary

CONTACT **MARYBETH LERCH** FOR MORE INFORMATION.

WHO SHOULD PARTICIPATE

4X	more likely to give back to their communities
2X	more likely to make healthier choices
2X	more likely to participate in STEM activities

All adult and youth Prince William 4-H members are encouraged to attend the bi-monthly meetings to learn more about upcoming programming, opportunities, and network across county clubs.

LEADERSHIP NETWORKING INFORMATION **FUN!**

Prince William 4-H Association Meeting

TUESDAY, JANUARY 17TH
7 PM

Prince William 4-H
McCoy Conference Room (upstairs)
8033 Ashton Ave.
Manassas, VA 20109
RSVP link coming soon





PRINCE WILLIAM 4-H

Embryology Project



The "**Beginning of Life**" 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. These educational materials address Standards of Learning (SOLs) for math, science, English, life science, and computer technology. 4-H will provide fertilized eggs, guide you through training, support you during the hatch, and then collect the chicks to be sent to a local farm.

Click here to register your 4-H Club or PWCS, Manassas City, or Manassas Park school class.



IMPORTANT DATES

Embryology Registration
Dec 1st - Jan 31st

In-Person Leader Training
TBD

Incubator Pickup (*if rented from 4-H*)
PW4-H, 8033 Ashton Ave, #105
Feb 21 or Feb 22, 1-4pm

Egg Pickup
PW4-H, 8033 Ashton Ave, #105
Feb 27 3-6 pm
Feb 28 9 am-12 pm

Hatch Days: March 19th- 21st!

Chick Drop Off
PWC Fairgrounds
Mar 24 2 pm - 6 pm
Mar 30 12 - 3 pm

CONTACT INFORMATION

DeeAnn Strand
4-H Youth Educator
dstrand@pwcva.gov
703-792-4762
www.pwcva.gov/4-H



[Prince William 4-H Embryology Project](#)
[Prince William 4-H](#)



SHENANDOAH VALLEY INVITATIONAL MEATS JUDGING CONTEST



SATURDAY, JANUARY 14, 2023



Hosted by
Rockbridge County High School **Donald's Meat Processing**
 143 Greenhouse Lane 194 McCorckle Drive
 Lexington, VA 24450

All contestants should report to RCHS at 8:30 a.m.
8:30 a.m. Registration ← 9:00 a.m. Contest begins
Contest Officials & Awards to follow contest

Contest is open to both 4-H and FFA divisions including out of state contestants.
 This contest is a preparation for the Virginia State Meats Judging Contest.

Masks are required for participation.

Both the 4-H and FFA Division will consist of 20 retail ID cuts, 4 placing classes, two with questions. Senior 4-H will include one set of reasons. Senior FFA will include beef quality and yield grading, meat formulation problem, and team carcass order fulfillment. Registration is due by January 11; \$15/participant registration fee includes lunch. Please register using the accompanying links.

Contest Sponsor:



4-H Registration: <https://forms.gle/yGu34V6XPh15jEX7>

FFA Registration: <https://forms.gle/K9b8fa8EH4FCgSDS6>

Payment and registration information must be mailed to VCE-Augusta P.O. Box 590 Verona, VA. Checks may be made to "VCE-Augusta". Further details may be found in the contest letter and rules and regulations. For questions, please contact John Benner at benner89@vt.edu.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact John Benner at the Augusta Ext. office at (540-245-5750/TDD*) during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.

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2023 Shenandoah Valley Invitational Meats Judging Contest

Date: Saturday, January 14th

Location: Rockbridge County High School and Donald's Meat Processing, in Lexington.

[Click here for 4-H Entries.](#)

[Click here for FFA Entries.](#)

Entries due by January 11th.

This contest should be regarded as a preparation contest for the Virginia state 4-H & FFA meats judging contest sponsored by the Block & Bridle Club. As such, all efforts will be made to make the contest as similar as possible. However, 4-H and FFA teams from outside of Virginia are welcome to compete. The contest will use the official [4-H/FFA Meat Evaluation Form #480-4](#).

Registration fees will be \$5/contestant and \$10/lunch for a total of \$15/person. Coaches may also purchase lunch.

For additional information, questions, and to request contest rules, please contact John Benner at

benner89@vt.edu.

4-H at Home Holiday Activity Guide and More!

Get cozy and creative this holiday season! Download and discover great holiday-focused activities and hands-on crafts in the 4-H at Home Holiday Activity Guides. [Click here to download guides.](#)



There are many free activity guides to choose from, including:

- 4-H at Home Activity Guide (Grades Pre-K-12): These activities to help teach skills in STEM, healthy living, and civic engagement!
- Explore Food Systems (Grades: 6-12): Learn how food gets to your table, and the impact modern food production.
- Gardening at Home (Grades: 3-8): Learn how easy and fun it is to grow your own plants and herbs at home.
- Get Ready to Pay for College (Grades 9-12): Learn how to make smart decisions about college expenses.
- Emotional Wellness (Grades: 6-12): Learn healthy ways to understand and express your emotions.
- Grow & Make Your Own Food (Grades: Pre-K-12): Grow your own fruits and vegetables, and make butter, cheese and bread.
- Health Rocks!® (Grades 6-12): Teach teens to need to make smart decisions about their health and safety.
- Make Healthy Food Choices (Grades: K-5): Learn how easy it is to eat foods that are delicious, and good for your body.
- Healthy Living Guide (Grades Pre-K-12): Download 30 fun, hands-on activities to help your kids live a healthy lifestyle.

Continued on page 9

4-H at Home Activity Guides (cont.)

- Holiday Activity Guide (Grades 1-12): Fizzing snow, cookie science, and a pillow that can make your dreams come true.
- Inspire Kids to Do (Pre-K-12): Download 60 activities to help your kid learn skills in STEM, healthy living, and more.
- The Power of Mindfulness (Grades 6-12): Understand positive mental health with social and emotional learning.
- Pollinators (Pre-K-10): Learn more about pollinators as you make simple and fun crafts at home.
- The Nurturing Power of Nature (Pre-K-5): Learn how nature is working all around you, all the time.
- Veterinary Science: Stopping Sickness (Grades 6-8): Learn some of the ways that people can help animals stay healthy.
- Beef Cattle Nutrition (Grades: 3-8): Cows give a lot to humans. Learn what goes into taking care of them.
- Heartland Bees (Grades: 2-8): Learn how important pollinators helps us and the many different kinds of bees.



4-H and SNAP-Ed Job Opportunities

PROGRAM DIRECTOR, 4-H EDUCATIONAL CENTERS

The Program Director's primary responsibility is to oversee 4-H Center programming—to plan, conduct, supervise and evaluate educational programs for youth and adults. All youth programs will be conducted in accordance with the Virginia 4-H Program guidelines, the Virginia Department of Education's Standards of Learning guidelines, and the American Camp Association's standards for camps and conference centers. The Program Director is responsible for taking the initiative to promote the use of the 4-H Center in cooperation with Cooperative Extension for programs to serve. Click links for more information and to apply.

[Airfield 4-H Educational Center – Program Director](#)
[Southwest 4-H Educational Center – Program Director](#)

FCS SNAP-ED AGENT POSITIONS

These positions are funded by federal SNAP-Ed funds but are full-time faculty positions with full state benefits. Click the links for more information and to apply.

[Associate Extension Agent, FCS, SNAP-Ed - Albemarle County](#)
[Associate Extension Agent, FCS, SNAP-Ed - Dickenson County](#)
[Associate Extension Agent, FCS, SNAP-Ed - Page County](#)



Click here for a fun holiday greeting from Director of VCE, Dr. Michael Gutter, wishing you and your families a happy holiday season.



Unsung Heroes of the Early Civil Rights Movement

[Click here to read the short article and listen to the recording.](#)

This 4 minute piece on the Cooperative Extension was shared last week on NPR. The opening lines say: "When you think about civil rights leaders, you might think first of preachers or college students, but it turns out another group was quietly promoting the cause of Black citizens in rural communities from the start. The men and women of cooperative extension deserve credit for their early role in supporting and promoting the prosperity, agricultural and political education of Black farmers in America." Take a minute to listen to the recording and short article by Sandy Hausman at Radio IQ.



Photo Credit: Ivy Creek Foundation

**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](#)

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](#)



**2022-2023 PWC 4-H
Association Officers**

Youth Officers

Samantha Whysong, President
Vice President - Vacant
Treasurer - Vacant
Secretary - Vacant

Adult Officers

Susan Wolf, President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Secretary - Vacant

Committee Chairs

Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



**Excellent
leadership
opportunities
to build your
resume!**



**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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