



# Prince William 4-H

*Our Clubs, Our Community*



January 11, 2023

## Upcoming Events

- 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
- Jan 26 - 4-H Contest Training
- Jan 31 - Embryology Registration Ends
- 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
- Feb 27-28 - Embryology Project Egg Pickup

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Click to Visit



## Save the Date! 4-H Presentation & Contest Training



**Date:** January 26th

**Time:** 6:30 pm

**Location:** Prince William 4-H, McCoy Conference Room, 8033 Ashton Ave., Manassas

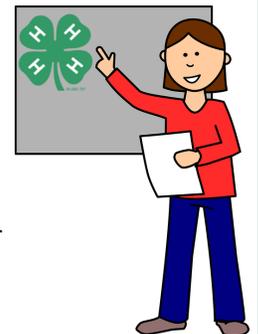
**Who Should Attend:** All Prince William 4-H'ers (including Cloverbuds!)

[Click here to register.](#)

**Be the expert!** Giving a 4-H presentation is a good way to share with others, learn new things, and have fun. By doing presentations, you will increase your self-confidence and ability to speak in front of a group. 4-H presentations can help you to plan, research, organize thoughts, create visuals, teach, develop confidence, and practice communication skills.

Practicing for Prince William 4-H Contest Day? Check out these resources:

- [Click here for the Virginia 4-H Presentation Guide](#)
- [Virginia 4-H Presentation Scoring Sheet](#)
- [Virginia 4-H Information for Scoring Share the Fun Acts](#)
- **4-H Extemporaneous Practice Questions:** Extemporaneous Speaking challenges contestants to think quickly and prepare a speech on an assigned topic with little preparation. Participants will draw three possible topics, choose one, prepare for 15-30 minutes, and then deliver a 2-5 minute speech response. [Click here to check out these practice questions](#) and challenge your extemporaneous speaking skills!
- [Resources for Virginia 4-H Competitions](#) (guides, score sheets, and more)



## Save the Date: Teen Club Meeting **TOMORROW**, Jan 12th



**Date:** January 12th

**Time:** 7 pm

**Location:** McCoy Conference Room, 8033 Ashton Ave., Manassas

**Who Should Attend:** All Prince William 4-H teens ages 14-19 plus all youth attending 4-H Day at the Capitol

[Click here to register.](#)

Citizenship is much more than politics! At our January meeting, we'll explore what it means to be a good citizen through exciting team activities and fun, animated communication. We'll discuss the importance of leadership and personal development, community action, communication, and expressive arts. Youth preparing for Contest Day/Share the Fun will learn important communication strategies that will elevate their performance. Youth attending 4-H Day at the Capitol will also update their 4-H Story and practice confidence and clear communication while sharing their story. All 4-H'ers will discover their voice and how to make it heard!

Today's youth are our future leaders. How can you be a good citizen and help your community to learn, grow, and support the changing needs of the world around you?

## Prince William 4-H Important Dates for Your Calendars



### JAN 14: PRINCE WILLIAM 4-H CLOVERBUD CLUB

**Time:** 10 am - 12 pm

**Location:** 4-H Children's Barn, PWC Fairgrounds

**Who Should Attend:** All greater PWC youth ages 5-8 with an interest in 4-H  
What could be better than STEAM and Snow? Our fun, hands-on club meeting will focus on winter science. [Click here to register.](#)



### JAN 17: PRINCE WILLIAM 4-H ASSOCIATION MEETING

**7 pm at Prince William 4-H, McCoy Conference Room, 8033 Ashton Ave., Manassas**

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

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 [PAGE 4](#) for details.



### JAN 20: CAMP COUNSELOR APPLICATIONS DUE

[Click here to apply.](#)

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!

**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 at least turn 14 by July 31, 2023

*Prince William 4-H Junior Camp is July 23-27 at the Northern Virginia 4-H Education Center, Front Royal, VA.*



### SAVE THE DATE - FEB 18: PRINCE WILLIAM 4-H CONTEST DAY

**Start preparing today!** Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions. Registration coming soon! Categories include: Presentations • Extemporaneous • Table Setting • Drama • Public Speech • Dramatic Reading • Vocal, Instrumental or Combo • Fashion Review

*Be sure to attend PW 4-H Presentation Training on January 26th to learn more!*



### SAVE THE DATE - MAR 18: PRINCE WILLIAM 4-H FOOD CHALLENGE

**Nutrition...Cooking Skills...Teamwork...Public Speaking...Safety...Careers...Fun!**

This challenge is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. Teams will work to create a dish using only a predetermined set of ingredients within 40 minutes. Challenge your culinary skills at the Prince William 4-H Food Challenge! [Click here for the updated 2022-23 Virginia 4-H Food Challenge Rules](#) and the [Texas 4-H Food Challenge Rules](#) and start practicing today!

Saturday, February 18th, 2023

McCoart Building, Woodbridge

Time TBD

# PRINCE WILLIAM 4-H

Showcase your  
talents!



# CONTEST DAY

## SAVE THE DATE

START PREPARING TODAY! Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions.

Registration coming soon!

Presentations ★ Extemporaneous ★ Table Setting ★ Drama ★ Public Speech ★ Dramatic Reading ★ Vocal, Instrumental or Combo ★ Fashion Revue

[Virginia 4-H Presentation Guide](#)

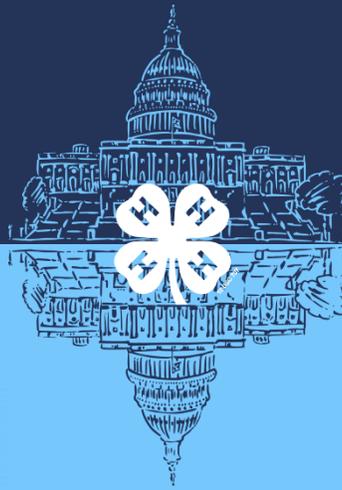
[Virginia 4-H Presentation Scoring Sheet](#)

[Virginia 4-H Information for Scoring Share the Fun Acts](#)

[Resources for Virginia 4-H Competitions](#)



# 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 with First Lady Suzanne Youngkin, Secretary of Agriculture and Forestry Matthew Lohr, and VDACS Commissioner Joseph Guthrie
11:15 am	Prince William 4-H to visit Virginia Senators Jeremy McPike and Richard Stuart in their offices!
12:30 pm	Lunch Break
1 pm	Prince William 4-H Tour of the State Capitol
2 pm	Prince William 4-H Tour of the Governor's Mansion

### Prince William 4-H Hosts a Table at the Meet & 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! This is an excellent civic engagement opportunity!

## 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.
- ★ 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 MEET AND GREET FOR PRINCE WILLIAM 4-H'ERS\*

**Senators Jeremy McPike and Richard Stuart**  
**Delegates Candi Mundon King, Elizabeth Guzman**  
**Michelle Lopes Maldonado, and Brianna Sewell**

\*Officials have committed, but may not attend if critical business arises.



# Preparing to Meet Our Legislators

Click their name to learn more.



## VIRGINIA SENATE



### **Senator Jeremy S. McPike, Democrat, District 29**

Manassas City (All), Manassas Park City (All), Prince William County (Part)

**Member Since:** 2016

**Committees:** General Laws & Technology, Local Government, Rehabilitation & Social Services, and Transportation



### **Senator Richard H. Stuart, Republican, District 28**

King George County (Part), Prince William County (Part), Spotsylvania County (Part), Stafford County (Part), Westmoreland County (Part)

**Member Since:** 2008

**Committees:** Agriculture, Conservation & Natural Resources, General Laws & Technology, and Judiciary



## VIRGINIA HOUSE OF DELEGATES



### **Delegate Elizabeth R. Guzman, Democrat, 31st District**

Counties of Fauquier (part) and Prince William (part)

**Member Since:** 2018

**Committees:** Education, Commerce and Energy, Health, Welfare and Institutions

**Subcommittees:** Higher Education, Health, Welfare & Institutions, and Commerce & Energy



### **Delegate Candi Mundon King, Democrat, 2nd District**

Counties of Prince William (part) and Stafford (part)

**Member Since:** January 11, 2021

**Committees:** Finance, Public Safety, and Privileges & Elections

**Subcommittees:** Finance, Public Safety, and Privileges & Elections



### **Delegate Michelle Lopes Maldonado, Democrat, 50th District**

County of Prince William (part); City of Manassas

**Member Since:** 2022

**Committees:** Privileges & Elections, and Education

**Subcommittees:** Education - K-12, and Privileges & Elections



### **Delegate Briana D. Sewell, Democrat, 51st District**

County of Prince William (part)

**Member Since:** 2022

**Committees:** Communications, Technology & Innovation, Counties Cities & Towns, Education

**Subcommittees:** Counties Cities & Towns, Higher Education, Communications, and Technology & Innovation

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

4-H'ers are...

<b>4X</b>	more likely to give back to their communities
<b>2X</b>	more likely to make healthier choices
<b>2X</b>	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](mailto:dstrand@pwcva.gov)  
703-792-4762  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)



Prince William 4-H Embryology Project  
Prince William 4-H



## Virginia 4-H Horse Program Updates

### INTRO TO EQUISMARTZ

- Jan. 14 – Central District – [click here to register by Jan. 9](#)
- Jan. 21 – SW District – [click here to register by Jan. 16](#)
- Jan. 28 – NE District – [click here to register by Jan. 23](#)

### 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, 3<sup>rd</sup> 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 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 **Northeast 4-H District** and surrounding Counties 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. Live horse judging will be at Greenfield Farm, 11218 Cross Corner Rd, Ashland, VA for afternoon session. All attendees must provide their own transportation.* More info about EquiSmartz <https://ext.vt.edu/4h-youth/horse.html>



REGISTER ONLINE → <https://bit.ly/NEDIntro>  
REGISTRATION DEADLINE: Jan. 23, 2023

LEARN HORSE JUDGING

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PRACTICE HIPPOLOGY

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EXPERIENCE HORSE BOWL

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LEADER ORIENTATION

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

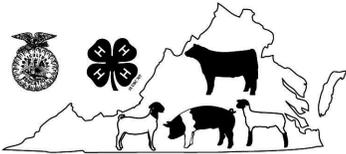
Hanover Extension Office  
13015 Taylor Complex Ln,  
Ashland, VA  
**9:30AM - 4 PM**  
**Jan. 28, 2023**  
\$10/person at door  
(pizza lunch provided)

Proceeds benefit the VA 4-H Horse Program Ambassadors.  
Questions? Email Sandy Arnold at [horse4h@vt.edu](mailto:horse4h@vt.edu)



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University  
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## Opportunities for 4-H Meats Evaluation and Stockman Contest

### SHENANDOAH VALLEY INVITATIONAL MEATS JUDGING CONTEST

**Date:** Saturday, January 14th

**Location:** Rockbridge County High School, Lexington, VA

**Cost:** \$15/participant registration fee includes lunch

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

**Entry Deadline: Wednesday, January 11th - TODAY!**

Questions – please contact John Benner at [benner89@vt.edu](mailto:benner89@vt.edu).



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. The contest will use the official [4-H/FFA Meat Evaluation Form #480-4](#). 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.

### BLUE RIDGE STOCKMAN'S CONTEST

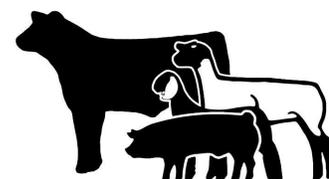
**Date:** Monday, January 16th

**Location:** Rockingham County Fairgrounds in Harrisonburg.

[Click here for registration.](#)

**Entry Deadline: Thursday, January 12th**

Questions – please contact John Welsh at [jwelsh@rockingham.k12.va.us](mailto:jwelsh@rockingham.k12.va.us).



Contest is open to all 4-H and FFA members and will consist of 2 divisions (Junior & Senior). All ages will be as of the contest date. The Blue Ridge Stockman's Contest will be held at the Rockingham County Fairgrounds and will utilize both outside and indoor facilities. Contestants should dress appropriately.

## 4-H Digital Ag Workshop Series - FREE!

[Click here to apply.](#)

**Applications due Wednesday, January 25th.**

A free educational series from our friends at Illinois Extension! In collaboration with the University of Illinois Center for Digital Agriculture, the Department of Animal Sciences, and the Department of Crop Sciences, Illinois 4-H will be hosting virtual learning sessions focused on Digital Ag for High School students.

Topics & Activities Include:

- Introduction to Digital Agriculture Concepts
- Fundamentals of Programming I & II
- Introduction to Machine Learning
- Fundamentals of App Development
- Introduction to Design Thinking
- Guest Lectures from Crop Science, Animal Science, and Engineering Faculty

Sessions will take place via Zoom after school from January - July 2023. Sessions will be led and facilitated by students and faculty from the University of Illinois at Urbana Champaign. High School participants will be eligible to attend the 2023 Digital Agriculture Summer Training Course at the UIUC campus in late July - early August 2023.

INTRODUCING  
**U OF I  
DIGITAL AG  
WORKSHOP  
SERIES**

**Supported by:**  
U of I Center for Digital Agriculture  
Dept. of Crop Sciences  
Dept. of Animal Sciences  
Illinois 4-H

**Aferschool Zoom Sessions  
Open to High-School Students  
January - July, 2023**

**Monthly Sessions on:**

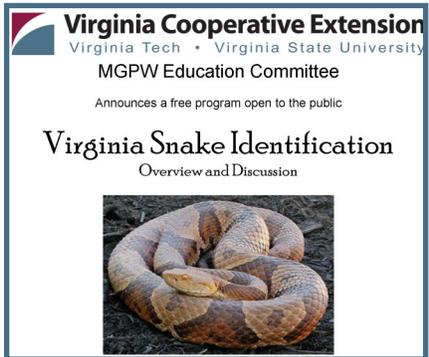
- Machine Learning
- Block-based coding
- Python (Beg. & Adv)
- Digital Image Processing
- Precision Ag
- App Development

**REGISTER BY JAN. 25  
at  
[https://go.illinois.edu  
/4HDigAgWorkshops](https://go.illinois.edu/4HDigAgWorkshops)**



**Illinois  
Extension**

## VCE Virginia Snake Identification Overview & Discussion



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University  
MGPW Education Committee  
Announces a free program open to the public

**Virginia Snake Identification**  
Overview and Discussion

**Date:** Saturday, January 21st

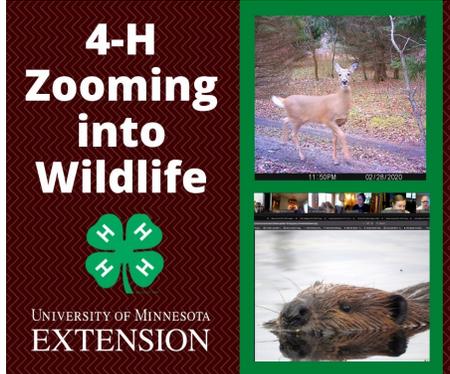
**Time:** 10 am - noon

**Location:** Old Manassas Courthouse, 9248 Lee Ave., Manassas

[Click here to register.](#)

Prince William County Master Gardener Association Education Committee is sponsoring Bill Crisp, Wildlife Control Operator (Virginia), Snake Intervention & Education, a free in-person program, open to all. Bill will show us how to accurately identify local snake species, review best practices on how you can limit snakes from coming onto your property and/or into your house, and talk about the venomous snakes of Virginia.

## 2023 4-H Zooming Into Wildlife Sessions



**4-H  
Zooming  
into  
Wildlife**

UNIVERSITY OF MINNESOTA  
EXTENSION

Trail cameras are a great way to explore wildlife habits and learn about the environment outdoors. This unique series will give youth the opportunity to use a trail camera while meeting weekly over Zoom to share their captured footage and hear from guest speakers.

Youth who sign up will have the opportunity to purchase an affordable trail camera when they register if they do not currently have one, but it's not a requirement to participate. Youth can register just to participate in the Zoom sessions and hear from the speakers.

This is open to all 4-H members in Minnesota 4-H with an "active" enrollment status, as well as 4-H members from other states. The "Zooming In on Wildlife" 2023 Series is geared towards youth 4th grade and up, but younger 4-H members can participate with parental guidance.

If you already have a trail camera or just want to participate in the Zoom sessions without a trail camera, there is no cost. If you wish to purchase a trail camera, the cost is \$45.00. Checks should be made out to Waseca County 4-H and mailed in/dropped off to the county Extension Office (300 N State St, Waseca MN 56093). Trail cameras will be shipped directly to participants' homes once payment is received.

Register at [z.umn.edu/4-HZoomingIntoWildlife2023Reg](https://z.umn.edu/4-HZoomingIntoWildlife2023Reg). Sessions will be recorded and recordings will be sent to all registered participants, so even if you know you can't attend 1 or more, you should still register so you can receive recordings of some engaging, informative speakers!

### CHECK OUT MORE 4-H RESOURCES TO STUDY WILDLIFE

- [Virginia 4-H Wildlife Habitat Education Program](#)
- [National 4-H Wildlife Science Curriculum Collection](#)
  - [California 4-H Wildlife Project](#)
  - [Kansas 4-H Wildlife Project Ideas & Resources](#)
    - [Purdue 4-H Wildlife Project](#)
  - [Minnesota 4-H Wildlife Biology & Management Project](#)

### Dates

Monday, February 13, 2023 - 6 to 7 pm

Tuesday, February 21, 2023 - 6 to 7 pm

Monday, February 27, 2023 - 6 to 7 pm

Monday, March 6, 2023 - 6 to 7 pm

Tuesday, March 14, 2023 - 6 to 7 pm

Tuesday, March 21, 2023 - 6 to 7 pm

*Participation in Zooming into Wildlife DOES count for wildlife hours to State Shoot eligibility.*

[Click here for more information from the University of Minnesota Extension.](#)

## 4-H at Home Free Activities: Health Rocks! The Science of Good Decisions

Find out how to make the best decisions for yourself and for your health. (*Healthy Living, Grades: 3-8*)

[Click here to access free activities.](#)



### WHO MAKES A GOOD FRIEND?

It's not always easy to know if someone we consider a friend really is someone we can rely on to have our best interest at heart. In this activity, you'll discover what really makes a good friend, consider the influences your friends have on you, and be challenged to think about how to take care of yourself if someone is not being a good friend to you.



### IS THAT A FACT?

We often think we know things are true, and often we don't even question them. But In this activity, you'll learn to tell the difference between a fact and an assumption—and challenge some common assumptions about teen tobacco, alcohol, and drug use.



### STRESS WEIGHING YOU DOWN?

Everyone deals with stress sometimes, and growing up comes with its own unique challenges. In this activity, you'll identify sources of stress in your life, learn healthy ways to manage it, and help others overcome their stress.

**CALLING ALL 4-H SCIENTISTS!**

## Frontiers for Young Minds - Science for Kids, Edited by Kids

The Washington Post featured an article on *Frontiers for Young Minds* in yesterday's newspaper. This open-access, online scientific journal is written by scientists and reviewed by a board of youth ages 8-15. The program "believes that the best way to make cutting-edge science discoveries available to younger audiences is to enable young people and scientists to work together to create articles that are both accurate and exciting."

[Click here to learn more about Frontiers for Young Minds](#), read their scientific summaries, and maybe participate as a Young Mind!



## How Can We Help? with VCE Director Dr. Michael Gutter



**Date:** Wednesday, January 25th

**Time:** 2-3 pm

[Click here to register and receive online meeting link.](#)

Dr. Mike Gutter joined Virginia Cooperative Extension on Nov. 1 as the new director and associate dean of the College of Agriculture and Life Sciences. With the understanding that Virginia Cooperative Extension (VCE) brings science-backed information to everyone they can reach within the commonwealth, Dr. Gutter wants VCE to continue to ask "How can we help?"

Join us on Jan. 25 to hear Dr. Gutter discuss his vision for Virginia Cooperative Extension to become the go-to partner for community-engaged work, technology transfer, workforce development, rural community social issues and much more.

A Zoom link will be provided upon registration for the event. This event is brought to you by Virginia Cooperative Extension.

## PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,  
Manassas, VA 20109

### Click to Visit Online:

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



## Your Dedicated PWC 4-H Staff

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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



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
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4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
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