



Prince William 4-H

Our Clubs, Our Community



January 25, 2023

Upcoming Events

- Jan 26** - PW 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
- Mar 11** - Cloverbud Club
- Mar 18** - PW 4-H Food Challenge
- Mar 21** - PW 4-H Association Meeting
- Mar 24 & 30** - Chick Drop-off

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Virginia 4-H Day at the Capitol



On January 18th, Prince William 4-H participated in the annual 4-H pilgrimage to Richmond for Virginia 4-H's Day at the Capitol. It was a beautiful day to meet our representatives, learn about Virginia government, and engage with legislators to promote 4-H. Here are some highlights from our trip:

- Our 4-H'ers visited Senator Stuart's office and spoke with Legislative Aide Jake Salmons about a Virginia bill to improve water quality by addressing sewage overruns.
- We met Delegate Maldonado and Delegate Sewell, who took time to shake every 4-H'ers hand and listen to their 4-H Story.
- Virginia's First Lady and the Secretary of Agriculture gave impressive speeches about the importance of 4-H.
- Harper Miller, the 4-H'er who successfully worked to pass a bill for excused absences to attend 4-H events, was also present and we discovered another 4-H'er who is working to pass a bill to declare the Chincoteague ponies the official state horse!
- We had fascinating tours at both the Capitol and the Executive Mansion, including fun facts about the architectural inspirations and the First Lady's updated decorations,
- While walking the halls of the Capitol, we passed legislators as they left session and we were able to experience the energy and excitement of our government at work.

Prince William 4-H'ers ended the day wanting to connect more with their local officials. What a great idea! See [Page 4](#) to learn more about **Engage Locally by Prince William 4-H**, our new civic engagement opportunity on March 2nd where we've invited our representatives to Prince William 4-H to learn more about how our local youth are impacting our community. You're not going to want to miss this event!

A HUGE 4-H THANK YOU to our Senators and Delegates for sharing their busy day with us, Virginia 4-H for organizing an impressive event, our fabulous tour guides, and to the Prince William 4-H Association for including transportation fees in their annual budget to provide an opportunity for all!

IMPORTANT! Contest Day Training is Tomorrow!



PRINCE WILLIAM 4-H PRESENTATION & CONTEST TRAINING

Date: January 26th, 6:30 pm

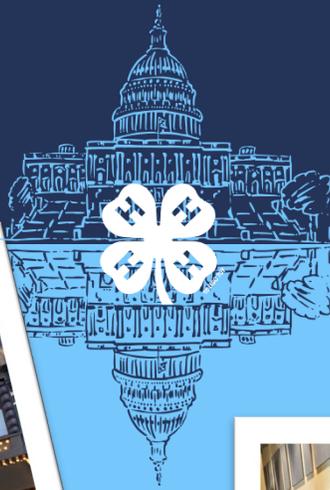
Location: PW 4-H, McCoy Conference Room, 8033 Ashton Ave., Manassas

Who Should Attend: **ALL PRINCE WILLIAM 4-H'ERS** (including Cloverbuds!)

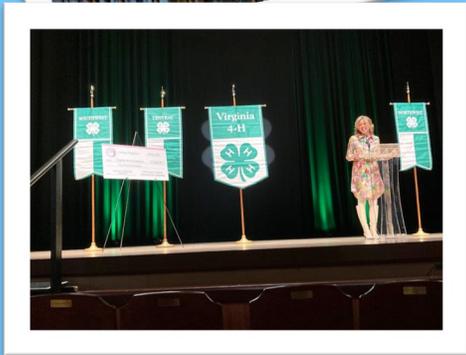
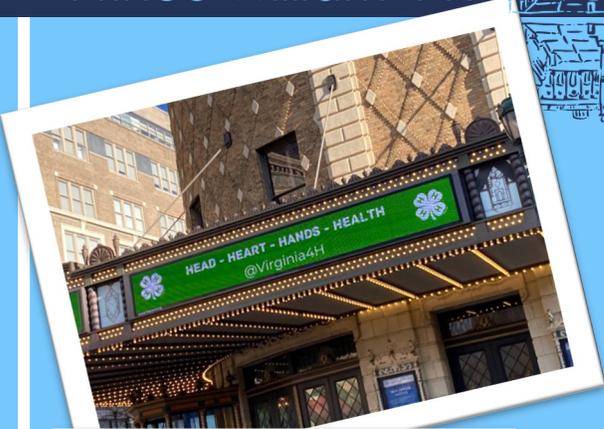
[Click here to register.](#)

Contest Day Training is essential to your success! Review the scoring rubrics, learn the updated rules for your presentation or contest, and get helpful tips on how to prepare and practice for Prince William 4-H Contest Day. 4-H'ers must participate in our local contest day to progress to Districts and then to States. Please register today so that we are prepared for your particular category.

Prince William 4-H



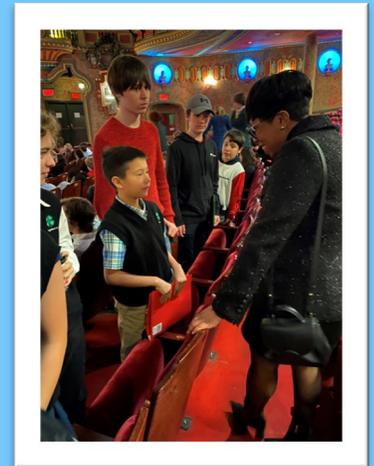
Virginia 4-H Day at the Capitol January 18, 2023



Virginia First Lady
Suzanne S. Youngkin

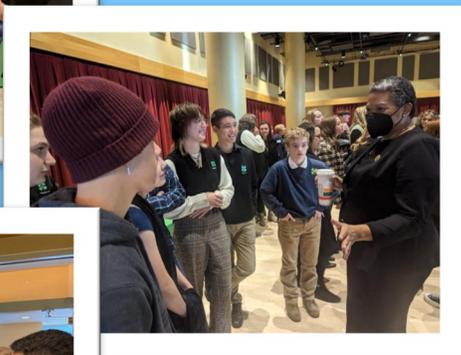


Prince William 4-H
Meet and Greet Table



Delegate Briana D. Sewell

“I learned that legislators are really busy and that they have Pages.”



Delegate Michelle Lopes Maldonado



Delegate Michelle Lopes Maldonado



Visiting Senator Stuart's Office with
Legislative Aide Jake Salmons



[I learned that] “Thomas Jefferson designed the Capitol building and got inspired by French buildings.”



FIND YOUR VIRGINIA STATE LEGISLATOR!
[House of Delegates](#) • [Senate](#) • [Virginia General Assembly](#)



Celebrating YOU!

Prince William 4-H Scholarships - Applications Due April 1st

2023 JOANNE GUHL SCHOLARSHIP

Joanne Guhl was a member of the Boots and Saddles 4-H Club who passed away in 1984. Her parents honor her memory by awarding a college scholarship to a PWC 4-Her. Applicants must be enrolled in the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science.

[Please click here to apply for the 2023 Joanne Guhl Scholarship.](#)

2023 BERNARD MALO SCHOLARSHIP

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four-year college, community college or vocational school. Trigger Time member applicants are given first consideration. The amount of scholarship may vary from year to year.

[Please click here to apply for the 2023 Bernard Malo Scholarship.](#)

Prince William 4-H Updates



FEBRUARY 11: CLOVERBUD CLUB

10 am - 12 pm, 4-H Children's Barn, PWC Fairgrounds

Who Should Attend: All greater PWC youth ages 5-8 with an interest in 4-H

[Click here to register.](#)

Our next Cloverbud Club meeting is all about heart! What does it mean to pledge your heart to greater loyalty? Join us for a fun-filled morning of hands-on activities that will help us to care more for other people versus only thinking of one's self. We will explore ways we can be faithful to each and every person and guarantee to help out if anyone is ever in need!



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!

Engage Locally by Prince William 4-H

Date: March 2nd at 6 pm

Location: McCoy Conference Room, Prince William 4-H

Registration coming soon.

ENGAGE LOCALLY with YOUR delegates! Our participation at Virginia 4-H Day at the Capitol was such a success, that we want to do even MORE civic engagement at home in Prince William County. We've invited all greater Prince William area delegates to attend,

with immediate positive responses from Virginia Senators and Delegates, who are confirmed to-date. This open house event will encourage our representatives to explore table displays created by 4-H'ers while learning more about our 4-H programs and activities, hearing your 4-H story, as well as providing an opportunity for youth to engage and ask questions. Our youth have powerful voices - let them be heard!

Get plugged into the world of civic engagement by attending this important event. All Prince William 4-H'ers are encouraged to participate and share their experiences from Capitol Day, fair camp, junior camp, clubs, projects, and more - including Cloverbuds!

Please contact [Pam Hardin](#) to participate as a club. More information on this exciting opportunity coming soon!

Virginia 4-H Horse Program Updates

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.](#)



**REMINDER:
Horse Enrollments
are due Feb 1st!**

Virginia 4-H Shooting Sports Updates



- **SUMMARY OF RULE CHANGES FOR 2023** is now available from the VA 4-H Shooting Education Council. [Please click here to review changes.](#)
- **SPRING AIR** will be held on March 18-19. Registration information coming soon.
- **7-YEAR RECERTIFICATION FOR INSTRUCTORS** is February 25th. The deadline for registration is February 6th. Please contact Lynn Wheelless, VA 4-H State Shooting Education Coordinator, (757) 778-1078 or lynnwheelless1@vt.edu for registration information.
- **VIRGINIA 4-H SHOOTING EDUCATION CAMP has moved to July 30th through August 3rd.** This is a unique camp open to boys and girls ages 12 to 16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen discipline and consisting of such topics as Shooting Safety Education, Shooting Fundamentals and Theory, and Marksmanship Instruction, and each will have the opportunity to participate in one or more competitive shoots. All instructors are certified through 4-H, VDWR, NRA, NAA and other National Organizations. Limited registration is still available. [Click here for more information.](#)

2023 VIRGINIA 4-H SHOOTING SPORTS PORTFOLIO CHANGES

Portfolios are used in the VA 4-H Shooting Education Program to:

- Track our youth members' progress from the very beginning of their training until they are fully proficient and develop advanced skills
- Provide evidence to match officials that each youth member has achieved the appropriate level of safety, marksmanship required to compete in events such as Spring Air, State Shoot, etc.
- Meet an essential requirement for risk management

For Spring Air and State Shoot, we are introducing a new "Project Portfolio Certification Document", which will need to be submitted shortly after the registration deadline. For Spring Air 2023, the deadline for submitting this document will be **February 27, 2023**. The Project Portfolio Certification Document for Matches is a single page that will be signed by the club coordinator or 4-H Agent that certifies each youth member's qualification to participate in the events they have been registered to compete in. This is a simple form that can be accomplished weeks before a competition for most of the club's members. The coach of record will still need to bring each portfolio to the competition in case there are any questions.

Keeping portfolios up to date is essential for:

- The development of our youth members by tracking their progress
- Assisting our instructors to develop their lesson plans
- Identifying members that need extra coaching, supplies, or equipment
- Building the club's calendar of training and competitions
- Distributing the paperwork tasks throughout the year rather than all in one week

Thank you very much for your willingness to make our matches better than ever. Spring Air 2023 registration and match documents will be released very 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 -**UPDATED**

Embryology Registration

Dec 1st - **Jan 31st**

In-Person Leader Training

Feb 8 6-7:30 pm

Loch Lomond Elem. School
7900 Augusta Rd., Manassas

Feb 16 Time TBD

Kyle R. Wilson Elem. School
5710 Liberty Hill Ct., Woodbridge

Incubator Pickup (*if rented from 4-H*)
PW4-H, 8033 Ashton Ave, #105
Feb 17 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](http://www.pwcva.gov/4-H)



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](#)





American Kennel Club Fit Dog Program for 4-H

The AKC is committed to improving and maintaining the fitness and health of all dogs and their owners. AKC FIT DOG titles were designed to provide a structured, individualized fitness plan that you and your dog can do together. There are 3 levels of AKC fitness titles - Bronze, Silver, and Gold. Each title requires a specific number of activity points to be completed, which varies based on title level.

AKC Fitness Title Categories:

- AKC FIT DOG Course
- Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- Walks and hikes (Independent or Group)
- Unique to You and Your Dog (e.g., swimming, Parkour)
- AKC title that is fitness related (e.g., FAST CAT, agility)
- AKC Parent Club Performance Titles (e.g., pack dog, sledding)

An AKC Fit Dog club is a great way to promote your canine fitness commitment within your community. Your 4H clubs can be a Fit Dog club! [Click here to learn more.](#)

National 4-H Council Presents *Ignite by 4-H*



Dates: March 9th - 12th

Location: Washington, DC

[Click here for more information and registration.](#) **Registration closes February 10th.**

Spark your imagination and passion! Ignite by 4-H is an inclusive high-school-aged teen event held in Washington, DC, for four days of inspiring and engaging speakers, workshop sessions, entertainment and creating amazing connections. Explore the best 4-H offers in STEM, Agriscience, Healthy Living and Emotional Well-Being. Discover exciting career paths and create an actionable plan to help make real change in your community. It's an experience you won't want to miss.

Virginia 4-H scholarships to attend may be available for those with an interest in STEM or Computer Science and meet certain outreach objectives. Please email [MaryBeth Lerch](#) for more information.

4-H True Leaders in Equity Institute Registration

Dates: July 10th - 13th

Location: Bethesda, Maryland

[Click here for more information and to register.](#) **Registration closes June 1st.**

Everyone has a role to play in creating a more welcoming and inclusive society, and we want you to be part of that change! The True Leaders in Equity Institute is a training program for passionate youth ages 15-19 to learn about equity and inclusion and how it affects their communities. The institute will prepare participants to be change agents within the Cooperative Extension System as we work together to create more welcoming and inclusive environments. This training and leadership opportunity challenges participants to ideate and champion equity-related projects that will grow 4 H in their communities. At the True Leaders in Equity Institute, passionate youth ages 15-19 work together in youth-adult-led teams to explore their unique views on equity and inclusion. The teams develop plans to spark innovative solutions and return to their local communities inspired to make a change!

Register Now!



Registration for the True Leaders in Equity Institute are open now!
Scholarships are also available.

Northern Virginia Regional Renewable Energy Challenge

Date: March 15th

Location: Shenandoah University

[Click here for more information and to register.](#) **Register by March 8th.**



This regional event will feature a wind and solar challenge for grades 4-12. We will feature the new Rookie Division as well - this is a non-competitive division for first time teams who are looking to dip their toes in the water.

OPEN LABS FOR STUDENTS

A one-hour open lab for students to ask questions about their projects is available on Mondays from 3:30-4:40 pm. These are like office hours - students should come prepared with questions. There will be no formal agenda or topic of discussion. [Click here to join the Zoom call for open lab.](#)

VASWCD 2023 Photo Contest - ends August 1st

Theme: "Conservation: Small Actions, Big Impacts"

The VASWCD is committed to the conservation of natural resources through stewardship and education programs and we want to see it through your eyes. Capture those vibrant moments and express what conservation looks like through your lens! You can submit up to 10 photos. All photographs must be taken within the Commonwealth of Virginia. [Click here for more information, contest rules, prior winning photos, and to submit your photos.](#)



VFGC 2023 Winter Forage Conference

The Virginia Forage and Grassland Council invites you to join us for their 2023 Winter Forage Conference Series this week, Learn to Read: Stockmanship for Better Cattle & Grass. This year's conference will feature nationally-recognized stockmanship expert, Curt Pate, as he describes how to read and handle livestock in the field to improve your grazing and pasture management. Our other speakers will include fencing expert, Lewis Sapp, and Johnny Rogers of Rogers Cattle Co (Roxboro, NC), presenting on topics including designing a new grazing system or adding to existing fencing and watering infrastructure, and understanding and responding to growing conditions and livestock needs to optimize forage productivity. Programs will be offered from 9-3 pm in person in different locations throughout the state.



January 24: Wytheville Meeting Center in Wytheville, VA

January 25: Southern Piedmont AREC in Blackstone, VA

January 26: Fauquier Springs Country Club in Warrenton, VA

January 27: Blue Ridge Community College in Weyers Cave, VA

[Click here for more information and to register.](https://vaforages.org/2023-winter-conference/)

Register for the VA Soil Health Coalition Quarterly Meeting

The Virginia Soil Health Coalition is hosting its next virtual Quarterly Meeting on Thursday, February 23rd from 1-3 PM and we would love to have you join. The Coalition is embedded in Virginia Tech and Virginia Cooperative Extension and we look forward to engaging as many partners as possible. The meetings are a great opportunity to hear from soil health experts, connect with other partners, and learn what the Coalition is up to. At this meeting, we will dig into the Coalition's brand new Strategic Plan with room for brainstorming and conversation, learn from a researcher from VT's School of Plant and Environmental Sciences on nitrogen fertilizer use and cover crops, and hear a General Assembly update among other things. [Click here to register.](#) [Click here for a draft agenda.](#)



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)
[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
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

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
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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