



Prince William 4-H

Our Clubs, Our Community



February 8, 2023

Upcoming Events

- Feb 8 - Embryology Leader Training I
- Feb 11 - Clover(bud) Club
- Feb 15 - PW 4-H Teen Club - Healthy Living
- Feb 16 - Embryology Leader Training 2
- Feb 18 - PW 4-H Contest Day
- Feb 25-26 - TALT Weekend
- Feb 27-28 - Embryology Project Egg Pickup
- Mar 2 - Engage Locally by Prince William 4-H
- 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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Click to Visit



Prince William 4-H Tree Seedling Project



Applications due March 1st.

Seedlings should arrive the week of April 17th. [Click here for the application.](#)

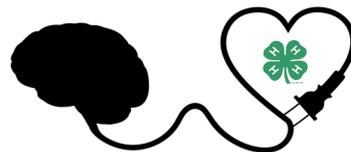
Growing kids and trees for Virginia's forests!

The Virginia Department of Forestry and Virginia Cooperative Extension are providing free hardwood seedlings to schools and youth groups. The purpose of this project is to improve water quality by restoring forest cover to residential and riparian lands.

Prince William 4-H is offering tree seedlings (American Elderberry, Red Mulberry, and Sweetgum) to youth educators for planting projects in the community. The Prince William 4-H Tree Seedling Project relates to many science, math and history Virginia SOLs. *Please note that this project is not intended for youth to bring home trees.*

Quantities are limited. Place your orders today!

Prince William 4-H Healthy Living Teen Night - Register Today!



Date: February 15th

Time: 7:30 pm

Location: McCoy Conference Room, Prince William 4-H Office

Who should attend: All Prince William 4-H'ers ages 14-19

[Click here to register](#) - **register by Monday, February 13th.**

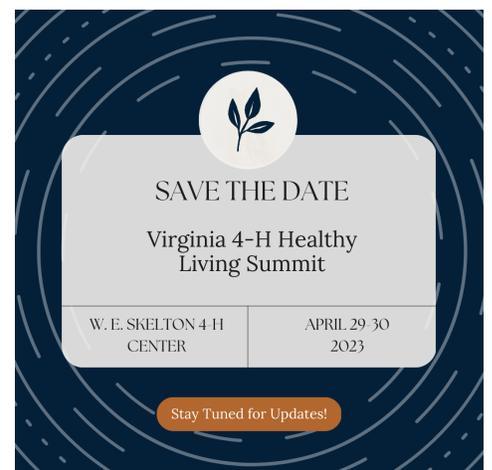
Join us for a fun-filled, hands-on night exploring mental well-being, physical health, and how you can put healthy habits into action starting today! Dive deeper into mind and body wellbeing and discover options to take your expertise to the next level and build your resume as a Virginia 4-H Healthy Living Ambassador or National 4-H Healthy Living Youth in Action nominee!

EXCITING ACTIVITIES!

- 4-H Amazing Race Challenges
- MyPlate
- Smoothies
- Infused Water
- Healthy Living Opportunities in 4-H

Come dressed and prepared to move!

This event is free to attend, but registration is required so that we have enough supplies and space to move around. This was a very popular night last year and we're expecting a great turnout!





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.](#)



SATURDAY!

Register for February's Cloverbud Club "All About Heart"

Date: Saturday, February 11th

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

[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!

Prince William 4-H Embryology Staff Training

It's getting EGG-citing around here! 4-H is a curriculum-based program, and even the staff need to continue to learn and grow so that we can better support our members. Check out some of the fun that we've been having practicing hatching chickens at Prince William 4-H Headquarters using eggs donated by MaryBeth Lerch and Kristin Saul!





CALLING ALL PRINCE WILLIAM 4-H'ERS!

DATE
Thursday,
March 2nd

TIME
6 PM

LOCATION

McCoy
Conference Room
Prince William 4-H
8033 Ashton Ave.,
#105
Manassas

[CLICK HERE
TO REGISTER](#)

Please register by
February 20th.
Early registration
will help us plan
the event program
tables.

We need ALL members to attend this fantastic opportunity to plug in locally with our legislators, county & city government, and school officials. Help us promote **YOU!**

CURRENT TABLES

Cloverbuds • 4-H Day at the Capitol • 4-H State Congress • 4-H Officer Training & Citizenship • Prince William 4-H Association Youth Board • 4-H Ambassadors • 4-H Camps • 4-H Contests • Prince William 4-H Trigger Time • 4-H Horse Program • Contest Day • 4-H Embryology & Safe at Home • Kettle Run 4-H Club • Nokesville 4-H Club

Want your club to join in the excitement? Contact [Pam Hardin](#).

ENGAGE LOCALLY BY PRINCE WILLIAM 4-H

ENGAGE LOCALLY WITH YOUR GOVERNMENT OFFICIALS!

Tell your 4-H Story, share your experiences and engage with more local movers and shakers (*many confirmed to date!*):

- Local Virginia Senators
- Greater Prince William Area Virginia Delegates
- Prince William County Supervisors
- City of Manassas and Manassas Park Government Leaders
- Prince William, Manassas and Manassas Park School Board Officials
- Virginia Cooperative Extension Representatives

This open house event will provide Prince William 4-H'ers with an opportunity to build their citizenship skills, increase their understanding on local government, and provide an opportunity to promote their 4-H Story and experiences.

OUR YOUTH HAVE POWERFUL VOICES!

Get plugged into the world of civic engagement by contributing to this important event! All Prince William 4-H'ers are encouraged to participate and share their experiences - including Cloverbuds! The list of VIP RSVP's is growing because they WANT to hear YOU.



Saturday, February 18th, 2023

McCOART BUILDING, WOODBRIDGE

TIME TBD

PRINCE WILLIAM 4-H

Showcase your
talents!



CONTEST DAY

[CLICK HERE TO REGISTER](#)

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.

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](#)

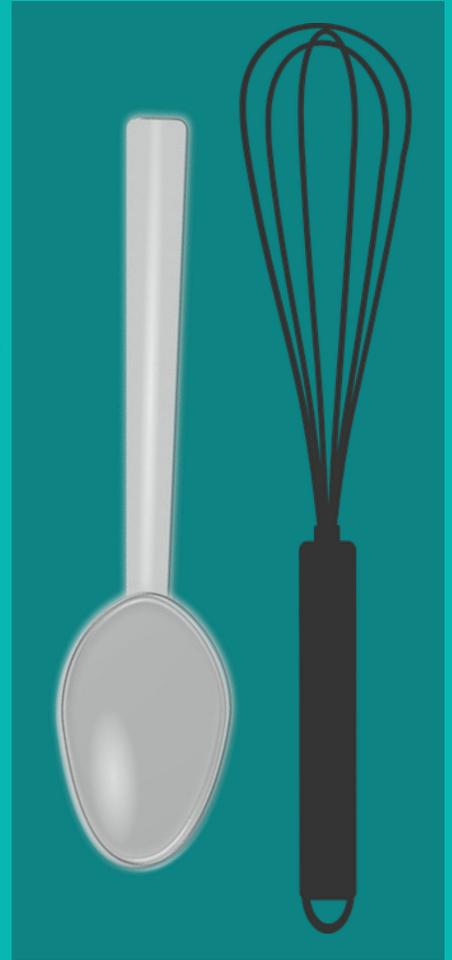
[Resources for Virginia 4-H Competitions](#)



PRINCE WILLIAM 4-H

4-H FOOD CHALLENGE

2023



**AT BUCKHALL VFD
7190 YATES FORD RD.
MANASSAS**

MARCH 18TH

TIME TBD



NUTRITION ✿ SKILL ✿ TEAMWORK ✿ PUBLIC SPEAKING ✿ SAFETY ✿ CAREERS ✿ FUN!

- ➔ [Click here to check out the videos, curriculum, tip sheets and more compiled by our friends at Texas 4-H.](#)
- ➔ [Click here for the 2022-23 VA 4-H Food Challenge Rules](#)

COME SUPPORT OUR TEAMS!





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

In-Person Leader Training

Feb 8, 6-7:30 pm

Loch Lomond Elem. School
7900 Augusta Rd., Manassas

Feb 16, 6-7:30 pm

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







YOUTH BEEF FIELD DAY

Friday, March 17th, 2023
10 A.M. – 4 P.M.
BLACKSBURG, VA

hosted by The Beef Leadership Council at Virginia Tech

TOPICS INCLUDE:

- Nutrition
- Reproduction
- Herd Health
- Livestock Judging
- Showing/Fitting
- Meat Evaluation and Judging
- Industry
- YQCA Training

Ages 9-18 are welcomed!

Fee: \$15/person
Groups of 10 or more will receive a discounted rate of \$12.50/person.

Lunch will be provided to all participants!

Please register by February 27th using this link:
https://forms.gle/Zf5WS42g_sANgnXTY9

Questions? Please email Bailey Watson at baileyreinwatson@vt.edu



Two exciting educational opportunities for Virginia Youth will be held in the coming weeks at Virginia Tech, brought to you by the Virginia Tech Dairy Club and the Beef Leadership Council at Virginia Tech. Don't miss these great opportunities to learn from Virginia Tech students and faculty!

[Click here to register for Hokie Dairy Day.](#)
[Click here to register for Youth Beef Field Day.](#)

DAIRY CLUB AT VIRGINIA TECH

HOKIE DAIRY DAY



USE QR CODE TO REGISTER

JOIN US FOR A YOUTH EDUCATIONAL EVENT FOR AGES 9-19

SATURDAY, FEBRUARY 18, 2023, 9 AM- 5 PM
LUNCH PROVIDED
REGISTRATION FEE: \$10

LOCATED AT THE ETGEN LARGE ANIMAL LEARNING CENTER IN BLACKSBURG, VA

SENIORS:

- Current Dairy Research
- Herd Health
- Agriculture Industry Careers
- Food Safety

JUNIORS:

- Herd Management
- Farm Safety
- Dairy Judging
- Herd Health

AND MORE!



FOR QUESTIONS OR MORE INFORMATION, CONTACT MADISON SIFFORD @MADISON516@VT.EDU

Hippology and Horse Judging Clinic

Saturday, February 25, 2023
Check in 9:00 AM
\$10/Youth



Practice Hippology Tests
Team Problem Coaching
Live Horse Judging
Judging Training
Reasons Coaching

Held At
Misty Run Equestrian
8201 Olympic Way
Culpeper, Va 22701

All Are Welcome, teams and individuals from all counties in Virginia. This Clinic is hosted in collaboration by the North East and North West 4-H Horse councils.

Please Direct All Questions to Lisa (TripleCrownEquineClub@Gmail.com) or Hannah (Hannah8@vt.edu)

Please Pack a Lunch

Register by February 20th at www.NE4HHorse.org

SAVE THE DATE





Virginia 4-H Horse & Livestock Updates



2023 EQUISMARTZ
Dates: March 31st – April 2nd
Location: Lexington, VA
Entries Due March 15th

[Click here for more information.](#)
Virginia's 4-H Horse State Educational Competition

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

VIRGINIA YOUTH LIVESTOCK PROGRAMS



"Don't let your challenges. Challenge your limits."

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 February 2023 Virginia Youth Animal Science Newsletter.](#)

Virginia 4-H Shooting Sports: Spring Air 2023



Dates: March 17th - 19th

Location: W.E. Skelton 4-H Educational and Conference Center, Wirtz, VA

Cost: \$45 per youth and includes all matches and event t-shirt

Registration Deadline: Wednesday, February 26th. See your 4-H Club leader for more information and to register.

Who Should Attend: Any 4-H member enrolled in a State 4-H Office approved 4-H Shooting Education Club who has completed project portfolios in the event(s) in which they are registered to shoot. Youth that turn 9 to 13 in 2023 will be considered juniors and those that turn 14 or older in 2023 will be considered seniors.

Events: BB Gun, Air Pistol, Air Rifle, Air Pistol Silhouette, Air Rifle Silhouette, Presentation Contest, Public Speaking Contest, and Archery

Presentation and Public Speaking Contests: The 4-H Shooting Education Program is a vehicle for teaching life skills and the youth participating in the shooting program need to be able to communicate to others their interest and commitment to the shooting sports. Youth may participate in either the presentation contest or public speaking contest. The rules for each will follow the main stream 4-H contest areas and can be accessed at the Virginia Cooperative Extension site which is listed later in this announcement. Awards will be 1st, 2nd, and 3rd individual in each event and each age group: Junior (ages 9 to 13) and Senior (ages 14 – 19).

FINAL REMINDERS:

- **7-YEAR RECERTIFICATION FOR INSTRUCTORS** is February 25th. The deadline for registration is February 6th. Please contact Lynn Wheeless, VA 4-H State Shooting Education Coordinator, (757) 778-1078 or lynnwheeless1@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.](#)

Virginia 4-H: 2023 States' 4-H Exchange

Please consider hosting a young Japanese delegate in your home this summer!

Virginia 4-H is looking for families to host 16 Japanese delegates during summer 2023. Most family applications are available now. Please consider this amazing opportunity to grow your cultural competencies!

Summer Program FAQs: <https://www.states4hexchange.org/host/summer/faq/>

2023 Online Application Link: <https://www.states4hexchange.org/host-family/application>

[Click here for the Virginia 2023 States' 4-H Exchange Facebook Page.](#)

- Program runs July 22-24 through August 17-19, 2023
- No previous 4-H experience is required
- Japanese delegates will be aged 12-18
- Youth have a range of English language abilities.
- Host family receives no stipend to host a delegate.
- To host a delegate, a family must have a child who is 9+ years old.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- Families without youth can host adult chaperones.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support before, during & after the exchange
- Host families will be screened and interviews as part of our risk management protocol.





States' 4-H International Exchange Programs

2023 INBOUND PROGRAMS

Host a delegate in your home this summer and give your family a global perspective!



Host a Japanese youth in Summer 2023 through States' 4-H International!

Invite an international youth into your home for three and a half weeks and share an American experience. Expand your family's cultural understanding, learn about new foods and customs, and possibly a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country too!

Open your home to an exchange student and open your lives to the world!



HOSTING PERIOD: 3 1/2 weeks from late July to mid August

- You can host a youth aged 12-18 or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- **You don't need to be involved with 4-H to host**



For more information - Visit: <http://www.states4hexchange.org>

Email: exchange@states4h.org Call: 1-800-407-3314

Virginia Contact: Wendy Herdman Email: wherdman@vt.edu Call: 1-804-493-8924



Facebook: <https://www.facebook.com/states4hexchange/>



Instagram: [@states4hinternational](https://www.instagram.com/states4hinternational)

Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility



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.

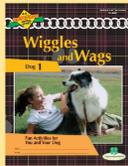
AKC Fitness Title Categories:

- 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.](#)



Does your best friend love to lick you in the face and follows you everywhere you go? Then this 4-H educational clinic may be for you!! We are hosting a day of learning about 4-H dog project opportunities including clubs, competitive events, shows, and more. The clinic will have sessions on topics like general dog care, obedience, agility and rally training, scent work, canine good citizens, showmanship, canine research, and more! Participants will take four workshop sessions and will learn about dog project opportunities, events, and activities.



Clinic Details:

Date: Saturday, March 11, 2023

Time: 10:00 a.m. to 3:00 p.m.

Open to Ages: 9 to 18 years old

Location: Virginia Tech's Alphin-Stuart Arena, Plantation Road

Cost: \$20 for supplies and snacks; Lunch instructions, bring your own lunch (we supply snacks)

Dogs: DO NOT bring dogs to the clinic. The goal of this clinic is to provide youth with an introduction to the different types of dog project opportunities that are available through county, district, and state 4-H programs and with other community services.

To register: Click on, or type, the following link for the google registration form: <https://tinyurl.com/4hdogclinic23> You can also scan the QR code provided here to access the form. Please complete a separate registration for each child attending the clinic. We will send additional details for this event including payment information shortly after the registration deadline.



Registration deadline is **Friday, March 3, 2023** for this clinic.

If you are a person with a disability and desire assistance or accommodation, please notify Michelle Dickerson at (540) 382-5790/TDD* during the business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800)828-1120.



www.ext.vt.edu

Youth Animal Science Newsletter

VIRGINIA YOUTH LIVESTOCK PROGRAMS



The Youth Animal Science Programming Team at Virginia Tech is excited to release the first of new monthly Youth Animal Science

Newsletter. The goal is to utilize this publication to increase communication of upcoming events, highlight past achievements, and spotlight our Virginia Youth Animal Science Program Participants and the outstanding work they are doing. You will find links to our comprehensive calendar, a list of upcoming event dates, and details on selected upcoming programs.

[Click here for the February 2023 Virginia Youth Animal Science Newsletter.](#)



4-H Campaigns: Georgia Boot and JoAnn Fabrics



GEORGIA BOOT TRAILBLAZERS CONTEST: JANUARY 20 – FEBRUARY 24

We're looking for 4-H'ers who want to share their 2023 project journey with the Georgia Boot audience. Trailblazers will be required to provide Georgia Boot with photos and progress updates throughout various project stages to be used on Georgia Boot's social media channels, email, and website. Four winners will receive a prize package valued at \$500. The package consists of a free pair of Georgia Boots (up to \$200), a \$200 gift card to a local farm & ranch or hardware store of their choosing, and Trailblazers merchandise. [Click here for more](#)

[information and to apply.](#)



JOANN CAMPAIGN: JANUARY 31 – MAY 1

During the promotional timeframe, customers can donate or roundup at checkout in JOANN stores to support 4-H. 100% of donations support 4-H with 70% going back to the state where those funds were raised. Current & Alumni members, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards. JOANN guarantees a minimum donation to National 4-H Council of \$250,000 per year until June 2023 through a combination of customer donations during campaigns,

minimum of 2.5% of sales from the JOANN 4-H Rewards Card, and \$0.50 for every yard purchased of custom 4-H fabric. [Click here for more information.](#)

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!



Virginia 4-H Camp Scholarships



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

Applications Due April 3rd.

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the second annual Preston R. Willson Virginia 4-H Camp Scholarships for the summer of 2023. Applications for youth ages 9 – 14 can be submitted to VFEF to attend one of six (6) Virginia 4-H Center’s 4-H Summer Camps which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 48 (forty-eight) youth will be randomly selected for these full scholarships. Each of the six 4-H Centers will host eight (8) scholarship recipients.

VASWCD 2023 Youth Conservation Camp



Date: July 9-15

Location: Virginia Tech, Blacksburg, VA

Applications Due May 5th.

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

Youth Conservation Camp applications are now being accepted! High school students currently enrolled in grades 9th-12th in 2023 are encouraged to apply and may receive a scholarship to attend this annual camp to learn about natural resources and conservation on Virginia Tech’s campus in Blacksburg, VA.

DON'T FORGET ABOUT THE YOUTH PHOTO CONTEST!

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.](#)

VBFRFC Upcoming Soil for Water Webinars



The National Center for Appropriate Technology is hosting two webinars on Regenerative Grazing in the Mid-Atlantic, hearing from

Virginia farmers who implement innovative soil health practices.

[Click here to register.](#)

Session 1 - February 9 from 12-1 pm

Hear from Guille Yearwood who has been a rancher for most of his life. Currently he runs [Ellett Valley Beef Co.](#), which encompasses seven locations around Blacksburg, Virginia. He practices regenerative grazing and has managed to be profitable and climate smart. You can read more about Guille Yearwood here: [Conversation with Guille Yearwood – Soil for Water](#)

Session 2 - March 9 from 12-1 pm

Click here to register. Hear from Brent Wills researcher and President and Program Coordinator for [Virginia Association for Biological Farming \(VABF\)](#). He also owns Bramble Hollow Farm in which he practices livestock rotation and soil health techniques.

Fauquier Education Farm Presents:

So you got you soil test back, now what?

Saturday February 18th from 1:00-3:00 p.m. Free, no registration required!

Join us as we share recent soil test from the Education Farm along with our specific plans to amend our fields to give our crops the best possible results. We will be talking about how to provide the proper nutrients for crops from asparagus and blueberries to zucchini and watermelons. We'll talk about both conventional fertilizers and organic alternatives. We'll share our plans to help you put together an effective plan for your own garden.

Located at the Fauquier Education Farm at: 8428 Meetze Rd, Warrenton, VA 20187

For additional questions, contact Ashley Goodwin at ashleyg9@vt.edu

On The Farm STEM - STEM Educator Professional

Dates: June 11th-14th
Location: Denver, CO

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

Science through the Lens of Agriculture! The On The Farm STEM program brings together teams of educators with experts in science education and agricultural science to envision a model for science learning that will inspire today's students, our next generation of scientists and citizens, to take action and feel empowered to use agriculture to improve society.

The 2023 On The Farm STEM Immersive Experience will include farm visits, in-person meetings, and networking with other youth educators from across the United States. Successful applicants will receive up to \$750 of their travel expenses reimbursed, and all costs associated with lodging and meal expenses will be covered through the program – what an awesome opportunity! This event is a collaborative effort between the American Farm Bureau Federation and the National Beef Council.



Tree and Avian Disease Alerts

VT/VCE DISEASE ALERT: Vascular Streak Dieback on Trees and Woody Ornamentals

There is an emerging nursery and landscape problem in Virginia and other US states that is affecting some trees and woody ornamentals, and particularly, redbud, dogwood and maple. A disease alert is available and provides guidance on an appropriate diagnostic sample for this problem. [Click here for the Plant Disease Clinic's Disease Alert webpage.](#)

VBFR Virginia Avian Flu Update

[Click here for the latest update from VDACS](#) on the current Avian Flu outbreak in Virginia. As noted in the update, 2 commercial and 6 backyard flocks have been infected in VA. The best way to protect these flocks, according to [USDA's Animal and Plant Health Inspection Service](#), is increased biosecurity.



River Ridge Organics is Hiring a Berry Manager



River Ridge Organics, a 12 acre organic blueberry and blackberry farm in the middle of a 1500 acre cattle farm, is

seeking a full time manager to oversee all aspects of the berry farm. This position requires extensive knowledge in horticulture / agronomy. This position is supported by seasonal harvest labor and part time employees to assist in the management of River Ridge Organics. Compensation includes base salary (commensurate with experience), bonus program, full medical, matching 401K (6%), housing, vehicle and phone. If interested, please contact Brantley Ivey at Brantley@riverridge.farm.

WHAT To Carry In Your CAR

You NEVER know when you will encounter a winter weather emergency or road closure

- Full Tank of Gas
- First Aid Kit
- Cellphone Charger
- Flashlight
- Water/Snacks
- Ice Scraper Shovel
- Boots/Gloves Blankets/Hats
- Music/Games
- Jumper Cables
- Tool Kit
- Spare Batteries
- Kitty Litter/Sand

DRESSING FOR COLD WEATHER

CHILLY

Adding layers will help keep you warm as the temperature drops

- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD

- 2-3 layers
- warm hat
- gloves
- outer layer to keep out wind, wet snow
- boots water proof
- 1-2 layers

EXTREME COLD

- 3+ layers
- 1 insulating
- warm hat
- face mask
- gloves
- outer layer to keep out wind
- boots water proof
- 2+ layers

weather.gov/cold



Buzzy BODY & BITES for Teens

Buzzy



Self-Care During the Month of Love

Written by: Alice Milton, 2022-2023 Youth Healthy Living Ambassador

February is a month known for love. During this time, we often celebrate Valentine's Day by showing the ones around us that we care, but don't forget to give yourself some love too! Self-care is so important these days, and your efforts don't have to be big life-changing things that require a lot of time and/or money. Instead, find simple things that bring you joy or help you to feel physically, mentally, or spiritually refreshed. Taking time to care for yourself can help you to refocus and prioritize what's important; can act as a reset button for both your mind and body; improve your self-esteem and confidence; and make everyday life less stressful.

5 Easy Ways to Practice Self-Care During the Month of Love:

1. Nourish yourself by eating nutritious foods.
2. Drink more water.
3. Be sure to get enough sleep.
4. Schedule "me" time.
5. Exercise.



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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP), and was supported by Expanded Food Nutrition Education Program (USDANIFA).

BITES



Build Your Own Sweet Dips



- Step 1: Pick a base like Greek Yogurt
- Step 2: Add flavor with Peanut Butter or Jam
- Step 3: Jazz it up with Cinnamon, Honey, or Vanilla Extract
- Step 4: Pick your Produce like Carrots, Celery, Strawberry or Apples
- Mix your ingredients together and enjoy!

#BetterPantry **EatSmart MoveMore**



For a nod to Valentine's Day, use strawberries as your chosen produce, dip them in your created **Sweet Dip**, and place them on parchment paper in the freezer for about an hour. These sweet treats make a great alternative to chocolate-covered strawberries.

Find more recipes at
eatSMARTmoveMOREVA.org

BODY



Try this heart-opening yoga pose called the **Melting Heart**.

1. Come to all fours. Align your shoulders over your wrists and your hips over your knees.
2. Keep your hips aligned directly over your knees and walk your hands forward in space.
4. Melt your chest toward the floor (or a block or bolster) and draw your shoulder blades toward each other.
5. Rest your forehead or chin onto a prop or the floor.

Exercise Your Mind



Write a love letter to someone you love, like a family member or friend, or even to yourself. Show care to others around you and express how much they mean to you. If you write one to yourself, highlight your positive attributes and show yourself some kindness!

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatSMARTmoveMOREVA.org

www.facebook.com/VaFNP

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Click to Visit Online:

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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

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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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