



Prince William 4-H

Our Clubs, Our Community



June 28, 2023

Upcoming Events

- Jun 27-30** - Virginia 4-H State Congress
- Jul 15** - Market Day #2
- Jul 23-27** - Prince William/Stafford 4-H Junior Camp
- Aug 5** - Market Day #3
- Aug 12** - 4-H Northern District Shoot
- Aug 14-18** - Prince William 4-H Fair Camp
- Sep 2** - Market Day #4
- Oct 1** - Happy New 4-H Year!
- Oct 14** - Market Day #5
- Nov 24-28** - National 4-H Congress

And They're Off!



Our Prince William 4-H Youth Delegation loaded a PWC van this morning and are headed to Virginia Tech for an exciting 101st Celebration of Virginia 4-H State Congress!

Upon arrival, the delegates will be participating in a picnic with Ice Breakers lead by the current 4-H Cabinet, an introduction to the 4-H Cabinet Candidates, and a Meet and Greet with 4-H All Stars.

They will attend the Opening Assembly tonight and hear a special presentation about "HEDY! The Life & Inventions of Hedy Lamarr," followed by games, Unit Meetings, and a much needed good night's sleep.

We can't wait to hear all about their experiences at Congress! Prince William 4-H Youth Educator Pam Hardin will be taking many photographs and having the delegates journal their thoughts and special moments throughout the trip.

How will our 4-H'ers add to their 4-H Story? Stay tuned...

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Virginia 4-H All Star Goes to Forestry Camp



Dreams do come true! BettyAnn Blanton's brothers went to forestry camp in 1952. BettyAnn wanted to go, too. But in 1952, girls were not allowed to go to forestry camp. When she heard that we had four members go to forestry camp last year, she was excited to learn that the camp was still happening. And so, BettyAnn went to forestry camp!

Congratulations, BettyAnn! We're so proud of you!



Click to Visit



Virginia Tech • Virginia State University

TRIGGER TIME 4-H CLUB



JUNE UPDATES

BY AYDEN STRAND, 4-H YOUTH CLUB REPORTER

CRUSH 'N CLAYS

On June 10th, Trigger Time participated in the Crush 'N Clays competition. The competitors were Ben Stewart, Mason Noris, Noble Richter, Kira Lorentz, And Chris Nevar. Trigger Time had 1 new shotgun competitor. Overall the team shot well and thank you to Mrs. Malo for all your help and support!

SPORTER JUNIOR OLYMPICS

On June 23rd, Trigger Time Competed In the 2023 National Junior Olympics 3PAR Sporter Championships. The team consisted of Samantha Seagle, Lexi Strand, Samantha Erick, Noah Richter And Noble Richter. The team placed 1st in the club division.

CIVILIAN MARKSMANSHIP PROGRAM (CMP) NATIONALS

On June 24th, Trigger Time competed in the 2023 CMP National Sporter 3PAR Championship. Noble Richter shot his personal best of 540. The team placed 4th in the club division.

SCHOOLS OUT SUMMER CLASSIC

On June 22nd, Trigger Time Shot In the Schools Out Summer Classic. The competitors were Rebecca Ahrens, Jubilee Richter, and Nora Wallshlaeger. Trigger Time took the top three spots on the leader board with Rebecca in 1st, Jubi in 2nd, and Nora in 3rd. Rebecca shot her personal best of 511.

Next up is 4-H Nationals where we will have a team competing in smallbore. They have made their way to Nebraska, Good luck and Great job Trigger Time!!





Trigger Time 4-H Club develops youth teamwork, responsibility, self confidence, and decision making skills through shooting education. The club participates in local, state, and national competitions. Trigger Time 4-H Club conducts safety and education programs for air rifle, small bore rifle, archery, skeet and trap, black powder, hunter education, and wildlife conservation for youth ages 9-19. Learn more at www.pwcva.gov/4-H.



Come out and support our Prince William 4-H Young Entrepreneurs and see how much we've grown!

**Manassas
Farmer's Market**
9024 Prince William St.
Manassas, VA



**Prince William 4-H
Young Entrepreneurs**
Market Day 2 will feature 4-H'ers Diallo, Koa,
Xanthie, Aisling, Amari, Zaynab & Ruqayyah,
Ayden & Lexi

Prince William 4-H | www.pwcva.gov/4-H | 4HPWC@pwcva.gov

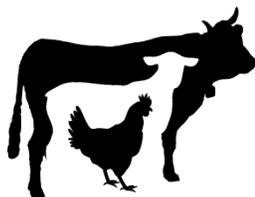


Prince William County Fair Contests

Prince William County Fair

August 11 - 19

[Click here for the Prince William County Fair website.](#)



2023 OPEN AGRICULTURE DIVISION

Dairy Cattle, Beef Cattle, Swine, Dairy Goats, Sheep, Poultry, and Rabbits

4-H members may exhibit in any class. All livestock entries and fees must be postmarked no later than Monday, July 24th. **Special awards specifically for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



2023 HOME ARTS

Farm & Garden Produce, Flowers & Gardens, Food Preservation, Baked Goods, Handicrafts, Ceramics, Art, and Photography

No entry fees are charged. Each exhibitor may enter only one item per class. All exhibits must have been canned, baked, made, or grown by the exhibitor, except flower arrangements where some materials may be purchased. All entries must have been canned, baked, made or grown by the exhibitor since the end of 2021. **Junior Special Awards for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



4-H PROJECT BOOKS

4-H youth may submit last year's or this year's (if complete) project book in the Youth Home Arts Educational category (see page 72 in the Fair Contest Catalog). [Click here for contest rules and entry forms.](#)



2023 FAIR PAGEANT

Miss and Mister competition categories from 1 month to 22 years. [Click here for more information and entry form.](#)

RULES AND ENTRY FORM COMING SOON FOR:

- 2023 Fair Mullet Contest
- 2023 Frozen T-Shirt Contest
- 2023 Power Wheels Derby



REMINDER - Club Posters Needed for the 4-H Exhibit

Our clubs are excited to create their own posters! We're excited to see your craftiness and to celebrate your club at the PWC Fair. Please submit your club poster to DeeAnn Strand at the 4-H office for display in the Prince William 4-H Children's Barn.

POSTERS NEED BY JULY 12TH.



PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023



4-H CHILDREN'S BARN

Daily Activities, 2-8 pm

THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

Daily Exhibits, 2-8 pm

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can **THRIVE WITH 4-H!**

4-H FAMILY FUN NIGHT AT THE SHOW BARN

Monday, August 14th, 5 pm

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

PRINCE WILLIAM 4-H FAIR CAMP

August 14th-18th, 9 am-12:30 pm, \$50 fee includes activities, snacks, and a camp t-shirt. Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Airgrounds South Barn and grow in a safe and exciting environment with fun activities, games, and art projects and more, in the 4-H Pillars of STEM, Health Living, Agriculture and Civic Engagement. Visit www.pwc4h.org for more information and registration links.

Discover a world of opportunities in Prince William and **THRIVE WITH 4-H!**



CAMP IS FULL



VOLUNTEER

and THRIVE
with 4-H!

Prince William 4-H at the County Fair

4-H YOUTH VOLUNTEER OPPORTUNITIES

Workday Wednesdays

Dates: Every Wednesday from June 21st - August 2nd

Time: 10 am - 2 pm; bring a bag lunch

Location: PWC 4-H Office

Who Should Volunteer: All middle school and high school 4-H'ers (bring a friend!)

[Click here to signup.](#)

Youth volunteers will be planning the activities, cutting, pasting, organizing, bagging, and more, for the enrichment activities at the 4-H Children's Barn at the PWC Fair and Prince William 4-H Fair Camp.

Whether you're crafty, strong at lifting, good at organizing, innovative, or a worker bee, we need you to help us prepare!

Join the fun!

PWC Fair 4-H Children's Barn & Ag Barn - Youth Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts available

Location: PWC Fairgrounds

[Click here to signup.](#)

Youth volunteers are needed to assist youth and families with their activities as well as help direct the community service activities, assist with activities, share their 4-H stories and more.

ADULT VOLUNTEER OPPORTUNITIES

4-H Summer Fair Camp Chaperone

Dates: August 14th - 18th

Time: 8:30 am - 1 pm

Location: PWC Fairgrounds

Signup coming soon.

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience.

Adults are primarily chaperones, group facilitators, or help to distribute snacks. Any time that you can offer is welcome!

PWC Fair 4-H Children's Barn & Ag Barn - Adult Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts

Location: PWC Fairgrounds

[Click here to signup.](#)

Visitors to the 4-H Children's Barn will be greeted by the Barn Manager and directed to activities. Adult volunteers will be on hand to answer any questions, assist with activities, and assist youth volunteers with community service and Ag Barn activities.





TRACK 1
High Elements
Leadership Development



TRACK 2
Environmental Education
Swimming
Tie Dye



TRACK 3
Campfire Cooking
Field Sports
Canoeing



TRACK 4
Dance/Performing Arts
Photography
Arts and Crafts



TRACK 5
Air Rifle
Fishing
Outdoor Living Skills



TRACK 6
Archery
Low Ropes/Teambuilding
Newspaper



TRACK 7
Taste of Camp
Paper Mache
Yoga



ADVENTURE WITH 4-H!

PRINCE WILLIAM - STAFFORD 4-H JUNIOR CAMP

Prince William-Stafford 4-H Junior Camp is our premier camp for youth in 4-H as well as youth interested in 4-H. Campers participate in morning classes, daily swim and recreation time, as well as evening programs and campfire. Youth select a program Track for morning activities when registering. Classes include archery, arts and crafts, canoeing, performing arts, photography, fishing, cooking, ropes course, and so much more!

NEW THIS YEAR is a Taste of Camp program for those who are first time campers. This track provides the opportunity to sample some of the most popular classes available, such as STEM, campfire cooking, low ropes, swim, and outdoor living skills.

Register today for your summer **ADVENTURE WITH 4-H!**

DATES: July 23rd - 27th

LOCATION: Northern Virginia 4-H Educational Center, Front Royal, VA

WHO SHOULD ATTEND: Youth ages 9-14

CAMP FEE: \$360* and includes meals and lodging for five days and four nights, a camp t-shirt, and class supplies.

For more information and to register, visit <https://www.pwcva.gov/4-H>.

***Registration Fees increase by \$50 after June 1st. We cannot guarantee camp t-shirts after June 1st.**

ABOUT PRINCE WILLIAM 4-H

Prince William 4-H is a community of young people across the greater Prince William area who are learning leadership, citizenship, and life skills. Our goal is to help youth grow into capable, responsible, confident members of our community by providing information, opportunities, activities, and events that are educational and fun! In 4-H, we learn by doing! Our programs focus on the 4-H Pillars of Citizenship, STEM, Healthy Living, and Agriculture. In clubs throughout Prince William, our youth conduct youth-led meetings to complete projects, community service, and participate in local and state government events.

Begin your ADVENTURE WITH 4-H! Contact Prince William 4-H at 4HPWC@pwcva.gov for more information and to join a club.



Virginia 4-H Central District Shoot - Register by July 3rd!

Date: Saturday, July 15th

Location: Holiday Lake 4-H Center, 1267 4-H Camp Road, Appomattox, VA

Entry Fees: \$35 per competitor; \$40 if competing in shotgun

Register by Monday, July 3rd.

This match is open to all VA 4-H Shooting Education Members. If range space is limited, clubs in the Central District (*that register by the deadline*) will have priority over clubs outside the district.

Events: Air Pistol (Progressive Position), Air Rifle (3-Position), Archery (Compound, Traditional, Instinctive and Bowhunter), BB Gun (4-Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (Senior 4-H members only) and Smallbore Rifle (3-Position & Silhouette)

Competitors will only be allowed to register for up four events including two of the above archery events. Competitors who have not completed portfolios in the events that they are registered to shoot must be accompanied by a Coach.



Virginia 4-H Shooting Instructor Recertification

Date: November 4th

Location: Holiday Lake 4-H Educational Center

Who Should Attend: Existing instructors who need their 7-year recertification

Contact [Lynn Wheelless](#), Virginia 4-H State Shooting Education Coordinator, to register.

The last 7-year recertification session for this year will be held on November 4, 2023. There are numerous instructors that need to attend that recertification. In December, we will decertify all Shooting Education Instructors that have not complied with the 7-year recertification policy established by Virginia 4-H and the 4-H National Committee for Shooting Sports.

To learn more about the Virginia 4-H Shooting Sports Education Program visit:

[Prince William 4-H Document Center](#) - training fact sheets, rules, and more

[Virginia 4-H Shooting Education Website](#)



Virginia 4-H Pork Challenge

Date: Saturday, August 26th

Location: George Washington Carver Center, 9432 James Madison Hwy., Rapidan, VA

Who Should Participate: All Prince William 4-H'ers and Food Challenge Teams

Registration Opens: July 6th

Registration Deadline: August 4th

[Click here for contest rules and website for registration.](#)

The Virginia 4-H Pork Challenge challenges youth to create a dish using only a predetermined set of ingredients. From these ingredients, youth must identify and prepare the dish, then make a presentation about it to the judges. This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.

Please note that the rules were adapted from the other food challenge contest areas and thus, very similar in nature. This contest will be limited to 10 teams and when registration opens on July 6 it will be handled on a first-come, first-serve basis.

*Open to teams who registered by August 4, 2023
 *For youth 9-18 years of age (as of 9/30/23)
 *For more information contact:
 Dr. Tonya Price
 tonyaprice@vt.edu
 540-232-6012
 or
 Mrs. Kelly Mallory
 kmallory@vt.edu
 540-948-6881

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the State 4-H Office at 540-231-6372 during 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) 828-1100.

VIRGINIA 4-H
 PORK CHALLENGE
 GEORGE WASHINGTON
 CARVER CENTER
 RAPIDAN, VA
 Saturday, August 26, 2023

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Virginia 4-H Youth Animal Science Updates

2023 Goochland Ag Fair
4-H/FFA Livestock Show
August 12, 2023
Open to ALL 4-H members in Virginia!
AND Goochland FFA Chapter Members
Entries Close July 14

Hosted by Goochland County 4-H and the Goochland Ag Fair Committee

Register HERE!
SCAN ME

Virginia Cooperative Extension

If you are a person with a disability and desire any accessible devices, services or other accommodations to participate in this activity, please contact: Cynthia Walker, Goochland 4-H Extension Agent, at (804) 686-9473 (TDD) during business hours (9:00 a.m. - 5:00 p.m.). To discuss accommodations please e-mail prior to the event: 7020 number 9-0000 828-1120. For further information, call: (804) 686-9473, contact your extension agent or visit: www.vce.vt.edu. Message us on Facebook: 303-633-0862.

2023 GOOCHLAND AG FAIR

Date: August 12th

Location: Central High Complex, 2748 Dogtown Road, Goochland, VA

Who Should Attend: All Virginia 4-H youth, new and experienced showmen, with an interest in demonstrating their showmanship while showing off their work on their project animals.

[Click here to register.](#) **Registrations due July 14th.**

[Click here for all show information,](#) including classes offered, rules, and regulations.



VIRGINIA STATE 4-H HORSE SHOW

Date: September 7th - 10th

Location: Lexington, VA

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

[Click here for the Show website.](#)

Declaration Deadline: July 1st

State Show Entry Deadline: July 17th

- [Click here for Qualifying Clinics](#)
- [Click here for Qualifying Shows](#)
- [Click here for Horsemanship Skills Opportunities](#)



2023 STATE 4-H HORSE SHOW SILENT AUCTION

Last year's silent auction brought in over \$13,000 for the Virginia 4-H Horse Program! If you are able to donate an item for the auction, raffle, or cash donation to offset costs, please contact Rose McDonald, 4-H State Horse Show Silent Auction Chair, 540-877-4935.



HORSE SHOW HEROES

The Horse Show Hero Program is an extremely important and beneficial sponsorship opportunity for our State 4-H Horse and Pony Show and allows families and participants to gather support and sponsorships from friends, family, and local businesses. These supporters are recognized in the Show Program as Horse Show Heroes and the funds are utilized to help provide prizes, awards, and cover the costs of operating the Show.

The Horse Show Hero sponsorships that each participants gathers are cumulative and allows exhibitors to earn scholarships towards their entry fees, special awards, and priority stalling for the Units (County/Independent City) or Clubs that gather the most sponsorship dollars, so this is a great opportunity for you to help the show, while also working towards some cool incentives for you and your fellow club members.

Please contact [MaryBeth Lerch](#) if you or your business is interested in sponsoring a 4-H rider.

FIELD DAYS OF THE PAST
4-H RABBIT SHOW
AND CLOVERBUD CLINIC
SEPTEMBER 16TH, 2023

Join us for the first annual 4-H Rabbit Show and Cloverbud Showmanship Clinic!

The show and clinic opportunities is open to any current 4-H members and non-members ages 5-8.

Show booth ages 5-8 can exhibit their rabbits in a showmanship clinic. An exhibit booth will be open for September 16th, 2023. All exhibitors will be provided a Rabbit Care Plan or Study Guide and be able to receive a Certificate of Appreciation.

REGISTER HERE: <https://www.4h.com/4H4Rabbit/>
Use link located on page from registration information and 4-H Online Instructions.

For questions contact your local Extension agent or call us at: mgunn@vt.edu or (804) 684-5481.

Virginia Cooperative Extension

VIRGINIA 4-H RABBIT SHOW AND CLOVERBUD CLINIC

Date: September 16th

Location: at [Field Days of the Past](#) event in Amelia, VA

[Click here to register.](#)

[Click here for the 4-H Study Guide.](#)

First Annual 4-H Rabbit Show and Showmanship Clinic will be held at the 2023 Field Days of the Past in Amelia County. All Virginia 4-H youth that might be interested in participating or attending to learn more about Rabbit Shows and Rabbit Showmanship are invited. There will be a Showmanship Clinic for Cloverbud youth (ages 5-8), so this is an excellent opportunity to get those "littles" involved at an early age and grow them into the program. If you have questions, please contact Mackenzie Gunn (mgunn@vt.edu) or Terry Abston (tabston@vt.edu).

IMPORTANT LINKS

- ➔ [Click here for the most recent Virginia Youth Animal Sciences Newsletter](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Calendar](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Facebook Page](#)

Virginia 4-H Day at NASCAR Speedway



Date: Sunday, July 30th

Time: 2 PM

Location: Richmond International Raceway

Who Should Attend: All Virginia 4-H Families and Friends

Tickets: <https://bit.ly/NASCAR4H> or <https://fevo.me/virginia4hrichmond>

4-H is partnering with NASCAR for the Sunday, July 30th 3 PM NASCAR Cup Series Race at the Richmond International Raceway. Purchase tickets at a discounted price of \$50. Great seats! 4-H Members will lead the American Pledge on the event stage and participate in pre-race activities (*meet the drivers, walk on the track, see the cars up close, etc.*).

This is a Virginia 4-H fundraiser. \$10 of every ticket purchased will be given to the 4-H organization they represent (such as Prince William 4-H). This is a great opportunity to enjoy a NASCAR race at a discount, promote the 4-H Pillar of Citizenship, and raise money for Prince William 4-H programming.



HEAD



HEART



HANDS



HEALTH

4-H & CIVIC ENGAGEMENT

4-H civic engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and the world. Youth learn about civic affairs, build decision-making skills and develop a sense of understanding and confidence in relating and connecting to other people.

[Click here to learn more from](#)

[National 4-H.](#)



While you're there, sign into your **CLOVER by 4-H** account and check out the Tech Changemakers program and begin making a positive difference in your community!

VIRGINIA 4-H
NASCAR Fundraiser



4-H MEMBERS WILL LEAD THE
PLEDGE OF ALLEGIANCE BEFORE THE RACE!
Sunday, July 30th

\$50
Race
Ticket

Purchase @ bit.ly/NASCAR4H



Virginia 4-H Pledge of Allegiance



Sunday July 30th

Come support your local 4-H as they
present the Pledge of Allegiance at the
NASCAR Cup Series Race

<https://fevo.me/virginia4hrichmond>

For questions about camping, pre-race passes, or parking please contact Drew Jackson at (386)200-9088 or djackson@nascar.com



Buzzy BODY & BITES for Teens

Buzzy

A pretty decently sized amount of people have fairly low levels of Vitamin D. Here are some other food sources containing Vitamin D:

- Cod liver oil
- Salmon
- Swordfish
- Tuna fish
- Orange juice fortified with vitamin D
- Dairy and plant milks fortified with vitamin D
- Sardines
- Beef liver
- Egg yolk
- Fortified cereals



Dairy Month

Written by: Lidija Westfall, 2022-23 Teen Healthy Living Ambassador

Happy Dairy Month all! When we think of milk and we think of the health benefits of milk we think of calcium, right? Yes!! However not only does milk contain plenty of calcium but it also contains other important nutrients such as B Vitamins, Phosphorus, Zinc and Vitamin D3. D3 is like a master hormone, it plays a fundamental role in many bodily functions, without it our immune system is seriously debilitated. However a slightly lesser known fact about D3 is that its active form, Calcitriol, plays a key role in calcium absorption. It acts on gastrointestinal cells to increase the amount of calcium transport proteins, resulting in the increased uptake of calcium. Calcitriol also plays a role in the kidneys by increasing calcium reabsorption, thus preventing loss of calcium in the urine. While we don't completely understand Vitamin D's role in Calcium we do know that it has a significant impact on osteoblast function and stimulates the release of calcium from the bones.



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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



Eat Smart • Move More

Ice Cream in a Bag

Prep Time: 5 minutes Total Time: 10 minutes



Ingredients

- 1 tablespoon sugar
- 1/4 teaspoon vanilla extract
- 2 tablespoons soft fruit
- 1/2 cup skim milk

For the ice bag (not to be eaten):

- 1/2 cup rock salt
- Enough ice to fill up half of a gallon size plastic bag

Nutrition Facts

Amount Per Serving		
Serving size		(101g)
Calories		100
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0.0g		0%
Trans Fat 0g		0%
Cholesterol 4.5mg		1%
Sodium 25mg		2%
Total Carbohydrate 21g		5%
Dietary Fiber 2.1g		4%
Total Sugars 1g		2%
Includes 10g Added Sugars		20%
Protein 0g		0%
Vitamin D 1.0mcg		2%
Calcium 10mg		1%
Total 133mg		1%
Iron 0.13mg		0%
Potassium 235mg		4%

Directions

- Put sugar, vanilla, and soft fruit in a quart size sealable plastic bag. Zip to seal.
- Crush the soft fruit and mix well by squeezing the bag with your fingers. Open the bag carefully and add milk. Reseal and mix well again.
- Fill a gallon size sealable plastic bag half way with ice. Add rock salt, and shake gently to mix.
- Place the sealed quart size bag with the milk mixture inside the gallon size ice bag. Seal the ice bag and gently shake for 3-5 minutes until the mixture has frozen and turned to ice cream.
- Remove the ice cream bag and rinse the salt water off of the outside of the bag. Eat right from the bag or place the ice cream in a bowl to serve.

www.eatsmartmovemoreva.org

Quick Tips

- Soft fruits that work well with this recipe include: strawberries, blueberries, raspberries, blackberries, bananas, ripe peaches/pears, and canned fruit.
- If making for a crowd, place 2 or 3 ice cream bags in with the ice bag and shake. Have 4 or more gallon bags of ice working at a time.

Follow us | Like us



www.eatsmartmovemoreva.org

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Find more recipes at eatsmartmovemoreva.org

BODY



We all know that calcium found in dairy products helps us have strong bones, but you can also help to develop strong bones by engaging in activities that help produce pressure.

Examples include:

- Hopping, /skipping, /jumping
- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction
- Other weight-bearing activities

Exercise Your Mind

Split the Milk! In honor of National Dairy Month, help us figure out this Legen-Dairy riddle!

You have three jugs. They can hold 12 liters, 8 liters, and 5 liters of milk, respectively. The 12-liter jug is full of milk, the other two jugs are empty. You need to split the milk in half (i.e., into two portions of 6 liters each) using only the jugs on hand. How can you split up the milk to give away exactly 6 liters, and keep 6 liters?

Answer:
 In this order 12 liters, 8 liters, 5 liters
 Follow these steps:
 12-0-0
 4-8-0
 4-3-5
 9-3-0
 9-0-3
 1-8-3
 1-6-5
 6-6-0

Resources

- Virginia 4-H | Facebook
www.facebook.com/Virginia4HStateOffice
- Virginia Family Nutrition Program
eatsmartmovemoreva.org
www.facebook.com/VaFNP
- Editors: Tonya Price, PhD; Rebecca Wilder, MEd; Helen Leslie; Albert Zhu
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Virginia Soil Health Coalition - Soil Your Undies Challenge



Is your soil healthy? Here's a BRIEF test you can do!

Did you know that there are billions of microbes – bacteria, fungi, protozoa – in a teaspoon of soil? These soil microbes need to eat and breath just as humans do. But what do they eat? Carbon.

Carbon is a common element in all organic compounds – including cotton. So when 100% cotton underwear is buried in the soil, the worms and other critters see it as food.

You can take care of these hungry microbial friends in your soil by following the four core principles of soil health:

- Keep it Covered
- Minimize Disturbance
- Maximize Living Roots
- Energize with Diversity



Test out the health of your soil by doing the Soil Your Undies Challenge. Find out more about the challenge from our friends at the [Pennsylvania Soil Health Coalition](#) and [USDA-NRCS in Oregon](#).

Did you do the challenge? We want to hear from you! Send us your pictures and results at mksketch2@vt.edu. You may be featured on our social media and on our website!



JUNE UPDATE FROM THE VIRGINIA SOIL HEALTH COALITION

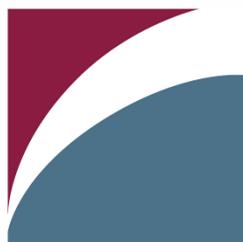
Friday was National Soil Health Day! Thank you today and every day for all you do to care for and protect our soils and natural resources in the commonwealth. We believe that partnership and collaboration has and will continue to lead us to opportunities for innovation to take us to the new frontier in soil management and regeneration. If you have not already, National Soil Health Day is a great time to pledge your support 4 The Soil at www.4thesoil.org.

Thank you to everyone who joined us for our Quarterly Meeting on June 1st. We had a great conversation on technical assistance challenges and opportunities and the Coalition looks forward to moving forward with some action items on this topic. If you missed the meeting or would like to revisit it, [click here for the recording, notes, and slides](#).

Job Opportunity: Extension Program Associate - Youth Animal Sciences

[Click here for more information and to apply.](#) **The initial review date is July 14th.**

Virginia Cooperative Extension is seeking applications for the position of Extension Programming Associate Youth Animal Sciences. The successful candidate will be nontenure track, administrative/professional faculty. The ideal candidate will blend superior leadership, organizational, attention to detail, and logistical skills with experience in and a passion for working with youth animal sciences extension programming. The position will work in coordination with the Extension Youth Animal Science Specialist and Extension Youth Animal Sciences programs team to lead, organize, implement, manage, market, and evaluate youth (4H & FFA) Animal Sciences programs, competitions, events and curriculum on the state level and offer expertise, training, and leadership to VA youth participating in National events. Candidate will participate fully in the policies and programs of Virginia Cooperative Extension and the School of Animal Sciences. Salary is commensurate with qualifications, including education and experience. This is a full-time, restricted 12-month appointment. The position will be located in Blacksburg, VA on the campus of Virginia Tech.



**Virginia
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2023 Southern Piedmont AREC Field Day

Thursday, July 27

2375 Darvills Road, Blackstone, VA 23824

Registration: 4:30pm Dinner: 5:00pm

We will have concurrent tours of field crops and forage/livestock research field trials following dinner. Virginia Tech's Center for Advanced Innovation in Agriculture (CAIA) will be introduced.



Field Crop Research Tour

- Vegetable performance trial
- Tobacco variety trials
- Tobacco fertilization
- Tobacco yield loss factors and environmental monitoring
- Early pest detection and imaging
- Spore sampler: Monitoring pathogens in soybean fields
- Tobacco foliar fungicide trial



Forage + Livestock Tour

- Corn biostimulant trial
- Forage identification
- Silvopasture and shade access
- High quality hay production
- Legume establishment in native warm-season grasses
- Invasive pests: Asian long-horned ticks and red imported fire ants



Scan the QR code or go to (<https://tinyurl.com/3cwssf5>) to register.

An on-farm tour of tobacco research plots will be on the following day, Friday, July 28th. The tour will begin in South Hill and details will follow.



VIRGINIA AGRICULTURAL EXPERIMENT STATION
SOUTHERN PIEDMONT AGRICULTURAL
RESEARCH AND EXTENSION CENTER
VIRGINIA TECH.



Virginia Tech • Virginia State University

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Margaret Kenny at 434-292-5331 ext. 545 during business hours of 7:30 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.

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[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
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[Project Record Ages 13-15](#)
[Project Record Ages 16-19](#)

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**2022-2023 PWC 4-H
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