



Prince William 4-H

Our Clubs, Our Community



November 22, 2023

Upcoming Events

- Nov 25-29- National 4-H Congress
- Nov 27 - [Youth Officer & Leadership Training](#)
- Nov 30 - [Engage Locally!](#)
- Dec 7 - [Homemade Holiday Craft Night](#), Teen Club, and Cloverbud Club
- Dec 9 - [Prince William 4-H Recognition Day](#)
- Dec 16 - [Wreaths Across America Ceremonies](#)
- Jan 9 - Teen Club Meeting
- Jan 13 - Cloverbud Club
- Jan 16 - PW 4-H Association Meeting
- Jan 19 - Share the Fun Dress Rehearsal
- Jan 24 - Virginia 4-H Day at the Capitol

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Click to Visit



Exciting Events and Activities at Prince William 4-H!



PRINCE WILLIAM 4-H SCHOLARSHIPS AND AWARDS

APPLICATIONS DUE FRIDAY! Prince William 4-H, through the Prince William 4-H Association, has three youth awards and one adult award available each year specifically for Prince William 4-H members. [See Page 6](#) for links to apply.



YOUTH OFFICER & LEADERSHIP TRAINING

Date: Monday, November 27th
Time: 6:30-8:30 pm

Location: McCoart Building, 1 County Complex Ct, Woodbridge

Who Should Attend: All Prince William 4-H club officers and any 4-H'ers interested in a leadership position in 4-H.

[Click here to Register.](#) [See Page 2](#) for more information.

- Newly elected Virginia Delegate Ian Lovejoy (*and 4-H'er!*) will be our keynote speaker!



ENGAGE LOCALLY! DEADLINE EXTENDED TO NOVEMBER 28

Date: Thursday, November 30th
Time: 6 - 9 pm

Location: The Historic Manassas Courthouse, 9250 Lee Ave., Manassas

Who Should Attend: **ALL PRINCE WILLIAM 4-H'ers!**

[Click here to Register.](#) [See Page 4](#) for more information.

- ★ Be sure to wear green or wear your club t-shirt
- ★ Bring decorations for your club table
- ★ Pick up your t-shirt for volunteering at the Prince William 4-H Open House
- ★ Consider donating socks to the VCE/PW 4-H Sock Drive



HOMEMADE HOLIDAY CRAFT NIGHT

Date: Thursday, December 7th
Time: 6 - 8 pm

Location: Hope Lutheran Church Fellowship Hall, 10391 Sudley Manor Dr., Manassas

Who Should Attend: **ALL PRINCE WILLIAM 4-H FAMILIES AND FRIENDS!**

[Click here to Register.](#) *This event is free to attend, but registration is required.* [See Page 5](#) for more information.

- Support our 4-H'ers volunteering at SERVE the next day by bringing a canned/boxed food item to donate



FLANNEL & FROST: PRINCE WILLIAM 4-H RECOGNITION DAY

Date: Saturday, December 9th
Time: 10 am - 1 pm

Location: Windy Knoll Farm, 11602 Kettle Run Rd., Nokesville

Who Should Attend: **ALL PRINCE WILLIAM 4-H FAMILIES**

[Click here to Register.](#) [See Page 7](#) for more information.

- Consider bringing a stocking stuffer donation to support Patriot High School Ruri-Teens

PW 4-H Junior Camp Counselor Applications



Applications open next week. **Applications due December 20th**

Prince William 4-H teens ages 14 & up are encouraged to apply for a camp counselor position for 2024 Prince William/Stafford 4-H Junior Camp at the Northern Virginia 4-H Education Center! Counselors are expected to work hard and demonstrate mature and responsible behavior throughout camp. You must be willing to set a good example with your actions and attitude. You can expect to learn a great deal about yourself, acquire leadership and mentoring skills, and have FUN! Teens selected as counselors are required to attend monthly leadership sessions, TALT weekend (March 22-23), counselor training in July, and the full week of camp (July 14-18).

- **Teen Counselor:** age 14 by January 1, 2024, and previously attend camp as a CIT
- **Counselor-in-Training (CIT):** age 14 by July 31, 2024

Register for PW 4-H Officer & Leadership Training



Date: Monday, November 27th

Time: 6:30 - 8:30 PM

Location: McCoart Building, 1 County Complex Court (Prince William Parkway), Woodbridge

Who Should Attend: All Prince William 4-H club officers and any 4-H'er interested in a leadership position in 4-H!

[Click here to register.](#)

This in-person, interactive meeting is for current youth officers, newly elected youth officers, anyone interested in becoming an officer, or anyone interested in learning about leadership opportunities in 4-H at the local, county, district, and state levels. All Prince William 4-H Teen Club members are encouraged to attend to build your resume with 4-H!

Newly elected Virginia Delegate Ian Lovejoy (*and 4-H'er!*) will be our keynote speaker!

VCE/Prince William 4-H Sock Drive

You're invited to participate in a friendly, sole-warming competition to benefit Prince William VCE and our 4-H program! Prince William 4-H, as part of the Virginia Cooperative Extension, is collecting new socks for a Community Sock Drive. The drive runs from now until November 30th.

YOUR MISSION - COLLECT NEW SOCKS! Socks may be dropped off directly to Prince William 4-H, or during one of our events in November, including Cloverbud Club, the Prince William 4-H Association Meeting, Officer & Leadership Training, and Engage Locally.

All socks collected by our Unit will be donated to Streetlight Ministries as well as English Meadows (for any slip resistant socks received). This is a terrific opportunity to support new community organizations and form new relationships for community service projects. Please contact [MaryBeth Lerch](#) with questions.

Wreaths Across America Ceremonies - December 16th

Wreaths Across America is a Prince William 4-H community service initiative. Their mission is to **REMEMBER** our fallen US veterans, **HONOR** those who serve, and **TEACH** our children the value of freedom. We invite you to honor a veteran in your life by sharing their stories and your memories of them, sponsoring wreaths in their name at Quantico or Arlington Cemetery, and by encouraging others to do the same.

[Click here to find your Prince William 4-H Club's page to sponsor a wreath.](#)

[Click here for a Veteran's Wreath coloring activity.](#)

[Click here to learn more about Wreaths Across America.](#)

Virginia Cooperative Extension
Warm Their Feet Sock Drive
We Need Your Help!

Sock Drive

October 24, 2023 - November 30, 2023

Help VCE give warmth and comfort to those in need

Donations of NEW socks of all sizes will be sent to StreetLight Community Outreach Ministries.
Non-slip adult socks will be sent to English Meadows Senior Living Facility.

Drop off lobby locations are available:
• Virginia Cooperative Extension, 8033 Ashton Ave., Ste 105, in Manassas
• Manassas Senior Center, 9320 Mosby St. in Manassas, VA
• Woodbridge Senior Center, 13050 Church Hill Drive, in Woodbridge

Questions, please call 703-792-4289 or email vce@pwcva.gov

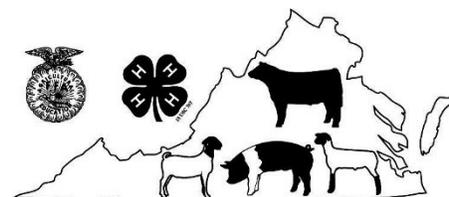


Virginia 4-H: 2024 Skyline Stockman's Contest

Date: February 3rd (snow date Feb. 10)

Location: Virginia Livestock, LLC, 2796 Rivermont Dr., Front Royal
Email oewalker@vt.edu for registration form. **Register by January 26th.**

Cost: \$5 per person. Lunch is included.



Team and individual contests available. Junior contestants are 9-13 years old and seniors are 14-19 years old as of September 1, 2023. Registration is from 8:00-9:00am. Stockmen's Judging is at 9:00 am. Lunch is around noon with Stockmen's contest results following the YQCA Program.

Apply to VT Kids' Tech University!

Dates: In-person on January 27, February 24, March 16, and April 6, 2024

Location: Virginia Tech, Blacksburg, VA

Who Should Apply: Youth ages 9-12 by September 30, 2023, and their enthusiastic parents.

The program accepts up to 160 applicants.

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



KTU, brought to you by the Fralin Life Sciences Institute at Virginia Tech and Virginia 4-H, is your passport to a world of scientific wonder and exploration.

Prepare to be dazzled:

- * Meet brilliant scientists and engineers who'll unveil the mysteries of STEM.
- * Dive into interactive sessions that'll ignite your curiosity.
- * Get hands-on with mind-blowing activities led by VT faculty, staff, and talented undergrads.
- * Discover the magic of STEM as it relates to everyday life.

Registration is open! But wait, there's more! We believe in making STEM accessible to all. So, while there's a \$120 registration fee per child, don't forget to check out our [need-based scholarships](#).

Get ready to embark on an extraordinary STEM journey that'll spark your imagination and fuel your passion for science, tech, engineering, and math. This is your chance to explore, discover, and dream big with KTU!

Resources for 4-H Dog Projects

ALL CGC, Trick Dog, AKC Temperament Test, Virtual Home Manners, and FIT DOG are free to 4-H youth!

- To learn about the AKC and 4-H partnership and what is available to 4-H'ers, [click here to listen to a recent webinar](#).
- Click here for the [4-H Dog Project Manual](#).
- Click here for the [AKC Public Education](#) resource page.
- Click here for [The Canine Corner](#), a free online newsletter packed with content and resources for teachers. Each monthly newsletter contains lesson plans, read alouds and other activities to engage students in and out of the classroom.

For more information and to apply to AKC/4-H, club leaders may email 4h@akc.org.





ENGAGE LOCALLY

BY PRINCE WILLIAM 4-H

DATE

Thursday,
November 30

TIME

6-9 PM

LOCATION

The Historic
Manassas
Courthouse

[CLICK HERE
TO REGISTER](#)

Please register by
~~November 20th.~~

Early registration will
help us plan the event
program tables.

**REGISTRATION DEADLINE
EXTENDED:
TUESDAY, NOVEMBER 28TH**



ALL 4-H members are invited to attend this fantastic opportunity to plug in locally with our legislators, county and city government, and school officials. Help us promote **YOU!**

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.

WHY ATTEND?

- ★ Engage with local government officials, build your citizenship skills, and increase your understanding of roles and responsibilities in the government
- ★ Make connections to promote your projects and ideas and **SPARK** new project ideas through conversations
 - ★ Network for future internship and job opportunities
- ★ Encourage continued support of Prince William 4-H by sharing your 4-H Story
- ★ Grow your 4-H Story by participating in civic engagement activities including Engage Locally and 4-H State Capitol Day

ENGAGE LOCALLY WITH YOUR GOVERNMENT OFFICIALS!

Over 65 local, state, and federal civic leaders from the greater Prince William area have been invited! Tell your 4-H Story, share your experiences and engage with more local movers and shakers (*many confirmed to date!*):

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



JOIN US FOR PRINCE WILLIAM 4-H'S

HOMEMADE HOLIDAY Craft Night



ENJOY A FAMILY-FRIENDLY EVENING MAKING HOLIDAY CRAFTS WHILE SNACKING ON PIZZA, COOKIES, AND SIPPING HOT CHOCOLATE WITH YOUR 4-H FRIENDS!

ALL PRINCE WILLIAM 4-H'ERS ARE INVITED!

Location:

HOPE LUTHERAN CHURCH
FELLOWSHIP HALL
10391 SUDLEY MANOR DR.
MANASSAS

THURSDAY

DECEMBER 7th

Time:

6-8 PM



Support our 4-H teens volunteering at SERVE on the 8th by bringing a canned/boxed food item to donate!

CLICK HERE TO REGISTER
OR SCAN THE QR CODE.

PLEASE REGISTER BY DECEMBER 1ST. REGISTRATION IS FREE, BUT REQUIRED. ALL CRAFT SUPPLIES AND SNACKS PROVIDED BY PRINCE WILLIAM 4-H.





Prince William 4-H Scholarships - Due November 24th

Prince William 4-H has four scholarships available to members. All scholarship applications and nominations are due by **November 24th, 2023**. Scholarships will be presented at the Prince William 4-H Recognition Day in December.



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 PW 4-Her. Applicants must be enrolled in the Prince William 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.](#)



2023 Outstanding 4-H Member Award (Youth)

The Outstanding 4-H Member Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

[Click here to apply for the 2023 Outstanding 4-H Member Award.](#)



2023 Outstanding 4-H Volunteer Award (Adult)

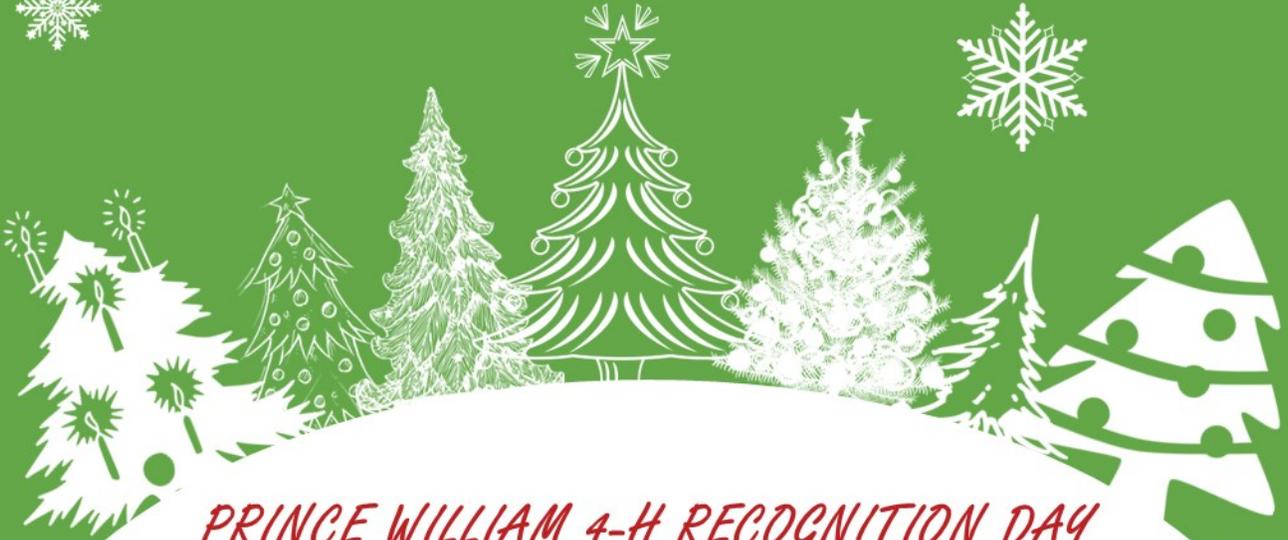
The All Around 4-H Volunteer Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

Contact [MaryBeth Lerch](#) to nominate an adult volunteer for the 2023 Outstanding 4-H Volunteer Award.

Celebrating YOU!



Flannel and Frost



PRINCE WILLIAM 4-H RECOGNITION DAY



Saturday

**DEC.
9**

**WINDY KNOLL FARM
11602 KETTLE RUN ROAD
NOKESVILLE
10 AM - 1 PM**

*all Prince
William 4-H'ers
are invited!*

- ❄️ **PLEASE BRING A BRUNCH DISH TO SHARE**
- ❄️ **BEVERAGES PROVIDED**
- ❄️ **LIVE MUSIC, SLIDESHOW, AND AWARDS**
- ❄️ **CONSIDER BRINGING A STOCKING STUFFER DONATION TO SUPPORT PATRIOT HIGH SCHOOL RURI-TEENS**

[CLICK HERE TO REGISTER.](#)





National 4-H: Calling All Artists, Creators and Performers

2024 ARTS PROMOTION APPLICATION

[Click here to apply!](#)

Calling all artists, creators and performers! We'd love to see what YOU do best. Submit your work for a chance to be featured at upcoming National 4-H events. We're looking for singers, dancers, instrumentalists as well as visual artists and creators of all kinds. Enter today to showcase your unique talent on this national stage! Applications from students ages 14-19 accepted through January 1st.

Art Topics Include:

Visual Arts • Performing Arts • Photography & Film • Sewing/Fashion Design • Crafting • Creative Writing • Spoken Word/Poetry • Theater • Dance • Music • Vocal • Instrumental • Solo • Duet • Trio • Group



Since the launch of CLOVER by 4-H, the new e-learning platform has been a hit. CLOVER has reached over 13k users and contains 200+ activities, most recently, Mission #GAMECLOVER, an engaging, interactive game design activity developed by Utah State University Extension.

Interested in developing an activity?

Visit the [Professional Resources](#) page and log in with your 4-H.org account. If you do not have an account, create a free account in under two minutes. Once logged in, scroll down to the "Curriculum development" section to view the content development toolkit and learn how to submit an activity.



CAKE? WHY NOT

Grades 6-12

[Click here for free activity.](#)

Either for home or to treat your classroom, enjoy a perfectly portioned serving of coffee cake, pair it with your breakfast or enjoy it as a sweet treat after dinner. This allergy-free recipe delivers a homemade single-serve coffee cake that caters to your taste buds.

Prince William Conservation Alliance Volunteer Opportunities



CHRISTMAS BIRD COUNT

Date: Wednesday, Dec 27, 2023

Location: Nokesville Circle

Join a team and help count birds - beginners are welcome! Help prepare for the tally rally at the Stone House at Merrimac WMA. The teams will reconvene in the afternoon to enjoy warm food and drink and share bird sightings. [Fill out the volunteer form to participate.](#)

BIRD WALKS AT MERRIMAC FARM WMA

Next Bird Walk: Sunday, November 26th. 8 am

Location: Merrimac Farm WMA

[Click here for the bird list.](#)

On the last Sunday of every month at 8 am (except December when we sponsor the Nokesville Christmas Bird Count) at Merrimac Farm WMA. Meet in the Cedar Run Parking Lot (at the end of Deepwood Lane). We'll look for birds as we travel through the uplands to the edge of the floodplain, covering a variety of habitats, including open fields and woodland edges. Everyone is welcome.

Volunteer Opportunities: Check out our upcoming opportunities and fill out our volunteer form online, or contact Ashley at alliance@pwconserve.org.



PRINCE WILLIAM 4-H EVENT CALENDAR

2023 - 2024

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
1-7 National 4-H Week	1 4-H Contest Orientation - Presentations, Public Speaking, Table Setting, Extemporaneous	1 Embryology Registration Opens (closes Jan. 31)	9 Teen Club	8 Embryology Incubator Pickup #1	1 Junior Camp Registration Opens
1 All Star Applications and Portfolios Due	7 Prince William 4-H Homemade Holiday Craft Night; Teen Club; Cloverbud Club	7 Prince William 4-H Homemade Holiday Craft Night; Teen Club; Cloverbud Club	13 Cloverbud Club	10 Prince William 4-H Contest Day: Presentations, Table Setting, Fashion Review	9 Prince William 4-H Food Challenge
4-15 4-H Paper Clover Campaign	11 Cloverbud Club	9 Prince William 4-H Recognition Day	16 Prince William 4-H Association Meeting	12 Embryology Incubator Pickup #2	12 Prince William 4-H Leaders' Mid-Year Meeting
7 Young Entrepreneurs Market Day #5	13 Prince William 4-H Association Meeting	9 Prince William 4-H Recognition Day	19 Share the Fun Dress Rehearsal	19 Embryology Egg Pickup #1	13-17 National 4-H IGNIGHT
14 Cloverbud Club	24 PW 4-H Scholarship Applications Due	16 Wreaths Across America Day	24 Virginia 4-H Day at the Capitol	19 Embryology Egg Pickup #2	16-17 4-H Spring Air Championships
14-15 Shooting Sports Instructor Certification	25-29 National 4-H Congress	20 4-H Jr. Camp Counselor Applications Due	24 An Evening with Virginia 4-H at VT	20 Teen Club	19 Chick Drop Off #1
17 New Project Leader Training	27 4-H Youth Officer & Leadership Training & Teen Club	26 Share the Fun Show	26 Share the Fun Show	21 Egg Pickup #1	21 Chick Drop Off #2
19 Teen Club	30 Prince William 4-H Engage Locally!	30 Portfolio Training	30 Portfolio Training	22 Egg Pick up #2	22-23 TALT Weekend - Junior Camp Counselor Training
25 Returning Project Leader Volunteer Development	TBD Food Challenge Training	31 Day Camp Counselor Applications Due	31 Day Camp Counselor Applications Due	TBD Embryology Training	TBD Livestock, Cattle & Dairy Contests
			TBD Horse Project Enrollment & Declarations Due	TBD TALT Weekend	
APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
5-7 Equismartz 2024	1 Young Entrepreneurs Interest Meeting	15-27 National 4-H Citizenship Washington Focus	14-18 Prince William/Stafford 4-H Junior Camp	9-17 Prince William County Fair; Prince William 4-H Children's Barn & Exhibits	6-8 Virginia 4-H State Horse and Pony Championship
13 Cloverbud Club	11 Cloverbud Club	18-21 Virginia 4-H State Congress	31-August 4 Southern Regionals 4-H Horse Championships	10 4-H Northern District Shoot	7-8 Virginia 4-H State Shoot
13-14 Shooting Sports Instructor Certification	22 Teen Club	19 Workday Wednesdays Begin	TBD Virginia 4-H Shooting Education Camp	12-16 Prince William 4-H Fair Camp	27-October 26 State Fair of Virginia
19-24 National 4-H Conference	TBD Virginia 4-H State Cabinet Applications Due	22-28 National 4-H Shooting Sports Championships	TBD Virginia 4-H Shooting Education Camp	TBD Virginia 4-H Pork Challenge	28 Prince William 4-H Day
20 4-H Northeast District Contest Day	TBD National 4-H Congress Applications Due	27 First-time Junior Camper Parents' Meeting		TBD Shooting Education Ambassador Applications Due	TBD Virginia 4-H Shotgun Championship
20 Prince William 4-H Tree Seedling Planting Day		TBD Virginia 4-H/FFA Livestock Judging Contests		TBD PWC Board of Supervisors Proclamation of National 4-H Week	
27 4-H Northeast District Food Challenge Contest				TBD Healthy Living Ambassador Applications Due	
TBD TSC Paper Clover Campaign					



Updated 11/21/2023

For more detailed information as events approach, see the newsletter at www.pwcva.gov/4-H.



Buzzy BODY & BITES for Teens

Buzzy



Let's Meet the Virginia 4-H 2023-2024 Healthy Living Ambassadors!



Alice Milton



Cadence Baker



Meghan McGee



Deborah Olorunda



Cash Chambers



Ivory Western



Olivia-Kate Crombie



Lidija Westfall



Eleni Kasianides



Jaleah Pulliam



Seriyah Nickens



Avyonna Hester

Alice Milton: I am from Bedford, Virginia, and have been involved in 4-H for 10 years. I was honored to receive the Virginia 4-H Youth In Action Award this year, and I serve as the chair for this committee.

Cadence Baker: I am a second-generation Washington County 4-Her, and a senior at Abingdon High School. This year I am also serving on the Virginia State 4-H Cabinet and work at the Southwest Virginia 4-H Center.

Meghan McGee: This is my second term as a HLA. I am passionate about sports and mental health. This year, I am most excited about finding new ways to educate the community about healthy living.

Deborah Olorunda: I am from Loudoun County and president of the Alpaca and Llama 4-H club. Outside of 4-H, I am a competitive swimmer, tennis player, and a leader in the environmental club at my high school.

Cash Chambers: I live in Highland County, Virginia, and have been in 4-H for 5 years. Some of my passions include doing track and field, running cross country, playing the guitar, and keeping up with auto sports.

Ivory Western: I am 17 years old, and a senior at Petersburg High School. I've been a 4-H member for the past six years. Art, dancing, writing, and heavy metal bands are among my interests.

Olivia-Kate Crombie: I have been involved in 4H for five years, and am currently an active participant in the Public Speaking Project. In my free time, I play tennis, enjoy time with my family, and engage in several clubs.

Lidija Westfall: I am a Fluvanna county 4-Her, and passionate about healthy living, especially in the area of diet. As a returning ambassador, I look forward to working with the new team and being able to share more about health.

Eleni Kasianides: I am a current sophomore at Grove City College, and am serving as Past Chairman on the Healthy Living Committee this year. I love sharing my 4-H knowledge with anyone I meet!

Jaleah Pulliam: I am from Mecklenburg County. I have been in 4-H for a few years now, and I can't wait to serve and contribute as a Healthy Living Ambassador!

Seriyah Nickens: I am 16 years old and from Northumberland County. I have been involved with 4-H for about 8 years now. I have participated in national and state level 4-H events like Ignite and Congress. I also ran for state cabinet.

Avyonna Hester: I am from Mecklenburg county. I have participated in 4-H for about 3 years now, and I have loved every single second of it! I am so excited to be a part of and serve as a Healthy Living Ambassador.

BITES



Eat Smart • Move More

Pumpkin Dip

Prep Time: 10 minutes

Total Time: 10 minutes



BODY

Gratitude in Nature

Written by: Deborah Olorunda
2023-2024 Healthy Living Ambassador

Ingredients

- 8 ounces canned pumpkin
- 6 ounces low-fat vanilla yogurt
- 4 ounces reduced-fat cream cheese, softened
- 1/2 teaspoon pumpkin pie spice
- 4 apples, sliced

Directions

- Blend together pumpkin yogurt, cream cheese, and pumpkin pie spice until smooth.
- Serve with apple slices or your favorite fruit.

Nutrition Facts

4 servings per container
Serving size 1 serving (309.79g)

Amount per serving
Calories 210

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	125mg	5%
Total Carbohydrate	38g	14%
Dietary Fiber	6g	21%
Total Sugars	27g	
Includes g of Added Sugars		
Protein	5g	
Vitamin D	0mcg	0%
Calcium	118mg	10%
Iron	1mg	6%
Potassium	406mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Find more recipes at:
eatsmartmovemoreva.org

Let's take a moment to detach ourselves from the busyness of our daily lives and immerse ourselves in the peace and comfort that nature can bring us. By doing so, you will not only have a greater appreciation for nature, but you will have time to reflect on the things in your life that you are grateful for. Whether you are simply standing outside on your porch or going for a hike, take a chance to utilize all of your senses to be at peace. Here are four things to think about during your time in nature:

- Who in my life am I grateful for?
- How do I feel being outside right now?
- What sounds do I hear?
- How can I be more appreciative of nature?

Exercise Your Mind

Gratitude

D J O Y F U L M A D Y S H L S K M
 A S W F Z E H I N W W U T U Q B M
 W C E M N K Q A U T S N W F Y S S
 T H J W F O U S P V L S O K T L P
 G Y X E Y A I I B P M H R N I N I
 N S G O E K M T A X I I G A V D H
 I L I N J X E I A A Z N O H I U S
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 A P A A K Z E G F O Y V R H O R I
 V O T C U L W S R V W K F P P V R
 K H I U S M O D E E R F M S P J F
 W T T D L K F S G E X S T K C A G
 F O U E K T C R E A T I V I T Y I
 I W D P P H J F H C L E W Y Z E B
 N K E E D I Z M G R A T E F U L X

- giving
- happiness
- creativity
- sunshine
- friendships
- positivity
- sleep
- amazing
- appreciation
- education
- growth
- joyful
- freedom
- family
- hopeful
- grateful
- gratitude
- thankful

Resources

Virginia 4-H

facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

www.facebook.com/VaFNP

Virginia Cooperative Extension

ext.vt.edu

facebook.com/VirginiaCooperativeExtension

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**PRINCE WILLIAM
COUNTY**

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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

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[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

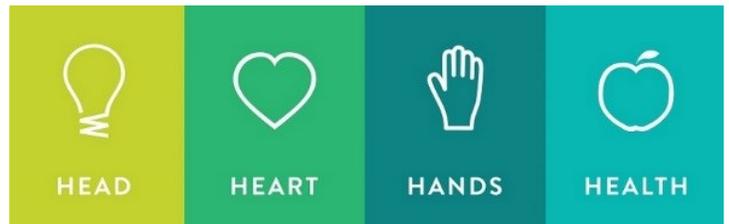
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

Susan Wolf, President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Mary McDonald, Secretary

Committee Chairs

Fundraising Committee - Lauren Byrd
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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