



Prince William 4-H

Our Clubs, Our Community



December 6, 2023

Upcoming Events

- 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
- Jan 26 - Share the Fun Show
- Jan 30 - Portfolio Training

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Click to Visit



Prince William 4-H Adopts a Cow

Meet Your Calf

Shimmer

Birthdate: September 7, 2023
Gender: Heifer (Female)
Breed: Holstein
Birth Height: 28 inches
Birth Weight: 84 pounds
Owner: Farmer Courtney

Participate in our new Prince William 4-H SPIN Club! It's a free way to bring the 4-H Pillar of Ag to your 4-H club, class, or individual project.

And don't worry about finding a pen big enough to hold her - the photos and stories we'll share from the farmer about her life on the farm will make her "come alive"!

Prince William 4-H virtually adopted Shimmer, a now 2-month old Holstein calf that lives at Cave Hill Dairy in Troutville, Virginia.

Check out [Page 7](#) for more information about Shimmer and the activities available.

Meet Your Host Farmer

Birthdate: March 15

How long has she been farming?
Courtney grew up on the dairy and has taken on many farm responsibilities for 18 years.

Favorite thing to do on the farm:
Milk the cows

Favorite ice cream flavor:
Vanilla

Favorite dairy product:
Mozzarella Cheese

Courtney Henderson



Meet Your Host Farm

Cave Hill Dairy

Owners: The Henderson Family

Location: Troutville, Virginia

Fun Fact: Their family settled in this area in 1748 and began farming in the early 1800s.



Thank You for Supporting the VCE/4-H Sock Drive!



As part of the Virginia Cooperative Extension - Prince William Unit, Prince William 4-H helped collect an impressive 388 pairs of socks! The socks will be donated to [StreetLight Community Outreach Ministries](#) and [English Meadows Senior Living Facility](#).

Thank you for donating socks and supporting our charitable efforts during the busy holiday season!

Homemade Holiday Craft Night is THURSDAY! See [Page 6](#).



ENGAGE LOCALLY

BY PRINCE WILLIAM 4-H

Our 4-H'ers truly have powerful voices! Last Thursday, Prince William 4-H'ers had the opportunity to meet with local government officials at the Historic Manassas Courthouse to build their citizenship skills, make connections, and promote 4-H. A HUGE 4-H THANKK YOU to our wonderful guests:

- ★ Noah Lerman, Chief of Staff for Del. Ian Lovejoy, who attended two PW 4-H events in one week to support local youth!
- ★ Adele Jackson, PWC School Board Member and a fellow 4-H'er.
- ★ Quinton Haynes, PWC Assistant County Executive and 4-H'er. Fun fact, Mr. Haynes began his leadership career by serving as Vice-President and President of his 4-H club!
- ★ Tannia Talento, District Director for Senator Mark Warner. She has internships available for college students and would love to see 4-H applications!

Aiden McDonald, PW 4-H'er and Virginia 4-H Ambassador, shared that when he was interested in running for state office that his agent told him that **"he was not ready and should try out Teen Leadership Council first."** He was so positive about that growing experience and how true that advice was for him. We hope meeting with local officials has SPARKED an interest to pursue a career in community leadership!

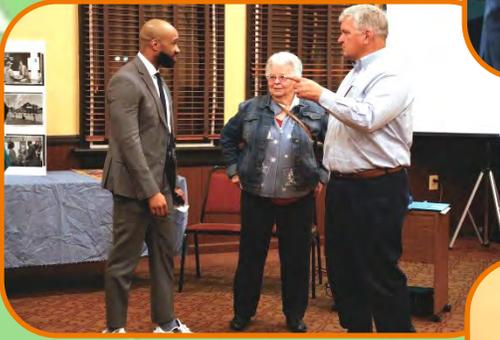




A HUGE 4-H THANK YOU to PW 4-H'er Nesi Linares-Espinosa for beautifully capturing our event and submitting this page of photos for the newsletter!



"Can you please direct our next guest Maria's way? She can't wait to talk more about being in 4-H." ~ Catherine K.



"My mom signed me up for 4-H when I was 5 or 6 because I was very quiet. Now I drive myself and participate in camp, in teen club and special events like Engage Locally." Nesi E.



"I remember the day I came to the 4-H office in preschool and got to hold a baby chick and now I am going to be a counselor at Junior Camp." ~ Samantha T.



PW 4-H Junior Camp Counselor Applications - OPEN!



Applications due December 17th

[Click here to apply.](#)

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

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.](#)

Club Clips: Kettle Run 4-H Club's YUMMY November

Prince William's Kettle Run 4-H Club is off to a great start and has amazing teen mentors, adult leaders, and parent volunteers supporting them along the way! They collected non-perishables for their annual food drive and have been learning and practicing culinary skills to get ready for this year's 4-H Food Challenge.





TRIGGER TIME 4-H CLUB TAKES 4TH AT THE RED FOX INVITATIONAL

Submitted by Sam Seagle, *Trigger Time 4-H'er and PW4-H Intern*

December 2, 2023: The 2023 Red Fox Invitational took place Saturday, December 2nd at King George High School. Trigger Time took a team containing: Sam Seagle, Samantha Erick, Rebecca Ahrens, and Ayden Strand. Sam Seagle took 4th in a three-way tie for 2nd place with a score of 538. Samantha Erick took 7th with a score of 529, Rebecca Ahrens took 22nd with a score of 501. Ayden Strand took 31st with a score of 470. We congratulate Trigger Time and its competitors for claiming 4th place team! [Click here for full results.](#)



Time to Work on Your Act for PW 4-H Share the Fun

Who Should Participate: All Prince William 4-H'ers!

Mandatory Rehearsal: January 19th, 6-7:30 pm

Contest & Show: January 26th, 6:30 pm

Location: T. Clay Wood Elementary School, Nokesville

[Click here to register.](#) **Register by Friday, January 12th.**

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

[Click here for Virginia 4-H Contest Guides and Score Sheets.](#)



Prince William 4-H Share the Fun is an exciting annual talent show where participants perform on a stage for family, friends, and guests, and get feedback from a panel of judges based on a standard 4-H rubric. This event is a learning competition to improve skills and performance, not a competition against peers. Our goal in 4-H is to *Make the Best Better!* 4-H'ers must register to participate to assist with the needs and flow of the show.

Adult Volunteers Needed to help with stage crew, setup refreshments and decorate for the show. Please use QR Code to sign up.



Contact Adam Dove adamjdove@gmail.com with any questions or for information.

Traditional 4-H Contests: Presentations, Extemporaneous, Table Setting, Drama, Public Speech, Dramatic Reading, Vocal, Instrumental, Combo Vocal/Instrumental, or Fashion Review

Additional Talent Ideas: play piano, play guitar, sing, dance, do magic, ride a unicycle, ballet, opera, play drums, jump on a pogo stick, gymnastics, yodel, recite poetry, and so much more!



Speaking of Tailor Your Vibe Fashion Review...check out this December 3rd BBC article "[King Upcycles Windsor Castle curtains into Kimonos.](#)" Rolls and rolls of expensive curtain fabric from Windsor Castle and Buckingham Palace have been repurposed into handmade patchwork kimonos and will be sold at auction for charity.

WHAT CAN YOU REPURPOSE INTO FASHION?

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.



SHIMMER



2 MONTHS OLD

Shimmer



Name: Shimmer
Birthdate: September 7, 2023
Sire: Shimmer
Dam: Utah
Height @ 2 Months: 38 inches
Weight @ 2 Months: 225 lbs.
Breed: Holstein

Shimmer is growing quickly - in just two months, she's grown 9 inches and gained 141 pounds!

We'll receive updates about Shimmer from the farm every two months. Prince William 4-H has created a Google Drive with lesson plans, activities and photos for 4-Her's to access to learn more about dairy cows. This 4-H SPIN Club is a great Ag activity to learn something new and create a special 4-H Project... without having to care for a cow in your backyard!

GROW WITH 4-H AND SHIMMER!



1

Within a few hours after birth, Shimmer drinks colostrum and takes her first few steps in life. Colostrum is vital to jump starting Shimmer's immune system.



2

Naval Dip

Shimmer's navel is dipped with iodine to protect her from getting an infection.



3

Water & Feed Buckets

Shimmer also always has fresh water and grain to eat and drink.



Shimmer lives in her own calf hutch for the first 2 months after birth. She will then move to group pens.



Living in her own hutch allows her to build a strong immune system before joining a group pen. She also gets fresh straw to lay on every other day. This keeps Shimmer clean and warm.



DECEMBER LESSON AND ACTIVITIES BY DISCOVER DAIRY

[Click here to request access to the Shimmer Google Drive.](#)

Contact [MaryBeth Lerch](#) if you do not have a Google account.

Resources

- [Virginia 4-H Dairy Youth Program](#)
- [All About Holstein Cows](#)
- [Video: 7 Breeds of Dairy Cows](#)
- [Video: Calf Care](#)
- [Video: What do Cows Eat](#)



Shimmer loves being happy and healthy! She drinks 1 gallon of milk each day.



Cave Hill Dairy uses **dehorning** paste that is rubbed on at the buds of the horn to prevent horn growth for the safety of the other animals and humans.



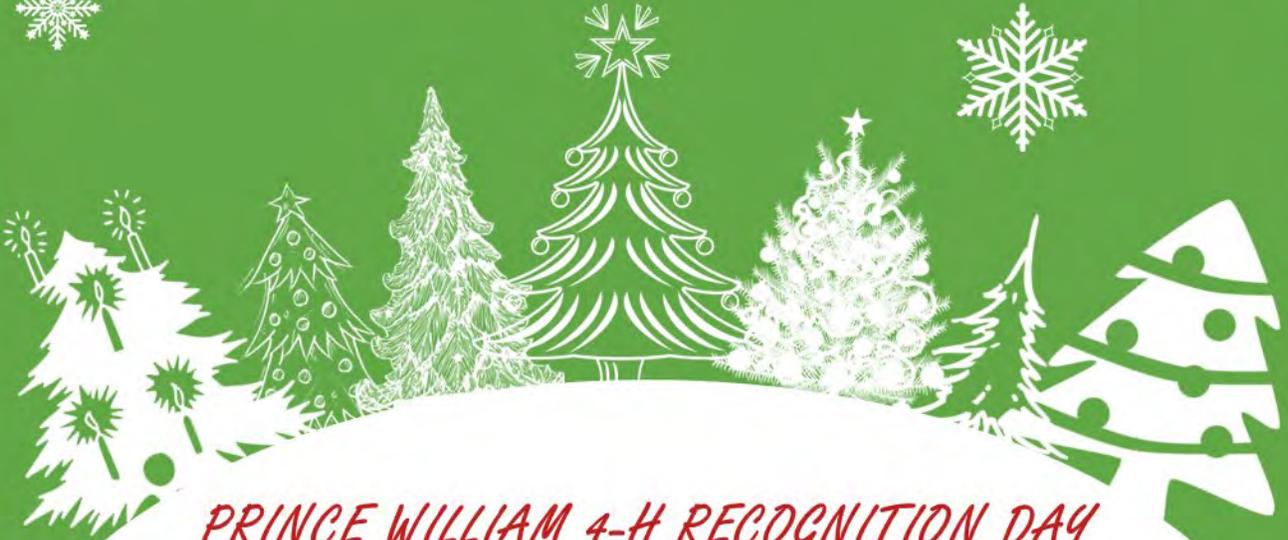
Shimmer is given an **Ear Tag** at birth for identification. Her herd number is 9610. This is just like humans getting their ears pierced.



NEXT LESSON PLAN AND UPDATE COMING FEBRUARY 2024!



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.](#)





PRINCE WILLIAM 4-H

Embryology Project



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. Educational material address Virginia SOLs for math, science, English, life science, and computer technology. Prince William 4-H provides fertilized eggs, guides participants through training, supports participants during the hatch, and then collects the chicks to be sent to a local farm.

Prince William 4-H Clubs, Prince William County Schools, Manassas City and Manassas Park Schools, and Homeschool Groups are invited to participate in this exciting 4-H project!



Registration opens December 1st!

[Click here to register.](#)

RESOURCES:

- [Prince William 4-H Embryology Project Facebook Page](#)
- [Virginia 4-H Resources for School Curriculum Website](#)
- [VA 4-H The Beginning of Life Project Curriculum](#)



IMPORTANT DATES

Embryology Registration

Dec 1st - Jan 31st

In-Person Leader Training

TBD

Incubator Pickup (if rented from 4-H)

PW4-H, 8033 Ashton Ave, #105

Feb 8, 1 - 4 pm

Feb 12, 10 am - 2 pm

Egg Pickup

PW4-H, 8033 Ashton Ave, #105

Feb 21, 4 - 6 pm

Feb 22, 9 am-12 pm

HATCH DAYS: MARCH 13TH - 16TH!

Chick Drop Off

PWC Fairgrounds

Mar 19, 2 - 6 pm

Mar 21, 12 - 3 pm

CONTACT INFORMATION

DeeAnn Strand

4-H Youth Educator

dstrand@pwcva.gov

703-792-4762

www.pwcva.gov/4-H





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!

2023
Homemade for the Holidays

DECEMBER 21, 2023
9 AM TO NOON VIA ZOOM

Register at: <https://grayson.agrilife.org/holidaycamp>

Virtual Camp Link and supply list will be emailed by Thursday, December 14th
Additional projects will be pre-recorded by 4-H professionals, for your viewing at any time!
Open to Individual Families and Group Sites
3rd grade and up

Individuals with disabilities who require an auxiliary aid or service or an accommodation to participate in this event are encouraged to contact the Extension County 4-H Extension Office for assistance, or email 4h@grayson.com or call 800-444-4444. The members of Texas A&M AgriLife are not liable for any injuries or damages to persons and activities, and also are not responsible for any loss of property, including personal information, or any other damages that may result from the use of any computer, network, or other electronic device. © 2023 Texas A&M University System, a U.S. Department of Education, National Center for Education Statistics, National Center for Education Statistics, National Center for Education Statistics, National Center for Education Statistics.

Texas A&M Virtual 4-H Holiday Camp

OPEN TO PRINCE WILLIAM 4-H'ERS GRADES 3 & UP!

Date: Thursday, December 21st on ZOOM

Time: 9 am - 12 pm plus 5 pre-recorded activities for individuals/families/groups to do at their leisure

Free Event! [Click here to Register.](#)

Resources emailed to campers on December 14th.

Are you looking for something fun to do during the winter break? If so, join in daily to interact with 4-H professionals from across the country, as they provide hands-on instruction on a variety of holiday treats and crafts.

Clover by 4-H

SOLAR BRILLIANCE: EXPLORING THE SECRETS OF OUR SUN

[Click here to access FREE activity.](#)

Developed by Utah State University and EDP Renewables, help youth dive into the world of experiential learning! 4-H youth will build a solar energy model, get their hands dirty (well, not literally), and learn about renewable energy. From understanding the principles of photovoltaics to assembling the components, every step is a chance to explore, discover, and apply real-world knowledge.

CLOVER AT HOME FOR THE HOLIDAYS

[Click here to access FREE activity.](#)

Step into a winter wonderland of creativity and discovery with this selection of fun, delicious and educational activities that will spark curiosity and passion, helping kids discover the joy of science, baking, and crafting.



National 4-H

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:

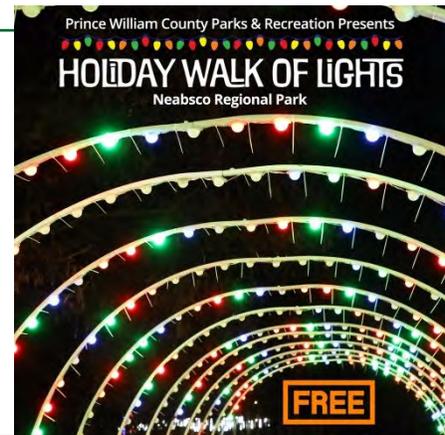
- Visual Arts • Performing Arts • Photography & Film • Sewing/Fashion Design • Crafting •
- Creative Writing • Spoken Word/Poetry • Theater • Dance • Music • Vocal • Instrumental •
- Solo • Duet • Trio • Group

Holiday Walk of Lights at Neabsco Regional Park

The 2nd annual Holiday Walk of Lights is back this year and brighter than ever! Experience the magic of the holiday season as you walk down a path of unique, hand-crafted light displays at Neabsco Regional Park. Bring family and friends and be prepared to be in awe of the dazzling lights that surround us!

HOURS OF OPERATION

- December 8-10, Friday - Sunday, 5:30-9pm
- December 12 (Tuesday, Sensory Friendly Event only*), 5:30-8pm
- December 15-17, Friday - Sunday, 5:30-9pm
- December 20-23, Wednesday – Saturday, 5:30-9pm (Final Night!)



DECEMBER

Virtual Center for Active Adults Special Events

11:45 a.m.-12:45 p.m.

12/1 Computer Skills- Internet Career Search and Resume Creation: pt 1

9-10 a.m.

12/5 Digital Support for a Mobile World

1-2 p.m.

12/5 Diamond Art Holiday Card Craft

1-2 p.m.

12/6 Trivia Time

1-2 p.m.

12/7 Forbidden Love in Old Virginia

11:45 a.m. - 12:45 p.m.

12/8 Computer Skills - Internet Career Search and Resume Creation - pt2

1-2 p.m.

12/12 Arts for the Aging: Shake, Rattle, and Roll with Wall Matthews

www.fairfaxcounty.gov/ncs - www.servicesource.org

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request.

For more information, call 703-324-4600, TTY 711.

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bit.ly/NCSveca

To Join Activities:
bit.ly/VCAAzoom2
Meeting ID:
 905 123 5932
Passcode: 3636

Join by phone:
 1-301-715-8592;
 905-123-5932#; #;
 3636#

Programs will be held on this platform unless otherwise noted.

DECEMBER

Virtual Center for Active Adults Special Events Cont'd

1-2 p.m.

12/13 Music Lovers Unite: Songs by Carole King

12:30-1:30 p.m.

12/14 Introduction to Basic Spanish

11:45 a.m. - 12:45 p.m.

12/15 Computer Skills - Internet Career Search and Resume Creation - pt3

1-2 p.m.

12/19 Department of Cable and Consumer Services Presents: Who's Watching Whom?

1-2 p.m.

12/20 Virtual Traveler: Hawaii

3-4 p.m.

12/21 Bilingual Trivia in Spanish and English

1-2 p.m.

12/27 Music Lovers Unite: Songs By Billie Holiday

10-11:30 a.m.

12/28 Paint & Sip

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
December 2023 Newsletter



Christmas to the Rescue

A modified short story
by RL Williams

"Snow, cold, wind, and I am stuck in this train station on Christmas Eve afternoon," Andy mumbled, looking around the sparsely populated terminal. "What a way to spend a holiday," he lamented.

"Attention!" the loudspeaker echoed. "The Silver Streak Express is now arriving. The train's departure will be delayed due to snow and deteriorating weather conditions."

"Oh great, I might not get home for Christmas," Andy said. "Stuck here too?" he asked one lady sitting close-by. "Yes," she replied, "and it's snowing outside. I'm visiting from Florida and this much snow is exciting."

"I'm from Chicago so I'm not that thrilled about it," he explained.

"Attention!" the loudspeaker blurted again. "No trains will be arriving or departing due to bad weather."

"Well, that's it. We're stranded," Andy sighed as he rose and walked over to a window.

He noticed the snow was falling at a heavier rate. Out of the corner of his eye he saw a small brown-haired dog moving down the whitened sidewalk in a haphazard pattern. A woman approached, sweeping the floor. "That's Nosee," the woman said. "He's been hanging around here the past week or so. He's going blind, so I call him No - see. I heard his owner dumped him. Maybe they didn't want a blind or sick dog. It happens you know."

"It will be getting dark soon and colder too," Andy noted. "I think I will see if I can bring him in here, maybe get him some water and something to eat."

He put on his coat and ventured outside in search of Nosee. "He couldn't have gone far, he can't see very well," Andy recounted. "Looks like some tracks in the snow lead over there," Andy followed into an alley. "Here boy," Andy yelled.

"Here Nosee ..." Not a sound was heard in response. Andy noticed an old cardboard box on its side in the back corner of the alley. Andy stooped down and noticed a familiar little brown-haired creature. It was Nosee huddled in the box surrounded by trash. "Hey Nosee," Andy offered. The little dog's head looked up slowly in Andy's direction. He noticed the grey clouded opaque eyes, an indication that Nosee was indeed going blind.

"Let's get you inside where it's warm," he said, scooping up Nosee in his arms. Drained of energy, the animal did not resist. Once in the train station, Andy took off his coat and made it into a makeshift bed for the dog.

Andy approached the ticket window and asked if they had a bowl he could use for some water for his new found friend. "Well, we don't allow pets in here," the station clerk said.

"Look, it's Christmas Eve, I can't let the dog freeze to death outside," Andy replied.

"Hmmm," the clerk thought a moment. "I didn't see any dog in here. Dog? What dog?" Both Andy and the clerk smiled.

"See the lady over there about a bowl and water," the clerk added, pointing to the lady Andy had met earlier sweeping by the window. Andy and the lady got a water bowl and a few scraps of roast beef from a sandwich she had.

Nosee scarfed down the roast beef as if he had not eaten for a week. "Feel better boy?" Andy asked, patting Nosee on the head. Nosee looked up with a slight whimper. His attempt at a puppy dog smile said it all.

Andy sat there with Nosee in his lap as the evening hours passed. The terminal grew silent and they both fell asleep.

"Attention!" the loudspeaker blared out for the first time in hours, waking Andy. "The Silver Streak Express will be departing shortly from Gate 2. All passengers please report there."

"What to do with you?" Andy asked, looking at Nosee. He stood up holding Nosee and strolled toward Gate 2. The station clerk was doubling as ticket checker. "We don't allow pets on our trains," the clerk said in a deja-vu moment.

"It's Christmas ..." Andy stated before being interrupted.

"I don't see any dogs here," the ticket checker smiled, pointing the way to the train.

Andy returned the smile and walked down the corridor, dog in arms, knowing he did the right thing. Moments before Andy stepped on the train, a familiar sound echoed. "Attention!" the loudspeaker bellowed,

"Merry Christmas ... and good luck Nosee."

Bites

Wintertime Stew



This recipe uses a winter favorite, butternut squash. The perfect savory stew to warm a winter evening.

Source: Maine Cooperative Extension

Ingredients

- 1 onion, chopped (½–¾ cup)
- 1 clove garlic, chopped or minced
- 2 teaspoons olive or canola oil
- 2 cups water
- ½ butternut squash, peeled, seeded and cut into ½-inch cubes
- 2 cups tomatoes, canned, diced
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 cups fresh chopped spinach
- 2 cups cooked rice

Instructions:

1. Heat oil in a large saucepan, sauté onion, and garlic until transparent.
2. Add water and squash to saucepan, cover, and boil until squash is tender; about 10 minutes.
3. Add the tomatoes, sugar, mustard, oregano, and salt. Boil for 5 minutes.
4. Add rice and spinach. Cook covered until rice is hot and spinach is wilted.

Body

Exercise Safety in the Cold

As the air begins to get crisper and days are shorter, it is important to keep exercising and think about your safety in the cooler months. Here are some reminders for exercising this

- Wear reflective, bright-colored clothing to ensure you're seen.
- Dress for the weather. Layer your clothes with a moisture-wicking underlayer (e.g. Nylon), a warm mid-layer, and a jacket. Avoid cotton as a base layer.
- Wear ear warmers or a hat. Ears are one of the first extremities to get cold and hats keep heat from escaping from your body.
- Wear gloves and warm socks.
- Don't skip the warm-up! Be sure to warm up your body before exercise and cool down to help prevent injury.
- Stay hydrated! Since it's not hot, we may not feel thirsty. Be sure to drink water often.

Mind Games

Brain Teaser

Try to find the hidden meaning in the following rebus puzzles! A rebus is a visual word puzzle that uses the positioning of words, letters, and/or symbols to represent a common phrase, sometimes in an indirect or tricky manner. Happy decoding!

TAILR RIALT AIRTL TLRIA	JOBINJOB	TRY UNDERSTAND 2
LANG4UAGE	NATFISH NATFISH	GIVE GET GIVE GET GIVE GET GIVE GET
L O V E	D MOVIE D MOVIE D MOVIE	POT OO OO OO OO

Answers: trail mix, in between jobs, try to understand, foreign language, tunafish, forgive and forget, falling in love, 3D movie, potatoes

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<https://bit.ly/BBBFeedbackSurvey>

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Manassas, VA 20109

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[PW 4-H Events & Calendar](#)
[PW 4-H Document Center](#)

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](#)

[Prince William 4-H Member Record - President](#)
[Prince William 4-H Member Record - Vice President](#)
[Prince William 4-H Member Record - Officer](#)



2023-2024 PWC 4-H Association Officers

Youth Officers

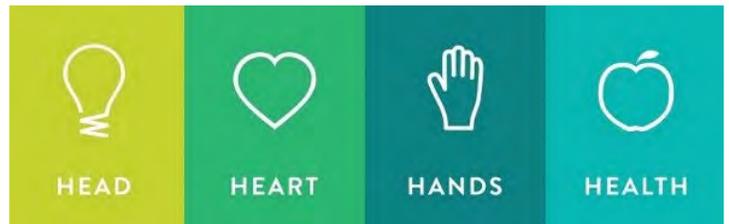
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

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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