



Prince William 4-H

Our Clubs, Our Community



January 3, 2024

Upcoming Events

- 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
- Feb 10 - PW 4-H Contest Day
- Feb 20 - PW 4-H Teen Club
- Mar 9 - [PW 4-H Food Challenge](#)
- Mar 13-17 - Ignite by 4-H
- Mar 16-17 - VA 4-H Spring Air

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Jumping into January

January at Prince William 4-H is a busy month of focusing on the 4-H Pillars of Citizenship, STEM, Agriculture and Healthy Living. Don't miss these important opportunities!



JANUARY 9TH - PW 4-H TEEN CLUB MEETING

7 PM at the McCoy Conference Room (*upstairs from the 4-H office*)

Who Should Attend: All Prince William 4-H'ers (9-19) attending Virginia 4-H Day at the Capitol should attend this club meeting.

We will be preparing for the BIG DAY by working on our meet and greet skills through role play, turning our 4-H Story into an "elevator speeches," and finalizing the trip itinerary. **Our 4-H'ers have been invited to the offices of Senator McPike and Delegates Maldonado, Sewell, and Lovejoy!** Take advantage of VA 4-H'er Harper Miller's civic actions towards passing a bill that gives YOU an excused absence to have your voice be heard!

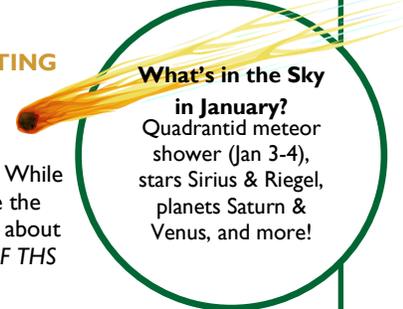


JANUARY 13TH - PW 4-H CLOVERBUD CLUB MEETING

10 AM - Noon, Location TBD

Who Should Attend: Prince William youth ages 5-8 with an interest in 4-H

Did you know that January is the best month to study the sky? While January might not have the shortest days and longest nights, it does have the DARKEST nights! Join us for a hands-on science craft day to learn more about stars, constellations, comets, meteors, and more! It's going to be **OUT OF THIS WORLD!** [Click here to register.](#)



What's in the Sky in January?
Quadrantid meteor shower (Jan 3-4), stars Sirius & Rigel, planets Saturn & Venus, and more!



JANUARY 16TH - PW 4-H ASSOCIATION MEETING

7 PM at the Prince William 4-H Office

Who Should Attend: All Prince William 4-H members! **All clubs should send a representative with their club report.**

Our main agenda item is the BINGO fundraiser. The Prince William 4-H Association is a nonprofit organization that fundraises to support scholarships, learning opportunities, and educational programming for our county youth. Help us provide an #opportunity4all by attending!



JANUARY 24TH - VIRGINIA 4-H DAY AT THE CAPITOL

Location: Richmond, Virginia

Who Should Attend: All Prince William 4-H'ers ages 9-19

Join the Prince William 4-H delegation as we head to the Capitol for a day of civic engagement, discovering career opportunities, and diving in to the political process. Members should attend the Jan 9th meeting to prepare for this exciting day! See [Page 5](#) for details.



JANUARY 26TH - PW 4-H SHARE THE FUN TALENT SHOW

6-7:30 PM at T. Clay Wood Elementary School, Nokesville

Who Should Attend: All Prince William 4-H'ers! See [Page 2](#) for details.



SAVE THE DATE! JANUARY 30TH - PW 4-H PORTFOLIO TRAINING

7- 8:30 PM at the McCoy Conference Room (*upstairs from the 4-H office*)

Who Should Attend: All Prince William 4-H'ers

It's time to get organized! Gather your supplies, pour some hot chocolate and let creativity flow! Attend this workshop to learn how to document and present your 4-H Story.

4-H Share the Fun is Coming Back to the BIG STAGE!



Prince William 4-H recognized in the Prince William County Year in Review by the Office of the County Executive

[Click here!](#)

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.**

On January 26th at 6:30 pm the Prince William County 4-H Share the Fun Competition and Show will be returning! It will feature a guest host, snacks, and lots of amazing talent. Sign up to compete and perform on the T. Clay Wood Elementary School stage! 4-Hers can act, play an instrument, sing, tell jokes, do magic, and much more. If you have a talent to share, we would love to see it! Practice will be held on January 19th from 6-7:30pm. Signup links are below. We are also looking for 4-H member volunteers to help with set-up, clean-up, and stage crew. If you don't want to perform, but want to see all the talent, we would love to have you as our very special guests!

About the Contest

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

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.

[Click here to volunteer.](#)

Prince William 4-H Food Challenge Team Registration Time!

It's time to **SPICE THINGS UP** at 4-H and **GO BANANAS** in the kitchen! This event might be the **BEST THING SINCE SLICED BREAD**. Be the **BIG CHEESE** in your 4-H club and form a team to **COOK UP A STORM** with culinary skills, **SPILL THE BEANS** with food nutrition and safety knowledge, and **BUTTER UP** the judges with public speaking skills.

TEAM AGE CATEGORIES:

- **Junior Team** - all members must be 9-13 years old. Teams consist of at least three but no more than five team members.
- **Senior Team** - all members must be 14-18 years old. Teams consist of at least three but no more than four team members. **Only Senior Teams are eligible for Virginia 4-H State Food Challenge Competition.*

[Click here to register your team or as an individual interested in joining a team.](#) Prince William 4-H will communicate directly with participants regarding team assembly and resource distribution.

IMPORTANT DATES

- County: Prince William 4-H Food Challenge Contest Date: March 9th
- District: Northeast District Food Challenge Contest Date: April 27th
- State: Virginia 4-H State Food Challenge Contest Date: TBD



4-H Food Frenzy

Holiday Lake
4-H Learning Center

*Give the gift of an educational,
cooking experience!*

Activities:
 Food Preparation and Safety Classes
 Specialized Cooking Workshops
 Team-based Food Expo

January 20-21
For Ages 9-18
Registration Ends January 7th

Register at
www.holidaylake4h.com
 > Programs
 > Our Programs
 > 4-H Food Frenzy



TRIGGER TIME 4-H CLUB CELEBRATES THEIR GRADUATING SENIORS

By Julie Stogran, Club Reporter

Happy Holidays everyone! Hopefully everyone enjoyed their break. Trigger time had their annual Christmas Party on December 18th.

We had delicious food, a gift exchange and beautiful speeches by the seniors, Samatha Erick, Caroline McPherson, and Sam Seagle. Along with that, everyone received NRA Qualification Awards for different categories. Sam Seagle got the Fred Fees Junior Award and The Bernie Malo Scholarship along with Nora Wallshlager. Congratulations everyone!



PRINCE WILLIAM 4-H CLUB REPORTERS

Submit your monthly club reports and exciting activities to Prince William 4-H each Monday!
Email Mrs. Helmlinger at chelmlinger@pwcva.gov.

THE CENTERS' SCOOP

UPCOMING PROGRAMS FROM THE VA 4-H CENTERS

JAN 20-21 **FOOD FRENZY**
AT THE HOLIDAY LAKE 4-H EDUCATIONAL CENTER
Youth ages 9-18 have the opportunity to learn and practice food safety and cooking skills!

JAN 26-28 **AEROSPACE CAMP**
AT THE AIRFIELD 4-H CONFERENCE CENTER
Youth ages 9-13 and teen counselors will participate in advanced STEM science experiments and recreational activities all related to the aerospace industry.

FEB 23-28 **ZOOTASTIC CLOVERBUD CAMP**
W.E. SKELTON 4-H EDUCATIONAL CONFERENCE CENTER AT SMITH MOUNTAIN LAKE
For campers ages 5-8 and their parents!

MAR 8-10 **COMIC BOOK CAMP**
AT THE AIRFIELD 4-H CONFERENCE CENTER
Youth ages 9-13 and teen counselors will participate in a comic book and anime themed camp with activities all things heroes and villains!

MORE INFO: <https://ext.vt.edu/4h-youth/camping/centers.html>

W.E. Skelton
4-H Educational
Conference Center

ZOOTASTIC CLOVERBUD CAMP

February 23-25, 2024

Details and registration at:
<https://bit.ly/2024wintercloverbud>

For campers ages 5-8 and their parents

Campers \$125.00
Parents: \$65.00

Questions? Contact our Youth Programs Coordinator, J.T. Lawhorn, at jtlawhorn@vt.edu or 540-721-2759 ext. 254!

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, genetic expression, national origin, political affiliation, race, religion, sexual orientation, genetic predisposition, marital status, or any other trait protected by law. For social opportunities, contact your local office. For information on Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Contact J. James, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg, VA. Roy Brubaker, Administrator, 2080 Extension Program, Virginia State University, Petersburg.

If you are a person with a disability and desire assistance or accommodations, please notify your leader at 540-721-2759 x252/TTY: 540-721-2759 ext. 254. TDD number is 540-628-1326.

SHIMMER



Learn more ABOUT Dairy Farming



Dairy Farm Technology

There's a lot more to dairy farming than just taking care of cows. Check out these videos to learn more about how STEM plays an important role in the modern farm:

- [Modern Technology - Focusing on Cow Comfort](#)
- [Investing in Sustainability](#)
- [Does Farm Size Matter](#)



VA 4-H ANIMAL SCIENCE OPPORTUNITY

2024 Shenandoah Valley Invitational Meats Judging Contest and Clinic

Date: Saturday, January 20th, 2024

Location: Rockbridge County High School and proceeding to Donald's Meat Processing in Lexington

Time: 8:15 am

Cost: \$22/participant (includes lunch)

[Click here for 4-H team registration.](#)

Limited to 63 participants.

This event is organized as a workshop and learning experience practice for the state meats contest. The contest is generously sponsored by Augusta Coop, Virginia Cattlemen's Association, and Certified Angus Beef. Dr. Lyda Garcia, Ohio State Meat Extension Specialist and Meat Judging Teams Coordinator, will serve as the main contest official and will lead the contest review and clinic at Donald's Meats.

Virginia 4-H YOUTH ANIMAL SCIENCES PROGRAM UPCOMING EVENTS

Jan 15: Blue Ridge Stockman's Contest, Rockingham County Fairgrounds

Jan 18: Northwood Highschool Stockman's Contest, Rich Valley Fairgrounds, Rich Valley. [Click here to enter.](#)

Jan 20: Shenandoah Valley Meats Judging Contest and Clinic, Lexington. [Click here to enter.](#)

Feb 3: Skyline Stockmen's Contest, Front Royal

Feb 9: Block & Bridle Hippology Contest will be

Feb 10: Block & Bridle Horse Judging Contest

Feb 23-24: VT Block & Bridle Stockman's & Livestock Judging Contests, Virginia Tech

Mar 2nd: State 4-H and FFA Meats Evaluation Contest, Virginia Tech

[Click here for more information on the Virginia 4-H Animal Science Program.](#)



JOIN THE PW 4-H SPIN CLUB AND GROW WITH 4-H AND SHIMMER!

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.

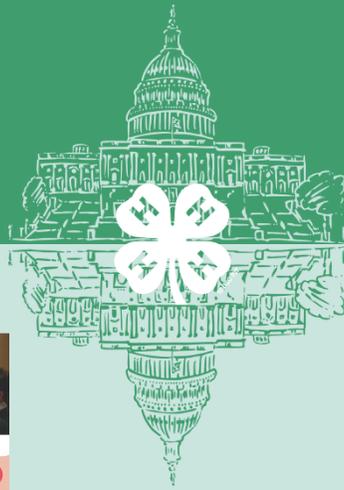
THIS WEEK'S RESOURCES ADDED TO THE GOOGLE DRIVE

- Growth Chart Activity
- Breed Growth Chart
- Growth Chart Prediction
- [Virginia 4-H Dairy Youth Program](#)



NEXT LESSON PLAN AND UPDATE COMING FEBRUARY 2024!

Virginia 4-H



2024

Day at the Capitol



4-H Day at the Capitol Richmond, Virginia January 24th, 2024

Virginia 4-H Day at the Capitol provides an opportunity for youth to learn about governmental procedures and emphasizes the importance of citizen involvement in the governmental process. Participants visit with legislators sharing their 4-H experiences and learning about the role of legislators in government. They observe the legislative process in action, have opportunities to learn about the congressional aides and page programs, and have an opportunity to tour the Capitol, museums, or other historical sites in the Richmond Area.

GENERAL SCHEDULE (tentative)

6-6:30 am	Bus departs from Prince William 4-H
8:30-10 am	Meet legislators in newly renovated offices! Click here for a sneak preview of the renovation.
10 am	4-H Rally and State Capitol Steps
11 am	Attend legislative session in Chambers
12:30 pm	Lunch Break
1 pm	Prince William 4-H special activity TBD (may include "How a Bill Becomes a Law" activity, Capitol tour, museum, tour, etc.)
4 pm	Bus departs to Prince William 4-H

WHO SHOULD ATTEND

All Prince William 4-H'ers ages 9 - 19 and adult volunteers

WHY YOU SHOULD ATTEND

- ★ See our Virginia government in action and meet with legislators! Visit and tour sites that are important to our state government.
- ★ Virginia 4-H Day at the Capitol is a statewide event for all 4-H'ers across the Commonwealth. Participation in this event is important for building your 4-H Portfolio, applying for 4-H leadership positions, applying for scholarships, and building your work and college resumes. *Have you considered volunteering for a Prince William 4-H Association leadership position (see Page 6)?*
- ★ Attending this higher level event is important for your Virginia 4-H All Star or Virginia 4-H Pillar Award Application.
- ★ It's an **EXCUSED** absence from school, thanks to Virginia 4-H'er Harper Miller who lobbied the VA General Assembly last year. [Click here to read the law.](#)

PRINCE WILLIAM 4-H HOSTS A TABLE AT THE MEET & GREET!

Shake hands with legislators, tell your 4-H story, share about your 4-H work, give a 4-H presentation, share about your 4-H projects, discuss what you have learned in 4-H, and more! This is an excellent civic engagement opportunity!

BONUS ACTIVITIES FOR PRINCE WILLIAM 4-H'ERS WILL BE ANNOUNCED SOON!

BE PREPARED! ATTEND THE PRINCE WILLIAM 4-H TEEN CLUB MEETING!

January 9th @ the PW4-H Office
We'll be practicing and preparing to meet our government leaders.

FIND YOUR VIRGINIA STATE LEGISLATOR!

- ★ [House of Delegates](#)
- ★ [Senate](#)
- ★ [Virginia General Assembly](#)

“ It says so much about the [Prince William] 4-H that they would come to Richmond to meet their legislators. I was in 4-H myself and loved it. ~ Shannon Geraghty, Policy Director, Office of Senator Jeremy McPike ”



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. 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 opened 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



Consider Supporting 4-H Extension Family

Our 4-H community sticks together and supports each other in time of need. Our Extension family colleague, Hope Bragg - Extension Specialist with Arkansas 4-H - died in a tragic accident along with her husband and two of her three children in Northfield Township, Michigan, on December 30th while visiting for the holidays. Her father survived, but is in critical condition. Her youngest son (age 16) also survived and is seriously injured. Hope was well known, respected, and loved by all who interacted with her in the Sothern Region.

The Northfield Township Police Department has released GoFundMe information for Hope's father and son. Please consider supporting the Bragg family.

[Click here for the press release and links to GoFundMe.](#)



An Evening with Virginia 4-H

Date: Thursday, January 25th

Time: 6-9 pm

Location: Dominion Energy Center, 600 E. Grace St., Richmond

Registration Fee: \$44 per person, (Includes a gift of \$5 to the 4-H Annual Fund, parking, and reception)

[Click here to register.](#) **Register by January 16th.**

Enjoy cocktails and heavy hors d'oeuvres with fellow members of the Virginia 4-H community, followed by a recognition ceremony of 4-H youth and supporters in the historic Carpenter Theatre of the Dominion Energy Center. Conclude your evening with dessert and coffee or a night cap as you continue the celebration and fellowship with 4-H members, volunteers, alumni, and friends.



National 4-H

IGNITE BY 4-H 2024 INFORMATIONAL WEBINAR

Informational Webinar: January 10th at 3:30 pm

Event: March 13-17, Washington, DC

[Click here to register for the informational webinar.](#)

The workshop schedule has been finalized! Join the Ignite by 4-H informational webinar to learn more about our workshops and the workshop registration process for Ignite by 4-H 2024. The summit will provide high-school aged youth from across the country the opportunity to explore the best 4-H has to offer in STEM, Agriscience, and Healthy Living. Don't miss this opportunity to discover exciting career paths, make connections, and create an action plan to ignite change in your community!



SAVE THE DATE FOR TLEI 2024: July 7th – July 11th, Washington, DC

Join us in this year's True Leaders in Equity Institute to discuss pertinent issues that challenge your community. Teens and adult teams will engage with inspiring speakers, learn from hands-on workshops, and become change agents to create welcoming and belonging environments for all. New this year: Scholarships will be available in January for all Cooperative Extension 4-H programs within the LGU system.





Buzz BODY & BITES for Teens

Buzz



When One Year Ends, Another Begins

Written by: Ivory Western, 2023-24 Teen Healthy Living Ambassador

Seasonal Acts of Kindness:

- Check on your neighbors, especially the elderly
- Invite someone to dinner
- Send someone a card
- Surprise someone with a small gift of appreciation
- Smile at a stranger
- Give someone a compliment
- Include those who are alone
- Hold the door open for someone
- Say please and thank you
- Be kind to those who are working the holidays
- Don't forget our furry friends!



It's winter y'all, and you know what that means. December is a month filled with anticipation and excitement as people around the world prepare to celebrate various holidays and traditions. From Christmas and Hanukkah to Kwanzaa and New Year's Eve, December is a time of joy, reflection, and togetherness. The month also marks the winter solstice, signaling the shortest day and longest night of the year. As the year comes to a close, many take the opportunity to look back on the past months and make plans for the new year ahead. With so much happening, it's no wonder that December is such a buzzworthy month. Since this month is all about family and spending time together, there are a ton of things you can do with the people you love and care for. Some of these things include the following:

- Holiday shopping with friends and family
- Baking cookies and Holiday themed movie night
- Winter season physical activities such sledding, nature walks, star gazing, and roller/ice skating
- Make a gingerbread house
- Holiday game night
- New year organizing and cleaning, supporting your local donation centers
- Self-care outings such as mani/pedis or just a quiet moment of meditation and reflection

BITES



Eat Smart • Move More

Fruit Chewy Cookies

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

Nonstick cooking spray
3 bananas, peeled
2 cups rolled oats
1 cup raisins
½ cup walnuts, chopped
(optional)
2 tablespoons apple butter
1 ½ tablespoons canola oil
1 teaspoon vanilla extract

Directions

- Heat oven to 350°F. Spray a baking sheet with nonstick cooking spray.
- Mash the bananas in a mixing bowl.
- Add oats, raisins, walnuts (if using), apple butter, oil, and vanilla to the mixing bowl. Mix well with the bananas. NOTE: You can toast the walnuts for more flavor.
- Let stand for 10 minutes.
- Drop by teaspoonful onto the baking sheet. Bake for 15-20 minutes until browned.
- Remove and let cool for at least 10 minutes.
- Makes approximately 24 cookies.

Nutrition Facts	
24 servings per container	
Serving size	1 serving (41.66g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1mg	4%
Potassium 158mg	4%

*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

BODY

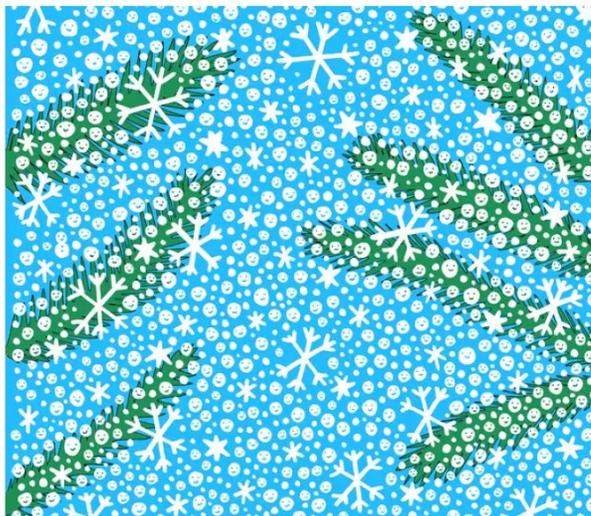


Tree Pose

Inhale and lift your right heel off the ground, keeping toes down. Exhale and open the right knee to point to the side with the heel resting on the opposite ankle. If this feels balanced, then you might try placing your right foot gently on your left calf below the knee. Repeat on the other side.

Exercise Your Mind

Can you find the tiny snowman?



Need a hint? (don't read until you've given up looking on your own)

Look on the left hand side in between the top and middle green branch underneath the snowflake closest to the left edge of the page.

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

Editors: Tonya Price, PhD; Rebecca Owen, MEd; Helen Leslie

**PRINCE WILLIAM
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Click to Visit Online:

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[National 4-H](#)



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PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

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[4-H All Stars](#)
[STEM in Virginia 4-H](#)

Prince William 4-H

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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

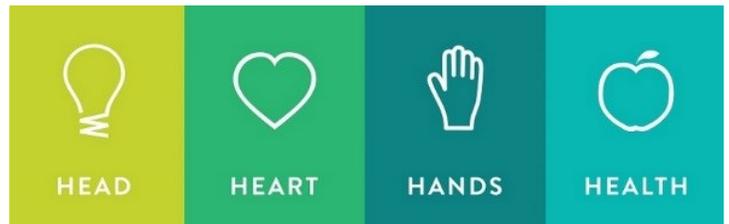
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

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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