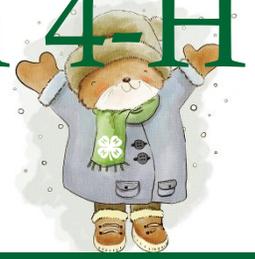




# Prince William 4-H

*Our Clubs, Our Community*



January 17, 2024

## Upcoming Events

- 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 Championship
- Mar 22-23 - TALT Weekend

## Inside this issue:

- [Prince William 4-H Updates](#) 2
- [VA 4-H Day at the Capitol](#) 6
- [PW 4-H Embryology](#) 8
- [Contacts & Recourses](#) 14

Click to Visit



## Prince William 4-H Cloverbud Club Traveled to a Galaxy Far, Far Away



Saturday's *Cloverbuds in Space* was an out of this world meeting! Prince William 4-H Cloverbuds, and parents alike, loved senior 4-H'er Lexi Strand who led the journey into constellations and the planets. Lexi has a passion for outer space and volunteered to share her knowledge. She turned the conference room into a planetarium with a light up moon and a mini constellation lamp. Lexi demonstrated how Cloverbuds could make their own mini planetarium out of an oatmeal container and a flashlight. They created an impressive cosmos! The snack was also a huge hit when our stary-eyed youth made their own constellation using marshmallows and pretzel sticks. Lexi landed us safely back on Earth by teaching the Cloverbuds easy ways to remember the order of the planets. They made their own planet bead bracelet as a souvenir from their trip to outer space.

For February, Prince William 4-H invites all Cloverbuds to try something new by participating in Prince William 4-H Contest Day in the Presentations category (*no judging for Cloverbuds*). Maybe our journey to outer space SPARKED an idea? [See Page 3](#) for more information and to register.



## It's Time to Order Tree Seedlings



[Click here to reserve seedlings.](#)  
**Orders due by January 31st.**  
 The Virginia Department of Forestry and Virginia Cooperative Extension are providing free hardwood seedlings to schools and youth groups. The purpose of this project is to improve water quality by restoring forest cover to residential and riparian lands. Prince William County 4-H is offering tree seedlings (Buttonbush, Crab Apple, and Northern Red Oak) to youth educators for planting projects in the community. These trees are not meant for youth to take home and plant.



## We're in Full Prep Mode for Prince William 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

**Registration is closed. Contact Adam Dove to inquire about late registration.**

The Prince William County 4-H Share the Fun contest is coming back to the **BIG STAGE!**

Share the Fun is the 4-H annual talent show and contest. 4-H'ers are invited to share ANY talent they have on the stage! Participants must attend the rehearsal on January 19th to help determine sound, lighting, and prop requirements, as well as to become familiar with the stage space.

### VOLUNTEERS NEEDED

- ★ **SET-UP/CLEAN-UP CREW:** The show is also looking for volunteers to help with set-up/clean-up, stage crew, and refreshment set-up. [Click here to volunteer.](#)
- ★ **EMCEE:** The show is also looking for two senior 4-H members who would like to emcee. Please email Adam Dove at [adamjdove@gmail.com](mailto:adamjdove@gmail.com) if you are interested. Volunteers and emcees are welcome to have an act as well.

### WHAT TO BRING

- ★ **TREATS:** all 4-H families are asked to bring treats to share with participants and their family and friends for show refreshments.
- ★ **NON-PERISHABLE GOODS:** What would a 4-H event be if we didn't help the community? The event will have a box for donations to the local food pantry. Please bring non-perishable goods to help restock the food pantry during the cold winter months.

### IMPORTANT LINKS

- ★ Show Questions: Contact the show manager Adam Dove at [adamjdove@gmail.com](mailto:adamjdove@gmail.com).
- ★ [Click here for a slideshow about Share the Fun.](#)
- ★ [Click here for Share the Fun signup.](#)
- ★ Each act will start with an introduction. [Click here to complete the form for your act introduction.](#)

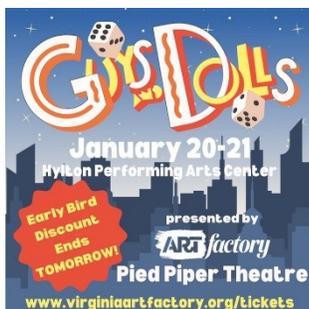
We are looking forward to seeing all the **AMAZING 4-H** talent at the **2024 Share the Fun** show!

### 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.

## Using Your 4-H Share the Fun Skills



- **PARTICIPATE IN A COMMUNITY THEATRE PRODUCTION!** Prince William 4-H'er Grayson Dove is participating in his second musical, *Guys and Dolls*, at the Hilton Performing Arts Center as part of the Pied Piper Theatre. [Click here for more information and to purchase tickets](#) for the January 20th or 21st performance and to cheer for Grayson! Interested in expanding your theatre skills? [Click here to learn more about the Pied Piper Theatre](#) and consider registering for an audition time for *The Wizard of Oz* production.
- **PERFORM AT AN EVENING WITH VIRGINIA 4-H!** VA 4-H is searching for youth who performed at State 4-H Congress Share the Fun past shows who are interested in performing on stage at our Evening with Virginia 4-H event in Richmond on January 25th. Lodging provided for selected acts who have to travel. [Contact Hermon Maclin](#) for audition information.

## Show Your 4-H Spirit at the St. Patrick's Day Parade!

**Date:** Saturday, March 9th

**Time:** Time: Setup at 9:30 AM. Parade starts at 11 AM.

**Location:** Old Town Manassas along Center Street

[Click here to sign up and represent Prince William 4-H in the parade.](#)

Shealyn Clinger of Nokesville 4-H Club is organizing an opportunity for Prince William 4-H to participate in the Greater Manassas St. Patrick's Day Parade. She has recruited a tractor, driver, and bed, and is looking for help decorating the float and participating in the parade. 4-H'ers can ride the float or walk behind with banners and hand out candy.



Some notes from the parade organizers:

- Animals are allowed as long as they remain under control of owners and there is cleanup.
- The parade will not be canceled in the event of cold or rain. Please check the weather and dress accordingly as it is sometimes chilly outside in March.
- Children age 14 and under must always be accompanied by an adult.

## Embryology T-Shirts Available!

[Click here to order.](#) **Orders must be received by February 2nd.**

Our local librarian Carolyn Vibbert has a fun opportunity to celebrate your spring chicks! Participants may order t-shirts through Custom Ink that will be available for pickup with egg distribution in February. There are 3 color options available: turquoise, maroon, and navy. The deadline to place your order is February 2nd. *Please note that this is not a fundraiser - t-shirts are being sold at cost and Ms. Vibbert is organizing the distribution.* Questions? Contact [DeeAnn Strand](#) at Prince William 4-H.



## Prince William 4-H Contest Day - REGISTER TODAY!

**Date:** February 10th

**Time:** 10 am

**Location:** McCoart Building, 1 County Complex Ct., Woodbridge, VA

**Who Should Participate:** All Prince William 4-Hers

[Click here to register.](#) **Register by Friday, February 2nd.**

It's time to start preparing! Prince William 4-H Contest Day is a learning competition where 4-H'ers are scored against a rubric to encourage youth to hone their skills and be the best they can be.

**Categories include:** Presentations, Extemporaneous, Radio/Public Address, Science Fair Presentation/Display, Fashion Review, and Table Setting.

[Click here for Virginia 4-H Competition and Scoring Aids.](#)



## Prince William 4-H Food Challenge Team Registration Time!

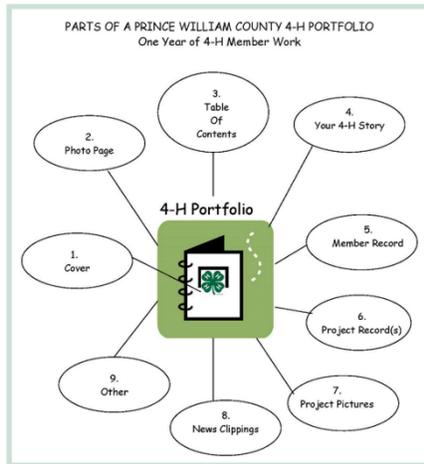
[Click here to register your team or as an individual interested in joining a team.](#)

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.

### IMPORTANT DATES

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





## Prince William 4-H Portfolio Workshop

**Date:** Tuesday, January 30th

**Time:** 7- 8:30 pm

**Location:** McCoy Conference Room at PW 4-H

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

**Click here to register.** **Bring what you're working on!**

It's time to get organized! Whether this is your first portfolio or your last, all Prince William 4-H'ers should attend this hands-on workshop to receive tips and feedback on how to present your best 4-H Portfolio yet! See examples of what to do (and what not to do), get organized, get crafty, and let your creativity flow! Your finished portfolio can be submitted to the PWC Fair contest in August and to PWC 4-H in September for judging and awards. This workshop is a **MUST ATTEND!**

Attend the Portfolio Workshop and earn 10 bonus points on your Outstanding Member Application!

## Virginia 4-H Shooting Sports Updates



### 7-YEAR INSTRUCTOR RECERTIFICATION SESSIONS

**Dates:** February 24th or November 2nd

**Location:** Holiday Lake 4-H Center

Shooting Education instructors who received their Level I certification in 2017 must attend one of these sessions or be decertified at the end of the year. Those who received their certification in 2018 may attend the 7-year recertifications in 2024 if they choose. Registration will be available in 4-H Online soon. Please contact Lynn Wheeless, VA 4-H State Shooting Education Coordinator, Phone: (757) 778-1078, [lynnwheeless1@vt.edu](mailto:lynnwheeless1@vt.edu).

### N-SSA OPPORTUNITY FOR PRINCE WILLIAM 4-H CLUBS

**Date:** March 9th, 10 AM

**Location:** Fort Shenandoah, Winchester, VA

Do you have an interest in Civil War History? Would you like to fire a Civil War cannon or rifle? Would you like to learn basic muzzle loader safety? The Central Virginia Region of the North-South Skirmish Association is hosting a Spring Recruit Skirmish. Participants must bring ear and eye protection and an eagerness to learn. Teams will be guided by NRA Certified Muzzle Loading Instructors, Range Safety Officers, and experienced Skirmishers and then participate in team competition. Email [nssarecruiting@gmail.com](mailto:nssarecruiting@gmail.com) for more information and to participate. [Click here to learn more about N-SSA.](#)



## National 4-H



### CLOVER BY NATIONAL 4-H: SOLAR BRILLIANCE: EXPLORING THE SECRETS OF OUR SUN

[Click here to access free curriculum.](#)

Developed by Utah State University and EDP Renewables North America, help youth dive into the world of experiential learning! 4-H youth will build a solar energy model, get their hands dirty, 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.



### YOUNG ALUMNI ADVISORY COMMITTEE NOMINATIONS ARE OPEN

[Click here to nominate.](#)

National 4-H Council needs your help to identify and nominate dynamic, proven leaders to serve on the Young Alumni Advisory Committee (YAAC). This group serves as a bridge to the young alum community, informing Council's Board of Trustees and working closely with associates to provide counsel and serve as 4-H ambassadors.

Applicants must be nominated by a 4-H professional or volunteer by February 29th.

# SHIMMER



## DISCOVER DAIRY ANIMAL HEALTH LESSONS

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

### ANIMAL HEALTH LESSONS



Log into our PW 4-H Shimmer Google Drive to access these lessons and activities. [Click here to request access to the Shimmer Google Drive.](#)

- **K-2nd Grade Animal Health Lesson** - In this lesson, we will learn some words around a dairy farm, explore the career of being a dairy farmer, and see the ways farmers care for their cows every day.
- **3rd - 5th Grade Animal Health Lesson** - In this lesson, students will learn what it's like to operate a dairy farm and introduce animal health. Specifically, it will teach them ways farmers care for their cows each and every day. The lesson will also touch upon other dairy-related careers within the agricultural industry.
- **6th - 8th Grade Animal Health Lesson** - In this lesson, students will learn how to work with others to make sure that their cows' diet is balanced and nutritious to keep the cows healthy and happy. The lesson will also highlight the career of being a nutritionist.



### MAKE MAGIC MILK "PLASTIC"

Don't just drink your milk — mess with it! You probably already have everything you need in your kitchen to make your milk transform into "plastic" charms! In this video activity, you can make your own Magic Milk "Plastic." How does it work? Milk contains protein. When milk's protein meets vinegar's acid, the protein molecules join together in long chains, causing curds to form. Those curds can then be molded into any shape. When they dry, you have homemade "plastic!" [Click here to watch.](#)



### WHY DO FARMERS MOVE CALVES TO GROUP HOUSING?

Calves are creatures of habit, and any change in routine can be a stressful time for them. Moving from individual hutches to group housing potentially combines many stressors at once – new surroundings, feeding and watering changes, vaccinations, and socialization with other calves. Dairy farmers work hard to follow best practices to optimize immune function and minimize disease risks to better prepare calves for the transition to group housing. [Click here to read more.](#)

### RECIPES FOR A SNOW DAY

#### Supreme Hot Cocoa

[Click here for directions.](#)

- 3/4 cup white sugar
- 1/3 cup unsweetened cocoa powder
- 1 pinch salt
- 1/3 cup boiling water
- 3 1/2 cups milk
- 3/4 teaspoon vanilla extract



#### Frozen Whipped Cream Cut-Outs Recipe

[Click here for directions.](#)

- 11/2 cups cold heavy whipping cream
- 1 1/2 tablespoons sugar
- 2 tablespoons vanilla extract
- (Start this the night before and freeze overnight.)*



## VIRGINIA 4-H YOUTH ANIMAL SCIENCES EVENTS

- Jan 18:** Northwood Highschool Stockman's Contest, Rich Valley Fairgrounds. [Click here to enter.](#)
- Jan 20:** Shenandoah Valley Meats Judging Contest and Clinic, Lexington. [Click here to enter.](#) Register by Jan. 18th.
- Feb 3:** Skyline Stockmen's Contest, Front Royal. [Click here to register.](#) Register by Jan. 26th.
- Feb 9:** Block & Bridle Hippology Contest
- 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



### 2024 Virginia Tech Block and Bridle Club Horse Judging and Hippology Contest

**Dates:** Feb 9th (Hippology)  
Feb 10th (Horse Judging)

**Location:** Alphin-Stuart Arena, Virginia Tech

**Who Should Participate:** Enrolled 4-H and FFA Youth

[Click here to enter.](#) Entries due February 2nd.

[Click here for more info on the VA 4-H Horse Program.](#)



NEXT LESSON PLAN AND UPDATE COMING FEBRUARY 2024!

[CLICK HERE TO REGISTER TO ATTEND!](#)

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)

6:30 am	Bus departs from Prince William 4-H
8:45 am	Meet legislators in newly renovated offices! <a href="#">Click here for a sneak preview of the renovation.</a>
10 am	4-H Rally at the State Capitol
10:30 am	Virginia 4-H Photo
12 pm	Attend legislative session in Chambers
1 pm	Lunch Break
1:30 pm	Virginia 4-H Program: How a Bill Becomes a Law
2 pm	Prince William 4-H Tour of the Capitol
3:15 pm	Visit the John Marshall Center (museum)
4:15 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 TO VISIT OUR SENATOR AND DELEGATES!

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!

**SEE THE NEXT PAGE FOR DETAILS.**

### 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”

# Virginia 4-H Day at the Capitol

## PRINCE WILLIAM 4-H DETAILED SCHEDULE

January 24, 2024

6 AM Meet at Prince William 4-H, 8033 Ashton Ave., Manassas  
6:30 AM Depart  
830 AM Arrive in Richmond



8:45 AM **Meet Del. Josh Thomas**, D-21st District, County of Prince William (part)  
**Member Since:** 2024  
**Committees:** Courts of Justice, Public Safety, and General Laws  
**Subcommittees:** Courts of Justice-Civil, General Laws-Housing/Consumer Protection, and Public Safety



9 AM **Meet Del. Briana D. Sewell**, D-25th District, County of Prince William (part)  
**Member Since:** 2022  
**Committees:** Communications, Technology & Innovation, Counties Cities & Towns, Education  
**Subcommittees:** Counties Cities & Towns , Higher Education, Communications, Technology & Innovation



9:15 AM **Meet Del. Rozia A. Henson, Jr.**, D-19th District, Counties of Fairfax (part) and Prince William (part)  
**Member Since:** 2024  
**Committees:** Communications, Technology & Innovation, Privileges & Elections, and Health & Human Services  
**Subcommittees:** Privileges & Elections - Election Administration and Campaign Finance, and Health & Human Services - Behavioral Health and Social Services



9:30 AM **Meet Del. Candi Mundon King**, D-23rd District, Counties of Prince William (part) and Stafford (part)  
**Member Since:** 2021  
**Committees:** Chair: Counties Cities & Towns, Finance, Public Safety, and Privileges & Elections  
**Subcommittees:** Finance, Public Safety, and Privileges & Elections

9:45 AM Virginia 4-H Steps of Capitol Rally  
10 AM State 4-H Photo



10 AM **Photo with Sen. Senator Jeremy S. McPike**, D-29th District, Manassas City (All), Manassas Park City (All), Prince William County (Part)  
**Member Since:** 2016  
**Committees:** Education & Health, General Laws & Technology, Local Government, Rehabilitation & Social Services, and Transportation



10:30 AM **Meet Del. Luke E. Torian**, D-24th District, County of Prince William (part)  
**Member Since:** 2010  
**Committees:** Chair Appropriations, and General Laws  
**Subcommittees:** Membership, Appropriations - General Government & Capital Outlay and Higher Education, and General Laws

11:20 AM Join Line for Opening Session  
12 PM Watch the Legislative Session  
1 PM Lunch  
1:30 PM Virginia 4-H Program: How a Bill Becomes a Law  
2 PM Tour the Capitol  
3:15 PM Tour and Scavenger Hunt at the John Marshall Center  
4:15 PM Depart to Prince William 4-H



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](#)

## EMBRYOLOGY T-SHIRTS AVAILABLE!



[Click here to order.](#) **Orders due by February 2nd.**

Our local librarian Carolyn Vibbert has a fun opportunity to celebrate your spring chicks! Participants may order t-shirts through Custom Ink that will be available for pickup with egg distribution in February. *Please note that this is not a fundraiser - t-shirts are being sold at cost and Ms. Vibbert is organizing the distribution.* Questions? Contact [DeeAnn Strand](#) at Prince William 4-H.



## 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](mailto:dstrand@pwcva.gov)

703-792-4762

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)





# Virginia Cooperative Extension

Virginia Tech • Virginia State University

2024 (Our 16<sup>th</sup> year!)

## Expand Your Horizons with 4-H...

8 days and 7 nights in... 

## Punta Cana, Dominican Republic

### While in the Dominican Republic 4-H'ers will:

- Learn and practice speaking Spanish
- Try tropical foods
- Work with Dominican teen partners
- Conduct 4-H day camp activities for elementary school students
- Swim at the beach, snorkel over a coral reef
- Participate in service projects

**WHO:** 4-H'ers in grades 9-12

**WHEN:** July 16-23, 2024 OR  
July 30-Aug. 6, 2024  
(Choose one week)

**COST:** \$2,500  
First payment of \$1,000 due March 15.  
Final payment of \$1,500 due July 1.

**INCLUDES:** Insurance  
Airfare and in-country transportation  
Accommodations – local resort  
3 meals/day (will need to purchase a couple of meals on your own while traveling)  
Field Trip to the city of Higüey

Please submit applications by March 1, 2024

Participants need to apply for their passports asap!

### 2023 Blog:

<https://2023virginia4hdominicanrepublic.blogspot.com/2023/07/what-is-this-program.html>

### Youth Program Application:

[https://docs.google.com/forms/d/e/1FAIpQLSdJFmciJddrdB4JPadPF7scS\\_uH2w09DYtNT3D45uitg8blDA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdJFmciJddrdB4JPadPF7scS_uH2w09DYtNT3D45uitg8blDA/viewform?usp=sf_link)

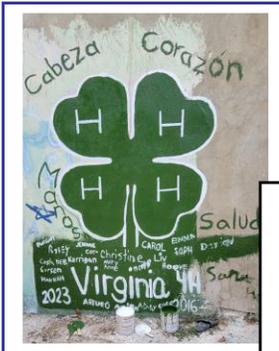
### Adult Volunteer Program Application:

[https://docs.google.com/forms/d/e/1FAIpQLSd4Yu6kBc6feykqfEnSMIV2wL0DiaVehNw6oX4pS2XQN6yDbA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd4Yu6kBc6feykqfEnSMIV2wL0DiaVehNw6oX4pS2XQN6yDbA/viewform?usp=sf_link)

### Contact the Program Co-Leaders for more info:

Carol Nansel  
Shenandoah Co. 4-H Agent  
[cnansel@vt.edu](mailto:cnansel@vt.edu)

Christine Hodges  
Alleghany Co. 4-H Agent  
[chodges1@vt.edu](mailto:chodges1@vt.edu)



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## Dates to Remember




-  **Georgia Boot Trailblazer**  
Applications open: February 1 – March 3, 2024
-  **JOANN In-Store**  
Campaign: March 3 – May 4, 2024
-  **Tractor Supply Paper Clover**  
Campaign: April 24 – May 5, 2024

## From the National After School Association



Supporting Mental Health with Social Emotional Learning

### SUPPORTING MENTAL HEALTH WITH SOCIAL EMOTIONAL LEARNING

Guiding students through the emotional challenges of the past three years has been no easy task. In today's

world, children face increasing stressors and complexities, making it crucial for educators and youth workers to recognize and address their emotional needs in real time. For kids dealing with anxiety, stress, or trauma, here are three techniques to foster mental wellness in out-of-school-time programs (and beyond).

[Click here to read the article.](#)



## Virginia No-Till Alliance Harrisonburg Winter Conference “No-Till: The Passion & The Practical” February 7, 2024

### Agriteer Harrisonburg Location

4310 South Valley Pike, Harrisonburg, VA 22801  
8:00 a.m. - 3:30 p.m.

#### Featured Speaker

**Ray Archuleta** is a nationally-recognized expert, deep thinker, and inspirational speaker on soil health management. He has traveled to and taught soil health principles in all 50 states. He retired from NRCS after 30 years of service and is a Certified Professional Soil Scientist.



After his retirement from the NRCS in 2017, Ray founded Understanding Ag, LLC, and Soil Health Academy. Ray and his wife Sonja own and operate a 155-acre (66 Ha) sheep ranch near Seymour, Missouri.

A Panel of Virginia No-Till Innovative Farmers will also review lessons learned from our 2023 growing season

#### Plus: Trade Show

- Networking with farmers & agricultural consultants
- Nutrient Management Planner credits
- Certified Crop Advisor credits
- No-Till Champion Award

#### Additional Speakers

**Jamie Shenk** is the manager of Beaugard Farms in Brandy Station, VA, a 3,200-acre tract producing corn, soybeans, small grain, beef cattle, hay, and lumber. With a background in dairy farming, diesel mechanics, and precision agriculture, Jamie Shenk joined Beaugard Farms in 2012. Jamie has carried on a long tradition of no-till at Beaugard, while also helping the operation evolve to include a wide range of additional practices aimed at improving soil, yield, efficiency, and profitability.



**Clay Lowe** farms 1,500 acres of peanuts, cotton, soybeans, corn, wheat, rye, and oats with his dad & brother in Surry and Sussex Counties, VA. The Cedar Point Farm team are dedicated to soil & yield improvement through minimal tillage, cover cropping, and crop rotation. They are exceptional equipment innovators and fabricators. Another special focus for Clay is profitability analysis thanks to his Ag Economics degree from NC State University.

#### Registration is Free

Please Pre-register at [www.virginiannotill.com](http://www.virginiannotill.com) or call 540-245-5750

If you are a person with a disability and desire any auxiliary devices, services or other accommodations to participate in this activity, please contact Deep Hem at 540-245-6750 during business hours of 8 a.m. and 5 p.m. to discuss accommodations. 3 days prior to the event. TDD number is (800) 628-1125.



## 2024 VT Beef Cattle Health Conference

Join us for our 2024 Virginia Tech Beef Cattle Health Conference!

**When:** January 27, 2024, from 8 am- 4 pm

**Where:** Virginia Tech, Blacksburg VA

**Registration Fee:** \$15 per person, free to anyone under 18

The Beef Cattle Health conference is an entire day packed full of educational material, speakers, and labs.

#### Speaker Topics

- All Things Hay
- VQA Marketing Requirements and Pre-conditioning
- Bull Selection
- Reasons your Cow is Open
- Emergencies and VCPR's
- Smart farming

#### Labs

- BBSE Lab
- BQA Transportation Lab
- All things Pinkeye Lab
- Hay loss Lab

#### Registration:

You may register by scanning the QR code with your phone or by completing the registration form at <https://tinyurl.com/2024BeefHealth>. You may also contact Lisa McCormick at (540) 231-2792 to request a registration form, or if you have any additional questions. Please register by January 16, 2024. You can pay using cash or check only. We do not take credit card payments.



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## 2024 Virtual Shepherd's Symposium

**Wednesday & Thursday,  
February 7 & 8, 2024  
7-9 PM Eastern**

#### Wednesday, February 7th, 7 - 9 PM

- **Flock Health Management Tips** - *Hollie Schramm, DVM, Virginia-Maryland College of Veterinary Medicine*
- **Production and Financial Records that Make Sense** - *Camren Maerle, Ph.D., Sustainability Director - American Lamb Board*
- **Fall vs. Winter/Spring Lambing: Management and Marketing Considerations** - *Scott Greiner, Ph.D., School of Animal Sciences, Virginia Tech*

#### Thursday, February 8th, 7 - 9 PM

- **Building Better Sheep Grazing Systems** - *Johnny Rogers, Extension Associate and Amazing Grazing Program Coordinator, North Carolina State University*
- **Scrapie Identification and Antibiotic Regulations** - *Chris Fletcher, DVM, Virginia Department of Agriculture and Consumer Services*
- **Wool Marketing - What's In Store for 2024** - *Tom Stanley, Virginia Cooperative Extension*
- **Update from ASI** - *Lisa Weeks, ASI Executive Board - Region II Director, Virginia*
- **Virginia Sheep Industry Updates** - *reports from Virginia Sheep Producers Association and Virginia Sheep Industry Board*

#### Registration link for the Zoom Meeting:

<http://tinyurl.com/2024sheepsymposium>

For additional information contact Scott Greiner, Virginia Tech, phone 540-231-9159, email [sgreiner@vt.edu](mailto:sgreiner@vt.edu)



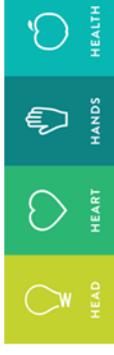
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# 2023 - 2024



# PRINCE WILLIAM 4-H EVENT CALENDAR

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 ( <i>closes Jan. 31</i> )	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 Prince William 4-H Association Meeting	9 PW 4-H Scholarship Applications Due	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 PW 4-H Scholarship Applications Due	9 Prince William 4-H Recognition Day	19 Share the Fun Dress Rehearsal	19 Embryology Egg Pickup #1	13-17 National 4-H IGNITE
14 Cloverbud Club	24 National 4-H Congress	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	20 4-H Jr. Camp Counselor Applications Due	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	22 Egg Pick up #2	22-23 TALT Weekend - Junior Camp Counselor Training
25 Returning Project Leader Volunteer Development			31 Day Camp Counselor Applications Due	TBD Embryology Training	TBD Livestock, Cattle & Dairy Contests
			TBD Horse Project Enrollment & Declarations Due		
APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
5-7 Equismartz 2024	1 Young Entrepreneurs Interest Meeting	15-27 National 4-H Citizenship Washington Focus	7-11 4-H True Leaders in Equity Institute (TLEI) 2024	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	14-18 Prince William/Stafford 4-H Junior Camp	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	31-August 4 Southern Regionals 4-H Horse Championships	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 Healthy Living Ambassador Applications Due	TBD PWC Board of Supervisors Proclamation of National 4-H Week
24 - May 5 Spring TSC & 4-H Paper Clover Campaign					
27 4-H Northeast District Food Challenge Contest					



For more detailed information as events approach, see the newsletter at [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H).

Updated 12/19/2023

**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

[Prince William 4-H](#)  
[Virginia State 4-H](#)  
[National 4-H](#)



## Your Dedicated PWC 4-H Staff

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**Candi Helmlinger**

4-H Program Specialist,  
Newsletter  
[chelminger@pwcva.gov](mailto:chelminger@pwcva.gov)

## PWC 4-H Resources

### National 4-H

[National 4-H Homepage](#)

### Virginia 4-H

[VCE 4-H](#)  
[4-H Online Information](#)  
[The 4-H Foundation](#)  
[4-H All Stars](#)  
[STEM in Virginia 4-H](#)

### Prince William 4-H

[PW 4-H Homepage](#)  
[PW 4-H Programs](#)  
[PW 4-H Camps](#)  
[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

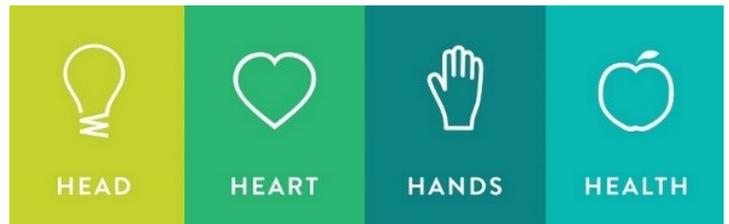
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

### 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



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

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