



Prince William 4-H

Our Clubs, Our Community



January 24, 2024

Upcoming Events

- 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
- Apr 5-7** - EquiSmartz
- Apr 13** - PW 4-H Cloverbud Club

Prince William 4-H'ers are Off to an Exciting Day in Richmond



PRINCE WILLIAM 4-H IS SENDING A DELEGATION OF 12 YOUTH TO VIRGINIA 4-H DAY AT THE CAPITOL!

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.



This year, Prince William 4-H'ers will observe the legislative process in action, meet and greet with our local Senators and Delegates, participate in the Virginia 4-H Program "How a Bill Becomes a Law," take a tour of the Capitol, and explore the John Marshall Center with an interactive scavenger hunt.



Prince William 4-H'ers met at headquarters at 6 am today to journey to Richmond. These 12 youth represent over 500 county youth involved in 4-H clubs and 12,000 county youth involved in special interest programs. They make us proud!

While they headed out early, these 4-H'ers are already busy rehearsing their elevator speeches, 4-H Stories, and prepping thank you notes for the legislators they meet today. Check out Noah - healthy living and civic engagement in action...at sunrise!

The schedule for the day is full of moving pieces around our legislators' very busy schedules. Stay tuned for the next issue to see who we meet!

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Click to Visit



It's Show Time! All 4-H Families Should Attend!



PRINCE WILLIAM 4-H SHARE THE FUN

Date: Friday, January 26th

Time: 6:30 PM

Location: T. Clay Wood Elementary School, Nokesville

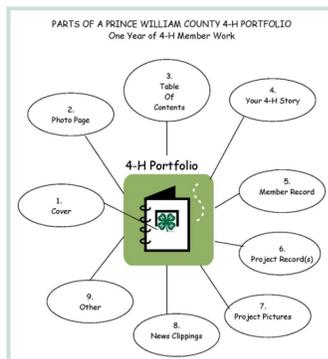
*** Enter through main doors to school ***

All Prince William 4-H families and friends are invited to join us this Friday for a night full of talented youth performing on the BIG STAGE at the annual Prince William 4-H Share the Fun talent show. Be supportive. Be inspired. Celebrate how much we've grown in 4-H!

Community Service Opportunities

- ★ While the event is free to attend, please bring non-perishable goods to help restock a local food pantry.
- ★ Bring a snack to share.
- ★ Volunteers are still needed to ensure the success of this event. [Click here to volunteer.](#)

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!



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.

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 - Register Today!

[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



SHIMMER



DISCOVER DAIRY AT CAVE HILL DAIRY FARM



We are excited to bring you an Adopt A Cow treat that our host farm has prepared for us. Shimmer is growing quickly at Cave Hill Dairy Farm and they put together a video of their farm that we would like to share it with you!

[Click here to watch Cave Hill Dairy's Farm Tour.](#)

FARM TOUR VIDEO ACTIVITIES

We add two classroom activities to the Shimmer Google Drive for you to try while watching the farm tour video.

- **FARM TOUR BINGO ACTIVITY:** Students will play dairy bingo while watching for specific dairy items in the video.
- **FARM TOUR SCAVENGER HUNT:** Students will identify what cows eat, how farmers recycle, and who helps the farmer operate a successful dairy business while watching the video.

Do you have questions about Cave Hill Dairy Farm? Send them a letter to contact the farmer directly to learn more: Cave Hill Dairy, 226 Henderson Lane, Troutville, VA, 24175. Or send an e-message at <https://www.discoverdairy.com/contactyourfarmer>.

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

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.](#)

VIRGINIA 4-H YOUTH ANIMAL SCIENCES EVENTS



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!



HIPPOLOGY AND HORSE JUDGING CONTEST

SATURDAY, FEBRUARY 17, 2024
FRYING PAN PARK

WWW.NE4HHORSE.ORG

COMMUNICATIONS CONTEST AND HORSE BOWL

SUNDAY, MARCH 10, 2024
POLE GREEN PARK



Virginia Cooperative Extension
Virginia Tech • Virginia State University



Virginia 4-H Shooting Sports Updates

7-YEAR INSTRUCTOR RECERTIFICATION SESSIONS

Dates: February 24th or November 2nd

Location: Holiday Lake 4-H Center

Register in 4-H Online by February 9th.

Shooting Education instructors who received their Level I certification in 2017 must attend a 7-Year Instructor Recertification Session hosted by the 4-H Shooting Education Council. Any instructor that fails to recertify will be decertified at the end of 2024. Those who received their certification in 2018 may attend the 7-year recertifications in 2024 if they choose. Please contact Lynn Wheelless, VA 4-H State Shooting Education Coordinator, Phone: (757) 778-1078, lynnwheelless1@vt.edu.

SPRING AIR 2024

Dates: March 16-17

Location: W.E. Skelton 4-H Education Center

[Click here for registration information.](#)

Registration deadline is February 20th. Project Portfolio Certification due February 27th.

Virginia 4-H members enrolled in a State 4-H Office approved 4-H Shooting Education Club and has completed project portfolios in the event(s) in which they are registered to shoot are invited to participate. Portfolios can be downloaded from the Virginia 4-H Shooting Education Website. Portfolios for each participant need to be complete and presented at registration. Please note that the deadline to submit the Project Portfolio Certification document for each competitor is February 27th. This document must be completed by the 4-H Agent or Club Coordinator using a high degree of integrity. If you have any questions you can contact: Robert Tillotson at ricochetrobert56@gmail.com or 434-841-6055 (cell) .

Events: BB Gun, Air Pistol, Air Rifle, Air Pistol Silhouette, Air Rifle Silhouette, Presentation Contest, Public Speaking Contest, and Archery.

Presentation and Public Speaking Contests: The 4-H Shooting Education Program is a vehicle for teaching life skills and the youth participating in the shooting program need to be able to communicate to others their interest and commitment to the shooting sports. Youth may participate in either the presentation contest or public speaking contest.

2024 NORTHERN DISTRICT MATCH

This match is open to all prior Northern District shooting education clubs. If your unit has a new club or an existing club that has never participated in the Northern District Match, and you hope to participate this year, please reach out to Mark Willey at willeym@gmail.com for guidance.

2023 State Fair of Virginia Applied Scholarship Program

Applications due TODAY!

Seven General Scholarships are open to any youth that participated in any State Fair of VA Competition in 2023. Fifteen Youth Livestock Scholarships are open to any youth that participated in the 2023 Youth Livestock Shows (Beef Cattle, Meat Goats, Sheep, and Swine). If you have questions about eligibility or the process, please reach out to: scholarship@statefairva.org.

2023 SFVA Applied Scholarships – The 2023 State Fair Applied Scholarships are open and the application is available at this link: <https://www.statefairva.org/p/other/state-fair-of-virginia-scholarship-program>.

Don't miss this opportunity to apply and add to or begin building your scholarship portfolio for your future educational efforts!





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.



IN-PERSON LEADER TRAINING DATES ANNOUNCED

[Click here to register for a training session.](#)

Thursday, February 1st -or-
6:00 – 7:30 pm
1 County Complex Ct.
Woodbridge, VA 22192

Wednesday, February 7th
6:00-7:30 pm
Sudley North – McCoy Room
7987 Ashton Ave.
Manassas, VA 20109



IMPORTANT DATES

Embryology Registration

Dec 1st - Jan 31st

In-Person Leader Training (choose 1)

Feb 1, 6-7:30 pm, Woodbridge

Feb 7, 6-7:30 pm, Manassas

[Click here to register for training.](#)

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





Virginia Cooperative Extension

Virginia Tech • Virginia State University

2024 (Our 16th 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

Adult Volunteer Program Application:

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

Christine Hodges
Alleghany Co. 4-H Agent
chodges1@vt.edu



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National 4-H

Happy National Mentoring Month! 4-H is built on the power of mentors pledging their HANDS to the greater service of inspiring youth. Was there a mentor in your life who helped coach, teach or inspire you to reach greater heights?

This January, we're giving you a special way to thank a mentor in your life: by making a gift to 4-H in their honor!

What better way to say "thank you" than by providing more youth with leaders who can encourage and develop their life skills?



[Click here to donate.](#)

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

Prince William County Parks Explorer Pass

EXPLORE PARKS. EARN PRIZES.

Whether you're a frequent visitor or you only visit parks a few times per year, now you can track your park visits and earn points towards cool park prizes every time you visit a park in Prince William County with the FREE PWC Parks Explorer Pass. Additional points can be earned for completing "Things to Do" within our parks.

[Click here to learn more and sign up for your free pass.](#)



Prince William Conservation Alliance

JOB OPPORTUNITY: OPERATIONS PROGRAM ASSISTANT

We are seeking a part-time Operations Program Assistant reporting to the Executive Director who will support our efforts to be a leading environmental voice in the county. A successful candidate thrives in a work environment that is highly productive, fast-paced, and dynamic. The exact schedule will be determined, but the ability to typically work M-F during normal working hours is a must. Some nights and weekends may be required. This role offers potential growth opportunities for the right candidate. [Click here for more information and to apply.](#)

SAVE THE DATES

Last Sunday Bird Walk at Merrimac Farm WMA

Jan 28th, 8am | Meet at Cedar Run Parking Lot | [Click here for more information.](#)

6th Annual PW Native Plant Symposium

Feb 10th | GMU Verizon Auditorium | Tickets \$40 in-person, \$25 virtual | [Get tickets here!](#)

Bluebell Festival

April 7th | Merrimac Farm WMA | *Details to come!*



**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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DeeAnn Strand
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Candi Helmlinger
4-H Program Specialist,
Newsletter
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

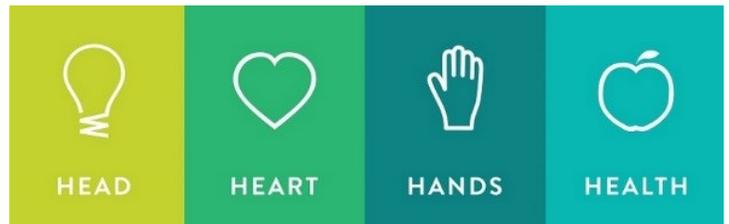
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

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



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