



Prince William 4-H

Our Clubs, Our Community



February 16, 2022

Upcoming Events

- Feb 16 - Embryology Training
- Feb 16 - Camp Counselor Meeting
- Feb 26 - PW 4-H Food Challenge Contest
- Feb 26-27 - TALT Weekend
- Mar 5 - Clover(bud) Club
- Mar 7-8 - Egg Pickup
- Mar 15 - Agriculture Community Night
- Mar 12 - Northern District Food Challenge Contest
- Mar 15 - 4-H Leaders Mid-Year Dinner Meeting

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Prince William 4-H Contest Day Impresses Judges!



"I like 4-H'ers because they are dedicated to excellence. **They want to do things better."**

President Dwight Eisenhower

We are so proud of you! On Saturday February 12th, 15 participants competed in 20 acts to put their skills to the test and improve their craft. Our 6 volunteer judges were impressed! Congratulations to our Prince William 4-H'ers and we hope you'll consider entering the next level contests and representing our unit.

Don't forget to send your pictures to [MaryBeth Lerch!](#)

Embryology: Final Training Session **TONIGHT!**



The final Embryology Project training session is tonight, February 16th, at Henderson Elementary School at 5 pm.

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

Egg Pick-Up: March 7th & 8th

Contact [Ashley Isaacson](#) with questions or for more information.

Next Clover(bud) Club:



Date: Saturday, March 5th, 10 am-12 pm

Location: 4-H Children's Barn at the PWC Fairgrounds

Who Should Attend: PWC youth ages 5-8

[Click here to register \(free\).](#)

Our next Clover(bud) Club will meet on Saturday March 5th. Cloverbuds will be creating "stained glass" windows, exploring creative arts and learning to express ourselves through art.

Think about ways to use creative arts to tell your 4-H Story!

[Click here to check out this curriculum from 4-H At Home](#) that explores activities in journal making, painting, and more.

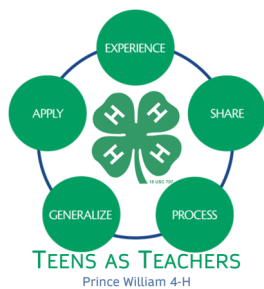


Prince William 4-H 5K Conditioning Interest Survey



PLEASE REPLY TODAY! We'll be able to start next week if we have enough responses. We appreciate those that have already responded. This short survey is key to meeting the needs of those interested in preparing for our annual 5K together.

We're getting ready to launch our annual 12 week race training that leads up to the Prince William 4-H 5K! Last year's Move it Monday! program was a tremendous success. So that we can best serve our members, please take a moment to complete the short survey. In particular, we'd like to know the best days and times to meet to focus on our 4-H Pillar of Healthy Living and begin a conditioning program that will help us be our best at the 5K, tentatively scheduled for May 22nd. [Please click here for the short survey.](#)



Prince William 4-H Teens as Teachers

Prince William 4-H is excited to launch a new program specifically for teens! Prince William 4-H Teens as Teachers will focus on interests within the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM, with a goal of supporting teens in lead, instructor roles. 4-H'ers will identify appropriate curriculum, learn how to prepare, present and teach it and then offer their program through a variety of 4-H platforms. *More information coming soon!*

Virginia 4-H Updates



Virginia 4-H State Congress

The 100th Virginia 4-H State Congress will be held at Virginia Tech in Blacksburg, Virginia, from June 21 - 24.

[Click here for more information.](#)

Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities. Information released March 29th. Registration begins April 26th. Registration closes May 17th.



Equismart: Virginia 4-H Horse State Competition Weekend

Date: April 8-10

Location: Lexington, VA

Entry Deadline: March 23rd

[Click here for more information.](#)

This weekend is for Junior and Senior Competitors. Event categories include Horse Bowl, Hippology, Horse Judging and Communications. Hotel room blocks are available.



Virginia State 4-H and FFA Poultry Evaluation Contests & Youth Poultry Convention

NEW DATE: will be either June 27 or June 28

Location: Rockingham County Fairgrounds, Harrisonburg, VA

[Click here for more information.](#)

The 2022 Virginia Youth Poultry Evaluation Contest will serve as the Official State 4-H and FFA Poultry Evaluation Contests. Due to Biosecurity concerns the 2022 Contest will be moved to State FFA Convention.



Pueblo West AJROTC defeats Trigger Time 4-H Shooting Education Club

February 13, 2022 - Shooting their highest score of the season Pueblo West AJROTC defeated Trigger Time 4-H Shooting Education Club 876.7 to 803.7 in the 2022 National Air Rifle New Shooter League. They currently have a 1 - 0 record. Pueblo West AJROTC was led by, Sapphira Valencia who shot a 225.7. The remaining contributing members were Jackson Dahlke, Johnnie Estep, and Cash Dillon. Pueblo West AJROTC is from Pueblo West, CO, and is coached by Matthew Dilcher.

Trigger Time 4-H Shooting Education Club currently has a 0 - 2 record. Shooting their highest team score of the season Trigger Time 4-H Shooting Education Club was led by, Kaiden Titcomb who shot a 208.4. The remaining contributing members were Ayden Strand, Colin White, and Jubilee Richter. Trigger Time 4-H Shooting Education Club is from Bristow, VA, and is coached by Alan Lerch.

This coming week Pueblo West AJROTC has a bye week. While Trigger Time 4-H Shooting Education Club also has a bye week.

These two teams are competing in the National Air Rifle "New Shooter" League. Sponsored by the Orion Scoring System, the league is a national team league exclusive to athletes in their first year of competition. Teams are from high schools and junior rifle clubs throughout the United States. Over 10 weeks each team competes in 8 games. Each week, each team is paired with another team with a near equal skill level.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoot 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.

Press Releases Submitted by Trigger Time 4-H Shooting Education Club

For more information on the league, including complete standings, visit <https://www.national-leagues.com/new-shooter>
[Click here for Box Score](#) • [Click here for Trigger Time 4-H Shooting Education Club Team Page](#)



New 4-H Hunting Skills Discipline

The Hunting Skills course will provide classroom and hands-on education about the reasons for hunting, hunting safety, hunting ethics, laws and regulations, landowner relations, wildlife management, habitat sustainment, careers in hunting and wildlife management, land navigation, hunt planning, camping, fire building, outdoor cooking, tracking skills, and many other topics. The discipline is not designed to teach someone to hunt in one weekend. Instead, it is designed to form the basis of club activities that are ongoing throughout the year with multiple team activities and competitions, including the State Shoot.

The 4-H Hunting Skills program is designed to operate in a synergistic relationship with the VA Division of Wildlife Resources (DWR) where DWR Instructors will occasionally provide subject matter experts for instructing youth on specialized topics, while the 4-H will provide year-round club environments. Local DWR instructors and 4-H clubs will both cooperatively work to find the right resources to accomplish first-hunt experiences. DWR will accommodate youth members seeking to obtain their hunting license. DWR and 4-H will both contribute to statewide competitions and recruiting initiatives resulting in the maximum number of youth members being served.

Adult volunteers and teenagers (16 or older) can attend our first Hunting Skills Instructor Certification planned for April 9-10. Applicants must be registered in 4-H Online and those 18-years or older need to have their background checks initiated.



Next Shooting Education Instructor Certification Opportunity

Dates: April 9-10

Location: Holiday Lake 4-H Educational Center

Registration: Registration and payment deadline is March 24th.

The next opportunity for 4-H Shooting Education Instructor Certification is April 9-10 at the Holiday Lake 4-H Educational Center. Experienced youth members 16-years old and older can attend on a space-available basis. At this time, youth cannot have overnight lodging on the center. That may change before the course starts.

First-time instructor candidates will need to complete the online training course before attending the event. The deadline for completion of the course is **4/4/2022**.

[Click here for more information.](#)

Please direct questions to Lynn Wheeless at lynn.wheeless@gmail.com.



[CLICK HERE TO REGISTER.](#) REGISTRATION IS FREE, BUT REQUIRED.

PRINCE WILLIAM 4-H

AGRICULTURE



NEW DATE!

Community Night
Tuesday, March 15, 2022

Get Involved!

Click for more information.

Prince William 4-H Clubs
Prince William 4-H Embryology Program
Virginia 4-H Horse Program
Virginia 4-H Youth Livestock Program

Resources on Agriculture

Click for more information.

- VCE Body Condition Scoring Beef Cows
- Body Conditioning Scoring for Cows video by Penn State Extension
- Body Condition Scores in Dogs and Cats by VCA
- VCE 4-H Curriculum
- VCE Speakers Bureau
- Virginia 4-H Curriculum, Videos and Activity Guide Resources for Teachers and Club Leaders
- National 4-H STEM & Agriculture Curriculum

Come experience the art and science of growing crops and raising livestock!

The 4-H pillar of Agriculture includes topics such as veterinary science, biotechnology, raising and training animals, forestry, environmental science, and much more. The goal of the program is to teach problem solving, creative and critical thinking to our youth - equipping them with the skills they need to succeed in life.

The Prince William 4-H Agriculture Community Night is full of hands-on activities that expose youth to a sample of clubs, activities, curriculum and project ideas available through 4-H. The evening will feature:



Body Conditioning Scoring in Farm Animals Workshop (*cow, dog, cat*) – learn the tools used and the intricacies of assessing the health of animals.



Sustainable Farming - hear first hand experiences from Prince William 4-H'er Katie Saul as she shares the ins and outs of her personal involvement in sustainable farming.



And so much more as we explore the 4-H Pillar of Agriculture! Find your *SPARK* for a new 4-H project and discover resources to help launch your idea.



4-H Agriculture Community Night



All Prince William County Youth Ages 9-18 are invited!

Tuesday, March 15th
7-8:30 pm
4-H Office, Manassas

Free! [Click here to register.](#)

Prince William 4-H Community Nights are open to all youth in the county. Prince William 4-H strives to inspire youth towards leadership, citizenship and life skills using research-based curriculum, and encourages youth to learn by doing.

[Click Here to Register!](#)

Visit <https://www.pwcva.gov/4-H> to learn more about PWC 4-H.



Virginia 4-H Updates *(continued)*

Livestock Camp

at Southwest Virginia 4-H & Education Center



Quick Facts:

MARCH 18-19, 2022

Friday Drop off: 6 p.m. - 6:30 p.m.
Saturday Drop off: 8:00 a.m. - 8:30 a.m.
Pick up: 3:30 p.m. - 4:00 p.m.

Meals & snacks are included.

PROGRAM COST:

\$50 for Overnight (\$53 if paid by credit/debit card)
\$25 for Saturday Only (\$26.50 if paid by credit/debit card)

Class Options:

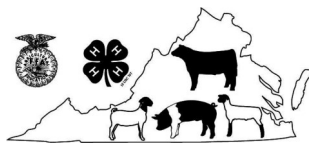
Meat Judging & Quality	Livestock Evaluation
Meat Retail ID	Feeds & Nutrition
Meat Cookery	Sewing Your Own Leg Wraps
YQCA	Livestock Health
Introduction to Fitting & Showmanship	Introduction to Stockmen's Skills
Advance Beef Showing	Advance Sheep & Goat Showing
Advance Pig Showing	

Registration Due Date: Friday, March 4th

Link to Registration & More Details:

<http://www.swva4hcenter.org/new-events/2022livestockcamp>

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



2022 Skyline Stockmen's Contest

Dates: February 28th - March 13th

Location: Virtual

Deadline: February 23rd

[Click here to register.](#)

Junior and Senior age divisions available. The 2022 Contest will be offered through the FlexiQuiz Virtual Platform .



Southwest Livestock Camp

Dates: March 18-19

Location: Southwest Virginia 4-H Education Center

[Click here form more information and to register.](#)

Registration is now open for Livestock Camp!

This program is for any interested youth ages 9-18. Adult supervision is provided by Virginia Cooperative Extension staff and vetted 4-H Youth Development adult volunteers.

Celebrate National Engineer's Week!

4-H at HOME



Thanks to HughesNet, you'll have the perfect activity for National Engineer's Week coming up on February 20 - 26. Visit 4-H at Home for the latest Space Exploration quest into deep space. Join the team of fearless scientists as they prepare to sustain life beyond Earth.

Free Curriculum Materials Available Through National 4-H

Humans aren't ready to explore the farthest reaches of space just yet, but we're getting closer. In these activities, students will join astronaut Isabella Hernandez in interactive videos and learn how to grow food in space, how to operate a lunar terrain vehicle, and see firsthand what it takes to live and work among the stars.

Grade Level: 3—8

Topic: Environmental Science, Life Science, STEM

Space Exploration: Quest 1

Join the lead astronaut, Commander Isabella Hernandez, and help her solve one of the biggest challenges of long-distance space travel: nutrition. Because if astronauts are ever going to explore the outer reaches of the solar system, we'll have to figure out how to grow nutritious food in space.

Space Exploration: Quest 2

Your mission continues as you arrive at the moon. Join Commander Hernandez as she shows you how to assemble and repair a Lunar Terrain Vehicle (LTV). You'll also get to take it for a spin to collect sand and rock samples on the moon's surface.

[Click here to access Space Exploration Curriculum.](#)

Please join us for Prince William County 4-H's annual

FOOD CHALLENGE

NUTRITION ✨ SHOPPING ✨ PREPARING ✨ SAFETY ✨ CAREERS ✨ FUN!

Challenge your culinary skills! The **Prince William 4-H Food Challenge** is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 3-4 4-H members to create a dish using only a predetermined set of ingredients within 40 minutes. From these ingredients, team members must identify and prepare the dish, then present it to a team of judges.

GOALS

- To exhibit knowledge and skill when preparing and presenting a dish
- To utilize teamwork and leadership skills
- To demonstrate public speaking skills

HOW ARE TEAMS JUDGED

Teams are judged on preparation and presentation to encourage learning and improvement based on a National 4-H rubric. Judging categories include: knowledge of *MyPlate*, nutrition knowledge, food preparation, safety practices, serving size, food appearance and quality, creativity, communications, and ability to respond to questions.

WHO CAN PARTICIPATE

All Prince William County 4-H members!

RESOURCES

Check out the videos, curriculum material, tip sheets and more compiled by our friends at [Texas 4-H](#).



Saturday, February 26th

Buckhall VFD
7190 Yates Ford Rd
Manassas, VA 20111

[CLICK HERE TO REGISTER!](#)



VCE Online Course: Home Food Preservation



HOME FOOD PRESERVATION
VIRTUAL PROGRAM

More people than ever are growing their own food at home. This self-paced virtual course will teach you how to safely preserve your fresh foods for year-round enjoyment using techniques such as canning, freezing, dehydration and fermentation.

You'll learn the science behind these techniques and receive step-by-step guidance on how to do them at home. After registering, you can complete the course at your own pace.

For more info and to register, go to: tinyurl.com/VCE-HomeFoodPreservation

Enroll
starting February 1
Registration deadline
November 1, 2022

Course fee
\$15

If you have any questions, please contact Dr. Lester Schenberger at lschenber@vt.edu

This short self-paced course will provide participants with the basic knowledge of safe home food preservation methods. It will discuss the science behind the specific methods that are used for home food preservation and introduce the learner to various methods of home food preservation (canning, freezing, dehydration, fermentation) using step-by-step guidance.

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

VCE 4 The Soil: A Conversation Podcast



Learning From History... and Soil Tests
EPISODE 22-3

A Conversation
4 The SOIL

With Dr. Rory Maguire, Virginia Tech School of Plant and Environmental Sciences

The [4 The Soil: A Conversation](#) podcast was launched in October 2021. The podcast is a collaboration of Virginia Cooperative Extension, VT School of Plant and Environmental Sciences, VT Center for Food Systems and Community Transformation, On the Farm Radio, USDA-Natural Resources Conservation Service (NRCS), and the Virginia Soil Health Coalition and its partners with specific funding from the Agua Fund, National Fish and Wildlife Foundation, and Virginia Tech's Department of Agriculture, Leadership, and Community Education's Community Viability grant program.

The 4 The Soil: A Conversation podcast is part of an ongoing soil health awareness initiative to: amplify and complement current soil health messaging and education, personalize and humanize – and possibly popularize the care of soil, raise awareness of soil as an agricultural and natural resource critical to social, economic, and environmental health, and to get more people involved to see care for the land and soil as an expression of their values and ethics and who they are. Most importantly, to refresh and reinforce the four core soil health principles: 1) Keep soil covered, 2) Minimize soil disturbance, 3) Maximize living roots, and 4) Energize with diversity.

The February 1 episode [Learning from History ...and Soil Tests](#) featured Dr. Rory Maguire, Professor in the Virginia Tech School of Plant and Environmental Sciences. In the episode and conversation with Dr. Maguire/Rory you learn, what the Lewis & Clark expedition and our soils have in common, but also hear more about our country's history, the complexity of soil in Virginia, and the importance of testing your soils.

A new episode is published every other Tuesday! You may subscribe to and download the podcast through Spreaker, Google Podcasts, Apple iTunes, Spotify, Audible, and Castbox. You can also visit the following websites: <https://foodsystems.centers.vt.edu/projects/1/4TheSoil.html> , <https://www.4thesoil.org/4-the-soil-podcast.html> , <https://www.virginiasoilhealth.org/podcast>

VCE Farmer's Market Vendor Course: Enhancing the Safety of Locally Grown Produce



ENHANCING THE SAFETY OF LOCALLY GROWN PRODUCE
A VIRTUAL PROGRAM FOR PRODUCE GROWERS AND FARMERS MARKET PRODUCE VENDORS

In this self-paced course, you'll learn all about produce safety best practices, the science behind and causes of foodborne illness, and how to safely display and sell produce at the market.

This course is intended for farmers and farmers market produce vendors. After registering, you complete the course at your own pace. Once you have passed, you will receive a certificate of completion. The course fee is \$5. A limited number of need-based scholarships are available.

For more info and to register, go to: tinyurl.com/VCEFarmersMarket

Enroll Today
Registration deadline
June 1, 2023

"This training was presented very well. The materials were easy to listen to but short enough for my attention not to wander. The information was very useful."
—Heather Fox, produce vendor

If you have any questions, please contact Dr. Lester Schenberger at lschenber@vt.edu

Many farmers will sell their produce at farmers markets, which is one way to get their produce into their community, support the local economy, and increase profits. The safety of produce is essential for their continued growth so consumers have confidence in their products.

This self-paced course will provide you the knowledge to understand the science and causes of foodborne illness, the best practices to decrease the risk of contaminating produce, and how to safely display and sell produce at the market. This course is intended for produce growers and farmers market produce vendors.

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

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



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PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)
[VCE COVID-19 Updates](#)

[4-H Online Information](#)
[The 4-H Foundation](#)
[Educational Resources](#)
[4-H All Stars](#)

[STEM in Virginia 4-H](#)
[VCE Speakers Bureau](#)

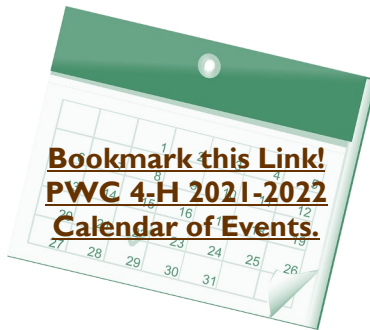
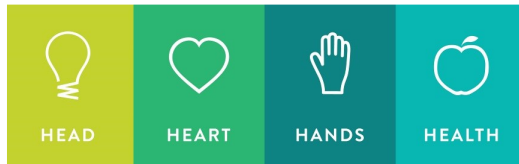
Prince William 4-H

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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](#)



**2020-2021 PWC 4-H
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Youth Officers

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Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

Adult Officers

Vacant - President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Tom Harrigan, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



**Support the Prince William County 4-H
Association while You Shop!**

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.



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